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Clubs & Activities Newsletter

Humboldt State Clubs & Activities

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Clubs & Activities Newsletter



Weekly Newsletter for Club Student Leaders

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Ways Clubs Can Stay Active While Social Distancing?

WAYS TO HOST MEETINGS:

[ZOOM HOW TO](#)
[SKYPE HOW TO](#)
[GOOGLE HANG OUT HOW TO](#)

ACTIVITIES YOU CAN DO TOGETHER:

[NETFLIX PARTIES HOW TO](#)
[VIRTUAL CLUB ENGAGEMENT EXCEL](#)



“Although the world is full of suffering, it is also full of the
overcoming of it” - Helen Keller

Helpful Websites

[100 Things to do in Quarantine- USA Today Article](#)

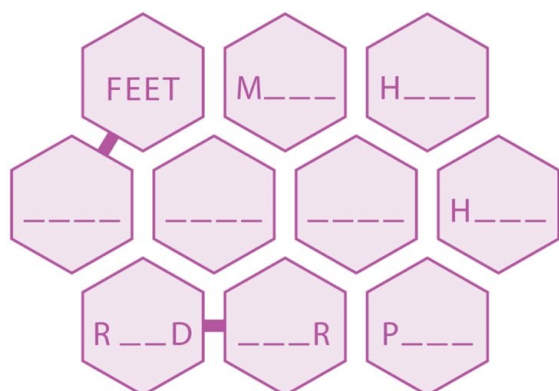
[Mindfulness for Your Mental Health](#)

[Ted Talk on Mindfulness](#)

[Center for Teaching & Learning Resources- Keep Learning](#)

[Clubs Office Favorite Youtube Videos for Leadership](#)

Puzzle of the Week



From wherever you start (hint: it's probably easiest to start at the top left), join the hexagons by creating a new word that is only one letter different from where you started. Each hexagon must connect to exactly two adjacent hexagons.

Answer will be available Next Friday, 4/3/20

Campus Resources

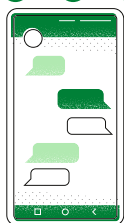
- **Campus COVID-19 Updates:**
<https://covid19.humboldt.edu/>
- **Student Health & Wellbeing Services:**
<https://wellbeing.humboldt.edu/>
- **Library Continuity Plan:**
<https://libguides.humboldt.edu/continuity/students>
- **Counseling & Psychological Services:**
<https://counseling.humboldt.edu/coronavirus-caps-modified-services-self-help-material>
- **Oh Snap Food Pantry:** @hsuohsnap on instagram or email ravin@humboldt.edu
- **Dean of Students & CARE Services:**
dos@humboldt.edu
- **Academic & Career Advising Drop in:**
https://acac.humboldt.edu/sites/default/files/Virtual%20Drop%20ins_0.pdf
- **CAPS Self Help Resources:**
<https://counseling.humboldt.edu/self-help-resources>

Recipe of the Week

Click here for the Recipe:
[Whole Roasted Cauliflower Recipe](#)

Show us your attempts by tagging @ClubsHSU in Instagram and #HSURecipeOfTheWeek

If you have a favorite recipe you want us to include in next week's newsletter, email clubs@humboldt.edu and put "Newsletter Recipe" in the subject line



Text:
(707) 702-1762



Facebook:
@HSUClubsOffice



Instagram:
@ClubsHSU



Website:
clubs.humboldt.edu



Email:
clubs@humboldt.edu

#Instagram Roundup

Distant for now,
close at heart always.

WE ARE HUMBOLDT

#humboldtconnected



VIRTUAL CLUB ENGAGEMENT

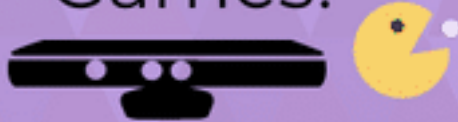
Club Communication:

- Telegram
- Group me
- WhatsApp
- Google voice

Video Conference

- Zoom
- GoToMeeting
- Skype
- Google hangouts

Games!



