

Key Mail - Campus Updates: Week of 11.15.2021

It's hard to believe we are in the last week of classes before Fall Break! Keep going strong before break and make sure to take some time to relax, refresh, and reflect over break before coming back to finish the semester strong!

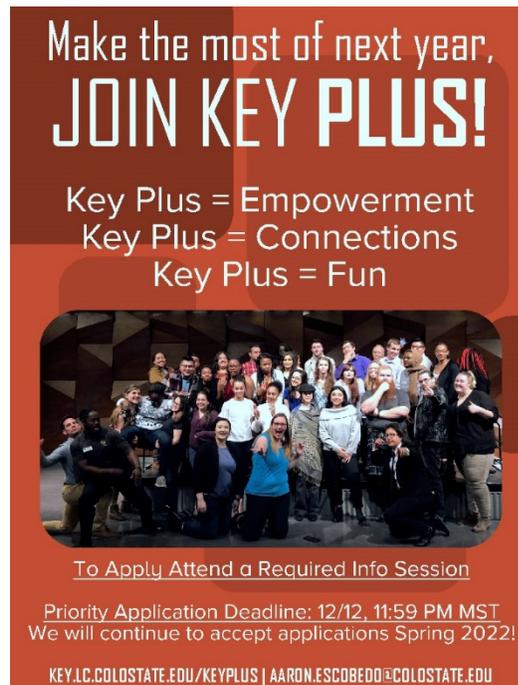
Key Updates and Events

Final Key Pursuits Events this Week! Earn points for your cluster!



Do you want to get more involved in the Key Experience? Do you want to continue your Key Experience in your second year here at CSU? There are two great opportunities to do these things – 1) Apply to be a Key Ambassador – talk to incoming students about all things Key! And 2) Attend an upcoming info session to learn more about Key Plus!

Learn more about the Key Ambassador position and how to apply [HERE!](#)

A promotional graphic for Key Plus with a red background. At the top, it says "Make the most of next year, JOIN KEY PLUS!". Below that, it lists "Key Plus = Empowerment", "Key Plus = Connections", and "Key Plus = Fun". In the center is a group photo of students posing. Below the photo, it says "To Apply Attend a Required Info Session". At the bottom, it provides the "Priority Application Deadline: 12/12, 11:59 PM MST" and states "We will continue to accept applications Spring 2022!". The footer contains the website "KEY.IC.COLOSTATE.EDU/KEYPLUS" and the email "AARON.ESCOBEDO@COLOSTATE.EDU".

Make the most of next year,
JOIN KEY PLUS!

Key Plus = Empowerment
Key Plus = Connections
Key Plus = Fun

To Apply Attend a Required Info Session

Priority Application Deadline: 12/12, 11:59 PM MST
We will continue to accept applications Spring 2022!

KEY.IC.COLOSTATE.EDU/KEYPLUS | AARON.ESCOBEDO@COLOSTATE.EDU

To apply, attend 1 required info session:

Monday, 11/29: 5-6 PM MST, Stadium Room 1214

Thursday, 12/2: 7-8 PM MST, Stadium Room 1214

Monday, 12/6: 5-6 PM MST, Stadium Room 1214

Thursday, 12/9: 4-5 PM MST, Zoom 944 1486 6454

Questions? Key.ic.colostate.edu/keyplus | Aaron.Escobedo@colostate.edu

Priority Application Deadline: 12/12, 11:59 PM MST

How will you focus your energy next year?

[image description: red background with rounded boxes in various sizes in shades of red. In the middle is a picture of Key Plus students making funny poses. The text reads, "Make the most of next year, join Key Plus! Key Plus=empowerment, Key Plus=Connections, Key Plus=Fun. To apply attend a required info session. Priority Application Deadline: 12/12, 11:59 PM MST. We will continue to accept applications Spring 2022! Key.ic.colostate.edu/keyplus | aaron.escobedo@colostate.edu]

Scholarship Opportunities (Please note that some of these require you to have the [CSU Scholarship Application](#) completed – visit your Ram Web portal to access the CSUSA!)

