Campus Updates: Week of 9.28.2021

*Make sure to sign up with your Mentor or Leadership Coach for a mid-semester Academic Progress Conference*

Campus Resources

Mental Health and Well-Being Resources for Students - CSU Health Network – Fall 2021

- **Online 24/7 Tools**: Including YOU@CSU; SilverCloud online therapy modules and coaching to help with anxiety, depression, sleep, body image, and more; Nod app for strengthening connections; mindfulness apps; and financial wellness education.

- **Groups and Workshops**: Including skill-building workshops focused on mindfulness, building healthy coping skills and more; theme groups focused on anxiety, depression, trauma, and identity-specific connections; and interpersonal process groups focused on improving relationships with self and others.

- **Multicultural Resources**: Designed to help students who have been historically underrepresented reduce barriers to access and navigate support, including Multicultural Counseling Services, Transgender Care, and Mental Health Musings podcast.

- **One-on-One Services**: Including Counseling Services, Psychiatry Services and medication management, wellness and behavioral health consultation, medical services (including primary care, women’s care, physical therapy, dental, and optometry services), and more.

- **Drugs and Alcohol Support**: Including Drugs, Alcohol and You (DAY) Programs, substance use self-assessment tools, opioid use disorder treatment, nicotine/tobacco cessation coaching, and Ram Recovery community.

- **Education and Self-Care**: In-person or online presentations available for your class, department, or student group on topics including suicide prevention, failure recovery, stress management, mindfulness, well-being, sexual health, sleep, alcohol and other drugs, and more.

- In addition to CSU Health Network resources, **Tell Someone** is a university resource for to report concerns about safety and mental health – yours or someone else’s. If you believe someone is at risk of immediate harm, call 911.

**Important note**: CSU Health Network is partially funded by CSU student fees, and access to most services is available for fee-paying CSU-Fort Collins students only. Visit [https://health.colostate.edu/eligibility-and-service-charges/](https://health.colostate.edu/eligibility-and-service-charges/) or call (970) 491-7121 for more info.

**Health Professions Student Clubs**

*Club meetings are meeting in person Fall 2021*
**Pre-Vet Club** - For students pursuing veterinary medicine
[Click here for the club’s website](#)
Next meeting: Wednesday, October 6th | 5:30-6:30 pm | Yates 104

**Premedica Club** - For students pursuing medicine, physician assistant, nursing or haven't chosen a healthcare profession yet
[Click here to email the club](#)
Next meeting: Wednesday September 29th | 6:00 - 7:00pm | Stadium 1205

**Rehab Therapy Club** - For students pursuing physical therapy or occupational therapy
[Click here to email the club](#)
Next meeting: Tuesday October 5th | 6:00-7:00pm | Stadium 1204 or 1207

**Pre-Dental Club** - For students pursuing dentistry
[Click here to email the club](#)
Next meeting: Monday September 27th | 5:00-6:00pm | Stadium 1203

**Pre-Optometry Club** - For students pursuing optometry
[Click here to email the club president](#)
Next meeting: Tuesday October 5th | 6:00pm | BSB Study Room
Jobs/Career Development

On-Campus Student Job Fair

2 - 4 PM MT

Monday October 18
LSC Ballrooms

Register on Handshake!

The Women & Gender Advocacy Center is Hiring Student Aides:

- Earn $12.50 per hour (to start)
- Work 5-12 hours per week
- Join a dynamic staff of 20+ employees
- Enjoy a flexible work environment
- Start October 2021
- See full job description on Handshake with job # 5311456

Click on image to apply on our website! For questions email wgac@colostate.edu

Events
**NATIONAL LATINX HERITAGE MONTH**

**Wed, September 15 | Latinx Heritage Month Kick-Off Event | 10-2p | LSC Plaza**
Join us as we kick-off the LSC Plaza where we share about the Centro’s programming.

**Wed, September 15 | Platcuas: Latinx/Conversation: What makes you Latinx? | 1-6p | El Centro/Zoom**
Platcuas are a student facilitated dialogue to engage students to discuss current issues and events that impact the Latinx community.

**Thurs, September 16 | Sabores Latino | 8:30-7:30p | Brooks Dining Hall**
Journey to different Latinx countries’ kitchens to enjoy local dishes. A tour of different stations from Latin-American cuisine will be accompanied by traditional music and performances.

**Mon, September 20 | Real Talk/Platcuas Crossover | 4-6p | El Centro/Zoom**
Cross-collaboration with SBLAC or our dialogue series.

