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4-27-2020

Clubs & Activities Newsletter

Humboldt State Clubs & Activities

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Clubs & Activities Newsletter



Weekly Newsletter for Club Student Leaders

In This Issue:

A.S. Elections Voting- 1
Helpful/Interesting Videos - 2
Campus Resources-2
Recipe of the Week - 2
Weekly Puzzle- 2
#Instagram and Campus Roundup - 3+



Associated Student Voting Starts Today!

VOTE FOR YOUR STUDENT BODY LEADERSHIP TODAY!

TO SEE THE FULL LIST OF CANDIDATES, GO TO:

[HTTPS://ASSOCIATEDSTUDENTS.HUMBOLDT.EDU/2020-VOTERS-GUIDE](https://associatedstudents.humboldt.edu/2020-voters-guide)

VOTING GOES FROM APRIL 27TH, 2020 THROUGH MAY 1ST, 2020

HOW DO I VOTE?
CHECK YOUR HSU EMAIL FOR THE BALLOT LINK!



Your Ranked-Choice Ballot

Rank up to 4 candidates. Mark no more than 1 oval in each column.	First Choice	Second Choice	Third Choice	Fourth Choice
Candidate A	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Candidate B	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
Candidate C	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>
Candidate D	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>

"Very little is needed to make a happy life. It is all within yourself,
in your way of thinking" -Marcus Aurelius

Interesting and Helpful Videos

1) 10 ways to have a better

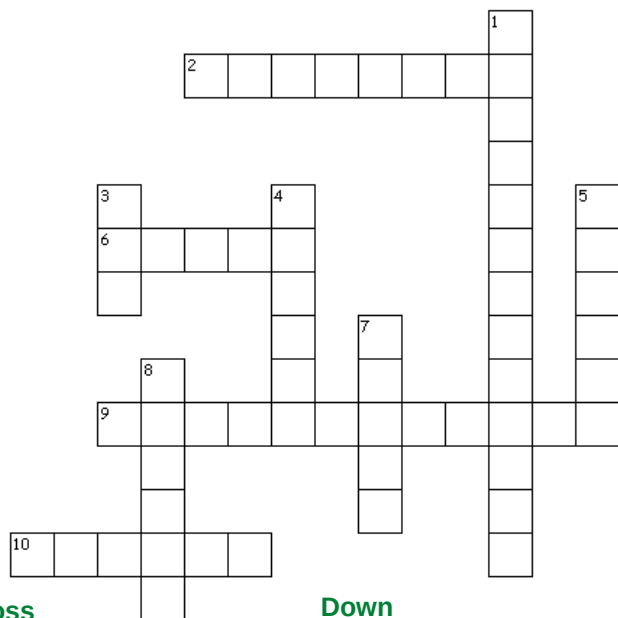
conversation: <https://www.youtube.com/watch?v=R1vskiVDwl4>

2) How to reduce stress with the 2:1 breathing technique: <https://youtu.be/CQjGqtH-2YI>

3) Inside the mind of a master

procrastinator: <https://youtu.be/arj7oStGLkU>

Puzzle of the Week



Across

2. Warmth & Vitamin D
6. Showers bring May Flowers
9. time when you sign up for classes
10. baby plant or Brussel...

Down

1. day & night are equal length
3. Month Credit No Credit was extended to
4. flowers
5. where plants grow
7. Return after a winter away
8. Time of year

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

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
- **CAPS Self Help Resources:**
<https://counseling.humboldt.edu/self-help-resources>

Recipe of the Week

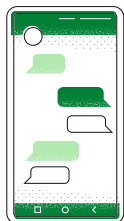


Click here for the
Chocolate Cinnamon-Swirl Bread:

