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4-20-2020

### Clubs & Activities Newsletter

Humboldt State Clubs & Activities

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# Clubs & Activities Newsletter



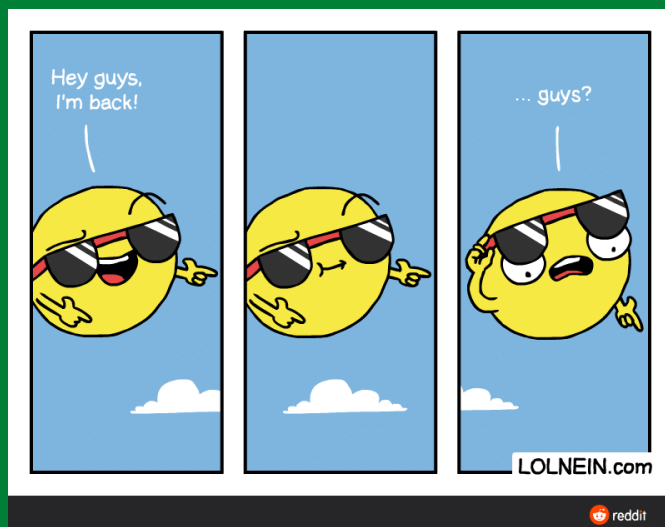
Weekly Newsletter for Club Student Leaders

## *In This Issue:*

Ways to socialize during quarantine- 1  
Helpful/Interesting Videos - 2  
Campus Resources-2  
Recipe of the Week - 2  
Weekly Puzzle- 2  
#Instagram and Campus Roundup - 3+



## Ways to socialize during quarantine



- HOUSE PARTY- FACETIME & GAMES
- NETFLIX PARTIES- WATCH & CHAT
- CREATE YOUR OWN ESCAPE ROOM
- CREATE A COLLABORATIVE PLAYLIST
- CREATE A SHARED STORY
- CREATE YOUR OWN PUZZLE
- LIVE QUIZ/TRIVIA GAME
- ESPORTS TOURNAMENT
- JACKBOX.TV GAMES

FOR MORE IDEAS, CHECK OUT THIS  
[LINK FROM PRESENCE](#)

"The way I see it, if you want to see a rainbow, you gotta put up with the rain." -Dolly Parton

# Interesting and Helpful Videos

Feel like giving up? Use the Cookie Jar

Method: <https://youtu.be/ANpmYcAE-8U>

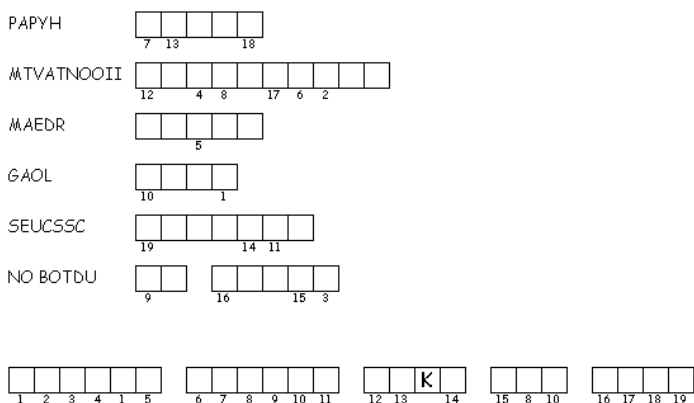
12 Emotions you Might Feel But Cant

Explain: <https://youtu.be/bny9YViO15o>

The Art of Being

Yourself: <https://youtu.be/veEQQ-N9xWU>

## Puzzle of the Week



Unscramble each of the clue words. Copy the letters in the numbered cells to other cells with the same number. This weeks hint: Daily Inspiration!

\*Answers from last week's newsletter can be found on [@clubshsu instagram!](https://www.instagram.com/clubshsu)

# 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 mira@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](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

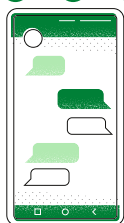


Click here for the Cheesy Potato Bake/ Layered Cheesy Potatoes Recipe:

<https://www.tasteofhome.com/recipes/cheesy-potato-bake/>

**\*\*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



Image Description: Student sitting in a classroom with the words "distant for now, close at heart always. We are Humboldt. #Humboldt Connected". Additional images of various students on the bottom of image



# Career Chats

Career Advisors are available via Zoom for informal chats. Ask questions, share ideas and get expert advice about your career path in our changing world.

## **TIPS & TRICKS OF RESUMES**

April 15 at 12pm • <https://humboldtstate.zoom.us/j/393124892>

## **PHONE AND VIDEO INTERVIEWS**

April 16 at 11am • <https://humboldtstate.zoom.us/j/989564276>

## **GETTING INTO GRADUATE SCHOOL**

April 20 at 5pm • <https://humboldtstate.zoom.us/j/755319375>

## **JOB SEARCH FOR GRADUATING SENIORS**

April 21 at 1pm • <https://humboldtstate.zoom.us/j/91390824589>

## **VIRTUAL NETWORKING**

April 22 at 3pm • <https://humboldtstate.zoom.us/j/546303470>

## **STANDING OUT TO EMPLOYERS**

April 23 at 5pm • <https://humboldtstate.zoom.us/j/804891890>

## **RECOGNIZING NEW JOB SKILLS AMID COVID-19**

April 27 at 5pm • <https://humboldtstate.zoom.us/j/209695732>



**academic  
& career** ADVISING CENTER

[acac.humboldt.edu](http://acac.humboldt.edu) • [acac@humboldt.edu](mailto:acac@humboldt.edu) • 707-826-3341

[Image Description]

Career Chats

Career Advisors are available via Zoom for informal chats. Ask questions, share ideas and get expert advice about your career path in our changing world

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[acac.humboldt.edu](http://acac.humboldt.edu) • [acac@humboldt.edu](mailto:acac@humboldt.edu) • 707-826-3341

# **DEAN OF STUDENTS IS STILL OPEN AND HERE TO HELP**



**IT'S OKAY TO ASK FOR  
HELP, EMAIL US AND WE  
CAN SET A VIRTUAL  
MEETING**

**Email us @ [DoS@humboldt.edu](mailto:DoS@humboldt.edu)**

**Dean of Students  
Siemens Hall 211, 1 Harpst Street  
Arcata, CA 95521  
Phone: 707.826.3504  
Fax: 707.826.5207**



[Image Description]

Dean of Students is still open and here to help. It's okay to ask for help, email us and we can set a virtual meeting.  
Email us at [DOS@humboldt.edu](mailto:DOS@humboldt.edu).

Dean of Students

Siemens Hall 211, 1 Harpst street, Arcata, CA 95521

Phone: 707.826.3504      fax: 707.826.5207



# HSU Oh Snap Updates

Updates about the services that OH SNAP provides, as there have been some changes.

- Food distribution
  - RWC location is closed.
  - They are offering pre-made food bags.
    - Students can get a bag once a week.
      - Distributions are twice a week on:
        - Wednesdays from 10am - Noon
        - Thursdays from 1pm - 3pm.
    - The distributions are all located at the bottom floor of the JGC, in housing.
  - Oh Snap be taking appointments if folks can't make those times. For an appointment email [mira@humboldt.edu](mailto:mira@humboldt.edu)
- Cal Fresh & Medi-Cal
  - Still assisting folks with CalFresh and Medi-Cal questions.
  - We are hosting virtual office hours on:
    - Tuesdays and Fridays from 2pm - 4:30pm
    - at this link <https://humboldtstate.zoom.us/j/104376654>.
    - We will also be taking appointments if folks can't make those times. For an appointment email [ravin@humboldt.edu](mailto:ravin@humboldt.edu)



For more information on these services please visit our website at [hsuohsnap.org](http://hsuohsnap.org)



hsuppsychpsichi 4h



## Ways to cope with stress

- Take breaks from watching, reading, or listening to news stories, including social media. Hearing about the pandemic repeatedly can be upsetting.
- Take care of your body.
  - Take deep breaths, stretch, or [meditate](#) .
  - [Try to eat healthy, well-balanced meals.](#)
  - [Exercise regularly, get plenty of sleep.](#)
  - Avoid [alcohol](#) and [drugs](#) .
- Make time to unwind. Try to do some other activities you enjoy.
- Connect with others. Talk with people you trust about your concerns and how you are feeling.

STRESS RELIEF TIPS  
FROM CDC.GOV

[Image Description]

@hsuppsychpsichi | Ways to Cope with Stress

- Take breaks from watching, reading, or listening to news stories, including social media. Hearing about the pandemic repeatedly can be upsetting
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Stress relief tips from [cdc.gov](https://www.cdc.gov)



# Enroll in JMC 160 for fall semester.



ellenadornews

## WE NEED:

Writers - Photographers  
Translators - Graphic Designers  
Public Relations Rep - Ad Sales Rep  
Website Designers (WordPress)  
Distribution Manager



## HOW TO JOIN:

You can take for credit by signing  
up for JMC 160 or JMC 360, or  
volunteer. We meet Mon. and Wed.  
from 3-4:50 p.m. in Gist 215.

