#### **Key Mail - Campus Updates: Week of 4.12.2022**

Check out all the events and programs happening around campus!

## **Updates**

## April is = SEXUAL ASSAULT AWARENESS MONTH

#### THUR Writing Group

3:30 - 4:45 PM Group location will be offered upon registration and it will take place Thursdays, 3/31, 4/7, 14, 21

Writing is a creative tool that can help survivors process their experiences and emotions, often leading to deep understanding and release. We're facilitating a space to help survivors explore expressive writing through journaling, poetry, and narrative writing. Participants have the option to submit their writing to our Survivo Story Project, as well! This support group is for survivors of interpersonal violence, and intakes are required.

#### Speaker's Bureau WED Orientation 5:30 - 8:30 PM On-campus location

provided upon RSVP

One important part of healing and activism for many survivors of interpersonal violence is to tell their stories to others. Primary and secondary survivors complete a 3-hour orientation, and then speak for classes, programs, and conferences arranged through WGAC. Dinner is provided. This support group is for survivors of interpersonal violence, and intakes are required.

#### MON Self-Care Containers

3:30 - 4:45 PM Group location will be offered upon registration and it will take place Mondays, 4/11, 18, 25, 5/2

One challenge of taking care of ourselves in healing work is finding the balance between focusing on our emotions and putting them away when it is time to focus on other areas of our lives. We're offering a group for folks to come together and create protective containers. Creating art as a place for emotion to live is an amazing way to heal, especially when we create in community with others. These containers will symbolize spaces to put away fears, nightmares, and worries, as well as a container full of positivity for when we need to reestablish hope. This support group is for survivors of interpersonal violence, and intakes are required.

#### MON Goody Bags!

4/18-23, 8am – 5pm 112 Student Services & 234 Lory Student Center

Stop by the WGAC to pick up one of our free goody bags! Options include a Sleep Kit, a Plant and Paint kit (including a live succulent plant!), and various WGAC swag! Supplies are limited, so RSVP for your bag(s) today!



Scan the QR code for more information about this month's events!

## TUE Plant Program

5:30 - 7:00 PM In-person, on-campus location provided upon RSVP

Back by popular demand! Come get your hands dirty with the Women and Gender Advocacy Center. Plant a succulent, paint a flowerpot, and talk about self-care while being in community with other Rams! This event will be held in person\*, all supplies are included, and space is limited so RSVP soon to claim your spot.

#### THUR Chanel Miller Keynote

6:00 - 7:00 PM Virtual, with some

in-person viewing options

In collaboration with the Asian Pacific American Cultural Center, we are excited to announce that our keynote speaker for Sexual Assault Awareness Month and APIDA Heritage Month is Chanel Miller! Chanel Miller is a writer, artist, and survivor who wrote the acclaimed New York Times bestseller Know My Name, a powerful and vivid memoir about sexual assault, healing, and reclaiming identity. Chanel will be speaking and answering questions about life, art, and literature as a multiracial Asian American woman. Join us on April 21st from 6-7pm MT for Chanel Miller's virtual keynote, with some in-person viewing options.

#### Survivor Story Project

Many victims and survivors feel that sharing their story, even just portions of their story, is empowering and a key part of their healing and activism. This month we're creating a virtual platform for survivors of sexual harassment, sexual assault, and other forms of sexual violence to share their stories in a digital format. We're currently accepting story submissions now through April 27th at 11:59 pm. Whether or not you choose to share, we believe you.

WED Survivor Story Project Deadline

Want to read the stories? Check out our social media IG: @csu\_wgac FB: @womenandgenderadvocacv

#### **Upcoming Job Opportunities**

Good afternoon,

The Office of Financial Aid is currently hiring student staff.

We offer flexibility and support around academic commitments. Students will have a unique opportunity to develop interpersonal skills while supporting our outreach efforts at presentations, workshops, and fairs. They will work during the summer then into the academic year.

The posting and next steps to apply are on RAMweb/handshake: https://colostate.joinhandshake.com/stu/jobs/6264713.

The job posting is open until Thursday, April 21.

#### **Tutoring**

#### **Eagle Feather Tutoring**



#### **Tilt Tutoring**

<u>TILT Tutoring</u> is excited to be offering **in-person and virtual drop-in tutoring for Spring 2022!** We will be offering in-person, drop-in tutoring at the Great Hall in TILT and online drop-in tutoring on Zoom. Tutoring for selected courses will be held Sunday through Thursday evenings, 5-9 pm.

#### | TILT | TUTORING SCHEDULE



Free Drop-In Tutoring 5pm-9pm

Tutoring located in the TILT Great Hall Tutoring located in the TILT Great Hall & Online

Visit
tilt.colostate.edu
for online tutoring
Zoom links!