- Bingo nights- bingomaker.com
- Jackbox.tv games!
- Steam
- Omgmobc.com
- Yourturnmyturn.com
- Kahoot Trivia

Group Self Care



- Group vent session- safe space for no judgement
- Pinterest vision boards
- Provide Resource contact information (Available on Covid19.humboldt.edu)
- Self care TED talks
- Journal prompt and share
- Positivity social media challenges

Stay Fit!



- Host training/exercise session on zoom
- Live stream yoga classes
- Track hikes on AllTrails

Academics

- Book club
- Trivia on Kahoot
- Quizlet sharing
- Zoom study sessions
- Zoom coffee and conversation
- Multiple people working on a google doc (There is a chat function!)



Miscellaneous

- Learn a language online (ex: DuoLingo)
- Cooking lessons online
- Become a naturalist
- Spirit weeks
- Virtual open mic
- Share your craft on social media- facebook, tik tok, youtube
- Learn an instrument
- Online religious services or Bible/Koran/Torah study groups
- Boredom busters- what to do when you're bored
- Pjlibrary
- Community service
 - Knitting hats for NICU babies, Homeless community, etc.
 - Making face masks for those working the front lines
 - Cleaning up trash on hikes or walks and posting to Social Media
- Netflix watch parties
- Weekly Zoom lunches
- Animal crossing activities
- Cooking lessons online and post attempts
- Deserted island scenario



Food Resources On Campus

The Oh Snap! Pantry will have a table near the Health Center with food to distribute Friday, 3/20, 2-4pm, Wednesday, 3/25 10am - 12pm, and Thursday 3/26, 1pm-3pm (if supplies last).



- Friday, March 20:
 - College Creek Marketplace 7:45am - 6pm
 - The Giant's Cupboard (1st Floor JGC) 5 - 9pm
- Saturday, March 21 - Sunday, March 22
 - The Giant's Cupboard (1st Floor JGC) 1pm - 9pm
- Starting Monday, March 23
 - College Creek Marketplace 9am - 2pm
 - The Cupboard (1st Floor JGC) 5 - 9pm



Liked by **hsueats** and 49 others

humboldtstatehousing Staying at HSU? There are some Dining locations available on-campus:

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Friday, March 20
College Creek Marketplace 7:45am - 6pm
The Giant's Cupboard (1st Floor JGC) 5 - 9pm

..
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Saturday, March 21 - Sunday, March 22
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#humboldtstate #hsuhousing #hsuohsnap #hsudining

hsueats We're extending our hours at College Creek next week M-F 8am-4pm.





erc_hsu



WE'RE HIRING AT THE **ERIC ROFES MULTICULTURAL QUEER RESOURCE CENTER**

The ERC is hiring for a **Volunteer & Resources director** for the spring 2020 semester. This student position allots for approximately 9-10 hours a week at \$13/hr.

Jobs duties include (but are not limited to):

- Recruiting/Main point of contact for volunteers
- Creation & Keeping track of resources (i.e pamphlets, safer sex products, etc)
- Maintenance of ERC Website and Library

To apply, send your resume to erc@humboldt.edu by April 17th



Liked by [hsu_adpic](#) and 11 others

erc_hsu Hey all! Come join our team as Volunteer and Resource Director for Fall of 2020. Send a resume and cover letter out way by April 17th. Shoot us an email or dm if you have any questions! 🙌



hsucaps



Humboldt State

COUNSELLING
AND
PSYCHOLOGICAL
SERVICES

IS GOING
DIGITAL!

CAPS Appointments are still
available and hosted online! Even if
you're out of the area!

We're here for you. Email us at
hsucapsehumboldt.edu with any
questions!



Liked by [hsu_adpic](#) and 34 others

hsucaps Our offices might look a little different, but CAPS still has your back! Send us an email at hsucaps@humboldt.edu and leave us your phone number and we'll give you a call back. Some of our groups are still going and we're looking at offering more. Also one on one sessions are still available. #humboldtstate #mentalhealth



HUMBOLDT STATE UNIVERSITY
OhSNAP!