<https://www.marthastewart.com/1546814/chocolate-cinnamon-swirl-bread>

****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



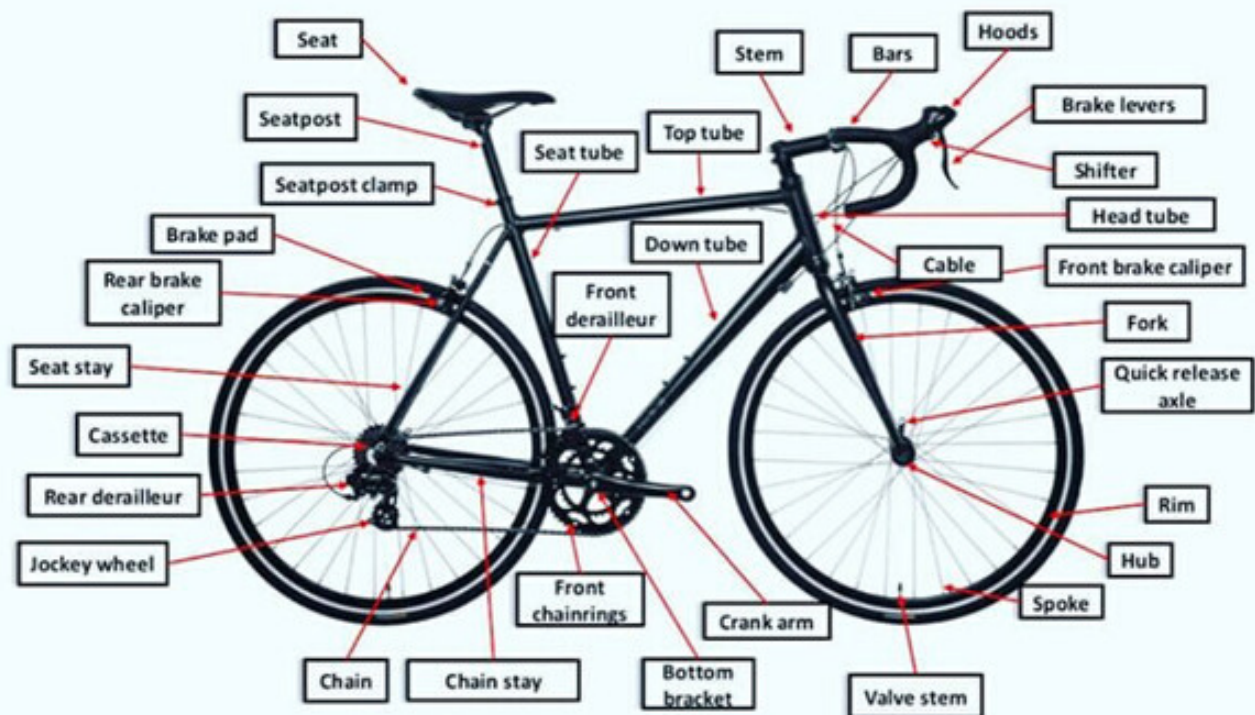
Email:

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



Liked by wrrap_hsu and 32 others

bicycle_learning_center Hey gang, ever know something is wrong with your bike or making noise, and you just can't convey where you think the problem is? We put together this simple little diagram to help you communicate with us, bike shops, and the internet about questions you may have or problems you want to solve. I hope this helps, and that now everyone has reasonable confidence to ask a question they were afraid to ask before! @humboldtstate @hsu_as @wrrap_hsu

Image Description:

[image of a bicycle with labels for different parts of the bike]

@bicycle_learning_center: hey gang, ever know something is wrong with your boke or making noise, and you just can't convey where you think the problem is? We put together this simple little diagram to help you communicate with us, boke shops, and the internet about questions you may have or problems you want to solve. I hope this helps, and that now everyone has reasonable confidence to ask a question they were afraid to ask before! @humboldtstate @hsu_as @wrrap_hsu



elcentrohsu

...

Class of 2020 Yearbook!

**Latinx Graduation Yearbook will include:
Photos, Names, Grad Submissions, and more!
Available as a PDF and Hardcopy!**

Just fill out the
Google survey by
April 27!
(link in bio)



Liked by hsuwritingstudio and 10 others

elcentrohsu Happy Monday! Friendly reminder that today
is the deadline to submit your grad photo 📸 #class2020



Link in our bio

Image Description:

[image of green, yellow and orange books stacked]

Class of 2020 yearbook! | Latinx Graduation Yearbook will include: Photos, Names, Grad Submissions, and more!

Just fill out the Google survey by April 27th (link in @elcentrohsu bio)

@elcentrohsu: Happy Monday! Friendly reminder that today is the deadline to submit your grad photo

#class2020 | link in @elcentrohsu bio



elcentrohsu
Humboldt State University

...

