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!](https://key.lc.colostate.edu/keyplus)

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.lc.colostate.edu/keyplus](https://key.lc.colostate.edu/keyplus) | [Aaron.Escobedo@colostate.edu](mailto: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.lc.colostate.edu/keyplus | aaron.escobedo@colostate.edu](https://key.lc.colostate.edu/keyplus)
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!)

**Announcing the Southern Utah Wilderness Alliance Stewardship Scholarship Essay Contest**
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.

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
You’ve got this!!
(and we’re here to help)

Math Tutoring
Precalculus Center
www.natsci.colostate.edu/precalculus-help
Laurel Village Pavillion 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

RAMEVENTS
NOW HIRING!
Events

Click on the image below to learn about all of the amazing events being hosted during Native American Heritage Month!
TRANS AWARENESS WEEK
NOVEMBER 13-20, 2021

All Week | Trans Remembrance Altar
Location: Outside CSC 101 (Open to All) In Collaboration with O’Center

Monday, November 15 | Trans Invisibility Workshop
Location: CSC 101 (Open to All) In Collaboration with O’Center

Monday, November 15 | Bridge the Gap: A Workshop to Learn about the Benefits of Hub Housing and Trans Awareness
Location: CSC 101 (Open to All) In Collaboration with O’Center

Tuesday, November 16 | Imagining the Future: A Community Meal (5:30 PM) In Collaboration with Campus Res

Wednesday, November 17 | Mindfulness Training for Trans & Non-binary Students | 4-5 PM
Location: CSC 101 (Open to All) In Collaboration with O’Center

Thursday, November 18 | Lunch with Latina Leaders | 12:00 - 1:00 PM
Location: CSC 101 (Open to All) In Collaboration with O’Center

Thursday, November 18 | Trans/racial Pride: Rest 4 Resistance with B/AACC | 3-4 PM
Location: CSC 101 (Open to All) In Collaboration with O’Center

Friday, November 19 | Queen Coffee | 9:30 AM
Location: CSC 101 (Open to All) In Collaboration with O’Center

To see our full schedule & details, scan here!

PRIDE WEEK
B/AACC

To see our full schedule & details, scan here!

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!
November 2021

Nov 3rd: The “Model Minority” Myth
Join us as we share the history of the Model Minority myth, how it shapes itself, and its impacts on the ARDA 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 ARDA
APACC and the PRIDE Resource Center come together to share the history of trans-related identities in ARDA cultures pre-colonization/western influence.

Wednesdays at 5 PM in APACC (LSC 333)
For accommodations, contact us at apacc.csu@gmail.com