OH SNAP FOOD DISTRIBUTION

**PRE PACKAGED FOOD BAGS WILL BE
AVAILABLE ON CAMPUS.
VEGETARIAN AND MEAT OPTIONS**

**TABLE WILL BE IN FRONT OF THE STUDENT
HEALTH CENTER. LOOK FOR THE OH SNAP VAN!**

**WEDNESDAYS, 10-NOON
THURSDAYS, 1-3**



**IF YOU CAN'T MAKE THESE TIMES, OR CANNOT COME
TO CAMPUS, PLEASE EMAIL MIRA@HUMBOLDT.EDU**



hsu_academiccareeradvising



Spring 2020 Academic and Career Advising

The Academic and Career Advising Center will conduct business for the remainder of Spring 2020 via Zoom, email, or telephone starting Wednesday, March 18.

Please call our front desk at (707) 826-3341 to leave a message, or email us at acac@humboldt.edu with questions or to schedule an appointment. Be sure to indicate your preferred method of contact: Zoom, phone, or email. Please be patient as we transition to virtual services. We will do our best to accommodate everyone in a timely manner.

Phone messaging: (707) 826-3341

Email: acac@humboldt.edu

Website: acac.humboldt.edu



We encourage you to download Zoom. If you have any questions, please visit <https://ctl.humboldt.edu/content/keep-learning> for more information.

academic
& career
ADVISING
CENTER

HUMBOLDT STATE UNIVERSITY



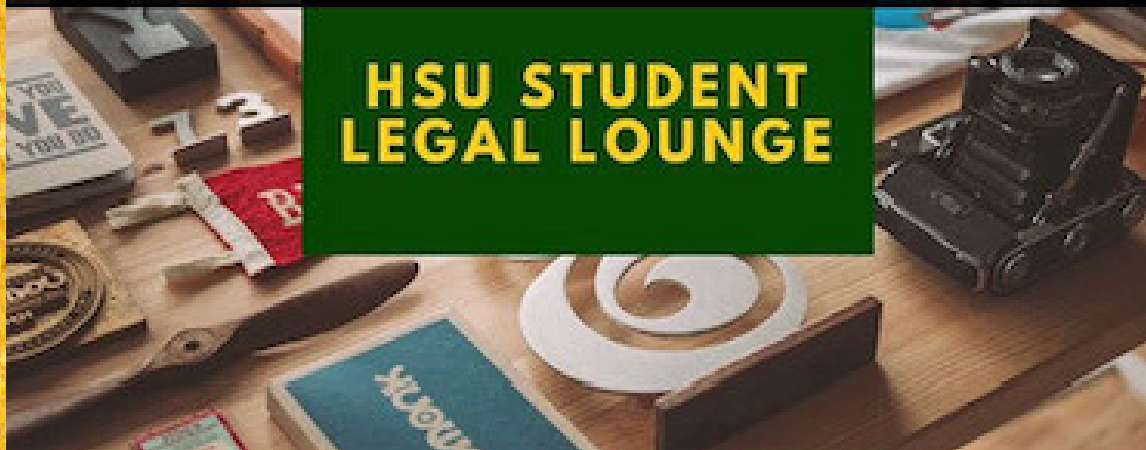
Liked by humboldtstate and 18 others

hsu_academiccareeradvising Stay safe, everyone!  
#humboldt



hsustudentlegallounge

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NO SET OFFICE HOURS FOR SPRING 2020

Since we will be working remotely, you can
email studentlegallounge@humboldt.edu
any legal questions and get a zoom
meeting set up!

EMAIL US AT STUDENTLEGALLOUNGE@HUMBOLDT.EDU
WEBSITE AT STUDENTLEGALLOUNGE.HUMBOLDT.EDU
IG @HSUSTUDENTLEGALLOUNGE



Liked by [romanthompson3827](#) and 2 others

hsustudentlegallounge We will still be working throughout
this semester! Contact us via email at
studentlegallounge@humboldt.edu! Stay safe everyone.



wrrap_hsu



Liked by hsu_adpic and 40 others

wrrap_hsu Out of toothpaste but don't want to run to the store? There's a zero waste solution for that!

One part baking soda and one part warmed coconut oil (you can add peppermint or other tastes for flavor) and you got yourself DIY toothpaste!

