



THE FALCON FLYER

STUDENT NEWSLETTER

September Issue – 09/15/2025

Hey, Pioneers!

We hope your semester is off to a strong start! Now that you’ve had a few weeks to settle in, it’s the perfect time to explore **new opportunities!** 🦅

From **career-building events** and **internship resources** to **academic support** and ways to **stay connected** on campus, this issue is packed with tools to help you grow both inside and outside the classroom.

Let’s **keep the energy going** and make the most of this month together!



Campus Spotlight: Career Empowerment Center 🚀

Guiding You to Success 📈

Located in the **Student Administration Building, Suite 2300**, the CEC offers **FREE career resources**, peer coaching, prep events, job search tools, and more!



Access resources and tools for:

- 🔍 Career Exploration
- 📄 Resumes & Cover Letters
- 📚 Courses & Skill-Building
- 💬 Interview Preparation
- 💡 Networking & Connections
- 💼 Negotiating Offers

[Visit the CEC Website](#)

✈️ Business & Public Service Career & Internship Fair

Connect with **56+ employers** and explore your next career or internship opportunity—open to **every Pioneer**, every major.

- 📅 Thursday, September 25, 2025
- 🕒 11:00 AM – 2:00 PM
- 📍 South University Union, MPR

[Register on Handshake!](#)



Student Opportunities



9/18 🎓 Pathway to Graduate School

Ready to **take the next step** in your academic journey? Learn what **grad school** has to offer with **workshops** designed to support your next move.

[Learn more at Grad Studies >](#)

9/30 🏆 Pioneer Leadership Certificate

Discover your **strengths**, build your **confidence**, and level up your **leadership skills** in this 8-week program—then celebrate with a **certificate** at the end!

[Learn more at SLIC >](#)

Upcoming Events



9/17 🎮 Super SMASH Bros Tournament

Ready to Brawl? Battle it out in the **GameZone** at the Super Smash Bros Tournament! Enjoy **snacks**, **board games**, **prizes**, and more while you play.

[Register with FusionPlay >](#)

9/25 🐾 Pause for PAWS

Take a break with **cuddly therapy dogs**, **tasty snacks**, and fun **wellness activities!** This monthly event is all about relaxing, recharging, and connecting.

[Learn more at RAW >](#)

Don't Miss: Campus Block Party 🎉

Party the Pioneer Way!

Our first **Block Party** of the semester is just around the corner! Get ready for an afternoon of fun, complete with **food** 🍌🥤, **games and activities**, and plenty of live music. Don't miss the **DJ** and a special set from **rapper Danny V** 🎤🎶



Gather with friends, **make memories**, and celebrate campus life:

- 📅 Thursday, September 18, 2025
- 🕒 11:30 AM – 1:30 PM
- 📍 UU Lawn & Walkway

[Follow @csueb for updates!](#)

Academic Resources



📚 Boost your study prep!

Stay on track with academic support designed to help you succeed:

The SCAA offers **same-day** one-on-one appointments with subject tutors, writing tutors, and peer academic coaches. Both **in-person** and **virtual** options are available!

The STEM Lab provides **drop-in tutoring** for math and science! Come study with peers in our **group space** with computers, couches, and whiteboards. **Need tech?** Borrow iPads, calculators, or textbooks—just bring your Bay Card.

The Library offers more than just a study space—get support through **hybrid workshops** on research, and more. Or recharge in the CORE with **tabletop games** and fellow Pioneers!

Wellness Resources



🌿 Wellbeing for your Success.

Keep wellness a priority with these resources designed to help you thrive:

The RAW is your go-to spot for **fitness, fun, and relaxation!** From **workout facilities** to group classes and **spaces to unwind**, there's something for everyone. Whether you're breaking a sweat or taking a break, the RAW has you covered!

The SHCS is here to support your well-being, offering medical care, **mental health services**, and **confidential counseling**—plus tips and group sessions focused on self-care.

Student Wellbeing Services offers **basic needs** assistance, health education, **peer support**, and a **food pantry**—helping you stay nourished, supported, and ready to thrive.

In-Season Produce + Recipes 🍎

What's Fresh This Season: Apples, bell peppers, eggplant

👉 Quick Recipe: Stuffed Bell Peppers

Colorful, filling, and customizable! Just slice a bell pepper in half, remove the seeds, and stuff with a mix of cooked rice, canned beans, and salsa. Pop it in the microwave or toaster oven until warm and melty.

Add cheese if you're feeling extra!



🍎 Snack Idea: Microwave Apple Crisp

Craving something cozy? Chop one small apple and mix with a drizzle of maple syrup, cinnamon, and a pinch of cornstarch (optional). Microwave in a mug in 30-second bursts until soft, then top with a handful of granola for a sweet, crunchy finish.

Pioneer Playlist 🎧



What are Pioneers listening to this semester? Find out in our "Sam on the Street" video, then hit play on our [Spotify playlist](#).

Got a favorite track? Submit your song and help us build the next Pioneer playlist! 🎵

[Submit a song](#)

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