

## ***Key Mail - Campus Updates: Week of 4.19.2022***

We are getting close to the end of the year. Don't forget to the RSVP to the Key Closing Event!

### **Key Updates**



## 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

### Spring 2022

## Eagle Feather Tutoring

### Native American Cultural Center

**Nizhoni Hatch**  
Nizhoni.Hatch@colostate.edu

Tues. 3 p.m. - 5 p.m.  
Thurs. 9 a.m. - 1 p.m.

**BC 351 Principles of Biochemistry**  
**CHEM 111 General Chemistry I**  
**CHEM 112 General Chemistry Lab I**  
**CHEM 113 General Chemistry II**  
**CHEM 114 General Chemistry Lab II**  
**LIFE 201B Introductory Genetics: Molecular /Immunological/Developmental**  
**LIFE 210 Introductory Eukaryotic Cell Bio.**  
**MATH 155 Calculus for Biological Scientist I**  
**MIP 150 Introduction to Research Methods**  
**MIP 260 The World of Parasites**

**Simone James**  
Simone.James@rams.colostate.edu

Mon.. 9 a.m. - 11 a.m.  
Wedn. 12 p.m. - 3 p.m.  
Fri. 1:30 p.m. - 3 p.m.

**CO 150 College Composition**  
**MATH 117 College Algebra in Context I**  
**MATH 118 College Algebra in Context II**  
**MATH 160 Calculus for Physical Scientists I**  
**MATH 161 Calculus for Physical Scientists II**  
**MATH 261 Calculus for Physical Scientists III**  
**MATH 340 Intro. Ordinary Diff. Eq.**

**Dulcinea Sorrell**  
Dulcinea.Sorrell@colostate.edu

Mon. 11 a.m. - 1:45 p.m.  
Wedn. 3 p.m. - 5 p.m.  
Fri. 9:30 a.m. - 12 p.m.

**BZ 212 Animal Biology-Invertebrates**  
**BZ 212L Animal Biology-Invertebrates Lab**  
**BZ 214 Animal Biology-Vertebrates**  
**BZ 214L Animal Biology-Vertebrates Lab**  
**BZ 220 Introduction to Evolution**  
**BZ 300 Animal Behavior**  
**BZ 310 Cell Biology**  
**CHEM 245 Fundamentals of Organic Chemistry**  
**CHEM 246L Fundamentals of Organic Chemistry Laboratory**  
**LIFE 102 Attributes of Living Systems**  
**LIFE 103 Biology of Organisms - Animals and Plants**

**Coyote Echohawk**  
Coyote.Echohawk@rams.colostate.edu

Mon. 3 p.m. - 5 p.m.  
Tues. 9 a.m. - 1 p.m.

**MATH 101 Mathematics in Social Sciences**  
**MATH 117 College Algebra in Context I**  
**MATH 118 College Algebra in Context II**  
**MATH 125 Numerical Trigonometry**  
**MATH 126 Analytical Trigonometry**  
**MATH 160 Calculus for Physical Scientists I**  
**MATH 161 Calculus for Physical Scientists II**  
**MATH 261 Calculus for Physical Scientists III**  
**MATH 340 Intro. Ordinary Diff. Eq.**  
**MATH 369 Linear Algebra I**

**INSTRUCTIONS FOR IN-PERSON TUTORING**

1. Find the course you need tutoring for
2. Identify the tutor and see the available days/times the tutor is available
3. You also have the option to make a tutoring reservation (see instructions below)
4. On that day and time, go to the NACC office in 327 Lory Student Center and ask for the tutor
5. Please bring course book and notes with you

**(Optional) INSTRUCTIONS FOR MAKING TUTORING RESERVATION**

This option allows you to submit a tutoring request and reservation

1. Please give at least 24 hours notice prior to your requested session.
2. Go to the NACC webpage to submit a request for online tutoring. There is a link on the main webpage.  
[www.nacc.colostate.edu](http://www.nacc.colostate.edu)
3. Click on the link and fill out the form. Upon submission you will receive a confirmation email of your submission.
4. Your request will be forwarded to the tutor

**"Schedule subject to change"**  
Any updates to schedule will be posted on NACC webpage

"Education should consist of a series of enchantments, each raising the individual to a higher level of awareness, understanding, and kinship with all living things"  
-Author Unknown

## Tilt Tutoring

[TILT Tutoring](#) 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



## Spring 2022 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](http://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

\*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 [CSU Scholarship Application](#) completed – visit your Ram Web portal to access the CSUSA!)



