**Key Mail - Campus Updates: Week of 11.29.2021**

Welcome back! We hope you had a great break and are ready to finish the semester strong!
There are still a ton of things going on at CSU for the next few weeks – take a look at ways to get involved, scholarships, jobs, and more in this week’s Key Mail!

**Key Updates and Events**

Do you want ant 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!](#)

To apply, attend 1 required info session:

- 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](http://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

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**

**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 15TH; 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

There will be a Reisher/Puksta Scholarship Info session next week Tuesday, December 8th via Zoom – info below!

Join Zoom Meeting
https://zoom.us/j/98017011416

Meeting ID: 980 1701 1416

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](https://libguides.colostate.edu/peer_research_mentors)

**Tutoring and Learning Program Resources**
Health Professions Student Clubs

Club meetings are in-person Fall 2021

**Pre-Vet Club** - For students pursuing veterinary medicine

[Click here for the club's website](#)

Next meeting: Spring Semester 2022 | Wednesdays 5:30-6:30 pm

**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 December 1st | 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: Spring Semester 2022 | Tuesdays 6:00-7:00pm

**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 December 7th | 6:00pm | Edge Optics - 706 S College Ave Unit 101

_Virtual Events_

Choose DO Medical School Virtual Expo
Meet with representatives, faculty, and current students via online chat rooms from up to 37 Doctor of Osteopathic Medicine schools. Learn more about applying to medical school, the interview process, and life as a medical student. Explore which medical school is right for you. Register Here.
Wednesday December 8th | 10:00am - 4:00 pm MT

_Opportunities for Pre-Vet Students_

Digital Question & Answer session with DVM Student Ambassadors
The Colorado State University DVM Admissions Team would like to invite you to join them for a virtual information session to learn about the world-class DVM program. The event will include a 30-minute overview of admissions by Dr. Delcambre, Assistant Dean of Admissions, and then attendees will be able to visit topic rooms hosted by CSU DVM Student Ambassadors including "Why CSU?", Around Fort Collins, Academics and Curriculum, Combined Programs, Class Traditions & Community Engagement, and Campus Clubs. Register here.
Thursday December 2nd | 5:00-7:00pm MT

_Test Prep Resources_

Altius MCAT Prep Resource discounts - learn more here.
Events Around Campus

QTPoC Voices
A dialogue group for Queer & Trans People of Color
2nd Tuesdays 5:15pm Pride Resource Center
4th Tuesdays 5:15pm Black/African American Cultural Center
Facilitated by CSU Counselors Chloe Wright & Adam Jon Aparkio
Questions? ➔ chloe.hilton@calstatel.edu

You’re Invited to our End of Semester

PRIDE FAMILY DINNER
Tuesday, December 7 | 4:30-6:30 PM | LSC Longs Peak Room
The Pride Resource Center invites our Pride extended family to join us for dinner, cocoa, activities & celebrating our December graduates.

Pick up your ticket at the Pride Front Desk beginning Dec 1!
PLATICAS

TOPIC: FAMILIA TÓXICA

DECEMBER 1ST
@ BRAIDEN LOBBY
5PM-6PM

GOING BACK HOME FOR WINTER BREAK CAN BE CHALLENGING. FEELING UNCOMFORTABLE CALLING OUT PROBLEMATIC BEHAVIOR IN YOUR FAMILY/INNER CIRCLE? LET'S TALK ABOUT IT.

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APACC PEER MENTOR

Cookies and Hot Cocoa

Friday, December 3rd
APACC LSC 333
10:00 AM-12:00 PM for cookie decorating
Swing by all day for hot cocoal
Ever been curious what it's like to work remotely? You're not alone!

Join us as we explore the world of remote work and what you can do to find your path in this ever-changing, virtual job market.

Registration Link: https://app.joinhandshake.com/events/900788/share_preview
WE'RE HIRING FOR SPRING!

TILT Desk Coordinator

What's in it for you?

- Work in a busy, fun, and friendly environment
- Get connected to campus resources
- Have an on-campus job that works around your schedule
- Have a hand in student success at CSU!

Check out Handshake Job #4909155 or submit your application here

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EL CENTRO COLORADO STATE UNIVERSITY

We Are Hiring

Spring 2021 Open Position:
Student Event Coordinator: Paticas (Conversations) Facilitator
#5594727

Deadline 12/06/2021 at 11:55a
https://elcentro.colostate.edu/about/staff-hiring/ (link is in our bio)
The Summer Research Training Programs (SRTP) are paid, 8-week research internships on the University of Colorado Anschutz Medical Campus, with each track focusing on a different aspect of science. These programs are aimed at creating opportunities for undergraduate students who have been historically underrepresented in science. The 8-week internship will culminate in both oral and poster presentations as part of a campus-wide summer research symposium. Participation in the program provides students with hands-on experience in a laboratory environment, training to succeed in scientific careers, and a network of faculty and graduate students to provide longitudinal mentorship.

APPLICATION DEADLINE: MARCH 13TH, 2022 5PM MST
PROGRAM DATES: JUNE 6TH-JULY 29TH, 2022

EXPLORE OUR TRACK OPTIONS: HTTPS://WWW.CU-SRTP.COM/
For more information contact: SRTP@CUANSCHUTZ.EDU