#wrrap #hsu #humboldt #arcata #zerowaste #diy



hsulumberjack
Hyatt Regency San Francisco



Liked by **humboldtstatebiology** and 74 others

hsulumberjack For the rest of the semester, The Lumberjack will continue publishing as the independent, student-run newspaper of @humboldtstate. Find our award-winning stories on our website at thelumberjack.org. (But keep an eye out for a special project we might be able to pull off.) Pictured here are journalism students Tony Wallin, Megan Bender and Jose Herrera showing off a few of the 29 awards won by HSU journalism students at the California College Media Association Excellence in Student Media banquet Feb. 29 in San Francisco. The Lumberjack took home 14 awards, including four first place wins. Visit our site for the full list of winners and for our coverage of HSU in this tumultuous time. | 📧: @flores.vnessa



Things you can do to save energy at home
(electricity & natural gas)

There are several things you can do to save energy and resist this potential increase in your PG&E bill:

- Open drapes/let natural light into your house on sunny days to avoid having lights on
- Be conscious of not leaving lights on in rooms that are unoccupied
- Make sure to unplug appliances when you are finished using them (coffee makers, microwaves, hair straighteners/curlers, etc)
- Try to wear more layers when you get chilly instead of turning on the heater
- If you have AC, open windows instead of turning on your AC when you get hot
- Try to take fast showers to limit the amount of hot water your natural gas water heater must heat
 - BONUS! Have a competition with your friends to see who can take the shortest showers! Or, compete against yourself to see if everytime you shower, you can beat your previous time!
- Instead of watching TV or playing videogames, read a book to save on electricity
 - BONUS! Do homework/study instead of using your TV (I know we all need that online class motivation 😊)



Liked by hsubrainbooth and 23 others

greencampus_hsu Yesterday we let you guys know that, with people staying home more often, your PG&E bills might increase. Here's a list of things that might make your PG&E bill increase, and then a list of things YOU can do to resist this potential increase.

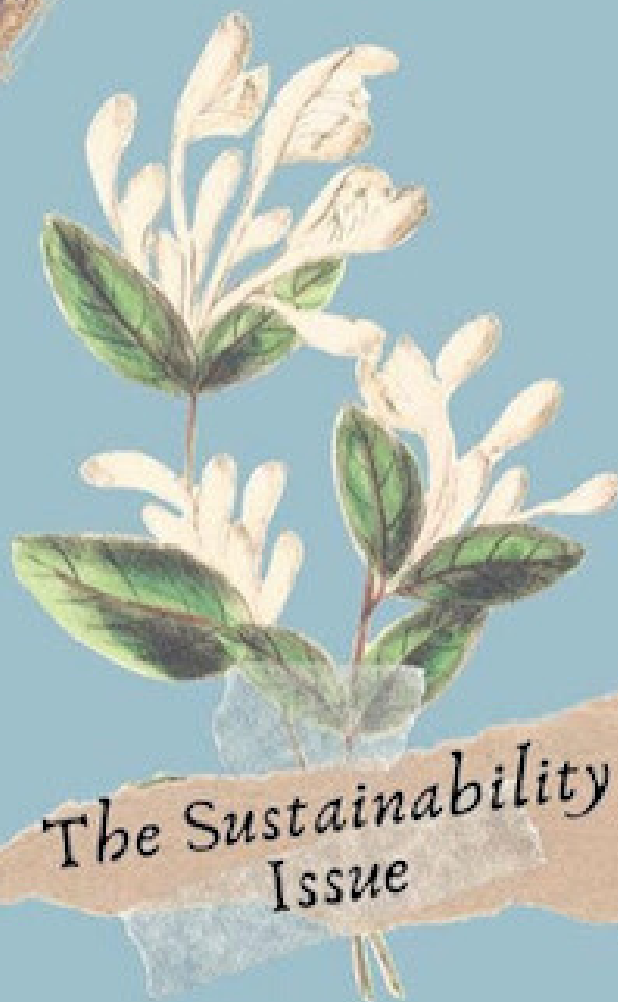
Please feel free to comment any questions you have!



