Key Mail - Campus Updates: Week of 10.25.2021

Key News and Events

The Key Communities are looking for current students to serve as a Kay Ambassador this year – connect with other Key students, talk to prospective students about Key, and bring your strengths to our team! Click the link for more info.

Click here for Key Ambassador information!

Reminder that Key Pursuits Pop-Up puzzle is happening in the stadium until Friday, 10/29! Come earn points for your cluster and get a clue for our next event!

Campus Resources

ASCSU MENTAL HEALTH RESOURCES MARKETING VIDEO

ASCSU is attempting to promote resources within the CSU Health Network by highlighting a diverse range of student experiences.

Fill out this survey by scanning the QR code if you would like to be a part of the video and share your story!
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 Information**

**Summer Health Professions Education Program (SHPEP)**
This is a FREE six-week summer experience for students interested in the health professions. SHPEP scholars have a legacy of success: over 65% of scholars who apply to medical or dental school are accepted. Learn more here.

Application opens: November 1st

**Interview Workshop**
Health Professions Advising and the Career Center are once again teaming up to provide health professions students (human and veterinary) with a second fall Interview Workshop. We will share a
short presentation about best practices for interviewing, how to prepare for interviews, and special considerations regarding virtual interviews. The second workshop will take place virtually on Zoom (see invitation below).

Thursday November 9th | 5:00 - 7:00pm

https://zoom.us/j/99666653450?pwd=d1RzeHo1Q0tsdVdBUM9IYIlaeUt3UT09
Meeting ID: 996 6665 3450
Passcode: 963852

**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](https://prevetclub.org)
Next meeting: Wednesday November 3rd | 5:30-6:30 pm | Clark A103

**Premedica Club** - For students pursuing medicine, physician assistant, nursing or haven't chosen a healthcare profession yet
[Click here to email the club president](mailto:premedicaclub@healthprofessions.org)
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](mailto:rehabtherapyclub@healthprofessions.org)
Next meeting: Tuesday November 2nd | 6:00-7:00pm | Stadium 1204 or 1207

**Pre-Dental Club** - For students pursuing dentistry
[Click here to email the club](mailto:predentalclub@healthprofessions.org)
Next meeting: Monday November 29th | 5:00-6:00pm | Stadium 1203

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

**Relevant Virtual Events**

**Health Professions Week**
Explore health professions careers with ExploreHealthCareers.org in the annual virtual Health Professions Week! This is a great chance for students interested in healthcare to learn about the diversity of professions in the field. [Checkout the schedule, learn more, and register here](https://healthprofessionsweek.org).

Thursday November 4th - Thursday November 11th

**Addressing Implicit Bias as Standard of Care: A Legal & Ethical Imperative**
The panel will discuss the need to acknowledge and ameliorate implicit bias in healthcare as a legal and moral obligation, as part of the standard of care, because not doing so constitutes malpractice. [Register here](https://register.eventbrite.com)

Thursday November 4th | 4:00 pm MDT

**One Health Symposium: Innovations in One Health**
This is a great event that brings together veterinarians, physicians, public health officials, scientists, students, and staff for discussions on current research projects and issues facing the health of animals, people, plants, and the environment. The symposium is virtual and FREE. [Register here](https://register.eventbrite.com)

Saturday November 6th | 10:00am MT
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 fe'mtorship/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](https://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!
**Diversity Connect**

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

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/](https://career.colostate.edu/internship-support-program/)
Events

Click on the image to learn more about the events being held for LGBTQIA+ History month!

- **Pride Community Retreat** | Friday, Oct 1-31 All Day | Host: Pride Resource Center | Audience: CSU Students of any age & grade level
- **2nd ANNUAL Borderlands Speaker featuring Gabby Rivera** | Hybrid Workshop | Wednesday, Oct 6, 9:30 PM | Host: Pride Resource Center, El Centro & Ram Events | Audience: CSU Students (registration required)
- **2nd ANNUAL Borderlands Speaker Keynote featuring Gabby Rivera** | Virtual Keynote | Thursday, Oct 7, 9:30 PM | Host: Pride Resource Center, El Centro & Ram Events | Audience: CSU Students
- **National Coming Out Day & Matthew Shepherd Day of Remembrance** | Monday, Oct 11, 11 AM - 2 PM | LSC Plaza | Host: Pride Resource Center & KACSU | Audience: Open
- **Mas & Mas: A Conversation about the Hidden Woes Masculinity and Relationships Violence Show Up in LGBTQIA+ Relationships** | Thursday, Oct 14, 5:30 PM - 9 PM | Host: Women Gender & Advocacy Center & Pride Resource Center | Audience: CSU Students
- **Out in the Rec: Climbing Wall** | Thursday, Oct 14, 5:30 PM - 9 PM | Host: Campus Recreation | Audience: CSU Students
- **Mindfulness Training for Trans & Queer Students** | Wednesday, Oct 13, 4 PM - 5 PM | Host: Pride Resource Center | Audience: CSU Students (registration required)
- **We Rise: Collectively Engaging in Allyship within the LGBTQIA+ Community** | Tuesday, Oct 12, 4 PM - 5:30 PM | Host: Students Empowering & Engaging in Dialogue (SEED) | Audience: CSU Students (registration required)
- **Safe Zone Training: Student Session** | Wednesday, Oct 20, 10 AM - 5 PM | Host: Pride Resource Center | Audience: CSU Students (registration required)
- **Native American Heritage Month & LGBTQIA+ History Month presents Joshua Whitehead** | Virtual Keynote | Wednesday, Oct 27, 5:30 PM | Host: Native American Cultural Center & Pride Resource Center | Audience: Open
- **Native American Heritage Month & LGBTQIA+ History Month presents Joshua Whitehead** | Hybrid Workshop | Thursday, Oct 28, 12 PM - 1 PM | Host: Native American Cultural Center, Pride Resource Center, & Ram Events | Audience: CSU Students (registration required)
- **Embodied Queerness: Artfully Healing in Community** | Friday, Oct 29, 11 AM - 3 PM | Host: CSU Health Network & Pride Resource Center | Audience: CSU Students (registration required)

Visit [Pride Resource Center](mailto:prideresourcecenter.csu.edu) for links & more details.
BREAKTHROUGH BURNOUT

NOVEMBER 4TH | 4PM-7PM
CHEROKEE PARK BALLROOM

PLANTS

YOGA

ANXIETY

A SELF CARE DAY FOR ASIAN, PACIFIC ISLANDER, AND DESI AMERICAN STUDENTS!

SIGN UP DEADLINE: NOV. 1, 2021

LOOKING FOR COMMUNITY?

QTPOC Voices

A dialogue group for Queer & Trans People of Color

4th Tuesdays 6-8pm Black/African American Cultural Center

Facilitated by CSU Counselors Chase Wright & Adam-Joe Apparito

Questions? chloe.brown@csustate.edu

STARTS SEPTEMBER 28TH!
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