PRESENTATION AND
DISCUSSION ON
MARIANISMO: THE OTHER
FACE OF MACHISMO

MARIANISMO: NI SANTAS NI PUTAS SOLO MUJERES

Date: April 29, 2020

Time: 12-1 PM

email
ejm474@humboldt.edu
for the zoom link

Image Description:

[Classic film reels with blue film on the left side of the image]

Presentation & Discussion on Marianismo: The Other Face of Machismo | Marianismo: Ni Santas Ni Putas Solo Mujeres | Date: April 29, 2020 | Time: 12-1pm | Email email ejm474@humboldt.edu for the zoom link @elcentrohsu: This Wednesday!

ELECTIONS

2020

President pg. 2
Administrative VP pg. 3
Legislative VP pg. 3
Student Affairs VP pg. 3
At-Large Rep. pg. 4
College of Arts, Humanities &
Social Sciences pg. 4
UC Student-At-Large pg. 5
Rank Choice Voting pg. 5
Sample Ballot pg. 6



Liked by mallulicuellar and 6 others

hsu_as Today is the first day of voting! Everyone should've received an email this morning with their ballot. Everyone should've also received the latest edition of The Lumberjack in the mail, inside is this Voter's Guide. At HSU we use Rank Choice Voting. So when there is more than one person running, rather than just choosing one, you rank them. If you have any questions about voting feel free to comment down below, message us or email the Elections Commissioner at cvc17@humboldt.edu. Voting ends MAY 1! 🗳️ #humboldtstate

Image Description:

Associated Student Elections 2020 [For Full voters guide, go to @hsu_as on Instagram]

@hsu_as: Today is the first day of voting! Everyone should've recieved an email this morning with their ballot. Everyone should've also recieved the latest edition of The Lumberjack in the mail, inside is this Voter's Guide. At HSU we use Rank Choice Voting. So when there is more than one person running, rather than just choosing one, you rank them. If you have any questions about voting feel free to comment down below, message us, or email the elections commissioner at cvc17@humboldt.edu. Voting ends May 1! #Humboldt State

THIS IMPACTS US

HOSTED BY HSU'S SEXUAL ASSAULT
PREVENTION COMMITTEE

ZOOM ID: 92978896954

TITLE IX CAMPUS FORUM

Tue. May 5 @5-6:30pm

If you would like to access survivor support before, during or after the forum, please contact our Campus Advocate Team at 707.445.2881.

DISCUSS
INSTITUTIONAL
ACCOUNTABILITY

PROVIDE
FEEDBACK ON
TITLE IX @ HSU

EXPLORE OPTIONS
FOR SURVIVOR
SUPPORT

PLEASE CONTACT [KIM.BERRY@HUMBOLDT.EDU](mailto:kim.berry@humboldt.edu) FOR MORE INFORMATION

Image Description:

IX: This Impacts Us | Hosted by HSU's Sexual Assault Prevention Committee

Zoom ID: 92978896954 | Title IX Campus Forum | Tue. May 5 @ 5-6:30pm

If you would like to access survivor support before, during, or after the forum, please contact our Campus Advocate Team at 707-445-2881.

Discuss Institutional Accountability | Provide Feedback on Title IX @ HSU | Explore Options For Survivor Support

Please contact kim.berry@humboldt.edu for more information



ALOK V MENON

ALOK (THEY/THEM) IS A GENDER NON-CONFORMING WRITER AND PERFORMANCE ARTIST. THEIR ECLECTIC STYLE AND POETIC CHALLENGE TO THE GENDER BINARY HAVE BEEN INTERNATIONALLY RENOWNED.

ALOK WILL BE JOINING
OUR VIRTUAL
Q-POC TALKS,
FRIDAY MAY 8TH FROM
2- 3:30PM

EMAIL:
LCAE@HUMBOLDT.EDU
FOR MORE
INFORMATION!



Image Description:

@Elcentrohsu: Alok V Menon | Alok (They/them) is a gender non-conforming writer and performance artist. Their eclectic style and poetic challenge to the gender binary have been internationally renowned.

Alok will be joining out virtual Q-POC Talks, Friday May 8th from 2-3:30pm

Email: lcae@humboldt.edu for more information!

Calling ALL Lumberjacks

Do you have a HiddenTalent that you want to share with our HSU community?

▶ Create a 1-5 minute video showcasing your hidden talent

▶ For additional information and guidelines, visit:
centeractivities.humboldt.edu



Email submissions to:

CNTRACT@Humboldt.edu

[#HumboldtsHiddenTalents](https://www.instagram.com/CenterActivities)

Image Description:

@CenterActivities: Calling All Lumberjacks | Do you have a Hidden Talent that you want to share with our HSU community? | Create a 1-5 minute video showcasing your hidden talent | for additional information and guidelines, visit: centeractivities.humboldt.edu

Email submission to CNTRACT@humboldt.edu [#HumboldtHidden Talents](https://www.instagram.com/CenterActivities)

visit the link in @CenterActivities instagram bio for more information, guidelines, and a link to our waiver

WHY SHOULD YOU JOIN SPEECH AND DEBATE?