**ALEX ORTEGA  
SCHOLARSHIP 2022**

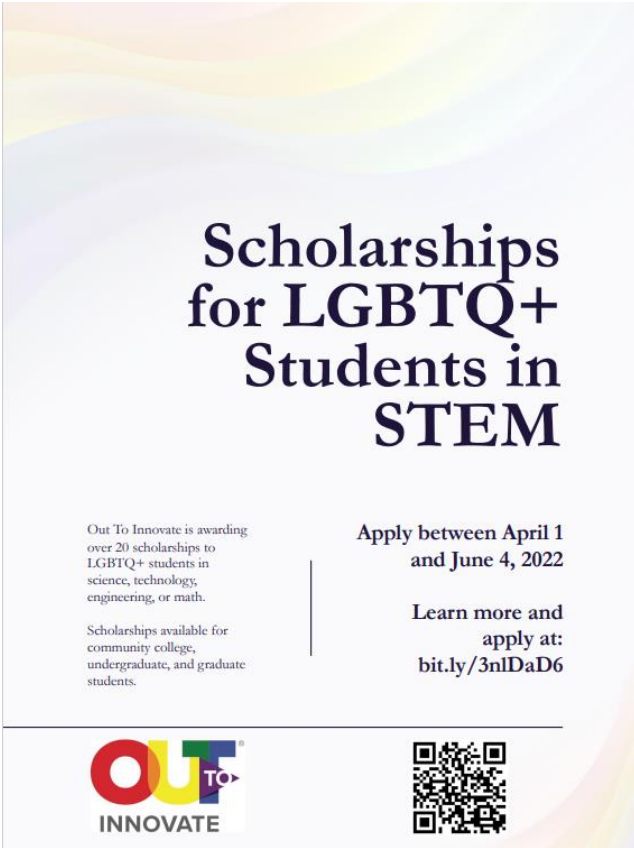
A scholarship of \$5,000 will be awarded to one LGBTQ+ student to be used towards undergraduate or graduate study expenses

- Open to LGBTQ+ students of all ages
- Must live in Colorado
- Must be used for undergraduate or graduate expenses for the 2022 - 2023 academic year
- The recipient will be celebrated at OBC's scholarship ceremony on Sat. May 14th @ 4 pm @ OBC building

**Apply by  
April  
22nd**

[bit.ly/OrtegaScholarship2022](https://bit.ly/OrtegaScholarship2022)

Contact Jenna (she/they) at [Jhowerton@outboulder.org](mailto:Jhowerton@outboulder.org) with questions.



# Scholarships for LGBTQ+ Students in STEM

Out To Innovate is awarding over 20 scholarships to LGBTQ+ students in science, technology, engineering, or math.

Scholarships available for community college, undergraduate, and graduate students.

Apply between April 1 and June 4, 2022

Learn more and apply at:  
[bit.ly/3nlDaD6](https://bit.ly/3nlDaD6)

**OUT  
TO  
INNOVATE**

## Campus Resources

How  
**SAFE**  
do you feel  
navigating  
campus?

SHARE YOUR THOUGHTS IN A SURVEY!

pride  
leadership  
council  
COLORADO STATE  
UNIVERSITY

SCAN HERE!

\*Open to all members of  
the CSU community

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

**Learning & Help Centers**

**Chemistry Learning Resource Center (CLeRC)**  
[www.natsci.colostate.edu/chemistry-help](http://www.natsci.colostate.edu/chemistry-help)

**Precalculus Center**  
[www.natsci.colostate.edu/prec calculus-help](http://www.natsci.colostate.edu/prec calculus-help)

**Calculus Center**  
[www.natsci.colostate.edu/calculus-help](http://www.natsci.colostate.edu/calculus-help)

**Statistics Success Center**  
[www.natsci.colostate.edu/statistics-help](http://www.natsci.colostate.edu/statistics-help)

COLLEGE OF  
NATURAL SCIENCES  
AND MATHEMATICS

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.



## Housing Discrimination

### National Origin

National origin refers to a person's homeland or ancestry, such as someone who is Latino or Hispanic or from another country or region of the world. It is illegal to discriminate against someone based on their national origin.

