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](#).

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](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]
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
Health Professions Information

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=d1RzeHo1Q0tstdVdBUm9IYllaeUt3UT09
Meeting ID: 996 6665 3450
Passcode: 963852

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**

<table>
<thead>
<tr>
<th>Date</th>
<th>Topic</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sep 8</td>
<td>Job/Internship Searching – Prep for the Virtual Career Fair</td>
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<tr>
<td>Sep 29</td>
<td>Building Career Connections</td>
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<tr>
<td>Oct 6</td>
<td>Storytelling on Resumes, CVs, and Cover Letters</td>
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<tr>
<td>Oct 20</td>
<td>Graduate School Applications and Decisions</td>
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<td>Nov 3</td>
<td>Application Party in Lory Student Center 120</td>
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<tr>
<td>Nov 17</td>
<td>Interview Skill Building</td>
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<tr>
<td>Dec 1</td>
<td>Job/Internship Search Strategies</td>
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</table>

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

[Logo: COLLEGE OF LIBERAL ARTS]

[Logo: COLORADO STATE UNIVERSITY]
NOW HIRING

ASCSU 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

Applications due November 3 at 11:59pm MT

Questions? Email ascu_president@Mail.Colostate.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!**

![Native American Heritage Month Poster](image-url)
RAMEN PARTY!

WEDNESDAY,
NOVEMBER 10TH
5:00-7:00 PM
LSC 333

PEER MENTOR AND CHAI COLLAB

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
THURSDAY, NOVEMBER 11
FROM 3 TO 5PM

Join us in holding space for what we're thankful for this holiday season. We're making leaves to hang up in the Pride Resource Center that represent our gratitude. Hot chocolate will be provided!
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!

ADULT LEARNER AND VETERAN SERVICES PRESENTS

VETERANS WEEK 2021

November 6-13, 2021

Nov. 6 - Fall Clean Up
Saturday, Nov. 6th, 2021 from 9:30 am - 2:00 pm
Community Gathering & Dinner
Saturday, Nov. 6th, 2021 from 5:00 pm - 9:00 pm

Nov. 8 - Earn About Your VA Education Benefits
Wednesday, Nov. 3rd, 2021 from 12:00 pm - 2:00 pm

Nov. 9 - Student Veteran Panel
Tuesday, Nov. 2nd, 2021 from 12:00 pm - 2:00 pm

Nov. 10 - Mental Health Meet & Greet with Burritos To-go
Wednesday, Nov. 3rd, 2021 from 12:00 pm - 2:00 pm
Free SVO Professional Headshots
Wednesday, Nov. 3rd, 2021 from 12:00 pm - 2:00 pm

Nov. 11 - National Roll Call
Thursday, Nov. 4th, 2021 from 12:00 pm - 2:00 pm
Improving Sleep Health by New Start
Thursday, Nov. 4th, 2021 from 12:00 pm - 2:00 pm

Nov. 12 - Financial Aid & Scholarship Workshop
Friday, Nov. 5th, 2021 from 12:00 pm - 2:00 pm

Nov. 13 - Military Appreciation Tailgate & Football Game
Saturday, Nov. 6th, 2021 from 12:00 pm - 2:00 pm, Kick at 3:30 pm