Speech and Debate synthesizes knowledge from all classes, puts knowledge into practice, and then produces a critical result of that practice that students can learn from.



**HAVE ANY
QUESTIONS?**

Head Coach: Aaron Donaldson

Aaron.Donaldson@humboldt.edu

Team President: Blue Baldwin

aeb27@humboldt.edu

Vice President of Debate: Sydney Verga

smv41@humboldt.edu

Vice President of Speech: Hannah Koh

hk58@humboldt.edu

Image Description:

@hsudebate: Why should you join speech and debate? | Speech and debate synthesizes knowledge from all classes, puts knowledge from all classes, puts knowledge into practice, and then produces a critical result of that practice that students can learn from. | Have any questions? | Head Coach: Aaron Donaldson- Aaron.donaldson@humboldt.edu | Team President: Blue Baldwin- aeb27@humboldt.edu | Vice President of Debate: Sydney Verga- smv41@humboldt.edu | Vice President of Speech: Hannah Koh- hk58@humboldt.edu

Start composting!



**Food scraps and yard waste
make up more than 28% of what
we throw away.**

Source: Environmental Protection Agency

What to compost:

- fruits
- vegetables
- coffee grounds
- whole leaf teas
- 100% cotton or wool fabrics
- fur
- nut shells



Do not compost:

ash, oils, dairy products, grease, pet waste

Image Description:

@greencampus_hsu: Start Composting! | Food scraps and yard waste make up more than 28% of what we throw away (source: Environmental Protections Agency) | What to compost: Fruits, Vegetables, coffee grounds, whole leaf teas, 100% cotton or wool fabrics, fur, nut shells | Do not compost: ash, oils, dairy products, grease, pet waste

HSU Student Newspapers **to be Mailed to Students**

At the end of last week, 6,400 Humboldt State students will get a gift from campus in their mailboxes – special editions of El Leñador and The Lumberjack student newspapers, along with the Associated Students sample ballot. The message? At HSU, the student press is alive and well.

Read El Leñador Online

Read The Lumberjack online

Do You Enjoy Writing and Helping Others?

The HSU Writing Studio is looking for strong writers who enjoy helping others develop as writers, readers, and critical thinkers.

Two types of positions are available:

1) Writing Studio Consultant

Writing Studio Consultants work one-on-one, in small groups, and online with HSU students on writing projects in any subject area.

2) Writing Studio Fellow

Writing Studio Fellows work with first-year students enrolled in the Creando Raíces (Creating Roots) Learning Community or the Teachers 4 Social Justice Learning Community.

Students are encouraged to apply for both positions if interested (note that fellows are required to work at least 3 hours in the Writing Studio).

Positions start in August 2020. Interviews will be held over Zoom between May 4 - 11.

ALL MAJORS (including STEM majors and graduate students) are encouraged to apply.

Applicants must have completed or plan to complete ENGL 450: Tutoring Developing Writers (2-unit course). Students who took a similar course elsewhere can request equivalency.

Priority Deadline: Apply through the [HSU Learning Center website](#) by 5 pm on Friday, May 1, 2020. Students can contact me at jessica.citti@humboldt.edu with any questions.



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 • ccbl@humboldt.edu • 707-826-4964

[Image Description]

Center for Community Based Learning | Virtual Chats for Students

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• <https://humboldtstate.zoom.us/j/94038328707>

ccbl.humboldt.edu • ccbl@humboldt.edu • 707-826-4964



HUMBOLDT STATE MEN'S ROWING

ATHLETES WANTED!

We are looking for competitive athletes for our rowing team! We will teach you to row if you are ready to put in the work!

2019 Silver Medalists in the 2x at the ACRA Championships!

You must know how to swim to row.

Sign up at hsura.org or email rowing@humboldt.edu.

Follow us:  @hsumenscrew  @hsuramen

Image Description:

@hsumenscrew: Humboldt State Men's Rowing | Athletes Wanted!