### Prohibited Conduct

Discrimination includes refusing to rent or sell or charging more or offering different terms to someone, because of his or her race or color. Housing providers are prohibited from making discriminatory statements or publishing discriminatory advertising, as well as from making false statements about availability.

### Harassment and Retaliation

Harassing someone or retaliating against or interfering with someone who is attempting to exercise their fair housing rights is also prohibited.



Check out the other brochures in this series:



SCAN ME

For Questions, Help, or Support, please contact:

**Stevie Jorgensen, Off-Campus Life**  
stevie.jorgensen@colorado.edu  
(303) 491-2248

**Asian and Pacific American Cultural Center**  
APACC.apacc@colorado.edu  
(303) 491-6164

**Black/African American Cultural Center**  
BAACC.apacc@colorado.edu  
(303) 491-6161

**Latino Center**  
latino.cen@colorado.edu  
(303) 491-6122

**Native American Cultural Center**  
NACC.nacc@colorado.edu  
(303) 491-6122

**Student Legal Services**  
SLS.slslaw@colorado.edu  
(303) 491-1482

**Student Resolution Center**  
SRC.src@colorado.edu  
(303) 491-7165



## Off-Campus Housing as a Person of Color

What to know and what to ask when housing.

## Navigating Roommates

### Finding Roommates

We do not recommend using random roommate matching as a person of color. This option does not guarantee a POC-friendly roommate, and may put you into a dangerous living situation that you don't want to be in. Try being with friends, classmates, or finding potential roommates through RoomSearch and getting to know them before signing together.

### What to do if You're Having Roommate Problems

If you're having roommate issues, the first and best option is to talk it out. Don't be afraid to call a house meeting and express how you're feeling. If the house committee, consider reaching out to the Student Resolution Center. Serious issues and dangerous situations should be referred to the property manager, with a request for immediate transfer. Consider also reaching out to Off-Campus Life and Student Legal Services for additional support.

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

### Identifying Discrimination

The Fair Housing Act prohibits housing and housing-related discrimination because of race, color, national origin, religion, sex (including gender identity and sexual orientation), familial status, and disability.

### Reporting Discrimination

If you feel you have or are being discriminated against, please contact Student Legal Services, CSU cultural centers, and/or Off-Campus Life for support.

Read more about HUD Fair Housing laws.



SCAN ME

## Searching for POC Friendly Housing

### Look For Keywords in Listings

People looking for apartments on RoomSearch or all Facebook groups will often list if they are also looking for POC-friendly living environments. Search through active listings for your friendly just for a few. Consider posting a roommate profile on RoomSearch or Facebook for yourself using these phrases as well so people can reach out to you.

### Don't Be Afraid to Ask!

When touring an apartment or house, don't be afraid to just ask the landlord if they are POC-friendly and up to date on their Fair Housing training. A clear answer, good or bad, is better than a vague one!

### Check Reviews

Reviews in general should be taken with a grain of salt, but in this case they can be very helpful in determining other poor housing experiences. Search for words like "discriminate" and "factor in reviews to see if there have been problems in the past with this landlord."

## Housing as a Trans Person

### Names, Gender, and Legal Documents

When applying for housing, you do need to list your legal name on all paperwork. You can absolutely list your preferred name in quotations, and ask to be referred to as you preferred name, but your legal name will need to be on documents for credit and background checks.

When filling out an application, you may be asked to list a gender. You DO NOT have to list your sex assigned at birth. You may request roommates of any gender identity you feel comfortable living with.

### Fact:

One in five transgender people in the United States has been discriminated against when seeking a home, and more than one in ten have been evicted from their homes, because of their gender identity. We at CSU are committed to supporting our transgender students and helping them find positive and stable housing.



Check out the other brochures in this series:



SCAN ME

For Questions, Help, or Support, please contact:

**Stevie Jorgensen, Off-Campus Life**  
stevie.jorgensen@colorado.edu  
(303) 491-2248

**Pride Resource Center**  
pride.pr@colorado.edu  
(303) 491-4342

**Student Legal Services**  
SLS.slslaw@colorado.edu  
(303) 491-1482

**Student Resolution Center**  
SRC.src@colorado.edu  
(303) 491-7165



## Off-Campus Housing as an LGBTQIA+ Person

What to know and what to ask when housing.