hsu_mcc

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Cultural Times

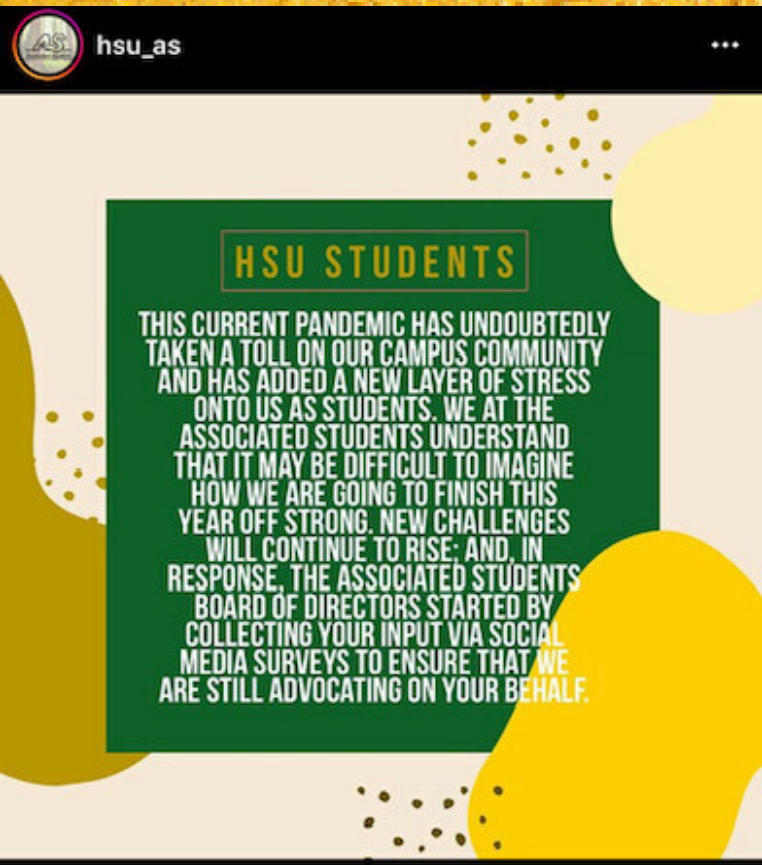


The Sustainability
Issue



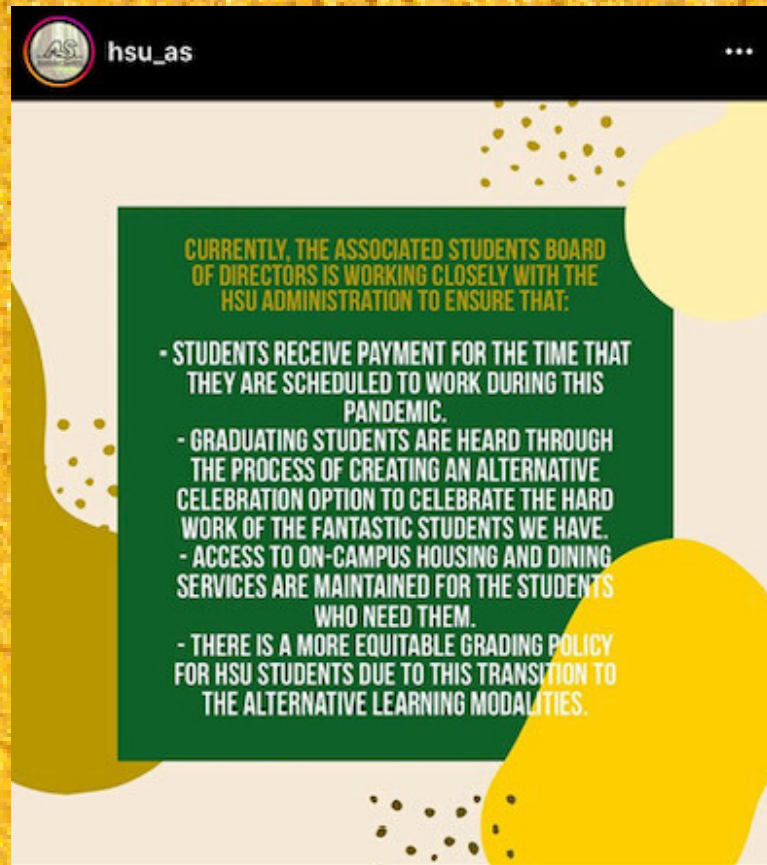
Liked by hsuinterimprovost and 46 others

hsu_mcc Do you have a lot of free time during this social distancing / spring break? The MCC is still accepting submissions of poetry, writing, recipes and artwork themed around your relationship with sustainability. The deadline is April 10th and you can your submit to the MCC email! Stay safe everyone 🌻🌻 //



