

Tonia Stephens

College of Health and Human Development | STUDENT SPOTLIGHT

What are some tips you have for students at CSUF?

Don't just come to campus and then leave after your class ends, walk around and savor the rich life that CSUF offers. Your fellow students are your future colleagues, develop relationships with them now and you are investing in your future.

What are some challenges you have faced and how did you overcome them?

I overcame a difficult addiction to pain pills after I had seven surgeries. In 2010 I got clean and sober and went back to school at the age of 41. I never dreamed I would stay in school to get three certificates, and an Associated Degree with honors then transfer to my dream school to be a TITAN! I have overcome many hurdles because of my education, family, 12-step program, and finding hope.

What steps are you taking to graduate on time?

To ensure my successful graduation I meet with my academic advisor once a semester and visit my professors during their office hours to discuss my school work. I also take advantage of campus services like the Student Health and Counseling Center.

TITAN PRIDE

Tonia Stephens is a senior **Human Services** major. Tonia is currently applying to the Masters in Social Work program at Cal State Fullerton and plans to open a private practice as a therapist, working with families in addiction. Tonia holds various leadership positions on campus. She is the Vice-President on the Substance Abuse Awareness Prevention Student Association (SAAPSA), the treasurer for the Adult Reentry Honor Society (Alpha Sigma Lambda), a former Peer Mentor for the College of Health and Human



Development's Peer Mentor Program, as well as a founding member of the Human Services Honor Society known as Tau Upsilon Alpha. Tonia's involvements have directly correlated to her receiving eight scholarships in the last five years.



How has the College of Health and Human Development prepared you for your future?

I feel that the College of Health and Human Development has elevated my knowledge, compassion, and professionalism.

“Find your brave because it looks great on you!”

~My Sister-in-Law, Carla Elliot

HEALTH AND HUMAN DEVELOPMENT STUDENTS REACH HIGHER!