

HD Peer Newsletter

Monica McMillan
mcmil016@cougars.csusm.edu

CSUSM Alumni Shannon Nolan



Shannon Nolan graduated from CSUSM in 2004 with a Bachelor's in business and a minor in psychology. She also has her Master's in Education and is currently working on her doctorate at SDSU.

Shannon's time as an undergrad was spent as a full-time student, full-time worker, and a member of the orientation team and student organizations such as the HD Club!

Shannon's journey after graduation has been here at Cal State, where she has worked in different departments for the last ten years. Her education, experience, and student involvement has helped her attain her current position in Student Life & Leadership (SLL) as the Coordinator of Student Involvement where she oversees leadership programs and student organizations.

Shannon's interview made me realize how valuable it is to get involved: to join any clubs, organizations, attend campus events, and to volunteer within our community. I strongly suggest for all students to make the most out of your time as a college student, because the lessons and experiences we gain now will impact our success in our future! Shannon's passion for her job and working with students truly showed throughout our interview, so if you would like to get involved in the 2015-2016 school year do not hesitate to contact Shannon to set up a time to meet!

*See page 2 for interview Q&A and see the sidebar for contact

What is T.L.C.?

T.L.C. is the *Tukwut Leadership Circle* where Students engage in 30 hours of leadership development by participating in the following activities:

- Self-assessment
- 7 Workshops
- 7 Hours of Civic Engagement
- 7 Hours of Campus Engagement
- Create LinkedIn profile
- Create resume
- Reflection paper
- Panel exit interview

Contact **Shannon Nolan** at snolan@csusm.edu or call her office at (760) 750-4973 for more information!

Get Involved!

For a list of student organizations go to

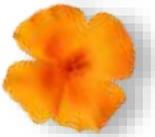
<http://www.csusm.edu/sll/index.html>

SLL office located in USU 3600

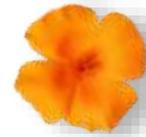
Office Hours:

Mon. - Thur. 8am to 5pm

Friday 8am to 1pm



CSUSM Alumni Shannon Nolan



Q & A

How were you involved in HD club and how have you benefited from your involvement?

I was the member benefits coordinator and was also in charge of fundraising. I was in the club for almost my whole time here; I would say probably 4 out of my 5 years. It's a spot that's near and dear to my heart and it's been really cool to now be on this side of things where I help the student leaders and treasurers of the club. HD club was the first time I had ever been responsible for something outside of my academics. It was really my chance to apply what I was learning in the classroom and who I thought I was as a leader and a person. We started to assign points and it was really cool to implement and brainstorm with my team. I just remember having lots of meetings about why we wanted to do this, why it's important, and what the impact was going to be on our membership, and was it going to inspire? I think it ended up inspiring members to be more accountable and to attend our events. It was such a great community, a great team, so I think it gave me good practice on how to project manage, how to work with others, and how to execute projects.

What qualifications are important to be successful in your position?

Experience is key. I think it helps that I was involved as a college student. Having the education helps, but it's really the experience that helps me talk to students, relate to where they are at, and to challenge them. You need to have empathy and compassion, be a hard worker, and be willing to work the non-traditional hours, because students are here Monday thru Sunday.

What do you enjoy about your current position?

What I love about this position is this is development! I get to develop with students and with staff all day long, there's no typical day. It's really cool to see a first year student come in who wants to get involved and in four years they are just blossoming. I enjoy having conversations with students, helping them navigate their challenges, and supporting them through their circumstances or adversity. One of the joys of my job is coordinating the Tukwut Leadership Circle. I bring in different faculty, staff, and community leaders to come in and present workshops on leadership. This last semester I infused a partnership with a local non-profit called Mountain Shadows that helps adults with disabilities. Students went every Friday from 12-3 and partnered with the clients of Mountain Shadows and created these beautiful murals.

What advice do you have for returning students?

Get involved in something. If you're not involved in something you're missing out. Students who are involved at least 5 hours a week (during U-hour events, TLC workshops, TED talks, moving night, anything outside of the classroom) are 17% more likely to get a job 6 months after graduating because they build a network, a community, and have something to add to their resume. So get involved in something that you like! Take advantage of university hour and go to some of the events.

What advice do you have for graduating students?

A lot! The first thing is don't chase titles, be open, try your hardest in whatever you do. The wealth will come, the fame will come, but you have to do something that you love. I love my job, I love what I do, I feel very fulfilled and your first job is probably not going to fill that way so just being patient with the process and not being hard on yourself or the system. Try and enjoy the journey. Just start somewhere and give yourself some grace!