Humboldt State University
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Newsletters University Archives

10-8-2020

OSL Newsletter

Office of Student Life

Follow this and additional works at: https://digitalcommons.humboldt.edu/campus_pub

OSL Newsletter

To find out what's going on across campus!
You can also access it here:
https://clubs.humboldt.edu/content/weekly-newsletter-0

FISC, SLL & PROJECT REBOUND PRESENTS

Know Before You Vote and the Impacts of Mass Incarceration

Join us to learn more about the voting process, how to vote, and what your protections are. We'll review all the important information together to ensure you're voting with confidence!

Then, we invite you to stay a bit longer and think critically about voter disenfranchisement and how **mass incarceration deprives people of their right to vote**.

OCT 9 2020 2PM-4PM
REGISTER AT HTTPS://RB.GY/NKWAY3

QUESTIONS & ACCESSIBILITY NEEDS?:
- **PROJECTREBOUND@HUMBOLDT.EDU**
- **FISC@HUMBOLDT.EDU**

PROJECT REBOUND

RSO LEADER & CLUB INFO SUPPORT HOURS

DATE/TIME:

MONDAY:3-4PM
WEDNESDAY: 5-6PM
FRIDAY: 10-11AM

Drop into our office zoom:
link.humboldt.edu/RSO20_OfficeHours

If you are not available any of the times above and need to chat with us, email clubs@humboldt.edu to schedule a time

So you're an RSO officer, now what??

Get the answer to all your questions and MORE at RSO leader Office Hours!

Affirmations for a Virtual Semester

affirmations AS WE MOVE INTO DISTANCE LEARNING

The best I can do is my best.

How human of me to feel nervous about trying something new.

I will give myself the same grace I give others.

I may not be able to control this situation, but I have control over my attitude.

This is only temporary.

I can do difficult things.

I don't have to have it all figured out to move forward.

I will make mistakes, and that is okay.

SEXY COMMUNICATION DATE NIGHT!

Attend with your partner(s) or friend. Learn and engage in fun consent-centered activities and games together!

IT

FRI.
OCT 9
6-7PM
ZOOM

LOVE KNOWS BOUNDARIES

EACH PARTNERSHIP MUST RSVP

Registration link is in our bio @CHECKITHSU

LOVE KNOWS BOUNDARIES WORKSHOP

Learn healthy relationship tools, the dynamics and intersections of dating violence, and ways to support survivors.

Zoom Workshop ID: 91395883097

IT

WED.
OCT 7
4-5PM
ZOOM

LOVE KNOWS BOUNDARIES

RSVP link is in our bio @CHECKITHSU

HUMBOLDT
STATE UNIVERSITY

YOUR VOTE MATTERS!

FOR INFO ON REGISTERING, VOTING, AND BALLOT INITIATIVES, GO TO:
HTTPS://LINKTR.EE/HSUVOTES

Indigenous Peoples Week 2020

October 13th
5:00pm
United States
Poet Laureate
Joy Harjo

October 14th
5:00pm
Native Storyteller
Gayle Ross

SAVE the DATE

Join us!

OCTOBER 12 - 16, 2020

HUMBOLDT STATE UNIVERSITY

October 12th

Noon - 12:30 IPW Kick-Off
1:00pm You're on Indian Land: Supremacist Roots of American Environmentalism
Dr. Kaitlin Reed & Katie Koscielak

October 13th

5:00 - 7:00 United States Poet Laureate
Joy Harjo

October 14th

Noon-1:30 Hijxs de la Malinche: Decolonizing "La Raza" through an Indigenous Feminist Lens
Dr. Gabriela Spears-Rico
5:00-7:00 Native Storyteller
Gayle Ross

October 15th

3:00-4:00 Indigenous Family Strength Jerry Tello

October 16th

12:30-1:30 Cory Gray
1:30-3:00 Decolonizing Public History: Indigenous Resistance to The Memorialization of Genocide in the U.S
Dr. Kayla Begay & Dr. Kaitlin Reed
4:00-5:00 Decolonial Dance Break
Dr. Cutcha Risling-Baldy

HSU's Indigenous Peoples Week

Native American Studies & El Centro Presents

HIJXS DE LA MALINCHE: DECOLONIZING "LA RAZA" THROUGH AN INDIGENOUS FEMINIST LENS

Photos by Xavier Tavera

Dr. Gabriela Spears-Rico (Pirinda-P'urhepecha scholar and poet)

October 14, 2020
Noon-1:30

Register Here:
https://tinyurl.com/yxa4dwnm
or join us on Facebook Live!

