COLLEGE OF ENGINEERING, COMPUTER SCIENCE, & TECHNOLOGY

# Seminar in Interdisciplinary STEM Research

**Friday, March 22nd - 11:00-11:50 AM**

Location: https://calstatela.zoom.us/j/81629870632

HOSTED BY CREST CATSUS




## Jessica Santos, MPH

Research Coordinator
Keck School of Medicine
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**Bio**: Jessica Santos, MPH (she/they) is a dedicated environmental justice researcher in Los Angeles, California. Jessica specializes in multi-lingual health education, environmental justice advocacy, and chemical-free living practices.

## Career Mindfulness - Navigating your journey ahead


**Abstract:** This workshop offers students in STEM an invaluable opportunity to reflect on their educational, personal, and professional aspirations. Through a carefully curated 2-page worksheet, participants engage in reflective questioning, identifying core values that resonate within their academic, personal, and workplace environments. The first side of the worksheet guides students through introspective inquiries, helping them discern their desires and needs as learners and future professionals. The second page provides the space for students to craft personalized mission statements, encapsulating their aspirations and guiding principles. Designed to foster personal and professional growth, the workshop encourages students to track their progress over time, laying the foundation for success in their STEM careers. With a focus on mindfulness and self-awareness, this workshop empowers students to navigate their future journeys with clarity and purpose.


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