## Navigating Roommates

### Finding Roommates

We do not recommend using random roommate matching as an LGBTQIA+ person. This option does not guarantee queer-friendly roommates, and may put you into a dangerous living situation that you don't want to be in. Try being with friends, classmates, or finding potential roommates through RoomSearch on the CSU Off-Campus Life website and getting to know them before signing together.

### What to do if You're Having Roommate Problems

If you're having roommate issues, the first and best option is to talk it out. Don't be afraid to call a house meeting and express how you're feeling. If the house committee, consider reaching out to the Student Resolution Center. Serious issues and dangerous situations should be referred to the property manager, with a request for immediate transfer. Consider also reaching out to Off-Campus Life and Student Legal Services for additional support.

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

### Identifying Discrimination

The Fair Housing Act prohibits housing and housing-related discrimination because of race, color, national origin, religion, sex (including gender identity and sexual orientation), familial status, and disability.

### Reporting Discrimination

If you feel you have or are being discriminated against, please contact Student Legal Services, the Pride Resource Center, and/or Off-Campus Life for support.

Read more about HUD Fair Housing laws with regard to Gender Identity and Sexual Orientation



SCAN ME

## Searching for Queer Friendly Housing

### Look For Keywords in Listings

People looking for apartments on RoomSearch or all Facebook groups will often list if they are also looking for queer-friendly living environments. Search through active listings for your LGBTQIA+ friendly, and queer space, just for a few. Consider posting a roommate profile on RoomSearch or Facebook for yourself using these phrases as well so people can reach out to you.

### Don't Be Afraid to Ask!

When touring an apartment or house, don't be afraid to just ask the landlord if they are LGBTQIA+ friendly. A clear answer, good or bad, is better than a vague one!

### Check Reviews

Reviews in general should be taken with a grain of salt, but in this case they can be very helpful in determining other queer persons' housing experiences. Search for words like "discriminate" and "homophobic" in reviews to see if there have been problems in the past with this landlord."

## Things to Know

### Service Animals and ESAs

It is illegal for landlords to discriminate against service animals and ESAs. No pet fees or additional deposit may be charged for either.

### Invasive Questions

A landlord cannot ask about the nature of a tenant's disability, sex or they are not allowed to inquire about how a tenant became disabled or whether that would hinder one's ability to pay rent on time.

### Section 811

The Section 811 program allows persons with disabilities to live as independently as possible in the community by subsidizing rental housing opportunities which provide access to appropriate supportive services.



Check out the other brochures in this series here:



SCAN ME

For Questions, Help, or Support, please contact:

**Stevie Jorgensen, Off-Campus Life**  
stevie.jorgensen@colorado.edu  
(303) 491-2248

**Student Disability Center**  
SDC.sdc@colorado.edu  
(303) 491-8807

**Student Legal Services**  
SLS.slslaw@colorado.edu  
(303) 491-1482

**Student Resolution Center**  
SRC.src@colorado.edu  
(303) 491-7165



## Off-Campus Housing as a Person with a Disability

What to know and what to ask when housing.

## Reasonable Accommodations

### What is a Reasonable Accommodation?

Any change in the way things are commonly done that enables a person with disabilities to enjoy housing opportunities, or to meet program requirements is a reasonable accommodation. For example, reasonable accommodations alternate barriers that prevent persons with disabilities from fully participating in housing opportunities, including both private housing and in federally-assisted programs or activities. Housing providers that help require persons with disabilities to pay extra fees or deposits or place any other special conditions or requirements as a condition of housing a reasonable accommodation.

### Examples of Modifications

- Assigning an accessible parking space for a person with a mobility impairment.
- Permitting a guest to transfer to a ground floor unit.
- Adjusting a rent payment schedule to accommodate when an individual receives income assistance.
- Adding a grab bar to a tenant's bathroom.
- Permitting an applicant to submit a housing application via a different means.

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

### Identifying Discrimination

The Fair Housing Act prohibits housing and housing-related discrimination because of race, color, national origin, religion, sex (including gender identity and sexual orientation), familial status, and disability.

### Reporting Discrimination

If you feel you have or are being discriminated against, please contact Student Legal Services, CSU Student Disability Center, and/or Off-Campus Life for support.

Read more about HUD Fair Housing laws.