As mentioned, you do not need to  
be a Spanish speaker to join. All  
majors are welcome to sign up.

## CONTACT:

Andrea Juarez, El Leñador Advisor  
[andrea.juarez@humboldt.edu](mailto:andrea.juarez@humboldt.edu)  
or  
Carlos Holguin, Editor-in-Chief  
[el-lenador@humboldt.edu](mailto:el-lenador@humboldt.edu)

[Image Description]

Enroll in JMC 160 for fall semester. | @ellenadornews

WE NEED: Writers- photographers-translators-graphic designers- public relations rep- as sales rep- wbsite  
designers (wordpress)- distribution manager

HOW TO JOIN: You can take for credit by signing up for JMC 160 or JMC 360, or volunteer. We meet Mon. and  
Wed. from 3pm-4:50pm in Gist 215 | As mentioned, you do not need to be a spanish speaker to join. All majors  
are welcome to sign up.

CONTACT: Andrea Juarez, El Lenador Advisor [andre.juarez@humboldt.edu](mailto:andre.juarez@humboldt.edu) or Carlos Holguin, Editor-in-Chief [el-lenador@humboldt.edu](mailto:el-lenador@humboldt.edu)



[Image Description]

Humboldt State University Bingo | Library Bingo

Which library resources have you used? Take a screenshot and mark out your answers. Share them with us/tag us if you get BINGO or blackout the whole square!

@hsulibrary: PPlay library Bingo! Screenshot the post, or share it to your story to mark out your squares. tag us if you get a row or blackout the entire square.

Bingo Squares: got your ID | checked out digital media equipment | used the free writing studio services | borrowed a phone charger | taken a skillshop | Borrowed a textbook on reserve | used Free tutoring @ the learning center | visited the makerspace | played in the augmented reality sandbox | checked out whiteboard markers | found your study spot | checked out a laptop/chromebook | visited the brain booth | visited special collections | attended ideafest | searched for articles in a subject database | used oneseach | met a librarian in class or at the research help desk | bought coffee from the cafe | viewed the martin wong painting | used a microfilm reader | checked out book | visited all floors of the library (3 not including the 4th closed basement) | Borrowed a DVD





ccathsu

...



0:52



Liked by wrrap\_hsu and 72 others

ccathsu How To Make Pupusas - The Indigenous Food of the Mayans 🌽 [by: @eko\_klara]

[Image Description]

@CCATHSU How to make papusas- the indigenous food of the mayans [by: @eko\_klara]

\*visit their instagram for the full tutorial video\*

4 ingredients: 1) water, 2) corn flour, 3) Refried Beans, 4) cheese of your choice

# Humboldt State University Baseball

Intrested on joining the team? Contact us to learn more  
information about the team , program, and to  
schedule a meeting either phone or Zoom



Martin Gordillo  
(760)960-4189  
mig18@humboldt.edu

Team Email:  
baseball@humboldt.edu

Alejandro Caravalho  
(530)383-5088  
alc153@humboldt.edu



Liked by hsu\_adpic and 27 others

hsu\_baseball\_club Intrested on joining the team next  
academic year, contact us to learn more about the team  
and what our program offers. #humboldtstate  
#continuethlegacy

[Image Description]

Humboldt State University Baseball | interested in joining the team? Contact us to learn more information  
about the team, program, and to schedule a meeting either phone or zoom

Martin Gordillo | 760-960-4189 | mig18@humboldt.edu  
team email: baseball@humboldt.edu  
Alejandro Carabalho | 530-383-5088 | alc153@humboldt.edu

@hsu\_baseball\_club interested on joining the team next academic year, contact us to learn more about the  
team and what our program offers. #HumboldtState #Continuethlegacy



# Old t-shirt

(Non transparent when held to light)



1. Lay flat



2. Measure using 12 in by 12 in paper towel

3. Cut out double layer



Option: keep half the paper towel in for extra layer of protection

4. Fold into accordion



5. Fold end of cloth over hair tie



6. Wrap elastic around to secure hair tie

Note: blue elastic and hair tie switched from last photo

More comfy on ears!



[Image Description]

@wrrap\_hsu: No-sew-upcycled-mask | Safe in a pinch and easy to make! Also checkout @ccathsu 's @eko\_klara hand-sewn pattern in our story! | Hope everyone is staying safe and spirited! Tip to add fresh herbs inside your mask. Aromatic herbs help boost immunity #wholisticlife #zerowaste #communitycare #stayhealthy

old shirt (non transparent when held to light) 1) lay flat | 2) measure using 12 in by 12 in paper towel | 3) Cut out double layer | option: keep half the paper towel in for extra layer of protection | 4) Fold into accordion | 5) fold end of cloth over hair tie | 6) wrap elastic around to secure hair tie (note: blue elastic and hair tie switched from last photo. more comfy on ears!)



# REC SPORTS



**Get creative and show us your skills!**

Full details and rules below



Liked by **humboldtevents** and 20 others

**hsuintramurals** Video submissions will be accepted between April 17 – April 23. Top videos will be recognized during the week of April 26.

[Image Description]

Rec Sports | Trick Shot Contest

Get creative and show us your skills! Full details and rules below (see instagram post for full rules)

@hsuintramurals video submissions will be accepted between April 17-April 23. Top videos will be recognized during the week of April 26.



# FREE IMMIGRATION CONSULTATIONS

**For more than 30 years, CHIRLA has been working to expand immigrant rights and defend our community.**

CHIRLA is working in conjunction with the EOP office at CSU Humboldt to provide free legal consultations.

**We provide FREE virtual legal consultations every Monday!**

We welcome students who are seeking general consultations to visit us to inquire if they or their family qualify for any immigration relief.

**To schedule your appointment with CHIRLA**

- Please contact the EOP office at 707-335-9510



#### CHIRLA

1225 Eighth Street, Suite 240  
Sacramento, California 95814

FOR MORE INFORMATION CALL  
**1.916.403.7871**

[chirla.org](http://chirla.org)

hotline: 1.888.6CHIRLA



Liked by **hsu\_adpic** and 9 others

**hsueopsss FREE DACA Renewals! Fees covered by CHIRLA. Call 707-335-9510 to make an appointment for a free immigration consultation or you can schedule through CHIRLA's online scheduler at <https://legal.chirla.org/>.**

[Image Description]

FREE IMMIGRATION CONSULTATIONS | CHIRLA

For more than 30 years, CHIRLA has been working to expand immigrant rights and defend out community. | CHIRLA is working in conjunction with the EOP office at CSU Humboldt to provide free legal consultations. | We provide FREE virtual legal consultations every Monday! | We welcome students who are seeking general consultations to visit us to inquire if they or their family qualify for any immigration relief.

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Liked by hsuinterimprovost and 70 others

ellenadornews ✨ Tag an essential worker ✨ Art by our graphic artist, Kassandra Rice @ricegrainn .

[Image Description]

(image of an essential worker in an apron and mask in a grocery store aisle with Thank you surrounding their face)

@ellenadornews: Tag an essential worker. Art by our graphic artist, Kassandra Rice @ricegrainn.

THANK YOU ESSENTIAL WORKERS!





**humboldtstate**  
Arcata, California



Liked by **hsuinterimprovost** and **1,925 others**

**humboldtstate** Meanwhile in Humboldt... this creek is the loudest thing around. **#humboldtstate**

[Image Description]

(photo of a shallow creek waterfall surrounded by ferns and moss)

@HumboldtState Arcata, California | Meanwhile in Humboldt... this creek is the loudest thing around.  
**#humboldtstate**





Liked by **mollyamalia** and 39 others

**bicycle\_learning\_center** @wrrap\_hsu received this brand new RadBurro Electric-assist Cargo Trike! Provided by a grant from @heifhsu this machine will be used primarily by the compost branch, and surely for much more!  
Now for that umbrella....

[Image Description]

(photo of a person on a large adult tricycle with a face mask and a cart attached)

@bicycle\_learning\_center @wrrap\_hsu recieved this brand new RadBurro Electric-assist Cargo Trike! Provided by a grant from @heifhsu this machine will be used primarily by the compost branch, and surely for much more!  
Now for that umbrella....





