Key Mail - Campus Updates: Week of 11.1.2021

Well, it happened. The first snow fall of the year as we head into November! Hope everyone has been staying warm, safe, and healthy as we shift into the colder seasons. Still lots going on all over campus and virtually, so take a look in this week’s Key Mail! Three weeks until Fall Break – keep up the hard work – you’ve got this!

Key News and Events

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 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=d1RzeHo1Q0tsdVdBUm9IYllaeUt3UT09](https://zoom.us/j/99666653450?pwd=d1RzeHo1Q0tsdVdBUm9IYllaeUt3UT09)
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](#)
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]
Next meeting: Wednesday November 10th | 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 November 2nd | 6:00-7:00pm | Stadium 1204 or 1207

**Pre-Dental Club** - For students pursuing dentistry
[Click here to email the club]
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]
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.]
Thursday November 4th - Thursday November 11th

**Jobs and Career Development**
Career Education Workshop Series

What The Future

Schedule

10:30—11:30 a.m. MT
Hybrid – in LSC 120 or Zoom

- Sep 8: 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

NOW HIRING

ASCU BUSINESS AND COMMUNITY LIAISON

*PAID POSITION

The Business & Community Liaison is a brand new role that is tasked with building meaningful, sustainable partnerships between ASCSU and the businesses and non-profits in Fort Collins.

View full job description at bit.ly/BusinessCommunityLiaisonDescription

APPLY NOW!

bit.ly/BusinessCommunityLiaisonApplication

Questions? Email ascsu_president@Mail.ColoradoState.edu
Have you heard about MURALS?

MURALS (Multicultural Undergraduate Research Art and Leadership Symposium) is an undergraduate research symposium that intentionally reaches out to students of color in ALL disciplines! The goal is to introduce students to a variety of research opportunities so today we invite YOU to get involved – enhance your academic journey and while you are at it you will have a chance to win some CASH (up to $1250)!

Interested and unsure, NO problem simply complete this INTENT TO SUBMIT FORM and we will be in touch – preferably NO later than December 3rd

ALREADY know what you want to do, and want to hold your space and/or may need a little of assistance – we got you, just complete this FORM – preferably NO later than December 3rd

Do you have questions and want to chat 1st, no problem with that either! Feel free to reach out to one of our graduate students who are here to help! You can find out when and how to contact them HERE

Events
Click on the image below to learn about all of the amazing events being hosted during Native American Heritage Month!
DIA DE LOS MUERTOS
At El Centro
Day of The Dead Celebration
Event Calendar

Dia De Los Muertos
Nov 1 & Nov 2
Events

FIRST DAY OF DIA DE LOS MUERTOS
Monday Nov 1st · 12:00p El Centro
Decorating sugar skulls/ Come take a break and join us in El Centro to decorate sugar skulls and/. Also, come and visit the Altar de Muertos, feel free to add your own pictures or share more about your loved ones who have passed.

SECOND DAY OF DIA DE LOS MUERTOS
Tuesday Nov 2nd · 5:00p · 6:00p · EL Centro
Watching Coco & Enjoying Pan De Muertos, Hot Chocolate, and Atole
LGBTQIA+ Students of Color MIXER

Join the Pride Resource Center in this social space dedicated for our LGBTQIA+ Students of Color community at CSU. Meet new people, find community, and enjoy good food. Free dinner provided.

We ask folks to engage in allyship by dedicating this space to folks who identify as a Person of Color and/or a person with a historically marginalized racial/cultural/ethnic identity. All student levels welcome.

Thursday, November 11
5:30 PM - 6:30 pm

Pride Resource Center

RSVP by Nov 9

BREAKTHROUGH BURNOUT

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

PLANTS

COUNSELING

YOGA

RADE ROOM

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

SIGN UP DEADLINE: NOV. 1 2021
VIRTUAL CONTENT
IN-PERSON CONNECTIONS
NOVEMBER 18-21, 2021
CIRCLE OF CHANGE
LEADERSHIP CONFERENCE
REGISTER
BY 11.7.21

GET READY FOR
APACC
GAME DAY FRIDAY
NOVEMBER 5TH
1:00-4:00 PM
APACC LSC 333

ADULT LEARNER AND VETERAN SERVICES PRESENTS

VETERANS WEEK 2021
November 6-13, 2021

Nov. 6 - Fall Clean Up
Community Gathering & Dinner

Nov. 8 - Learn About Your VA Education Benefits

Nov. 9 - Student Veteran Panel

Nov. 10 - Mental Health Meet & Greet with Burritos To-go

Nov. 11 - National Roll Call

Nov. 13 - Financial Aid & Scholarship Workshop

Nov. 15 - Military Appreciation Tailgate & Football Game
Volunteering

FALL CLEAN UP
2021

NOVEMBER 6TH, 2021
9AM - 2PM

VOLUNTEERS NEEDED

Sign up by October 30th
and register at www.fallcleanup.com