We are looking for competitive athletes for our rowing team! We will teach you to row if you are ready to put in the work! | 2019 Silver Medalists in the 2x at the ACRA Championships!

You must know how to swim to row.

Sign up at hsura.org or email rowing@humboldt.edu

Follow us: Instagram- @hsumenscrew Facebook-@hsuramen

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

**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.

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
- 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



For more information on these services please visit our website at 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
- Take care of your body
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 - exercise regularly, get plenty of sleep
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- 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](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
or
Carlos Holguin, Editor-in-Chief
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 or Carlos Holguin, Editor-in-Chief el-lenador@humboldt.edu

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!)



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

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/>.

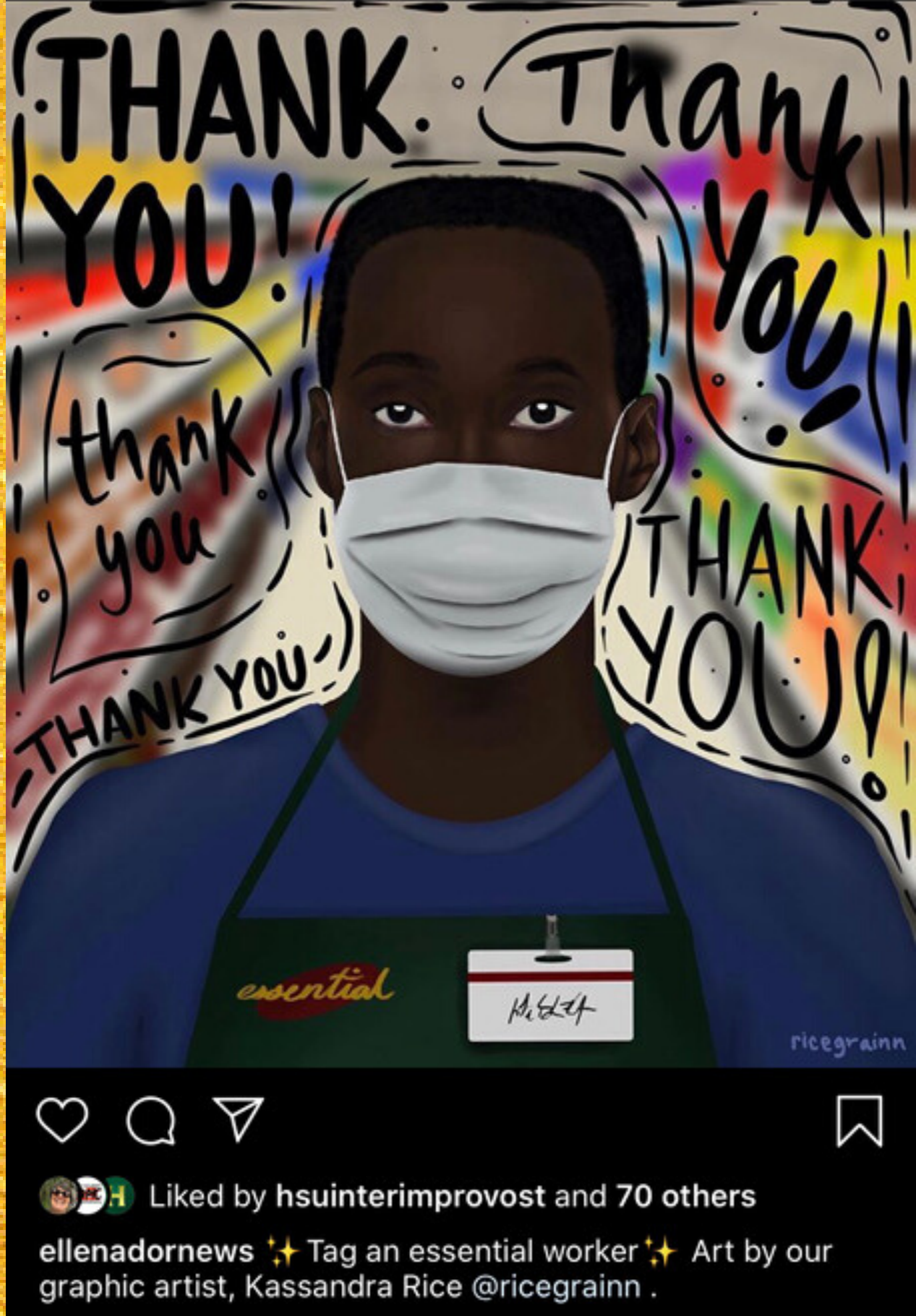
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FREE IMMIGRATION CONSULTATIONS | CHIRLA

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@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]

(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!