CAMPUS CENTER FOR APPROPRIATE TECHNOLOGY  
PRESENTS:



## THERES SOMETHING IN THE WATER documentary



*The Women Leading the Resistance to End  
Environmental Racism*

**Earth Day  
Wed. April 22, 2020 | 7pm**

**via Netflix Party**

**Send us your email OR  
email: [kh240@humboldt.edu](mailto:kh240@humboldt.edu) for link**

**\*must have Google Chrome to sync\***

**For more information please contact [ccat@humboldt.edu](mailto:ccat@humboldt.edu)  
CCAT's facilities have accommodations for all disabled peoples.**



Liked by **ccathsu** and 12 others

**hsuearthweek** Join CCAT for a live streaming of the film +  
discussion of "There's Something in the Water" on Earth  
Day, April 22nd! .

[Image Description]

Campus Center for Appropriate Technology Presents: Theres Something In The Water Documentary

The women leading the resistance to end environmental racism

Earth Day| Wed. April 22, 2020 | 7pm via Netflix Party

Send us your email OR email: [kh240@humboldt.edu](mailto:kh240@humboldt.edu) for link | \*must have google Chrome to sync\* | For more  
information please contact [ccat@humboldt.edu](mailto:ccat@humboldt.edu) CCAT's facilities have accommodations for all disabled peoples.  
@hsuearthweek Join CCAT for a live streaming of the film + discussopm of "there's Something in the Water" on  
Earth Day, April 22nd!



checkithsu



CHECK IT

Creator



Reni

Bunso

MA-9479-4384-3801



Short-sleeve tee

MO-TN3M-39HD-25M5



Liked by **hsuinterimprovost** and **116 others**

**checkithsu** One of our peer educators has made a CHECK IT shirt for #animalcrossingnewhorizons! Be sure to tag us in any photos of your characters embodying consent!

[Image Description]

(image is a screen shot of a animal crossing check it shirt)

@Checkithsu One of our peer educators has made a CHECK IT shirt for #animalcrossingnewhorizons! Be sure to tag us in any photos of your characters embodying consent!

Creator: Reni | Bunso | MA-9479-4384-3801

Short Sleeve Tee: MO-TN3M-39HD-25M5



## Deep Dark Espresso Brownies

Care for some dessert coffee?

3/4 butter, melted  
1 cup brown sugar, lightly packed  
1/2 cup granulated sugar  
1 teaspoon vanilla  
1/4 teaspoon salt  
3 eggs  
1/2 cup instant espresso coffee powder (not dissolved)  
1 cup flour  
3/4 teaspoon baking powder  
3/4 cup chocolate chips  
powdered sugar

Preheat oven to 350°. Butter a 9" square pan.

In a large bowl, beat together melted butter and sugars. Add vanilla, salt and eggs. Beat until well blended. Stir in espresso powder, flour and baking powder mixing until smooth. Fold in chocolate chips. Pour batter into pan.

Bake about 30 minutes, or until toothpick inserted in center comes out clean. Cool completely in pan.

Lightly dust top with powdered sugar, and cut into bars.

Makes 20 brownies.



Liked by hsuohsnap and 31 others

hsuphe Any other bakers out there? What's your ultimate comfort food?

[Image Description]

@hsuphe Any other bakers out there? What's your ultimate comfort food?  
(go to @hsuphe for video of how to prepare recipe)

Deep Dark Espresso Brownies | Care for some dessert Coffee?

3/4 Butter, melted | 1 cup brown sugar lightly packed | 1/2 cup granulated sugar | 1 teaspoon vanilla | 1/4 teaspoon salt | 3 eggs | 1/2 cup instant espresso coffee powder (not dissolved) | 1 Cup Flour | 3/4 teaspoon baking powder | 3/4 cup chocolate chips | ~powder sugar~

Preheat oven to 350\*. Butter 9" square pan.

In a large bowl, beat together melted butter and sugars. Add vanilla, salt, and eggs. Beat until well blended. Stir in espresso powder, flour, and baking powder mixing until smooth. Fold in chocolate chips. Pour batter into pan.

Bake about 30 minutes, or until toothpick inserted in center comes out clean. Cool completely in Pan.

Lightly dust top with powdered sugar, and cut into bars

Makes 20 brownies



*Presents:*

## **UNITE and FIGHT**



## **For and Environmentally Just Future**

Events Program



Liked by **hsu\_adpic** and 10 others

**hsuearthweek** ATTN: The HSU Virtual Earth Week is now up and ready to be shared! The link is in our Bio, go take a gander and start saving the events in your calendars! Happy Earth week everyone!!

[Image Description]

Associated Students Presents: Unite and Fight For an Environmentally Just Future Events Program

@hsuearthweek: ATTN: The HSU Virtual Earth Week is now up and ready to be shared! The link is in our Bio, go take a gander and start saving the events in your calendars! Happy Earth Week everyone!





Presented by: **Green Campus**   
at Humboldt State University



Liked by **hsuearthweek** and 20 others

**greencampus\_hsu** Hello everyone! This week we are hosting our Weigh the Waste event, Social Distancing Edition on Instagram! Throughout Earth Week we will be posting info and advice regarding Food Waste and how we can each do our part to minimize it in our households and communities! Please follow along with us this week and let's all become stewards of a sustainable future!

[Image Description]

Weigh the Waste- Social Distancing Edition

Presented by: Green Campus at Humboldt State University

@greencampus\_hsu: Hello Everyone! This week we are hosting our weigh the waste event, social distancing edition on instagram! Throughout Earth Week we will be posting info and advice regarding Food Waste and how we can each do our part to minimize it in our households and communities! Please follow along with us this week and let's all become steward of a sustainable future!

# ERC QUEER HANG OUT

(Over Zoom)

Thursday (April 23rd)  
6pm-7pm  
Zoom Link in Bio



Liked by **hsu\_adpic** and 8 others

**erc\_hsu** Grab a drink and drop in on the chatter. This Thursday at 6pm.

Link in bio or use our permanent meeting ID:  
974-8236-6947

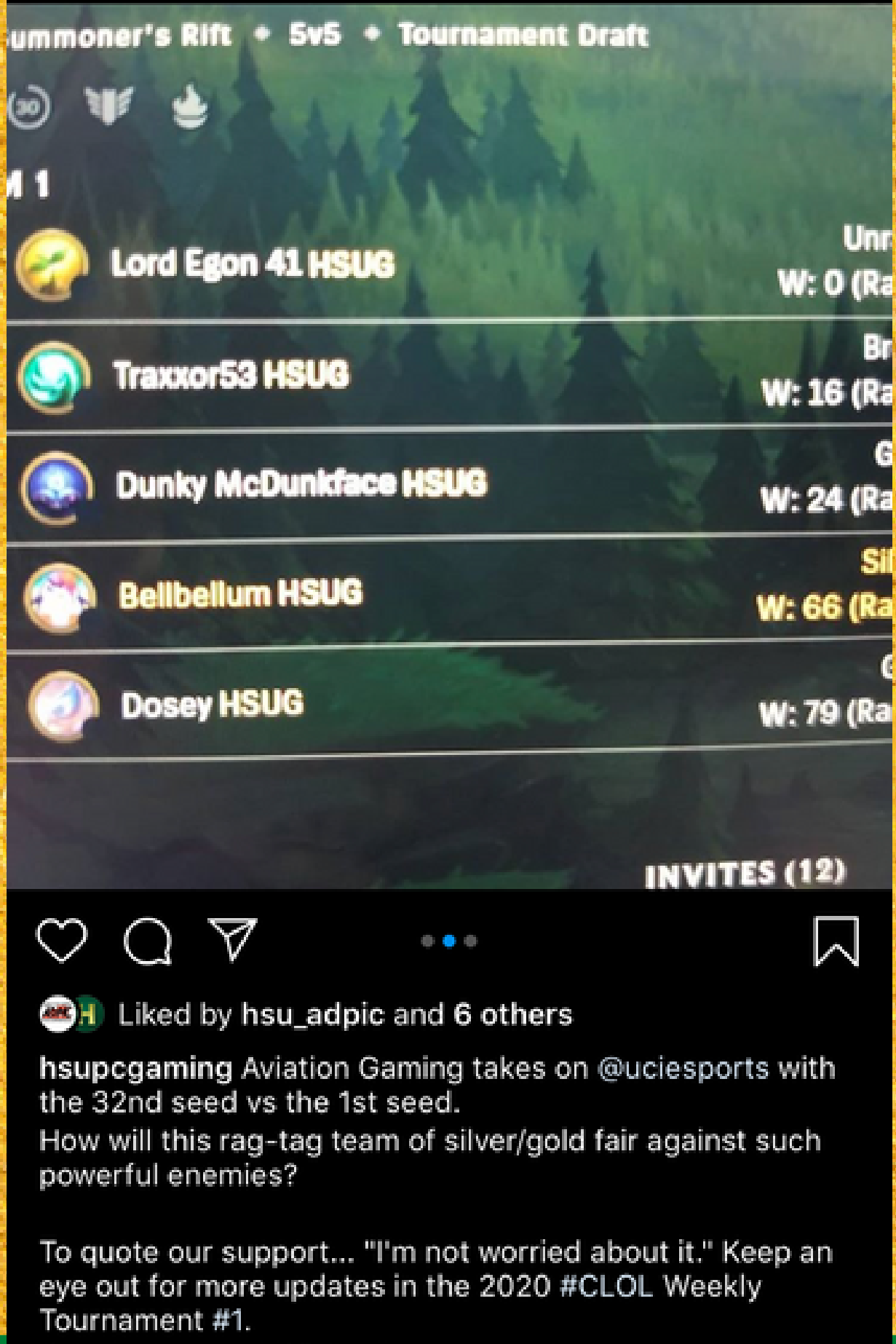
[Image Description]