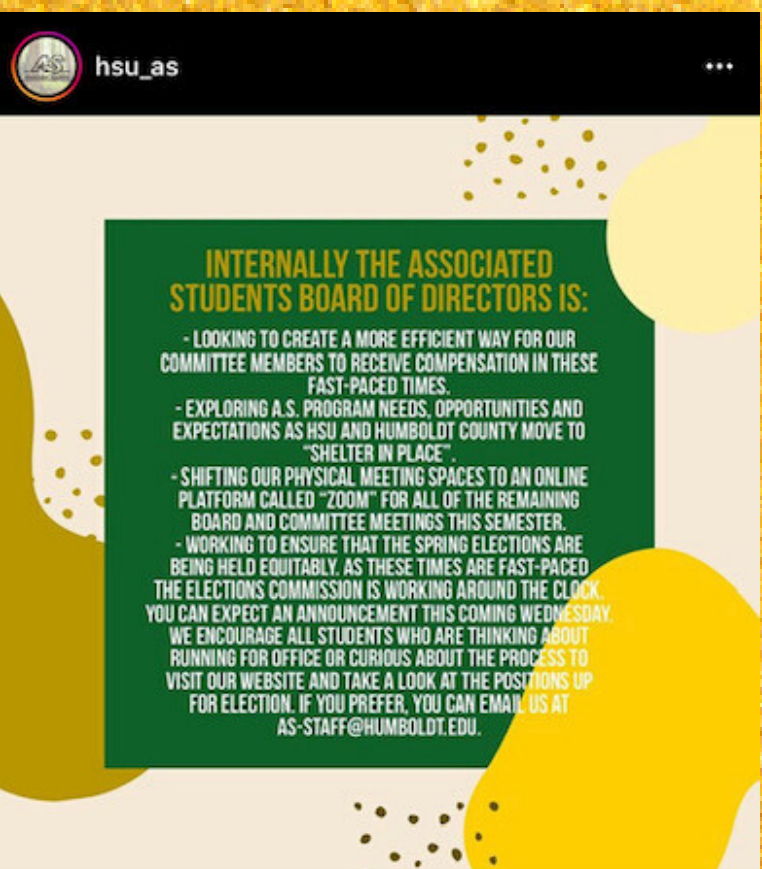
HSU STUDENTS

THIS CURRENT PANDEMIC HAS UNDOUBTEDLY TAKEN A TOLL ON OUR CAMPUS COMMUNITY AND HAS ADDED A NEW LAYER OF STRESS ONTO US AS STUDENTS. WE AT THE ASSOCIATED STUDENTS UNDERSTAND THAT IT MAY BE DIFFICULT TO IMAGINE HOW WE ARE GOING TO FINISH THIS YEAR OFF STRONG. NEW CHALLENGES WILL CONTINUE TO RISE; AND, IN RESPONSE, THE ASSOCIATED STUDENTS BOARD OF DIRECTORS STARTED BY COLLECTING YOUR INPUT VIA SOCIAL MEDIA SURVEYS TO ENSURE THAT WE ARE STILL ADVOCATING ON YOUR BEHALF.



CURRENTLY, THE ASSOCIATED STUDENTS BOARD OF DIRECTORS IS WORKING CLOSELY WITH THE HSU ADMINISTRATION TO ENSURE THAT:

- STUDENTS RECEIVE PAYMENT FOR THE TIME THAT THEY ARE SCHEDULED TO WORK DURING THIS PANDEMIC.
- GRADUATING STUDENTS ARE HEARD THROUGH THE PROCESS OF CREATING AN ALTERNATIVE CELEBRATION OPTION TO CELEBRATE THE HARD WORK OF THE FANTASTIC STUDENTS WE HAVE.
- ACCESS TO ON-CAMPUS HOUSING AND DINING SERVICES ARE MAINTAINED FOR THE STUDENTS WHO NEED THEM.
- THERE IS A MORE EQUITABLE GRADING POLICY FOR HSU STUDENTS DUE TO THIS TRANSITION TO THE ALTERNATIVE LEARNING MODALITIES.