Liked by mollyyamalia 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....



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



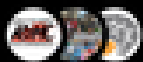
CAPS PRESENTS

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
or email lisa.turay@humboldt.edu or 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!

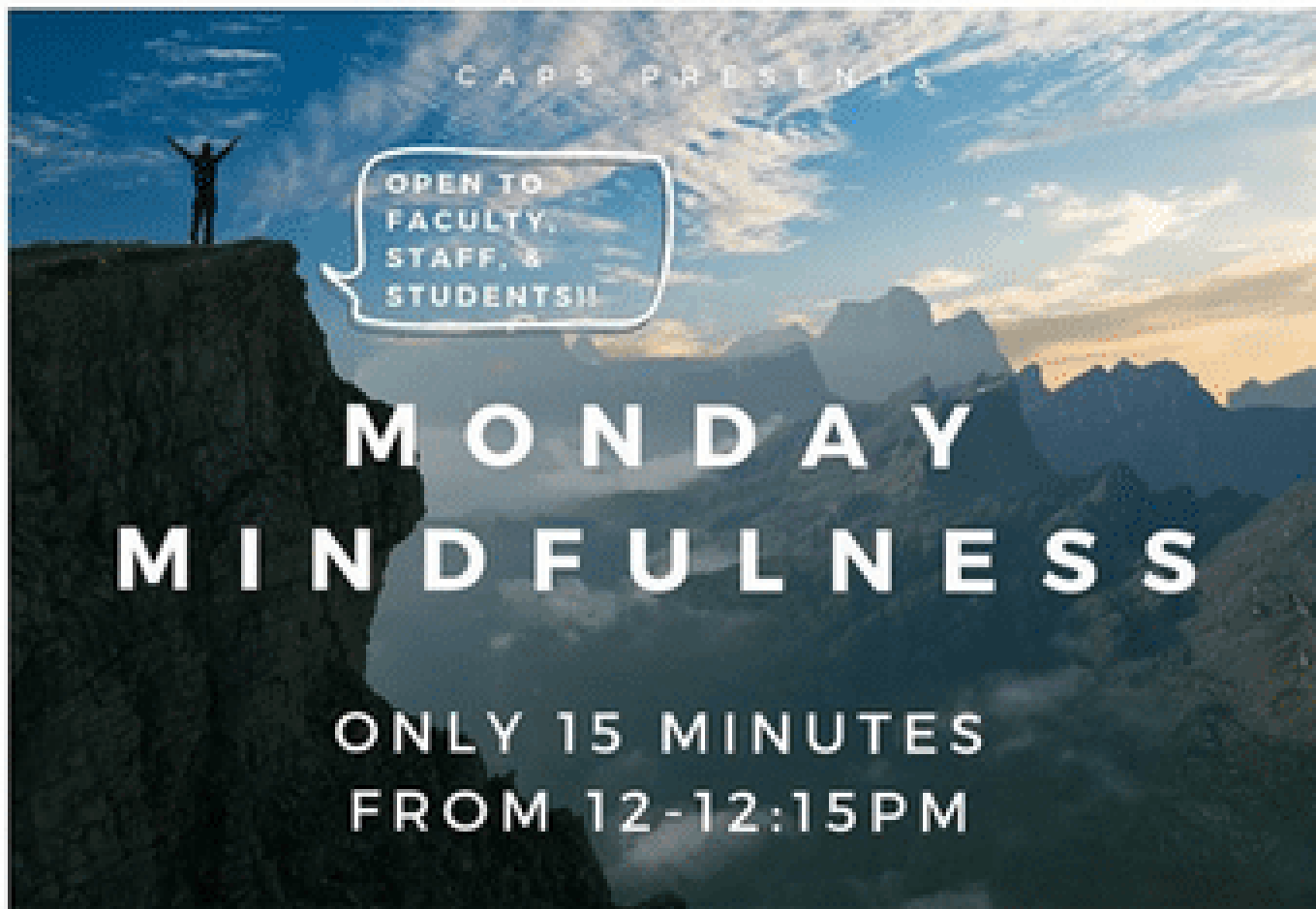
[Image Description]

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 or email
lisa.turay@humboldt.edu or 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

@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

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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

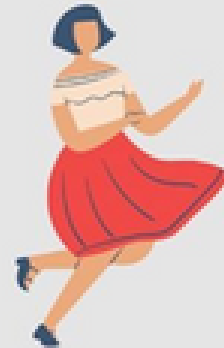
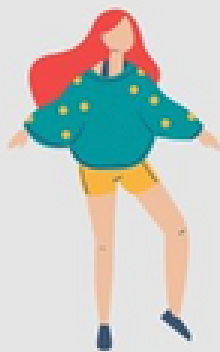
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Campus Assistance, Response, and Engagement.