ERC Queer Hang Out (Over Zoom)

Thursday | April 23rd | 6pm-7pm | Zoom Link in Bio

@erc\_hsu: Grab a drink and drop in on the chatter. This Thursday at 6pm. Link in bio or use our permanent meeting ID: 974-8236-6947





[Image Description]

@hsupcgaming: Aviation Gaming takes on @uciesports with the 32nd seed vs the 1st seed. How will this rag-tag team of silver/gold fair against such powerful enemies? To quote our support... "I'm not worries about it." Keep an eye out for more updates in the 2020 #CLOL Weekly Tournament #1

# FIND YOUR PLACE

AT THE  
LIBRARY





Celebrate **NATIONAL LIBRARY WEEK**  
**APRIL 19-25, 2020**

ALA  
American  
Library  
Association

Library  
Champions

LIBRARIES  
TRANSFORM



Liked by   hsuinterimprovost and 17 others

hsulibrary Happy #NationalLibraryWeek! To celebrate visit HSU Library's website (link in bio) to access ebooks, online journals, movies and so much more. What do you love about @hsulibrary?

# ENCUENTRA LA BIBLIOTECA EN TU CASA



**LA SEMANA NACIONAL  
DE LAS BIBLIOTECAS**  
**19-25 DE ABRIL DE 2020**

ALA  
American  
Library  
Association

Library  
Champions

LIBRARIES  
TRANSFORM

[Image Description]

Encuentra La Biblioteca | En Tu Casa | La Semana Nacional De Las Bibliotecas | 19-25 de Abril De 2020  
Find Your Place | At The Library | Celebrate National Library Week | April 19-25, 2020  
@hsulibrary: Happy #NationalLibraryWeek! To celebrate visit HSU Library's website (link in bio) to access ebooks, online journals, movies, and so much more. What do you love about @hsulibrary?

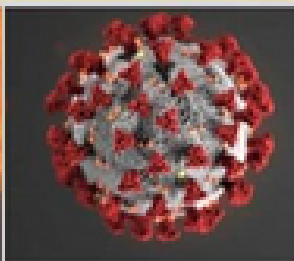


CLIMATE CHANGE. CATASTROPHIC FIRE. COVID.

# A FIELD GUIDE TO CLIMATE ANXIETY



HOW TO KEEP YOUR COOL  
ON A WARMING PLANET  
\* SARAH JAQUETTE RAY \*



Are you worried about these global crises? Worried about their connections to broader problems like climate injustice and humanity's relationship with nature? Feeling like you need some new strategies beyond the self-help platitudes bombarding our social media threads? Join Sarah Jaquette Ray for a free, live book talk and discussion about her latest book, *A Field Guide to Climate Anxiety: How to Keep Your Cool on a Warming Planet* (UC Press, 2020). Dr. Ray will talk about her book and its relevance for coping with anxiety about coronavirus and other crises, then open up for Q&A with participants.

Drawing on ten years leading college-level environmental studies programs, in *A Field Guide to Climate Anxiety* Dr. Ray explains 7 strategies for building personal and collective resilience in the face of climate change—strategies that are relevant in our current moment of pandemic anxiety. Dr. Ray is a professor of environmental studies at Humboldt State University in Arcata, California. She has her PhD in Environmental Sciences, Studies, and Policy from the University of Oregon, and has written and edited several books, including *The Ecological Other: Environmental Exclusion in American Culture*. Her current research is focused on climate anxiety and the existential tools we will all need to engage in the long-term work of climate justice and advocacy.

## WEBINAR INFORMATION

Wednesday, April 22, 2020

9:00-10:30 am Pacific

(Presentation and book reading followed by Q&A)

Register [HERE](#) by April 20, 2020

Questions? Email Lenya at [lquinndavidson@ucanr.edu](mailto:lquinndavidson@ucanr.edu)



Liked by wrrap\_hsu and 8 others

hsuearthweek Don't forget to register for Dr. Sarah Ray's free, live book talk and discussion on her latest book, *A Field Guide to Climate Anxiety: How to Keep Your Cool on a Warming Planet* (UC Press, 2020)! .

[Image Description]

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# Clubs Office "Crafterday" with Hina Hassan



**Looking for more than just a boring weekend?**

**Join craft master Hina every saturday  
on @clubshsu on instagram!**

[Image Description]

@Clubshsu: Clubs Office "Crafterday" with Hina Hassan

Looking for more than just a boring weekend? Join craft master Hina every Saturday on @ClubsHsu on Instagram!





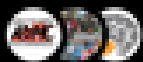
CAPS PRESENTS

# TRANS SUPPORT GROUP

For all gender identities, a place where  
we can support each other, explore  
gender, and advocate for change on  
campus

**FRIDAYS**  
**11:45AM - 1:00PM**  
**VIA ZOOM**

For more information visit [counseling.humboldt.edu](https://counseling.humboldt.edu)  
or email [lisa.turay@humboldt.edu](mailto:lisa.turay@humboldt.edu) or [janiel.giraldo@humboldt.edu](mailto:janiel.giraldo@humboldt.edu)



Liked by [hsu\\_adpic](#) and 13 others

**hsucaps** More groups! Need some connections, got  
questions, wanna talk it out? Don't forget about CAPs  
online groups! Link in the bio!

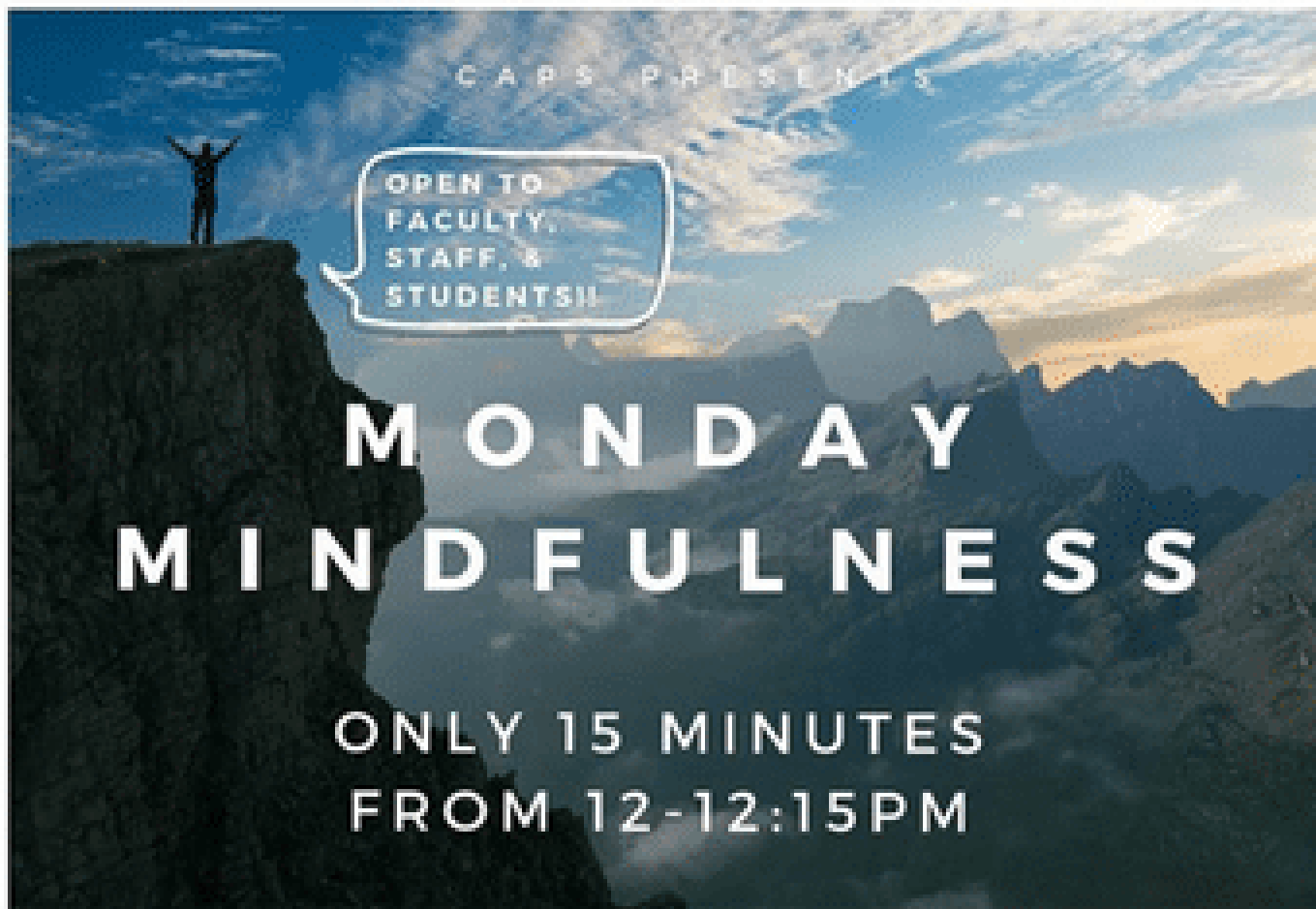
[Image Description]