INTERNALLY THE ASSOCIATED STUDENTS BOARD OF DIRECTORS IS:

- LOOKING TO CREATE A MORE EFFICIENT WAY FOR OUR COMMITTEE MEMBERS TO RECEIVE COMPENSATION IN THESE FAST-PACED TIMES.
- EXPLORING A.S. PROGRAM NEEDS, OPPORTUNITIES AND EXPECTATIONS AS HSU AND HUMBOLDT COUNTY MOVE TO "SHELTER IN PLACE".
- SHIFTING OUR PHYSICAL MEETING SPACES TO AN ONLINE PLATFORM CALLED "ZOOM" FOR ALL OF THE REMAINING BOARD AND COMMITTEE MEETINGS THIS SEMESTER.
- WORKING TO ENSURE THAT THE SPRING ELECTIONS ARE BEING HELD EQUITABLY. AS THESE TIMES ARE FAST-PACED THE ELECTIONS COMMISSION IS WORKING AROUND THE CLOCK. YOU CAN EXPECT AN ANNOUNCEMENT THIS COMING WEDNESDAY. WE ENCOURAGE ALL STUDENTS WHO ARE THINKING ABOUT RUNNING FOR OFFICE OR CURIOUS ABOUT THE PROCESS TO VISIT OUR WEBSITE AND TAKE A LOOK AT THE POSITIONS UP FOR ELECTION. IF YOU PREFER, YOU CAN EMAIL US AT AS-STAFF@HUMBOLDT.EDU.



WE CONTINUALLY NEED STUDENT SUPPORT AND INPUT TO ENSURE THAT WE ARE ADVOCATING THE RIGHT PERSPECTIVES. WE WOULD ENCOURAGE ALL STUDENTS TO ENGAGE WITH OUR SOCIAL MEDIA PLATFORMS AND SPECIFICALLY OUR SURVEYS, POLLS, AND QUESTIONS TO VOICE ANY AND ALL CONCERNS AND NEW WAYS WE CAN CELEBRATE OUR STUDENTS FREQUENTLY.



clubshsu



Humboldt To Go >

PUBLIC GROUP · 2,472 MEMBERS



+ Invite

Announcements

Watch Party

Photos

Events



Liked by **nicole_frijol** and 64 others

clubshsu For all our folks who stayed local and are getting tired of cooking food at home, Facebook has a group called "Humboldt To Go" that shares all the local restaurants offering takeout or delivery of food and drinks! #SupportLocal #DistantSocializing #HumboldtToGo (ps... please follow the video they pinned of how you should handle the food once you pick it up to reduce spread of COVID)



hsuartdept



Liked by hsuinterimprovost and 23 others

clubshsu Check out #artinquarantine_humboldtstate to see more HSU students Art Work! Posted @withregram • @hsuartdept Art in Quarantine series by HSU Art Students. Patrick Garcia. Thinking of way I could continue my photographic practice at home I turned to cyanotypes which is an easy alternative "photographic" method that involves a coating an emulsion on paper and exposing it to the sun.

Exploring themes of isolation in our box like homes, As well as examining my interior spaces while reconfiguring with the way I navigate my practice in our shifting times. #artinquarantine_humboldtstate



QUARANTINE

What Day Is It?

QUIZ SHOW

Quarantine Quiz Show

Every Wednesday night in April beginning
April 1st at 8pm EST (7pm central)

Win swag from different schools across the country



Open to any school's student, faculty, and staff

Scan the QR code to join!

Twitch Account Required to Play

Follow Our Twitch Channel: Recwithoutborders

For more information about the virus check: <https://www.cdc.gov/coronavirus/2019-ncov/index.html>