CSU ID Required for Check-in

COURSE	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
BC 351	Tutoring		Tutoring		Tutoring
BMS 300	Tutoring	Tutoring	Tutoring		
BMS 301	Tutoring	Tutoring			Tutoring
BZ 110*	Tutoring	Tutoring	Tutoring	Tutoring	Tutoring
BZ 350	Tutoring		Tutoring		Tutoring
CHEM 107*				Tutoring	Tutoring
CHEM 111	Tutoring	Tutoring	Tutoring	Tutoring	Tutoring
CHEM 113	Tutoring	Tutoring			Tutoring
CHEM 245	Tutoring	Tutoring	Tutoring	Tutoring	Tutoring
CHEM 341	Tutoring	Tutoring	Tutoring	Tutoring	Tutoring
CHEM 343	Tutoring	Tutoring	Tutoring	Tutoring	Tutoring
LIFE 102	Tutoring	Tutoring	Tutoring	Tutoring	Tutoring
LIFE 103	Tutoring			Tutoring	
MATH 141	Tutoring	Tutoring	Tutoring	Tutoring	Tutoring
MATH 155			Tutoring	Tutoring	Tutoring
MATH 160	Tutoring	Tutoring	Tutoring	Tutoring	Tutoring
MATH 161		Tutoring	Tutoring		Tutoring
MATH 261	Tutoring	Tutoring		Tutoring	
MATH 340	Tutoring	Tutoring		Tutoring	
MATH 369	Tutoring				Tutoring
PH 121		Tutoring		Tutoring	Tutoring
PH 122		Tutoring		Tutoring	Tutoring
PH 141	Tutoring		Tutoring		
PH 142	Tutoring	Tutoring			Tutoring

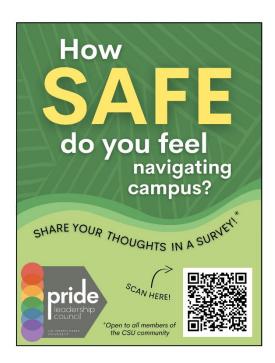
<sup>\*</sup>BZ 110 tutoring ends at 8pm; CHEM 107 tutoring ends at 8pm on Wednesdays

## **Scholarship Opportunities**

(Please note that some of these require you to have the <u>CSU Scholarship Application</u> completed – visit your Ram Web portal to access the CSUSA!)



#### **Campus Resources**





Health Professions Advising is again partnering with Kaplan to offer a discounted MCAT prep class to CSU students and alumni. There are only live online (no in-person) offerings. We are also offering a limited number of scholarships. You can learn more, register for the class, and apply for a scholarship all through this website. Please email us if you have any questions.







about HUD Fair Housing laws.

#### Searching for POC Friendly Housing

Look For Keywords in Listings

#### Check Reviews



#### Names, Genders, and Legal Documents!



# discriminated

Navigating Roommates

## I think I'm being against, what do I

#### Searching for Queer Friendly Housing

#### Look for Keywords in Listings

#### Don't Be Afraid to Ask!

#### Check Reviews

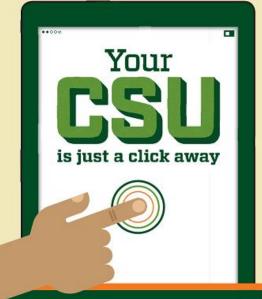




### **Events Around Campus**



## **NSSE: National Survey of Student Engagement**



Respond for a chance to win 1 of 5 iPads!



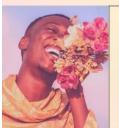
Put in your CSU email for the Login ID



First-year students and seniors are invited to check their inbox or RAMWeb this March for a short survey about life at CSU.

## Paid Study: Race & Mental Health

IRB #: 18O2523-2



Seeking participants who identify as gay, bisexual, or queer men of color

Must be over 18 & live in the U.S.

The aim of this research is to better understand the contextual factors that influence gay, bisexual, and queer men of color's behaviors and attitudes related to mental health, physical health, and relationships.

Earn a total of \$35 across two 20-30-minute surveys

#### To Participate:

Email Thomas Le at tple@terpmail.umd.edu Survey link will be sent within 24 hours

> Gender, Culture, and Health Lab UMD Department of Psychology





One free ticket thanks to SLiCE CSU students can get one ACT ticket; limited availability. Use code: SLiCE22

#### **Student Discount**

For 50% off all other tickets/passes with student discount code: Rams@CSU

#### https://act2022.eventive.org

Enter the code into the "Have a discount" field at checkout













Out in the Rec is a collaboration between the **Pride Resource Center** and **Campus Recreation**to provide affirming Rec experiences to our LGBTQ+ community members and allies.