SCHOLARSHIP OPPORTUNITY

RS REISHER

- COLORADO RESIDENT, 3.0 CUM GPA
- CURRENT FIRST YEAR STUDENT WITH SOPHOMORE STATUS BY FALL 2022
- EXPECTED GRADUATION OF MAY 2025
- REISHER APPLICATION DUE BY FEBRUARY 1ST; FAFSA COMPLETED BY MARCH 1ST
- \$4,000-\$11,000 FOR 3 YEARS

PUKSTA

- DENVER RESIDENT, 2.0 CUM GPA
- CURRENT FIRST YEAR STUDENT WITH SOPHOMORE STATUS BY FALL 2022
- PUKSTA APPLICATION DUE MARCH 1ST; FAFSA OR CASFA COMPLETED BY MARCH 1ST
- \$5,000 FOR UP TO 4 YEARS

JOIN US FOR AN INFO SESSION

Announcing the Southern Utah Wilderness Alliance Stewardship Scholarship Essay Contest

2021 STEWARDSHIP SCHOLARSHIP ESSAY CONTEST

A regional essay scholarship contest for part and full-time students who identify as Black, Indigenous, and/or People of Color to raise up historically underrepresented voices across the Intermountain West in the continued fight for the protection of redrock wilderness.

Eligible students are invited to write a 750-1250 word essay for a chance to win a cash scholarship toward their education. One grand prize scholarship of \$1000 and two semi-finalist scholarships of \$500 will be awarded.

Visit suwa.org/scholarship to read more details on eligibility and submissions, and to see the two themes and full prompts of this year's scholarship contest.

Submissions due by
SUNDAY, NOVEMBER 28, 2021

SUWA
SOUTHERN UTAH WILDERNESS ALLIANCE

Students who identify as Black, Indigenous, and/or people of color are invited to write an essay for a chance to win an education scholarship. One grand scholarship of **\$1000** and two semi-finalist scholarships of **\$500** will be awarded with **opportunities for essay publication**. The application period is open until midnight on **Sunday, November 28**.

For details on the essay prompts, eligibility, and application instructions, please visit [SUWA.org/scholarship](https://suwa.org/scholarship).

Campus Resources

Your mental health MATTERS! We know there have been some challenges in accessing counseling services right now – please take a look at some of these other resources that can be helpful as we navigate challenging times.

[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.

New Library Resources!

Struggling to find enough sources or to sift through too many sources for research assignments? Confused about how to evaluate the reliability of sources? The CSU Libraries' new Peer Research Mentors are here to help! Peer Research Mentors can help students in finding relevant, quality information to complete course work, or simply expand their curiosity, using library resources.

Book a consultation today or just drop in: Tuesday, Wednesday, Thursdays from 6-9 pm in Library Classroom 175 (the Writing Center will be there too!).

https://libguides.colostate.edu/peer_research_mentors

Tutoring and Learning Program Resources

COLORADO STATE UNIVERSITY

Tutoring Courses:

- BC 351
- BMS 300
- BMS 301
- BZ 110
- BZ 350
- CHEM 111
- CHEM 113
- CHEM 245
- CHEM 341
- CHEM 343
- LIFE 102
- LIFE 103
- MATH 141
- MATH 155
- MATH 160
- MATH 161
- MATH 261
- MATH 340
- MATH 369
- PH 121
- PH 122
- PH 141
- PH 142

TILT Learning Programs FALL 2021

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/prec calculus-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




 Department of Mathematics
 
 Housing & Dining Services

Jobs and Career Development



RAMEVENTS

NOW HIRING!




 COLORADO STATE UNIVERSITY



TRANS AWARENESS WEEK

NOVEMBER 13-20, 2021

All Week | Trans Remembrance Altar

Location: Outside LSC 232 | **Audience:** Open to All | **In Collaboration with:** El Centro
In collaboration with El Centro, the Pride Resource Center will be hosting an altar to celebrate the lives of those lost to anti-trans violence this year. You can visit the altar to contribute, view, and reflect on this year's commemorations of Trans Day of Remembrance Monday - Friday 9AM - 5 PM.

Sat, November 13 | Name Change Workshop w/ Colorado Name Change Project | 3 - 4:30 PM

Location: Virtual | **Audience:** Open to All | **Collaborates with:** Student Legal Services
Tune in for a virtual workshop to learn about updating legal name and gender markers in the state of Colorado. Learn about the process, resources for financial support, and get your questions answered.

Sat, November 13 | Pride @ The Pool! | 5:30 - 7:30 PM

Location: CSU Rec Center | **Audience:** Rec Center Pass Required | **In Collaboration with:** Campus Rec
Join us for a pool party with Out in the Rec! Out in the Rec is an intentional collaboration between Pride and Campus Rec to provide affirming rec experiences to LGBTQIA+ students and allies. Wear attire that is most comfortable to you and your needs. To ensure safety, jeans, socks, shoes, sweatpants, sweatshirts, and undergarments of any kind are not allowed in the aquatic areas. Clean athletic wear, sports bras, and chest binders are welcome.

Mon, November 15 | Trans Meme Monday | All Day

Location: Instagram | **Audience:** Open to All
Send your favorite trans, nonbinary, gender expansive memes to @csupride on Instagram and we'll be reposting all day.