SCAN ME

## Searching for Disability Friendly Housing

### Filter Online Searches

Apartment aggregator websites such as Apartments.com, Trulia or Craigslist allow you to search based on specific needs, like disability access. Some sites like AccessibleProperties.net are primarily focused on being accessible housing options.

### Gather Documents Beforehand

Most rental properties will require a proof of income during the application stage. Getting documentation from either an employer, bank, or government assistance can take time, so get these documents ahead of time and save yourself the headache!

### Check Reviews

Reviews in general should be taken with a grain of salt, but in this case they can be very helpful in determining other disabled persons' housing experiences. Search for words like "discriminate" and "accommodate" in reviews to see if there have been problems in the past with this landlord."

## Events Around Campus



# JUST IN TIME FAIR

April 6, 2022  
4:30 PM - 7:00 PM  
LSC Grand Ballrooms

 CAREER CENTER  
COLORADO STATE UNIVERSITY

*Register and find out more on Handshake!*




**Download the Handshake mobile app!**

Learn about employers before the fair  
Easily register for events  
View job listings on the go!

*Thank you to our sponsors!*




## 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



COLORADO STATE UNIVERSITY

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](mailto:tple@terpmail.umd.edu)  
Survey link will be sent within 24 hours

Gender, Culture, and Health Lab  
UMD Department of Psychology



SEVENTH ANNUAL  
**act.**  
HUMAN RIGHTS  
FILM FESTIVAL  
MARCH 31 - APRIL 3, 2022  
BY PERSON EVENT COLLECTIVE, LLC  
APRIL 4-10, 2022  
VIRTUAL EVENT PRESENTATION  
COMMUNICATION STUDIES

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



**SOFTBALL GAME 2022**

**APRIL 30TH @ 1:00PM | RAM FIELD**

**\*Admission is free\***





# Advancing Equity for All

A Community Conversations Series

# Avanzando la equidad para todas y todos

Una Serie de Conversaciones Comunitarias

Thursday, April 28 • el jueves 28 de abril  
5:30-7:30 p.m.

Senior Center  
1200 Raintree Dr.

### EQUITY INDICATORS PROJECT

Come join City staff, partner agencies, and community members for lively conversation on the topics of Criminal Justice and Housing.

### PROYECTO DE INDICADORES DE EQUIDAD

Únase al personal de la ciudad, agencias locales y miembros de la comunidad para una conversación sobre los temas de Justicia Penal y Viviendas.

Light dinner provided • Se servirán bocadillos

Spanish interpretation provided • Interpretación en español disponible

RSVP encouraged • recomendado



Auxiliary aids and services are available for persons with disabilities. V/TDD 711.  
Los recursos para discapacitados y asistencia auxiliar son disponibles para personas con discapacidades. V/TDD: 711

22-24070

# APIDA HERITAGE MONTH GREEN MASK PROJECT With Meow Wolf Mongovoo artist, Eriko Tsogo



RSVP





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.

<b>PRIDE OUTSIDE</b> Snowshoe Day Hike Feb. 13 \$35  Register on the portal	<b>CYCLE CLASS</b> Mar. 1 7:30-8:15pm Cycling Studio  Register on the portal	<b>CLIMBING WALL</b> Mar. 24 4-8pm All abilities welcome  Register on the portal or drop in	<b>PRIDE OUTSIDE</b> Intro to Rock Climbing Trip Apr. 3 \$35  Register on the portal
<b>CLIMBING WALL</b> Apr. 17 12-3pm All abilities welcome  Register on the portal or drop in	<b>WEEKLY DANCE CLASS</b> Brazilian Beats Every Tuesday 6:30-7:15pm Studio 1  Register on the portal	<b>ALL EVENTS ARE FREE UNLESS NOTED OTHERWISE</b>  <b>REGISTER ONLINE</b>  ➔	



## 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**



# CALL FOR VOLUNTEERS!

Pride is creating a new Safe Video and we want to your voice to be a part of it!



We're looking for students, faculty and staff who are willing to share about their experiences as LGBTQIA+ CSU community members on film to feature as part of our Safe Zone training program. What do YOU want others to know about being queer and trans on campus?