PRIDE OUTSIDE Snowshoe Day Hike Feb. 13 \$35

Register on the

Mar. 1 7:30-8:15pm

Register on th

CLIMBING WALL Mar. 24 4-8pm All abilities

Register on the portal or drop in

PRIDE OUTS Intro to Rock Climbing Trip Apr. 3 \$35

Register on

CLIMBING WALL Apr. 17 12-3pm All abilities welcome

Register on the

WEEKLY DANCE CLASS Brazilian Beats Every Tuesday 6:30-7:15pm

Register on the

ALL EVENTS ARE FREI UNLESS NOTED OTHERWISE

REGISTER ONLINE











Keep any eye out for volunteer information, our special guests and more!

Resurrection Drag Show Hosted by Jessica L'Whor and Chocolat Featuring local and student performers LSC Grand Ballrooms 6 - 8:30 p.m. / April 16 Doors open 5:10 Pre-show 5:30 Get connected and learn more about the drag community with voices and experiences preformed through song @HIME HOUSING & DINING SERVICES For accommodations and more info e contact ayanna.phillips@colostate.edu

# Chai to Understand April Events April 4: The Feast of Resistance

Come learn about Asian American history and progress through food. Lots of snacks and facts!

April 11: Financial Aid Q&A

An opportunity to ask any questions about FAFSA, scholarships, and all things financial aid

Special Guest Kaia Heer from Financial Aid

April 18: Gender: What is it?

Brownies, tea, and heteronormativity! A workshop about gender, sex, and sexuality

April 25: APIDA Stories through Art

A space to share the stories and experiences of Asian Americans through art and expression. Cookies and tea will be provided

Special Guest Dr. Eric Aoki, Communications

Chai to Understand is on Mondays at 5 PM in LSC 333







El Centro



Recently moved to Fort Collins from San Francisco where she received her master's in Counseling Psychology. With a background in school counseling, she decided to pursue a clinical counseling path when she realized students, particularly students of color, were not receiving the social-emotional support they needed. Some of Zoë's counseling areas of expertise include: boundaries, anger, intergenerational trauma, and racial trauma. She enjoys incorporating mindful movement and art into her work. When she's not working, you can find her training for marathons out on the trails or playing with her dog, Blue!

Zoë Urcadez (SHE/HER/HERS)



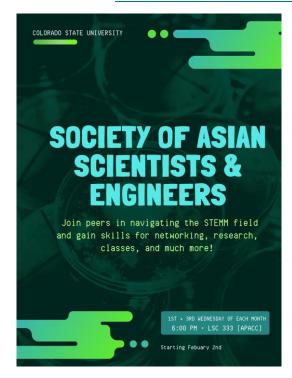
April 30th, 2022 10:00 AM - 3:30 PM FREE FOOD PROVIDED + SNACKS



SCAN QR FOR MORE INFORMATION + SIGNUP

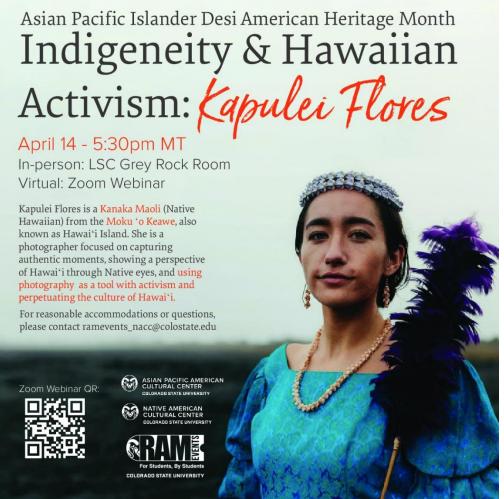
BUS PICKING UP AT STUDENTS AT 7:30 AM + Returning at 5pm

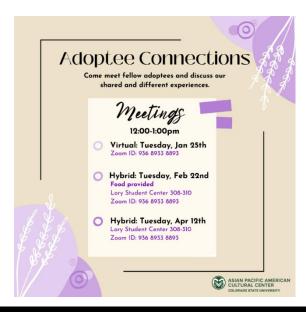
THE FIELD TRIP TO COLORADO SPRINGS IS FULLY COVERED















Join us in El Centro every other Wednesday from 5:00pm - 6:00pm

#### Dates:

February 2 and 16 March 2 April 13 and 27



LATINA WELLNESS WORKSHOP

When:

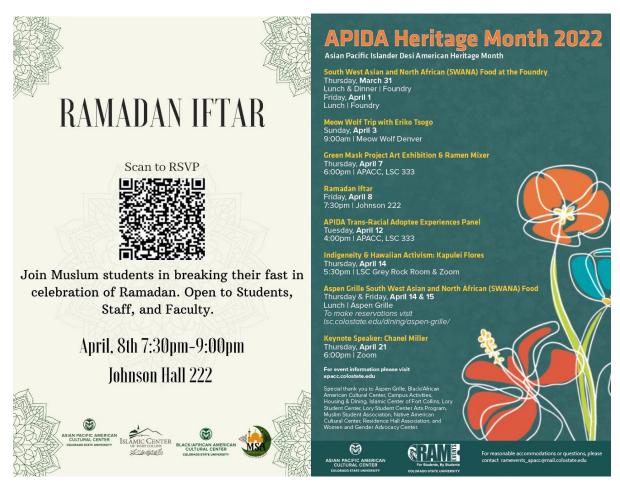
02/02, 02/16, 03/02, 04/13 & 04/27 Wednesday November 17<sup>th</sup> 5:30pm 225 Lory Student Center



Questions icarrera@colostate.edu







#### **More Jobs and Career Development**





## **Volunteer and Service Opportunities**







Project Homeless Connect 2018 is on Friday, April 15 from 7am-1:30pm (volunteers work 2-3 hr shifts) at the Aztlan Community Center (112 E Willow Street, Fort Collins, CO)! We are seeking individuals and groups to volunteer for the event. Project Homeless Connect is a one-day event that provides invididuals and families currently experiencing homelessness with access to vital services such as rapid re-housing, basic medical exams, legal advice, and much more. It's a one-stop stop for assistance that helps families stop struggling and paves the way for their success.

Volunteers for Project Homeless Connect are matched individuals and families experiencing homelessness and help them to navigate the available services at the event. This is a meaningful, in-person volunteer experience! All volunteers receive a free t-shirt, a 1-hour volunteer training, and free transportation to/from the event from the CSU. We hope you join us for this incredible opportunity. Please sign up to volunteer at <a href="https://ramlink.campuslabs.com/engage/submitter/form/start/523213">https://ramlink.campuslabs.com/engage/submitter/form/start/523213</a>.

# Click the Image Below for More information about becoming a Ram Welcome Event Assistant!

Apply to be a Ram Welcome
Event Assistant



#### VOLUNTEER OPPORTUNITIES

#### Snow Buddies with A Little Help

A Little Help is looking for Snow Buddies for the 2021-2022 winter season! You will be matched with an older adult in your neighborhood who could use assistance shoveling snow during winter. Snow Buddies helps older adults comply with sidewalk removal laws as well as help prevent slips, trips, and falls by committing to shoveling within 24 hours of a snowfall of two or more inches.

Email office@alittlehelp.org or call 970-412-9396 to begin your volunteer application and be matched as a Snow Buddy!

# WINTER OPPORTUNITIES

ONE-TIME & ONGOING

#### Meal Service and Kitchen Help with Fort Collins Rescue Mission

The Fort Collins Rescue Mission is looking for volunteers to help prepare and serve meals for members of the Fort Collins community. Volunteer shifts are available seven days per week for breakfast, prep, and dinner shifts.

Click here to sign up and learn more

#### Day Center Volunteer with The Family Housing Network

The Family Housing Network of Fort Collins needs help running their Day Center for families experiencing homelessness on Sundays from 12-5 pm. Day Center volunteers play with kids, interact with families, and help with light cleaning and laundry.

If you are interested in this opportunity, call 970-484-3342 for more information.

Sundays

## VOLUNTEER

# Food Pantry & Coffee Volunteers with The Murphy Center

The Murphy Center — which offers services for individuals and families experiencing homelessness — is looking for volunteers to work in the food pantry, make to-go snack bags for guests, and serve coffee and hot meals. Volunteers are needed daily from 7:30-10:00 am.

Click <u>here</u> to learn more.

# Volunteer at the ReStore with Loveland Habitat for Humanity

Loveland Habitat for Humanity is looking for volunteers to work at their ReStore location! Habitat for Humanity ReStores are independently owned reuse stores operated by local Habitat for Humanity organizations. Best of all, the income raised by the ReStore helps build homes in Loveland. Loveland's ReStore location is one of the most successful in the United States, and they need volunteers to keep making it a special place to donate and shop.

Click here to sign up.

# Food Share Assistant with The Food Bank for Larimer County

Volunteer with the Food Bank for Larimer County as a Food Share Assistant to help clients sign in, stock and sort food, and more. The Fort Collins and Loveland Food Shares are open Tuesday through Saturday for members of the Fort Collins community to shop for food at no cost to them.

Click here to fill out a volunteer application and learn more.