Tues, November 16 | Imagining Trans Futures Community Meal | 12 - 1:30 PM

Location: LSC Long Peak Room | **Audience:** Open to All (Trans & Nonbinary Centered)
Join us for our second annual Imagining Trans Futures event! All Trans, Nonbinary, Intersex, and Gender Expansive community members are welcome to join us for lunch to build connections and share wisdom across students, staff, faculty, and community members as we imagine a bright and hopeful future for ourselves and our trans community.

Tuesday, November 16 | Fort Collins Transgender Acceptance Month Proclamation | 5 PM

Location: City Hall, 300 Laporte Ave or Facebook Live @nccoprider | **Audience:** Open to All
Join Mayor Anelli for Fort Collins's annual proclamation to recognize November as Trans Acceptance Month!

Wed, November 17 | Mindfulness Training for Trans & Non-binary Students | 4-5 PM

Location: Virtual | **Audience:** Open to CSU Students & Alum | **Registration Required**
Join Atlas Tam (they/them) for a workshop dedicated to our Trans & Nonbinary students. There is a tool out there for every emotional and mental experience and stressors that often feel unavoidable, especially when we carry multiple identities that bring in what feels like an endless amount of problems to work with. These tools often exist within us and can be easily accessible, we just need to be aware of it.

Wed, November 17 | Choi To Understand | 5:00 - 6:00 PM

Location: APACC | **Audience:** Open to All | **In Collaboration with:** Asian Pacific American Cultural Center
APACC & Pride share the history of transgender-related identities in APIDA cultures pre-colonization/western influence.

Thurs, November 18 | Lunch with Latinx Leaders | 12:00 - 1:15 PM

Location: El Centro | **Audience:** Open to All | **In Collaboration with:** El Centro
Join El Centro for this opportunity for a CSU Alum, Faculty or Staff to share about their expertise & passion with CSU students and the intersections of being Latinx and Trans.

Thurs, November 18 | Rest 4 Resistance with B/AACC | 3 - 5 PM

Location: Pride RC | **Audience:** Open to All | **In Collaboration with:** Black/African American Cultural Center
Join Pride and B/AACC for some much needed rest from school and the world at large with crafts, focused on self-love and intersectionality.

Thurs, November 18 | Trans Day of Remembrance & Resiliency | 5:30 PM

Location: Lory Student Center Theater | **Audience:** Open to All | **RSVP for Livestream:** [Here](#)
In collaboration with CSU Student Diversity Programs & Services and local Northern Colorado organizations, join us for a night of reflection & healing as we remember and honor the lives ended due to anti-Trans violence this year & look ahead to a future that honors and protects our gender expansive community.

Friday, November 19 | Queer Coffee | 9-10 AM

Location: Virtual via Zoom | **Audience:** LGBTQIA Employee Network
Queer Coffee is casual community building time over coffee hosted on the last Friday of each month by the LGBTQIA Employee Network. Learn more about the network & join here!



To see our full schedule & links, scan here!



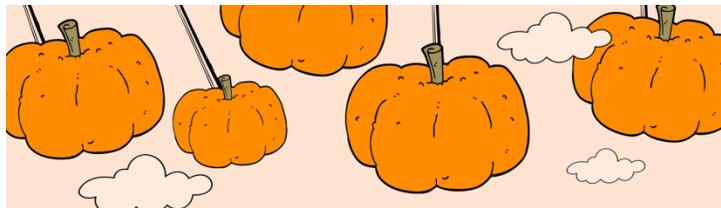
STUDENT DIVERSITY PROGRAMS AND SERVICES
COLORADO STATE UNIVERSITY

BLACK/AFRICAN AMERICAN CULTURAL CENTER
COLORADO STATE UNIVERSITY

REST 4 RESISTANCE WITH B/AACC

Join the Pride Resource Center and the Black/African American Cultural Center for our last R4R of the semester. We're making a quilt! All materials provided and no sewing skills necessary, just bring yourself!

Thursday, November 18th
3pm-5pm in the PRC
RSVP with this QR Code!



CHAI TO UNDERSTAND

November 2021

Nov 3rd: The "Model Minority" Myth

Join us as we share the history of the Model Minority myth, how it shows itself, and its impacts on the APIDA community.

Nov 10th: Ramen Party

The Peer Mentor Program teams up with Chai as we sit around in community with a Ramen Party as we share insights on Off-Campus Housing and the processes around it.

Nov 17th: Trans History within APIDA

APACC and the PRIDE Resource Center come together to share the history of trans-related identities in APIDA cultures pre-colonization/western influence.

Wednesdays at 5 PM in APACC (LSC 333)

For accommodations, contact us at apacc.csu@gmail.com