**Email [jessikha@rams.colostate.edu](mailto:jessikha@rams.colostate.edu) to learn more and sign up!**

**RAMEVENTS PRESENTS**

## GRAB'N'GROW MENTAL HEALTH



**JOIN US FOR FREE STRESS RELIEF BAG  
ON THE LSC PLAZA  
APRIL 13, 2022 ~ 10 A.M. -1 P.M.**

 For accommodations and more information please contact [ramevents\\_elcentro@mail.colostate.edu](mailto:ramevents_elcentro@mail.colostate.edu)

COLORADO STATE UNIVERSITY



**Latina Wellness  
Workshop  
on 4/13 @ 5pm in  
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



## Sign up for THE BODY PROJECT!

The Body Project is a group-based intervention that provides a forum for college aged students and staff to confront unrealistic appearance ideals and develop healthy body-image and self esteem.

**IT HAS REPEATEDLY BEEN SHOWN TO EFFECTIVELY REDUCE BODY DISSATISFACTION, NEGATIVE MOOD, UNHEALTHY DIETING, AND DISORDERED EATING.**



[USE THIS QR CODE TO FILL OUT AN INTEREST SURVEY!](#)





COLORADO STATE UNIVERSITY

# SOCIETY OF ASIAN SCIENTISTS & ENGINEERS

Join peers in navigating the STEMM field and gain skills for networking, research, classes, and much more!

1ST + 3RD WEDNESDAY OF EACH MONTH  
6:00 PM • LSC 333 (APACC)

Starting February 2nd

# CRAFT CORNER

Join the Pride Resource Center and the Black/African American Cultural Center from 3-5pm for our Messy Monday crafting sessions!!!



3/21-Painting Extravaganza: B/AACC  
4/4 - Collage Creations: PRC  
4/18- Embroidery Squares: B/AACC  
5/2-Tie-Dye Party: Outside, East of LSC



OPEN TO FOLKS OF ALL IDENTITIES, SEE YOU THERE!



pride resource center

BLACK/AFRICAN AMERICAN CULTURAL CENTER  
COLORADO STATE UNIVERSITY

# Adoptee Connections

Come meet fellow adoptees and discuss our shared and different experiences.

## Meetings

12:00-1:00pm

- **Virtual: Tuesday, Jan 25th**  
Zoom ID: 936 8933 8893
- **Hybrid: Tuesday, Feb 22nd**  
Food provided  
Lory Student Center 308-310  
Zoom ID: 936 8933 8893
- **Hybrid: Tuesday, Apr 12th**  
Lory Student Center 308-310  
Zoom ID: 936 8933 8893

ASIAN PACIFIC AMERICAN CULTURAL CENTER  
COLORADO STATE UNIVERSITY



# BSA GALA: CELEBRATING BLACK EXCELLENCE



LORY STUDENT CENTER: BALLROOMS C&D  
APRIL 23RD, 2022 | 5:00PM-9:00PM

LIVE AUCTION  
ELEGANT DINNER  
LIVE PERFORMANCES  
SPECIAL GUEST SPEAKERS

DRESS CODE:  
FORMAL  
TICKETS:  
\$15



## Latina Wellness Workshop

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

**Dates:**

February 2 and 16  
March 2  
April 13 and 27



**EL CENTRO**  
COLORADO STATE UNIVERSITY

## 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*



Join CSU Counselor  
**Ivis Carrera Valdes**  
for a talk on how to discuss  
boundaries with friends, partners,  
and family.

Questions  
[icarrera@colostate.edu](mailto:icarrera@colostate.edu)



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COLORADO STATE UNIVERSITY





# APIDA Heritage Month 2022

Asian Pacific Islander Desi American Heritage Month

## South West Asian and North African (SWANA) Food at the Foundry

Thursday, March 31

Lunch & Dinner | Foundry

Friday, April 1

Lunch | Foundry

## Meow Wolf Trip with Eriko Tsogo

Sunday, April 3

9:00am | Meow Wolf Denver

## Green Mask Project Art Exhibition & Ramen Mixer

Thursday, April 7

6:00pm | APACC, LSC 333

## Ramadan Iftar

Friday, April 8

7:30pm | Johnson 222

## APIDA Trans-Racial Adoptee Experiences Panel

Tuesday, April 12

4:00pm | APACC, LSC 333

## Indigeneity & Hawaiian Activism: Kapulei Flores

Thursday, April 14

5:30pm | LSC Grey Rock Room & Zoom

## Aspen Grille South West Asian and North African (SWANA) Food

Thursday & Friday, April 14 & 15

Lunch | Aspen Grille

To make reservations visit

[lsc.colostate.edu/dining/aspen-grille/](https://lsc.colostate.edu/dining/aspen-grille/)