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. Visit the HSU Dean of Students page to learn more.

[Image Description]

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

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



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

Need some craft inspiration? <https://libguides.humboldt.edu/rocknhsu>

@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



Virtual CAFÉ CON CHISME



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

*email : 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 to receive a zoom invite ✨

[Image Description]

Virtual Cafe con Chisme

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

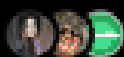
@elcentrohsu: Cafe con Chisme is going virtual. we invite all of you to join us ever Friday 11:30am-1:30pm

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

celene.gonzalez@humboldt.edu 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 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 to get involved 🎉

[Image Description]

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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 • 707-826-3341 • acac@humboldt.edu

[Image Description]

@hsu_academicandcareeradvising

Class Registration | Summer and Fall 2020

Important dates and deadlines:

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Academic & Career Advising Center | acac.humboldt.edu | 707-826-3341 | 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 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

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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

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



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 for more info



hsucaps

...

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
for more info

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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 for more info



aacaehsu

...



VIRTUAL

Q-POC Talks!



EVERY FRIDAY FROM 2-3:30 PM

DM US, OR EMAIL: 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 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>





@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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hsuohsnap



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

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@hsuohsnap

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

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**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/>



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 or 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 or 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 | 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
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

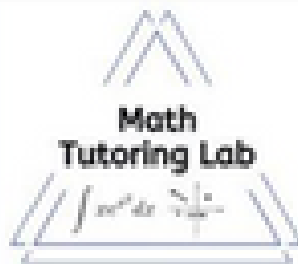
HSU Academic & Career Advising Center Presents: A webinar Series for English Majors

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 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
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

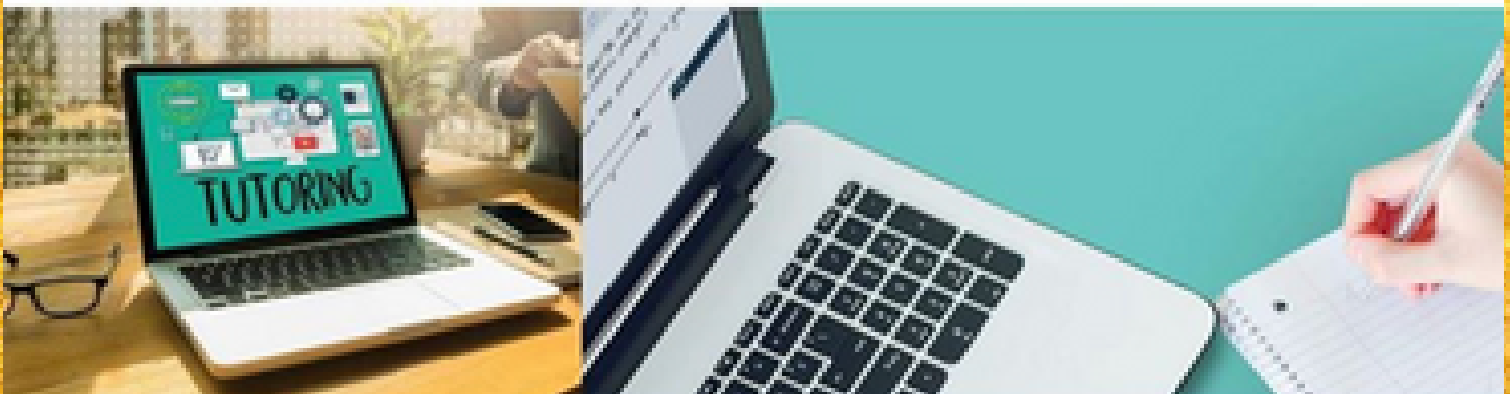
Classes Offered SP 2020

Login for Appointment



Access Canvas

SI Information



Check out: Learning.humboldt.edu

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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 with questions

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 or by calling (1-844-624-4412).

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