**Tues, September 21 | Latinx Heritage Month Keynote | 7-8p | El Centro/Zoom**
Keynote presentation with Elizabeth Acevedo, the New York Times bestselling author of the award-winning novel, Sea of Tranquility.

**Wed, September 22 | Real Talk/Platcuas Crossover | 5-6p | El Centro/Zoom**
Cross-collaboration with SBLAC or our dialogue series.

**Mon, Sept 27 | QLE Meet and Greet | 3:30-6:00p | Diversity House Training Room & Patio**
Office of Inclusive Excellence Latinx identified faculty and staff to join us for a meet and greet.

**Tues, September 28 | Poetry Workshop w/ Yesika Salgado | 4:30-6:30p | LSC 328/330/Hybrid**
Join us for a writing workshop with Yesika Salgado live in-person or virtually.

**Tues, September 28 | Pat, Fly & Brown w/ Yesika Salgado | 6-8p | Grey Rock Hybrid**
Join us for a writing and performance workshop with Yesika Salgado live in-person or virtually.

**Tues, September 28 | Latinx Lunch at Aspen Grille | 11a | Aspen Grille**
Join us for lunch at the Aspen Grille. The Aspen Grill highlights different Latinx countries’ cuisines.

**Wed, September 29 | Latinx Lunch at Aspen Grille | 11a Aspen Grille**
Join us for lunch at Aspen Grille. The Aspen Grill highlights different Latinx countries’ cuisines.

**Wed, September 29 | Platcuas: Nuestra Belleza Latinx | 6-8p | El Centro/Zoom**
Platcuas are a student facilitated dialogue to engage students to discuss current issues and events that impact the Latinx community.

**Thurs, September 30 | Lunch with Latinx Leaders | 11a-12:45p | El Centro/Zoom**
Lunch with Latinx Leaders is a program intended to give students and faculty an opportunity to share and create inclusive spaces and opportunities with Latino students.

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**RICE BOWL 2021**

**Sunday, October 3, 2021 5-7pm**

Register:
- Chippie's Horsetooth Lanes
- 217 W. Horsetooth Rd, Fort Collins, CO
- For reasonable accommodations or questions, please contact namet@university.edu
WE NEED TO TALK ABOUT
MENTAL HEALTH

JOIN MAINTAINING
PRE-HEALTH MINDS CLUB!
- We are all about relaxing, having fun, and taking a well-deserved study break!
- A club geared towards pre-health students searching to better themselves by practicing self-care!
- We are dedicated to preventing burnout and providing a safe space to talk about mental health.

IF YOU ARE INTERESTED
PLEASE EMAIL:
CSUMPHMCLUB@GMAIL.COM
OR TEXT:
(575)636-7545

All students are welcome!

-APPLICATIONS ARE OPEN-
PRIDE COMMUNITY RETREAT

OCTOBER 1-3
LEARN MORE ON OUR WEBSITE
The Pride Community Retreat is a weekend-long experience in October that focuses on building community, confidence and skills for self & community care all centered in our LGBTQIA+ experiences. This year we’re keeping it local to campus, small group outings & virtual experiences. Transportation, fees & some meals are provided.

Upcoming October Events!

Registration Link

https://zoom.us/webinar/register/WN_yMHntqCeS72NQPfiWQ_v_Q

October 5th

3:00 pm MST

Please join the Office of International Programs for an engaging conversation about Afghanistan. This summer, US and NATO forces withdrew from Afghanistan. With the Taliban already back in power, questions are being asked about how they will govern the country and what their rule will mean for women, human rights, and political freedom. Our guest speakers, Nadar Hashemi and Emran Queshi will unpack what led to the current crisis and where they think the future of the country is going.
We are excited to announce visiting scholar Natasha Bowens Blair, author of this year's Rams Read book, *The Color of Food*, will be coming to Colorado State University. We invite you to join the author for a keynote followed by a moderated discussion about her book, the featured stories, and food justice.

Natasha Bowens Blair is an author, farmer, and community activist who focuses on building empowerment and community through food and storytelling.

**Rams Read Visiting Scholar**

**Natasha Bowens Blair Keynote**

Friday, Oct. 15, 2021

4-5:15 p.m. MT | Keynote

5:15-5:45 p.m. MT | Book signing

Lory Student Center, Grand Ballroom
500 University Ave., Fort Collins, Colorado