## Keynote Speaker: Chanel Miller

Thursday, April 21

6:00pm | Zoom

For event information please visit

[apacc.colostate.edu](https://apacc.colostate.edu)

Special thank you to Aspen Grille, Black/African American Cultural Center, Campus Activities, Housing & Dining, Islamic Center of Fort Collins, Lory Student Center, Lory Student Center Arts Program, Muslim Student Association, Native American Cultural Center, Residence Hall Association, and Women and Gender Advocacy Center.



ASIAN PACIFIC AMERICAN  
CULTURAL CENTER  
COLORADO STATE UNIVERSITY



For Students, By Students  
COLORADO STATE UNIVERSITY

For reasonable accommodations or questions, please  
contact [ramevents\\_apacc@mail.colostate.edu](mailto:ramevents_apacc@mail.colostate.edu)



April is

# SEXUAL ASSAULT AWARENESS MONTH

More info about any of the sessions below can be found by scanning the QR code!

**THUR 31** **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 Survivor Story Project, as well! This support group is for survivors of interpersonal violence, and intakes are required.

**WED 06** **Speaker's Bureau 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 11** **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 18** **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 19** **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 21** **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 27** **Survivor Story Project Deadline**

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

## More Jobs and Career Development



**Qualifications**

- Be able to maintain exceptional levels of customer service
- Be an effective team player
- Be committed to creating an inclusive and welcoming environment
- Be able to work 10 hour/week
- Have work study

**WE'RE HIRING FOR SPRING!**

# TILT Desk Coordinator

Check out Handshake Job #4909155 or [submit your application here](#)

**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!



# Career Center Drop-In Hours

Meet one-on-one with El Centro's Career Center liaison Carolina

Get your questions about jobs, careers, grad school, or any other career related questions you may have.

*Drop In hours are every Thursday from 11am-12pm at El Centro*





## Volunteer and Service Opportunities



### CAMINOS FELLOWS PROGRAM

Sign Up to mentor first-generation Chicanx/e, Latinx/e and Indigenous Students from Fort Collins High School

IN-CLASS MEETINGS WITH FORT COLLINS HIGH SCHOOLERS ON TUESDAYS/ THURSDAYS

**STIPEND PROVIDED**

Apply at  
<https://tinyurl.com/caminospring2022>  
or scan

Questions? Contact Dra. Aragón:  
[antonette.aragon@colostate.edu](mailto:antonette.aragon@colostate.edu)



GENESIS COFFEE

## Volunteer Barista and Youth Mentor

NEED SERVICE HOURS? WANT TO LEARN A NEW SKILL? NOW'S YOUR CHANCE!

400 SOUTH LINK LANE

Mentor local youth while learning how to make a killer cup of joe. Volunteer for a four-hour shift once a week. To learn more contact, Colleen Koenig, at [ColleenKoenig@genesisfortcollins.com](mailto:ColleenKoenig@genesisfortcollins.com) or fill out an application at <https://forms.gle/58AvCY9h7MKBVqw6>



## Project Homeless Connect 2022

**VOLUNTEER TODAY!**

[phc.colostate.edu](http://phc.colostate.edu)

APRIL 15, 2022  
NORTHSIDE AZTLAN COMMUNITY CENTER

STUDENT LEADERSHIP, INVOLVEMENT, AND COMMUNITY ENGAGEMENT  
COLORADO STATE UNIVERSITY



Project Homeless Connect 2022 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](https://www.colostate.edu/locations/northside-aztlan-community-center))! We are seeking individuals and groups to volunteer for the event. Project Homeless Connect is a one-day event that provides individuals 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 <https://ramlink.campuslabs.com/engage/submitter/form/start/523213>.

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

Apply to be a Ram Welcome Event Assistant



**VOLUNTEER OPPORTUNITIES**

## WINTER OPPORTUNITIES ONE-TIME & ONGOING

### 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](mailto:office@alittlehelp.org) or call 970-412-9396 to begin your volunteer application and be matched as a Snow Buddy!

### 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 OPPORTUNITIES

### 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 [here](#) 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.