Key Mail - Campus Updates: Week of 10.11.2021

The Key Communities are looking for a Student Coordinator and folks to volunteer for our Key Ambassadors program! Also, lots going on this month at CSU – great job and volunteering opportunities, great events, and lots of resources to access! Take advantage and talk to your Key Mentor if you need any guidance on how to access these things!

We Are Hiring!
Key is hiring a student Coordinator!

*Only open to students with work-study*
*We’re looking at hiring a student who is Graduating sometime after December ’22*
*Employment is a fall/spring position, with the desire to have someone all year. Preference will be given to those who can work full-time in the summer (30-40 hours a week in the summer).

Click here for Key Ambassador information!

Campus Resources
Your mental health MATTERS!

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 20th | 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 president](#)  
Next meeting: Wednesday October 27th | 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 19th | 6:00-7:00pm | Stadium 1204 or 1207

**Pre-Dental Club** - For students pursuing dentistry  
[Click here to email the club](#)  
Next meeting: Monday October 25th | 5:00-6:00pm | Stadium 1203

**Pre-Optometry Club** - For students pursuing optometry  
[Click here to email the club president](#)  
Next meeting: Tuesday November 2nd | 6:00pm | Edge Optics - 706 S College Ave Unit 101

**Relevant In-Person Events**

**Careers in Healthcare Leadership Panel**  
Join us for an in-person panel to explore a variety of healthcare careers. Leaders in direct healthcare, health tech, and private practice will discuss their experiences, what has been helpful in their careers, advice for emerging professionals, and audience questions.  
Thursday October 21st | 5:30 pm | 4582 S Ulster Street Pkwy Ste 200 Denver, CO 80237

**Newsletter(s) of the Week**

[Latino Medical Student Association Members Share Advice for Future Physicians](#) – AAMC
TILT Learning Programs

Academic support is available to all CSU students through TILT's evidence-based peer-to-peer learning programs.

TILT Tutoring

TILT offers free in-person & online drop-in tutoring for selected biology, chemistry, math, and physics courses.

Sunday - Thursday, 5 - 9pm
TILT Great Hall or Zoom

Scan for the tutoring schedule & Zoom links!

Learning Assistant Program

BZ 110, CHEM 111, & LIFE 102

Learning Assistants provide:
- Group Learning Sessions
- Exam Review Sessions
- One-on-one tutoring

Scan to learn more about the LA Program!

You’ve got this!!
(and we’re here to help)

Math Tutoring

Precalculus Center
www.natsci.colostate.edu/precalculus-help

Laurel Village Pavilion Seminar Room
Monday, Tuesday, Friday 3:30 - 7 PM

Summit Hall Seminar Room
Wednesday 3:30 - 7 PM

Ingersoll Hall Seminar Room
Thursday 3:30 - 7 PM
Jobs and Career Development

Caminos Fellowship Program

The Caminos Program is a partnership between Fort Collins High School (FCHS) and Colorado State University. The joint program is designed to serve Latina/x/e youth in increasing both college and career readiness through empowering career development and liberatory education. The Program is grant-funded and represents unique collaborations and opportunities to build lasting positive influences with students through femtorship/mentorship at Fort Collins High School. We will meet with Fort Collins High schoolers about 6 times in the fall and 6 times in the spring semesters in their high school classrooms. We will provide support with their learning as they create personal cultural projects to present to the CSU community, parents, and Fort Collins leaders. For more information visit the application: Caminos Application Fall 2021 (google.com)

The Pride Resource Center is hiring a Student Education Coordinator to join our team for the remainder of the 21-22 academic year! This position helps coordinate and facilitate Pride’s educational programs, like Safe Zone and Visible Voices.

The Pride Resource Center encourages Queer and Trans Black, Indigenous, People of Color (QTBIPOC), trans, nonbinary, femme, students with disabilities, and other students who are historically marginalized to consider working with us. We also encourage students with need-based work study or a willingness to apply for work study through the FAFSA application to apply, as work study is required for these positions.

Applications are Open until Nov 1.
Email Maggie.Hendrickson@colostate.edu with questions and check out the link below or find us on Handshake to learn more about the position & apply!