CAPS Presents: Trans Support Group

For all gener identities, a place where we can support each other, explore gender, and advocate for change on  
campus

Fridays | 11:45am-1pm via Zoom | For more information visit [counseling.humboldt.edu](https://counseling.humboldt.edu) or email  
[lisa.turay@humboldt.edu](mailto:lisa.turay@humboldt.edu) or [janiel.giraldo@humboldt.edu](mailto:janiel.giraldo@humboldt.edu)

@hsucaps: More groups! Need some connections, got questions, wanna talk it out? Dont forget about CAPs  
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IN THE MIDST OF UNCERTAINTY AND CHANGE,  
COME REST YOUR MIND AND CENTER YOURSELF IN  
A MINDFUL SPACE

---

FOR MORE INFO CHECK OUT  
[COUNSELING.HUMBOLDT.EDU](https://counseling.humboldt.edu)

[Image Description]

CAPS Presents: Monday Mindfulness

Open to faculty, staff, & students | only 15 minutes from 12-12:15pm

In the midst of uncertainty and change, come rest your mind and center yourself in a mindful space | for more information, check out [counseling.humboldt.edu](https://counseling.humboldt.edu)

@hsucaps: More groups! Need some connections, got questions, wanna talk it out? Dont forget about CAPs online groups! Link in the bio!



CAPS PRESENTS THE DROP-IN VERSION OF

# Defense Against Distorted Thoughts

**"WRACKSPURTS" EDITION**

**WEDNESDAYS**

**3:30-4:30PM**

**LEARN ABOUT:**

- **DISTORTED THOUGHTS OFTEN ASSOCIATED WITH ANXIETY AND DEPRESSION**
- **NEW WAYS OF UNDERSTANDING THEM**
- **& RATIONAL COMEBACKS AGAINST THEM**



**CHECK OUT [COUNSELING.HUMBOLDT.EDU](https://counseling.humboldt.edu) FOR MORE INFO**

[Image Description]

CAPS Presents the Drop-In Version of : Defense Against Distorted Thoughts- "wrackspurts" edition  
Wednesdays | 3:30-4:30pm

Learn about: Distorted thoughts often associated with anxiety and depression | New ways of understanding them | & rational comebacks against them | for more information, check out [counseling.humboldt.edu](https://counseling.humboldt.edu)

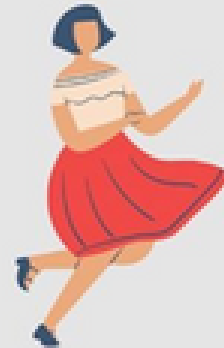
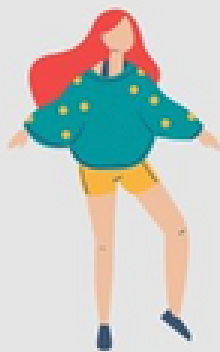
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# Campus Assistance, Response, and Engagement.

## C.A.R.E.

- Food security
- Housing needs
- Mental health services
- Medical services

**PROVIDES ON-CAMPUS AND OFF-CAMPUS  
RESOURCES FOR ALL STUDENTS.**



Liked by **hsu\_adpic** and 2 others

**humboldtpblc** If these services sound like they could be helpful, contact their office at (707) 826-3504 or email [dos@humboldt.edu](mailto:dos@humboldt.edu). Visit the HSU Dean of Students page to learn more.

[Image Description]

Campus Assistance, Response, and Engagement: C.A.R.E.

Food Insecurity | Housing Needs | Mental Health Services | Medical Services

Provides on-campus and off-campus resources for all students

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<https://deanofstudents.humboldt.edu/>




# Trashion Show

An Online Fashion Show Competition That Promotes Fashion Creativity, Waste Reduction, and Sustainability.



Image or Video Submissions with an explanatory paragraph are Due Sunday, April 19th at Midnight to [greenhsu@humboldt.edu](mailto:greenhsu@humboldt.edu). Voting will be done online. Submissions will be posted online for Earth Week and winners will be announced Friday April 24th at 4:00pm.



 Liked by **ccathsu** and 3 others

**greencampus\_hsu** Bored at home? Looking for something fun to do that could win a prize? The 4th annual Trashion show will be happening online! Any and all Trashion submissions will be posted online during Earth Week where students and faculty will vote for their favorite part outfits! Check out our website for a description of the event and pictures from previous years! [greencampushsu.weebly.com](http://greencampushsu.weebly.com)

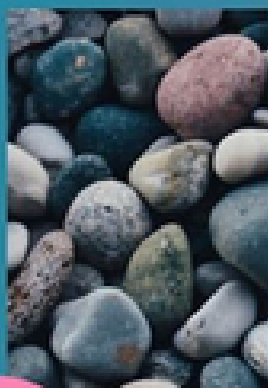
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# ROCK'N HSU



Need some  
craft  
inspiration?



<http://libguides.humboldt.edu/rocknhsu>



Liked by hsuinterimprovost and 8 others

hsulibrary Search for Rock'N HSU to find the guide online  
and to get inspired to craft while sheltering in place

#rockpainting #rocknhsu #humboldtstate #hsulibrary  
#covid19crafts #quarantinecrafts #makers

[Image Description]

Rock'N HSU

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@hsulibrary: Search for Rock'N HSU to find the guide online and to get inspired to craft while sheltering in place. | #rockpainting #rocknHSU #humboldtstate #hsulibrary #covid19crafts #quarantinecrafts #makers





# Center for Community Based Learning

# Virtual Chats for Students

CCBL's Student Support Coordinator, Kelly Fortner, is available via Zoom for informal chats. Ask questions, share ideas, and get expert advice about community-based learning in our changing world.

**SERVICE LEARNING AND ACADEMIC INTERNSHIPS:  
CHECK-INS AND QUESTIONS**

April 21 at 1pm • <https://humboldtstate.zoom.us/j/98233540392>

**PLANNING YOUR ACADEMIC INTERNSHIP FOR FALL OR SUMMER**

April 23 at 11am • <https://humboldtstate.zoom.us/j/97907685255>

**FINDING A SERVICE LEARNING OR ACADEMIC INTERNSHIP CLASS**

April 29 at 3pm • <https://humboldtstate.zoom.us/j/94059918057>

**SERVICE LEARNING AND ACADEMIC INTERNSHIPS:  
CHECK-INS AND QUESTIONS**

May 5 at 10am • <https://humboldtstate.zoom.us/j/94038328707>

THE CENTER FOR

Community Based Learning [ccbl.humboldt.edu](http://ccbl.humboldt.edu) • [ccbl@humboldt.edu](mailto:ccbl@humboldt.edu) • 707-826-4964

[Image Description]

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# Virtual CAFÉ CON CHISME



**EVERY FRIDAY  
11:30AM-1PM**

*email : [celene.gonzalez@humboldt.edu](mailto:celene.gonzalez@humboldt.edu) for more  
information*



131 views · Liked by thenickster03 and  
hsuinterimprovost

elcentrohsu 🌟 Café con chisme is going virtual 🌟 we  
invite all of you to join us every Friday 11:30am-1:30pm 🍷  
\*this is a drop in space those who cannot attend the full  
time are still welcome :)\* ✨ email  
[celene.gonzalez@humboldt.edu](mailto:celene.gonzalez@humboldt.edu) to receive a zoom invite ✨

[Image Description]

Virtual Cafe con Chisme

Every Friday 11:30am-1pm | email: [celene.gonzalez@humboldt.edu](mailto:celene.gonzalez@humboldt.edu) for more information

@elcentrohsu: Cafe con Chisme is going virtual. we invite all of you to join us ever Friday 11:30am-1:30pm

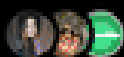
\*this is a drop in space those who cannot attend the full time are still welcome :)\* email

[celene.gonzalez@humboldt.edu](mailto:celene.gonzalez@humboldt.edu) to recieve a zoom invite





## Spanish media minor coming to HSU!



Liked by thenickster03 and 65 others

ellenadornews Registering for classes soon? A Spanish media minor is coming to HSU starting fall 2020! The minor will be geared toward students who are strong Spanish speakers and have an interest in applying their skills to media. For more details on the minor and people behind it, head to our site to read "Departments collaborate to create Spanish media minor" by Nancy Garcia. Link in bio 📌

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**To join Psychology Club!!!**

Get involved, network, lead!

