Campus Updates: Week of 10.4.2021

We are almost halfway through the semester! Academic Progress Conferences are starting and it’s Homecoming week! Check out all that CSU has to offer this week below!

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 president](#)
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

**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
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

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UTURN
CONTROL YOUR JOURNEY
AN ACADEMIC SUCCESS EVENT

WEDNESDAY, OCTOBER 6TH
10A.M. - 4P.M.

VISIT HTTP://UTURN.COLOSTATE.EDU TO ACCESS EVENT LINK

Colorado State University

Sponsored by
The Institute for Learning and Teaching
University Housing
Colloquium for Student Achievement
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).*
The CSU Office of Admissions is HIRING Admissions Ambassadors for Spring 2022!

If you are interested in becoming the face of CSU by giving campus tours, helping prospective students navigate the college search process, and working with an incredible team of CSU students, this is the job for you! To learn more, the job description, application process, and information session details are now posted on Handshake (#5409806 Office of Admissions - Admissions Ambassador).

Interested students are required to attend one of the following information sessions:

- 10/4 at 12:30 PM - Virtual (Link)
- 10/5 at 6:00 PM - Ammons Hall
- 10/8 at 3:00 PM - Ammons Hall
- 10/11 at 6:00 PM - Ammons Hall
- 10/13 at 2:30 PM - Virtual (Link)
- 10/14 at 4:00 PM - Ammons Hall

If you have any questions about the job or the application process, please email Hayden Carson (hcarson@rams.colostate.edu).

Events

Click the image below for more about LGBTQIA+ Month Celebrations and activities!
Pride Community Retreat | Friday, Oct 1-3 All Day | Host: Pride Resource Center | Audience: CSU Students of all age & grade level

2nd ANNUAL Borderlands Speaker featuring Gabby Rivera | Hybrid Workshop | Wednesday, Oct 6 | 12:00 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 | 11:00 AM | Host: Pride Resource Center; El Centro & Ram Events | Audience: Open

National Coming Out Day & Matthew Shepard Day of Remembrance | Poetry Readings | Thursday, Oct 7 | 2 PM | LSC Plaza | Host: Pride Resource Center & El Centro (registration required)

Mac & Cheese: A Conversation about the Hidden Ways Masculinity and Relationship Violence Show Up in LGBTQIA+ Relationships | Thursday, Oct 14 | 12:30 PM - 1 PM | Host: Women, Gender, & Advocacy Center & Pride Resource Center | Audience: CSU Students

Out in the Rain: Climbing Wall | Thursday, Oct 14 | 3 PM - 9 PM | Host: Campus Recreation | Audience: CSU Students

Mindfulness Training for Trans & Queer Students | Wednesday, Oct 13 | 1 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 | 7 PM - 9 PM | Host: Students Empowering & Engaging in Dialogue (SEEED) | Audience: CSU Students (registration required)

Safe Zone Training: Student Session | Wednesday, Oct 20 | 7 PM - 9 PM | Host: Pride Resource Center | Audience: CSU Students (registration required)

Native American Heritage Month & LGBTQIA+ History Month presents Joshua Whitehead | Virtual Keynote | Wednesday, Oct 20 | 12 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 21 | 12 PM | Host: Native American Cultural Center, Pride Resource Center, & Ram Events | Audience: Open

Embedded Queerness Artfully Healing in Community | Friday, Oct 22 | 3 PM - 8 PM | Host: CSU Health Networks & Pride Resource Center | Audience: CSU Students (registration required)

Visit Prideresourcecenter.colostate.edu for links & more details.

NATIONAL LATINX HERITAGE MONTH

Wed, September 15: Latinx Heritage Month Kick-Off Event | 11-2pm | LSC Plaza

Wed, September 15: Virtual Latinx Conversation: What makes you Latinx? | 5:30pm | El Centro/Zoom

Thurs, September 16: Sabores Latinos | 3:30-7:30pm | Dining Hall

Thurs, September 16: Creative Latinx Dance Series | 4:00pm | LSC/Zoom

Thurs, September 16: Latinx Film Series | 7:00pm | LSC/Zoom

Thurs, September 23: Latinx Film Series | 7:00pm | LSC/Zoom

Mon, Sept 27: Queer Latinx Tango with a Twist | 5:00pm | LSC Plaza

Tues, September 28: Poetry Workshop with Chelsea Skoro | 4:00pm | LSC/Zoom

Tues, September 28: Fat, Flyy & Brown | 6:30pm | Park & Spa Event

Tues, September 28: Latinx Lunch at Aspen Grill | 11:45am | Aspen Grill

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Tues, September 28: Dinner at El Centro | 5:30pm | El Centro/Zoom

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Wed, October 6: Borders & Latinx Lunch | 12pm | El Centro/Zoom

Wed, October 6: Latinx Lunch at El Centro | 12:15pm | El Centro/Zoom

Wed, October 6: WWF Latinx Lunch at El Centro | 12:30pm | El Centro/Zoom

Thurs, October 7: W.E.R.K. Latina Comedy Show | 7:30pm | New Space

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For more information please visit www.ericresourcecenter.colostate.edu
LATINX/E BORDERLANDS SPEAKER
GABBY RIVERA

Workshop
Thurs. Oct. 6
5:30 to 6:30 p.m.
LSC 226/228

Keynote Event
Wed. Oct. 7
5:30 to 6:30 p.m.
LSC 382

WHAT TO EXPECT:
The Latinx Borderlands Speaker is an intentional collaboration between the Civil Rights Center, Ali Cena, and Ramo Events to honor the overlap of Latinx Heritage Month and LGBT History Month. The Borderlands Speaker seeks to honor the intersectional experiences, stories, and contributions of the Queer Latinx community. Join us as we hear Gabby Rivera, a storyteller and performer of queer, Latinx, and Native American ancestry. Her work is aimed at engaging younger audiences who are typically not involved with the involvement of participating in LGBTQ communities in events across the country.

GABBY RIVERA:
is an outgoing, outspoken creator invested in fostering greater dialogue, inspiring radical creativity, and improving our most vulnerable communities. The author of 12 Los Tejano/a novels, she is also the writer of the Marvel series America—featuring the first queer, Latinx female superhero—and is currently co-developing a new show based on the series.

WE NEED TO TALK ABOUT
MENTAL HEALTH

MAINTAINING
PRE-HEALTH
MINDS CLUB
(MPHM)

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!
Indigenous Peoples Day Celebration

Monday, October 11th
@ 5:30pm MT

As Indigenous Peoples Day is celebrated across the nation, join us to virtually recognize and celebrate a local Indigenous author, singer/songwriter, and motivational speaker Tanaya Winder (she/her).

Zoom Link: https://zoom.us/j/98498263722

For accommodations or questions, please contact ramevents_nacc@mail.colostate.edu

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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, Dual, 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 Hasei, Associate Director and Senior Staff Psychologist, Health Network

Questions? Email apacc.csu@gmail.com
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