Career Education Workshop Series

What The Future

Schedule

<table>
<thead>
<tr>
<th>Date</th>
<th>Topic</th>
<th>Location</th>
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<tbody>
<tr>
<td>Sep 8</td>
<td>Job/Internship Searching – Prep for the Virtual Career Fair</td>
<td>Hybrid – in LSC 120 or Zoom</td>
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<td>Sep 29</td>
<td>Building Career Connections</td>
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<td>Oct 6</td>
<td>Storytelling on Resumes, CVs, and Cover Letters</td>
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<td>Oct 20</td>
<td>Graduate School Applications and Decisions</td>
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<td>Nov 3</td>
<td>Application Party in Lory Student Center 120</td>
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<td>Nov 17</td>
<td>Interview Skill Building</td>
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<td>Dec 1</td>
<td>Job/Internship Search Strategies</td>
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Diversity Connect

October 27th, 4-6:30pm, Virtual on Zoom

Register on Handshake! career.colostate.edu/events
A great opportunity to meet and make meaningful connections with employers rooted in a shared commitment to diversity and inclusion. 3:00 p.m. – Virtual Student Check-in (please plan on checking in early to avoid technical difficulties).

Register Here

Unpaid/Underpaid Internship Support Program
The Career Center is excited to announce the application for the Unpaid/Underpaid Internship Support Program is now live to support Spring 2022 internships. These awards of up to $4,000 are meant to help remove financial barriers preventing a student from participating in an internship. Applications are due no later than December 1, 2021.

Full program details, timeline, criteria, and application link can be found here: https://career.colostate.edu/internship-support-program/

The Office for Undergraduate Research and Artistry (OURA) is offering the TILT OURA Lab program this semester. The TILT OURA Lab provides a paid, extracurricular skill-building opportunity for historically underserved undergraduate students. A goal of the OURA Lab is to help CSU students become more competitive in securing positions in research labs on campus and beyond by training them in basic laboratory and research skills. Students will leave the OURA Lab with more confidence in their research skills and greater awareness of future research opportunities. Students will be expected to spend 10 hours per week in the lab, for a total of 20 hours across the two weeks. The OURA Lab will be open from 9-6 Monday through Friday, with the possibility of Saturday as well. Students will submit their availability and a schedule for their lab hours will be assigned to them. Cohort 2 will meet from October 25-November 6. The fall experience has been designed specifically to support students without any previous research experience.

The application is now closed on Handshake, but we are still accepting applications directly via email (courtney.ngai@colostate.edu). Please contact Courtney with questions.
Events

TODAY!

**We Rise: Collectively Engaging in Allyship within the LGBTQIA+ Community | Tuesday, Oct 19**

6 PM - 7:30 PM | Host: Students Empowering & Engaging in Dialogue (SEED) | **Audience: CSU Students (registration required)**

**Location | LSC 312**

Participants will also learn about the personal resources (passion, knowledge/awareness, skills, and action) needed to practice more effective allyship and inventory where they have more developed resources vs. where they need to continue growing in fully supporting each other within our community.

*Limited space is available*

[Register for the We Rise Workshop](#)

Click on the image to learn more about the events being held for LGBTQIA+ History month!
Pride Community Retreat | Friday, Oct 1 – All Day @ Host Pride Resource Center | Audience: CSU Students of any age & grade level

2nd ANNUAL Borderlands Speaker Featuring Gabby Rivera: Hybrid Workshops | Wednesday, Oct 6 - 6:00 PM | Host: Pride Resource Center | Centro & Camp Events | Audience: CSU Students (registration required)

2nd ANNUAL Borderlands Speaker Keynote Featuring Gabby Rivera | Virtual Event | Thursday, Oct 7 – 10:30 AM | Host: Pride Resource Center | Centro & Camp Events | Audience: Open

Monday: Oct 11 – 8:00 AM | LGBTQ+ Breakfasts: Host Pride Resource Center | KRCCD: Audience: Open

M/W/T: Oct 11 – 9:00 AM | Sexual Identity & Gender Quirks: Host Pride Resource Center | KRCCD: Audience: Open

Mindfulness Training for Trans & Queer Students | Wednesday, Oct 13 – 4:00 PM | 5 PM | Host: Pride Resource Center | Audience: CSU Students (registration required)