**Officers needed for Fall 2020 and Spring 2021**

Email [hsupsyhclub@Humboldt.edu](mailto:hsupsyhclub@Humboldt.edu) if interested \* Feeling social? Check us out on Instagram @hsupsyhpsichi



Liked by hsuwritingstudio and 8 others

hsupsyh Psychology Club is an excellent way to get involved in psychology on campus, make new friends, and advance your career in psychology! Follow @hsupsyhpsichi and email [hsupsyhclub@humboldt.edu](mailto:hsupsyhclub@humboldt.edu) to get involved 🎉

[Image Description]

WE NEED YOU to join Psychology Club!!!

Get involved, network, lead! Officers needed for Fall 2020 and Spring 2021

email [hsupsyhclub@humboldt.edu](mailto:hsupsyhclub@humboldt.edu) if interested \*feeling social? Check us out on Instagram @hsupsyhpsichi

@hsupsyh: Psychology Club is an excellent way to get involved in psychology on campus, make new firends, and advance your career in psychology! Follow @hsupsyhpsichi and email [hsupsyhclub@humboldt.edu](mailto:hsupsyhclub@humboldt.edu) to get involved





# CLASS REGISTRATION SUMMER AND FALL 2020

## IMPORTANT DATES & DEADLINES

- Now through April 10: Registration Advising
- April 13 through April 24: Early Registration
- June 29: Unit Cap Increase from 17 to 19  
(reserved seats will be released as well)



academic  
& career

ADVISING CENTER

[acac.humboldt.edu](http://acac.humboldt.edu) • 707-826-3341 • [acac@humboldt.edu](mailto:acac@humboldt.edu)

[Image Description]

@hsu\_academicandcareeradvising

Class Registration | Summer and Fall 2020

Important dates and deadlines:

Now through April 10: Registration Advising | April 13 through April 24: Early Registration | June 29: Unit Cap Increase from 17 to 19 | (reserved seats will be released as well)

Academic & Career Advising Center | [acac.humboldt.edu](http://acac.humboldt.edu) | 707-826-3341 | [acac@humboldt.edu](mailto:acac@humboldt.edu)



hsucaps

...

CAPS PRESENTS THE DROP-IN VERSION OF



# Defense Against Distorted Thoughts

OF ANXIETY AND DEPRESSION

**WEDNESDAYS 3:30-4:30PM**

LEARN ABOUT:

WHAT HAPPENS IN THE BRAIN

METAPHORS FOR UNDERSTANDING ANXIETY &

DEPRESSION

WAYS TO COPE AND REDUCE THE MOST COMMON

SYMPTOMS

**CHECK OUT [COUNSELING.HUMBOLDT.EDU](https://counseling.humboldt.edu) FOR MORE INFO**

[Image Description]

@hsucaps

CAPS Presents the Drop in Version of: Defense Against Distorted Thoughts

Wednesdays 3:30-4:30pm

Learn About: What happens in the brain, metaphors for understanding anxiety & depressions, ways to cope and reduce the most common symptoms

Check out [counseling.humboldt.edu](https://counseling.humboldt.edu) for more info





hsucaps



# HARM REDUCTION

FROM ALCOHOL AND OTHER DRUGS

A supportive group where you can discuss  
your relationship with substances and  
discover strategies to make changes

ABSTINENCE NOT  
REQUIRED! SHOW UP  
AS YOU ARE!

**WEDNESDAYS**  
**11-12PM**

**FOR MORE INFORMATION VISIT**  
**COUNSELING.HUMBOLDT.EDU**

[Image Description]

@hsucaps

Harm Reduction from Alcohol and other drugs

Supportive group where you can discuss your relationship with substances and discover strategies to make changes | Wednesdays 11-12pm | for more information visit [counseling.humboldt.edu](https://counseling.humboldt.edu)

Abstinence Not Required! Show Up As You Are!



CAPS PRESENTS THE DROP-IN GROUP

# Mindful Living

REDUCE STRESS, STABILIZE YOUR MOOD,  
INCREASE COMPASSION TOWARD YOURSELF  
AND OTHERS, AND ENHANCE CONCENTRATION

**Wednesdays**  
**3-4 pm**  
**4/8, 4/15, 4/29**

FOR MORE INFO CHECK OUT  
[COUNSELING.HUMBOLDT.EDU](https://counseling.humboldt.edu)

[Image Description]

@hsucaps

CAPS Presents the Drop-In Group: Mindful Living

reduce stress, stabilize your mood, increase compassion toward yourself and others, and enhance concentration

Wednesdays 3-4pm 4/8, 4/15, 4/29

for more info check out [counseling.humboldt.edu](https://counseling.humboldt.edu)





hsucaps

...

*CAPS PRESENTS THE DROP-IN GROUP*

# SEEKING SAFETY

Learn about the effects of trauma and post-traumatic stress, and shift to safer and healthier coping in a supportive environment

**FRIDAYS 10-11:30AM**

*CHECK OUT  
COUNSELING.HUMBOLDT.EDU  
FOR MORE INFO*

[Image Description]

@hsucaps

CAPS presents the drop-in group: Seeking Safety

learn about the effects of trauma and post-traumatic stress, and shift to safer and healthier coping in a supportive environment

Fridays 10-11:30am

Check out [counseling.humboldt.edu](https://counseling.humboldt.edu) for more info



hsucaps

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ERC & CAPS PRESENTS THE ZOOM DROP-IN

# SEXUAL IDENTITY SUPPORT GROUP

A safe space for anyone  
seeking support to explore  
issues regarding sexual  
orientation and identity

WEDNESDAYS  
12PM TO 1PM

Check out  
[counseling.humboldt.edu](https://counseling.humboldt.edu)  
for more info

[Image Description]

@hsucaps

ERC & CAPS Present the Zoom Drop-in: Sexual Identify Support Group

A safe space for anyone seeking support to explore issues regarding sexual orientation and identity  
wednesdays 12pm-1pm

Check out [counseling.humboldt.edu](https://counseling.humboldt.edu) for more info





aacaehsu

...



VIRTUAL

# Q-POC Talks!



EVERY FRIDAY FROM 2-3:30 PM

DM US, OR EMAIL: [LCAE@HUMBOLDT.EDU](mailto:LCAE@HUMBOLDT.EDU)  
FOR THE ZOOM LINK!



Liked by equityarcata and 11 others

**aacaehsu** In collaboration with @elcentrohsu ,we will still be having our weekly Q-POC Meetings! DM or email @elcentrohsu for the ZOOM Link! See you this Friday at 2-3:30 pm 🏳️‍🌈

[Image Description]

@aacaehsu

Virtual Q-POC talks!

Every Friday from 2-3:30pm | DM us, or email: [lcae@humboldt.edu](mailto:lcae@humboldt.edu) for the zoom link

@aacaehsu: in collaboration with @elcentrohsu, we will still be having out weekly Q-POC meetings! DM or email @elcentrohsu for the Zoom Link! See you this friday at 2-3:30pm

# CAPS Services During Covid-19



CAPS (Counseling and Psychological Services) wants to make sure that our campus community knows that our counseling services remain open to students for individual and group counseling (all conducted via zoom). We added many drop-in groups to support our students in navigating life during this Covid-19 time

Here's the link to see our group offerings:

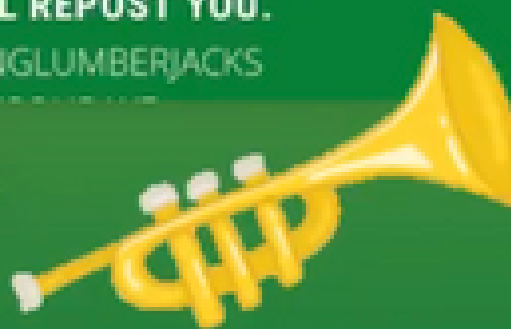
<https://counseling.humboldt.edu/groups-workshops-during-coronavirus>

Here's the link to understand our serves at large during Covid-19: <https://counseling.humboldt.edu/coronavirus-caps-modified-services-self-help-material>





@marchinglumberjacks



[Image Description]

Instrumentation Sensation Tuesday.

