Key Mail - Campus Updates: Week of 10.11.2021

Event highlight of the week: Rams Read author of The Color of Food, Natasha Bowens Blair, will be visiting on Thursday and Friday this week. Click the image to learn more about events and how to register.

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.

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**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 13th | 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
Jobs and Career Development

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).
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 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 (Office of Admissions - Admissions Ambassador).

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

- 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).

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*Career Education Workshop Series*

**What The Future**

**Schedule**

- **10:30 – 11:30 a.m. MT**
  - Aug 28: Job/Internship Searching – Prep for the Virtual Career Fair
  - Sep 29: Building Career Connections
  - Oct 6: Storytelling on Resumes, CVs, and Cover Letters
  - Oct 20: Graduate School Applications and Decisions
  - Nov 3: Application Party in Lory Student Center 120
  - Nov 17: Interview Skill Building
  - Dec 1: Job/Internship Search Strategies

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*Diversity Connect*

**Virtual**

**DIVERSITY CONNECT**

**October 27 (4-6:30 PM) on Zoom**

Register on Handshake! career.colostate.edu/events
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/

Events
MAINTAINING
PRE-HEALTH
MINDS CLUB

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!

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
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
Volunteering

SUPER SMASH BROS ULTIMATE TOURNAMENT
SCAN AND SIGN UP ON THE DOC IF YOU'RE INTERESTED
Meet at LSC 333
Oct. 22 5:30-7pm
GAME ON

FALL CLEAN UP 2021
NOVEMBER 6TH, 2021
9AM - 2PM
VOLUNTEERS NEEDED
VOLUNTEER AS A GROUP OF 8 OR MORE PEOPLE
Sign up by October 10th
ext.colostate.edu/williams/ffl-clean-up