We Rise: Collectively Engaging In Allyship within the LGBTQIA+ Community | Tuesday, Oct 13 – 11:00 AM | 6:00 PM | Host: Students Empowering All (SEA) | KRCCD: Audience: CSU Students (registration required)

Safe Zone Training: Student Session | Wednesday, Oct 14 – 1:00 PM | 5:00 PM | Host: Pride Resource Center | Audience: CSU Students (registration required)

Native American Heritage Month & LGBTQIA+ History Month presents: Jesse Whitehouse | Tuesday, October 10 - 6:00 PM | Host: Native American Cultural Center & Pride Resource Center | Centro & Camp Events | Audience: Open

Native American Heritage Month & LGBTQIA+ History Month presents: Jesse Whitehouse | Tuesday, October 17 - 6:00 PM | Host: Native American Cultural Center & Pride Resource Center | Centro & Camp Events | Audience: Open

Enchanted Gardens: Artful Healing in Community | Friday, Oct 21 – 9:00 PM | Host: Health Resource Center & Pride Resource Center | Audience: CSU Students (registration required)

Visit PrideResourceCenter.colostate.edu for links & more details

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WE NEED TO TALK ABOUT MENTAL HEALTH

ARE YOU OVERWHELMED?

MAINTAINING PRE-HEALTH MINDS CLUB

[MPHM]

Put some MPHM in your Life!

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!
NATIVE WOMEN'S CIRCLE PRESENTS

MINI PUMPKIN DECORATING EVENT!

Celebrate spooky season with us! Decorate miniature pumpkins with paint, glitter, stickers, and more!

Tuesday, October 19th, 5:00 - 6:30 PM
Meet us in the Native American Cultural Center LSC 327

WE RISE
Collectively Engaging in Allyship within the LGBTQIA+ Community

Participants will learn about the personal resources (passion, knowledge/awareness, skills, and action) needed to practice more effective allyship and inventory where they have more developed resources vs. where they need to continue growing in fully supporting each other within our community. Open to all CSU students.

TUES, OCT 19
LSC 226/228
6-7:30PM
FOR ACCOMMODATIONS PLEASE CONTACT PEDRO.RAMOS@COLOSTATE.EDU

HOSTED BY SEED X THE PRIDE RESOURCE CENTER
Story Circle

Story circle is a weekly supportive space for you to discuss your identities and experiences within a predominantly white institution.

This is a space that centers those who identify as Native Hawaiian, Pacific Islander, Southwest Asian, North African, Middle Eastern, Southeast Asian, Desi, adopted, mixed race, and Asian American.

Starting Monday, September 13,
Story Circle will meet every Monday from 1:00-2:00
In person: LSC 328-330
Virtual: https://zoom.us/j/856248043

Facilitated by
Stephanie Zee, Coordinator of Well-Being, Health Education Prevention Services &
Dr. Aki Heso, Associate Director and Senior Staff Psychologist, Health Network

Questions? Email apacc.csu@gmail.com

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SUPER SMASH BROS ULTIMATE TOURNAMENT

SCAN AND SIGN UP ON THE DOC IF YOU'RE INTERESTED

SNACKS PROVIDED

GAME ON

Meet at LSC 333
Oct. 22 5:30-7pm
REST 4 RESISTANCE WITH EL CENTRO

Rest for Resistance with The PRC & El Centro!
Join the Pride Center and El Centro to celebrate
our intersectional identities, take a rest, and get
creative!
RSVP at the link on our Bio!
10/21
3–5 pm in room LSC 220/228

SURVIVOR STORY SPEAK-OUT

An Opportunity to Share Your Story

WOMEN AND GENDER ADVOCACY CENTER
COLORADO STATE UNIVERSITY
Survivor Story Speak-Out (RVAM 2021)

Many victims and survivors feel that sharing their story, even just portions of their story, is empowering and a key part of their healing and activism. This October, in honor of Relationship Violence Awareness Month 2021, we’re creating a virtual platform for survivors of relationship violence to share their stories in a digital format.

Please click this link for more information and the submission form.

Volunteering

FALL CLEAN UP
2021

NOVEMBER 6TH, 2021
9AM - 2PM

VOLUNTEERS NEEDED
VOLUNTEER AS A GROUP OF 5 OR MORE PEOPLE
Sign up by October 15th
ac@csulb.edu/volunteercleanup