Do you play an instrument? | Show off your instrument or musical skills | tag us at @marchinglumberjacks and we'll repost you. | #Marchinglumberjacks |@marchinglumberjacks





@toyonhsu



@toyonhsu

[Image Description]

Fall 2020 | Join the Toyon Staff!

Spanish-speakers want for a special literary collaboration with a sister publication in Oaxaca | ENGL 460

@toyonhsu

Semestre otoño 2020 | Únete al personal de Toyon!

Buscamos hispanohablantes para una colaboración literaria especial con una publicación hermana en Oaxaca,

Engl 460



*Even Though*  
**WE'RE APART**



*You're in*  
**MY HEART**



Liked by hsu\_as and 6 others

**hsustudentlegallounge** Update! We're adding "C19 News" and "C19 Resources" highlights to our instagram. Then, on our instagram story any news and resources with these topics will be noted in orange (news) or green (resources) at the top. This way, if you're overwhelmed enough with Covid-19 information you can quickly tap past it. Just know we're collecting it here on our page in case you accidentally lose track of anything. We highly recommend screenshotting all the helpful resources you might see online to save them immediately into your phone's gallery!

[Image Description]

@hsustudentlegallounge

Even though we're apart you're in my heart #stopthespread

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# **FREE! Online Esport FREE!** **High School Invitational**



## **April 24, 2020 | 5-9 p.m.**

**Games start at 5 p.m. | Double Elimination brackets | Bracket Winners will receive 1,380 RP!**

**REGISTRATION INFO:** [link.humboldt.edu/esports](https://link.humboldt.edu/esports)

**HIGH SCHOOL STUDENTS:** Register as singles or teams of 4 to be paired with Humboldt State Students

## **Register by April 22**

[Image Description]

FREE- Online Esport High School Invitational

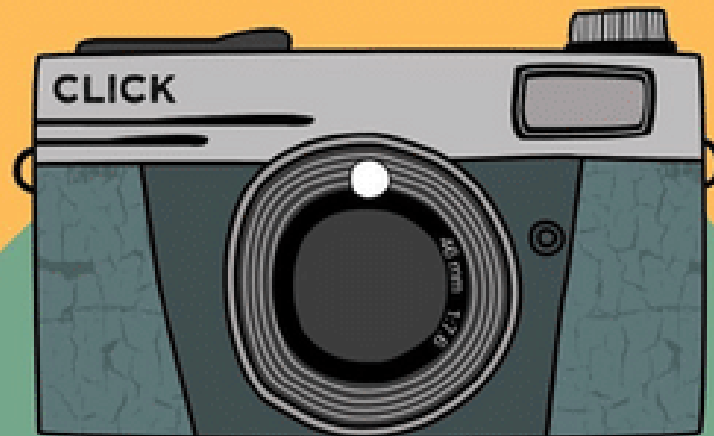
League of Legends | April 24, 2020 | 5-9pm | game starts at 5pm | double elimination brackets | Bracket winners will receive 1,380 RP!

Registration info: [link.humboldt.edu/esports](https://link.humboldt.edu/esports)

High school students: Register as singles or teams of 4 to be paired with Humboldt State Students

Register by April 22





RS DEPT. STUDENT SPOTLIGHTS

# CALL FOR STUDENT TESTIMONIALS!

Send us a photo of yourself and share your favorite  
things about being a Religious Studies student!

Email: [rsclub@humboldt.edu](mailto:rsclub@humboldt.edu)

Instagram: [@RSClubHSU](https://www.instagram.com/RSClubHSU)



8 likes

rsclubhsu Hi RS community, we think you're pretty great  
and want to share it! 🌟

We'd love to hear from you about what being a religious  
studies student means to you! If you need some inspo,  
check out the second photo for a templet.

Shoot us a DM or an email at [rsclub@humboldt.edu](mailto:rsclub@humboldt.edu). Happy  
writing!

[Image Description]

RS. Department Student Spotlights: Call for Student Testimonials

Send us a photo of yourself and share your favorite things about being a religious studies student! |email  
[rsclub@humboldt.edu](mailto:rsclub@humboldt.edu) |instagram: [@rsclubhsu](https://www.instagram.com/rsclubhsu)

@rsclubhsu: Hi RS community, we think you're pretty great and want to share it! We'd love to hear from you  
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hsuohsnap



IN RESPONSE TO COVID-19 YOU MAY GET AN

# **INCREASE IN CALFRESH BENEFITS**

If your household is not currently receiving the maximum amount of CalFresh benefits each month, you may see an increase in benefits for April and May. The maximum benefits are as follows: for a household of 1 is \$194, 2 is \$355, 3 is \$509, and 4 is \$646.

The April benefits will be put on EBT cards on 4/12/2020. May will be on 5/10/2020.



21 likes

**hsuohsnap** If your household is not currently receiving the maximum amount of CalFresh benefits each month, you may see an increase in benefits for April and May. The maximum benefits are as follows: for a household of 1 is \$194, 2 is \$355, 3 is \$509, and 4 is \$646.

The April benefits will be put on EBT cards on 4/12/2020. May will be on 5/10/2020.

Remember we're still helping with CalFresh Apps! Zoom meetings on Tuesday and Friday from 2 to 4:30, link in the bio. #humboldtstate #humboldtconnected

[Image Description]

@hsuohsnap

in response to COVID-19 you may get an INCREASE IN CALFRES BENEFITS

If your households is NOT currently receiving the maximum amount of CalFresh benefits each month, you may see an increase in benefits for April and May. The maximum benefits are as follows: for a household of 1 is \$194, 2 is \$355, 3 is \$509, and 4 is \$646. | the April benefits will be put on EBT cards on 4/12/2020. May will be on 5/10/2020.

Remember we're still helping with CalFresh apps! Zoom meetings on Tuesday and Friday from 2 to 4:30, link in the bio #humboldtState #HumboldtConnected



**Need support? Book and  
appointment with the AACAE's  
Coordinator**

Follow the link to Book an  
Appointment

**<https://dos60.youcanbook.me/>**



[Image Description]

Office Hours with Douglas Smith

Need support? Book an appointment with the AACAE's Coordinator  
Follow the link to book an appointment: <https://dos60.youcanbook.me/>





hsu\_as



# A.S. Candidate DEBATES

2020



8 likes

hsu\_as HAPPY MONDAY! 🌟 Got a question you'd like answered by a candidate? Submit it to us through the comments, messages or email! 📧 We're looking for questions that range from serious to light-hearted ones. #humboldtstate 🍀🍀

[Image Description]

@hsu\_as

A.S. Candidate Debates 2020

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# LOVE KNOWS BOUNDARIES

## Question/Answer 5 Day Challenge for partner(s)

Communication and setting and respecting boundaries are key to every relationship! Grab a cup of coffee or tea and learn more about each other virtually or in person and reflect on your relationship(s).

The challenge: Each day, share with one another your responses to the questions. If someone isn't comfortable answering a question, that's okay! This is all about consent so feel free to skip any questions and stop at any time.

Includes a mix of fun, random,  
serious and meaningful questions



Liked by **hsu\_adpic** and 20 others

**checkithsu** Complete our 5 day challenge and learn more about your partner(s) and reflect on your relationship 💕. Looking for more healthy relationship activities to do with your partner(s)? Check out our activities page on our website: [checkit.humboldt.edu](http://checkit.humboldt.edu). Let us know how it goes! #loveKNOWSboundaries #healthyrelationships

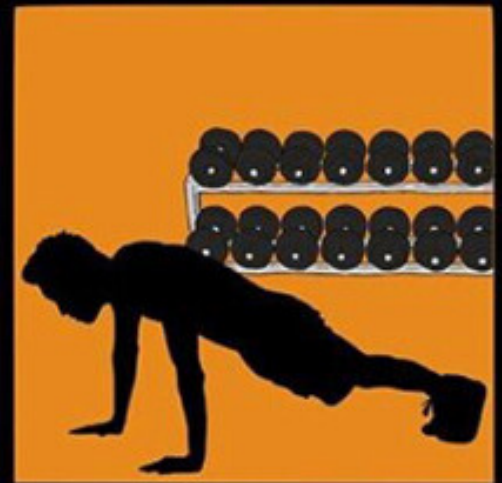
[Image Description]

LOVE KNOWS BOUNDARIES

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Liked by hsujournalism and 35 others

hsulumberjack See what The Lumberjack student staff is watching, reading, playing and doing on our site in a collection of unedited reviews and recommendations. | 🖼️ : @chelseawoodart

[Image Description]

@HSULumberjack: See what The Lumberjack student staff is watching, reading, playing, and doing on our site in a collection of unedited reviews and recommendations. Art by @chelseawoodart [image is 6 boxes of people doing various at home activities such as reading, working out, etc]





JOIN THE AACAE IN...

# Virtual Talking Drum!



**Come join your fellow peers in an open space for conversation about challenges and joy during these isolating times!**

**EVERY TUESDAY @ 3PM**

**April 14th, 21st , 28th  
May 5th and 12th**

**USE THE LINK TO JOIN ZOOM MEETING**

**[https://humboldtstate.zoom.us/j/706669168?](https://humboldtstate.zoom.us/j/706669168?pwd=QVlqZERSVTZ5eGpjS2NzWjBLTGvHUT09)  
[pwd=QVlqZERSVTZ5eGpjS2NzWjBLTGvHUT09](https://humboldtstate.zoom.us/j/706669168?pwd=QVlqZERSVTZ5eGpjS2NzWjBLTGvHUT09)**

**Email [tsm9@humboldt.edu](mailto:tsm9@humboldt.edu) or [Douglas.Smith@humboldt.edu](mailto:Douglas.Smith@humboldt.edu)  
for meeting password**

[Image Description]

Join the AACAE in ... Virtual Talking Drum!

Come join your fellow peers in an open space for conversations about challenges and joy during these isolating times! | Every Tuesday @ 3pm | April 14th, 21st, 28th | May 5th and 12th

Use the link to join zoom meeting: <https://humboldtstate.zoom.us/j/706669168> | email [tsm9@humboldt.edu](mailto:tsm9@humboldt.edu) or [Douglas.smith@humboldt.edu](mailto:Douglas.smith@humboldt.edu) for meeting password



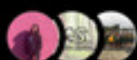
hsu\_adpic



## THE ASIAN, DESI, & PACIFIC ISLANDER COLLECTIVE



 **HUMBOLDT STATE UNIVERSITY**



Liked by **adriennebanh** and **14 others**

**hsu\_adpic** Today on Zoom! Please DM us for the link.

**#HSUadpic #HumboldtState**

[Image Description]

@hsu\_adpic: The Asian, Desi, & Pacific Islander Collective | #StayHome #StaySafe #SaveLives | Questions? Contact us [adpic@humboldt.edu](mailto:adpic@humboldt.edu) | ADPIC's virtual Zoom Meetings | please join us for our weekly check-ins on zoom and let us know how you're doing! |

Mondays 3-4pm | Humboldt State University

@hsu\_adpic: Today on Zoom! Please DM us for the link | #HSUadpic #HumboldtState





the.hill.hsu



# VIRTUAL ESCAPE ROOM

**visit the link in our bio to take  
A Walk in the Woods**



47 likes

**the.hill.hsu** Take a break from studying and take A Walk in the Woods. Can you find your way out of this sticky situation? Visit <https://hsu.link/escape> to test your skills in this Virtual Escape Room!

#StayHome #hsuhousing #hsuhousingandreslife #thehill #escaperoom

[Image Description]

@the.hill.hsu | Virtual Escape Room | visit the link in our bio to take a walk in the woods  
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**CAREER  
PLANNING  
IN THIS TIME**



How can we  
prepare ourselves  
to find meaningful  
employment opportunities  
in this time?

**HOSTED BY  
NORA MONTOYA &  
LOREN COLLINS**

**HSU ACADEMIC CAREER & ADVISING CENTER PRESENTS  
A WEBINAR SERIES FOR ENGLISH MAJORS**

*Meet on Zoom:*

**BUILDING A SKILLS-BASED  
RESUME**

Mon. April 13 3:00-4:50pm

**WRITING A PERSUASIVE  
COVER LETTER**

Mon. April 20 3:00-4:50pm

**HAVING A GREAT  
CONVERSATION IN YOUR  
JOB INTERVIEW**

Mon. April 27 3:00-4:50pm

**MAKING USE OF  
LINKED-IN**

Wed. April 29 3:00-4:50pm

**EMAIL [JA2828@HUMBOLDT.EDU](mailto:JA2828@HUMBOLDT.EDU)  
WITH QUESTIONS  
OR TO REQUEST LOGIN INFO**



**OPEN TO ALL HSU ENGLISH MAJORS  
ATTEND ONE OR ALL SESSIONS**

[Image Description]

@hsuenglish: Career Planning in this time> how can we prepare ourselves to find meaningful employment opportunities in this time

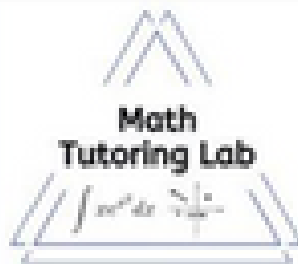
HSU Academic & Career Advising Center Presents: A webinar Series for English Majors

Meet on zoom: Building a skills-based resume- Mon. April 13 3-4:50pm | Writing a persuasive cover letter- Mon April 20 3-5:50pm | Having a great conversation in your job interview- Mon April 27 3-4:50pm | Making use of Linked-in- Wed April 29 3-4:50pm

email [ja2828@humboldt.edu](mailto:ja2828@humboldt.edu) with questions or to request login info | open to all HSU english majors. Attend one or all sessions

# Virtual Tutoring

1. Visit the Learning Center's website: [learning.humboldt.edu](https://learning.humboldt.edu)
2. Click your desired subject
3. Once in the Google doc, open the Zoom link under the course and time you need



Calculus Tutoring

Stats & R Support

Algebra, Trig, & More



Chemistry Tutoring

Physics Tutoring

Biology & Botany Tutoring



ERE Drop In- Starts 4/1



How to Schedule

Make Zoom Appointment

Make Email Appointment

Login for Appointment



How to Schedule

Make Zoom Appointment

Classes Offered SP 2020

Login for Appointment



Access Canvas

SI Information



Check out: [Learning.humboldt.edu](https://learning.humboldt.edu)

[Image Description]

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Math tutoring | Science Lab Tutoring | ERE Tutoring | Writing Studio | General Tutoring Lab | Supplemental Instruction



Reminders

**MEET WITH  
ADVISORS**



**CR/NC  
EXTENTION  
TO MAY8**

Reminders



Liked by emmamarie.13 and 3 others

hsu\_business Hellooooo! Just wanted to give a quick reminder to meet with advisors to lift that hold, and to keep in mind that you are able to changes corses to cr/nc! Stay safe & stay positive 💖

[Image Description]

@hsu\_business

Reminders: Meet With Advisors | CR/NC extension to May 8

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 humboldtstatespirit

# TRY-OUTS



EXTENDED TO MAY 8TH!

FAQ  

 humboldtstatespirit

## LUCKY AUDITIONS ARE ALSO OPEN!



DM FOR DETAILS!

[Image Description]  
@humboldtstatespirit

Tryouts extended to may 8th | go to instagram for more details | Lucky Auditions are also open | DM for details  
|email [hsucheer@humboldt.edu](mailto:hsucheer@humboldt.edu) with questions

# Registration dates from the Office of the Registrar

Day of the Week	Reg Group	Start Date	Start Time
Mon	PBAC Priority Groups	4/13/2020	8:30 AM
Mon	PBAC (2BA) Priority Groups	4/13/2020	8:30 AM
Mon	UGRD Priority Groups	4/13/2020	9:00 AM
Tue	PBAC Continuing Students	4/14/2020	8:30 AM
Tue	PBAC (2BA) Continuing Students	4/14/2020	8:30 AM
Tue	Continuing Senior	4/14/2020	12:00 PM
Wed	Continuing Senior	4/15/2020	8:30 AM
Thur	Continuing Junior	4/16/2020	8:30 AM
Fri	Continuing Junior	4/17/2020	8:30 AM
WEEKEND			
Mon	Continuing Sophomore	4/20/2020	8:30 AM
Tue	Continuing Freshmen	4/21/2020	12:00 PM
Wed	Continuing Freshmen	4/22/2020	8:30 AM

[Image Description]

Go to the registrars website for more accessible list of deadline: <https://registrar.humboldt.edu/academic-deadlines#/i=1>

# Enterprise Information

With colleges & Universities announcing campus closures in response to Coronavirus (covid-19) concerns, Enterprise wants to make it easier for students to get home to their families by reducing the age minimum and waiving the young renter fees for rentals through May 31, 2020. Some additional conditions may apply.



More information is available to students by visiting [enterprise.com/studenttravelassistance](https://enterprise.com/studenttravelassistance) or by calling (1-844-624-4412).

Please reach out to Megan Herring at [megan.f.herring@ehi.com](mailto:megan.f.herring@ehi.com) / (916) 787-4748 or Lisa Holmes at [Lisa.m.holmes@ehi.com](mailto:Lisa.m.holmes@ehi.com) / (916) 787-4733 if you have any questions.