CENTRO

This lecture deconstructs Latinidad by querying Mexican/Latin American origin myths and nationalist constructs through Chicana and Indigenous feminist interventions. October 12th is known as "el dia de la raza" or the day that 'la raza' was born, so it is important to have a critical conversation about the origins of 'la raza' as we think about Columbus Day and Indigenous Peoples Day. What does it mean to uncritically embrace mestizaje 528 years after 'discovery'? How can we reframe Latinidad through a critique of the gendered colonialist and nationalist violence which produced the term 'la raza'? Dr. Spears-Rico's talk will unpack 'la raza' and critique malinchismo while highlighting Mexican Indigenous women fighting for autonomy and land rights through matriarchal frameworks.

facebook.com/hsunasp

@hsu_nas

Indigenous Peoples Week

Native American Studies Presents

Decolonizing Public History: Indigenous Resistance to the Memorialization of Genocide in the United States

Friday, October 16th 2020
1:30-3:00 pm

- **Brittani Orona**
  (Hupa, Ph.D. Candidate at UC Davis)
- **Charles Sepulveda**
  (Tongva/Acjachemen, Assist. Prof. of Ethnic Studies at University of Utah)
- **Kayla Begay**
  (Hupa, Assist. Prof. of NAS at HSU)
- **Tia Oros Peters**
  (Zuni, CEO of Seventh Generation Fund)
- **Kaitlin Reed**
  (Native American Studies, HSU (moderator)

Register Here:
https://tinyurl.com/yxcy22nw
Or join us on Facebook LIve!

Native American Studies
25th ANNIVERSARY
Humboldt State University

facebook.com/hsunasp

@hsu_nas

HSU Indigenous Peoples Week

Native American Studies Presents:

DECOLONIAL DANCE BREAK

with Cutcha Risling Baldy

Friday, October 16th 4:00 - 5:00pm

Come listen to some Indigenous artists to inspire your #LandBack weekend groove

To Register go to: https://tinyurl.com/y66uu7je

Native American Studies 25th ANNIVERSARY Humboldt State University

https://www.facebook.com/hsunasp

https://www.instagram.com/hsu_nas/

Oh Snap Virtual Cooking Classes

Oh SNAP is looking for folks who are interested in hosting our cooking classes! You would provide the recipe and host a live zoom session (facilitated by Oh SNAP) of you cooking the recipe. We would provide the ingredients to you and student participants who would follow along! We can also provide some recording equipment if needed!

There are a few specifications for the recipes, so if you're interested please email me, ravin.craig@humboldt.edu. And I'll follow up! Please feel free to forward this to anyone who might be interested!!

Cru at HSU

Come join us as we gather in fellowship to build our relationship with each other and with Jesus.

Weekly Activities:
Women's Bible Study
Men's Bible Study
Friday Meetings
(with fun After Actvities!)

Connect with us for more information!

Join us on Lumberjack Link
Email: cru@humboldt.edu
Insta: @hsu.cru
FB: Cru at Humboldt State University

Our mission:
Cru is a caring community passionate about connecting people to Jesus.

WRRAP presents The 5th Annual

Zero Waste Conference

Empowering a Generation of Equitable Waste Reducers Amidst Global Crisis

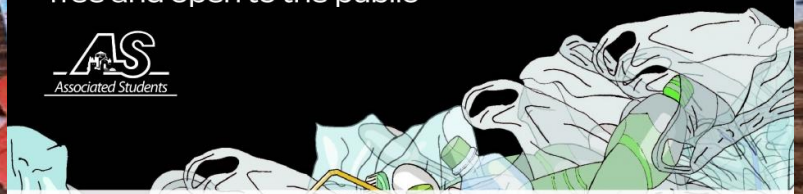
October
19 - 23, 2020

wrrap.humboldt.edu

Student led and funded,
free and open to the public

WASTE REDUCTION RESOURCE AWARENESS PROGRAM
WRRAP

AS
Associated Students



Virtual Webinars, Workshops and Demonstrations

• Environmental Justice • Compost • Bicycling 101 • DIY
• Local Resources • Zero Waste Lifestyle Changes • Livestream Music

For acommodations email wrrap@humboldt.edu

HUMBOLDT STATE UNIVERSITY
FOUNDED 1913

Friday, October 16 – Saturday, October 17

For more information, visit https://cslc.csudh.edu

RISE UP!

CALIFORNIA STUDENT LEADERSHIP CONFERENCE

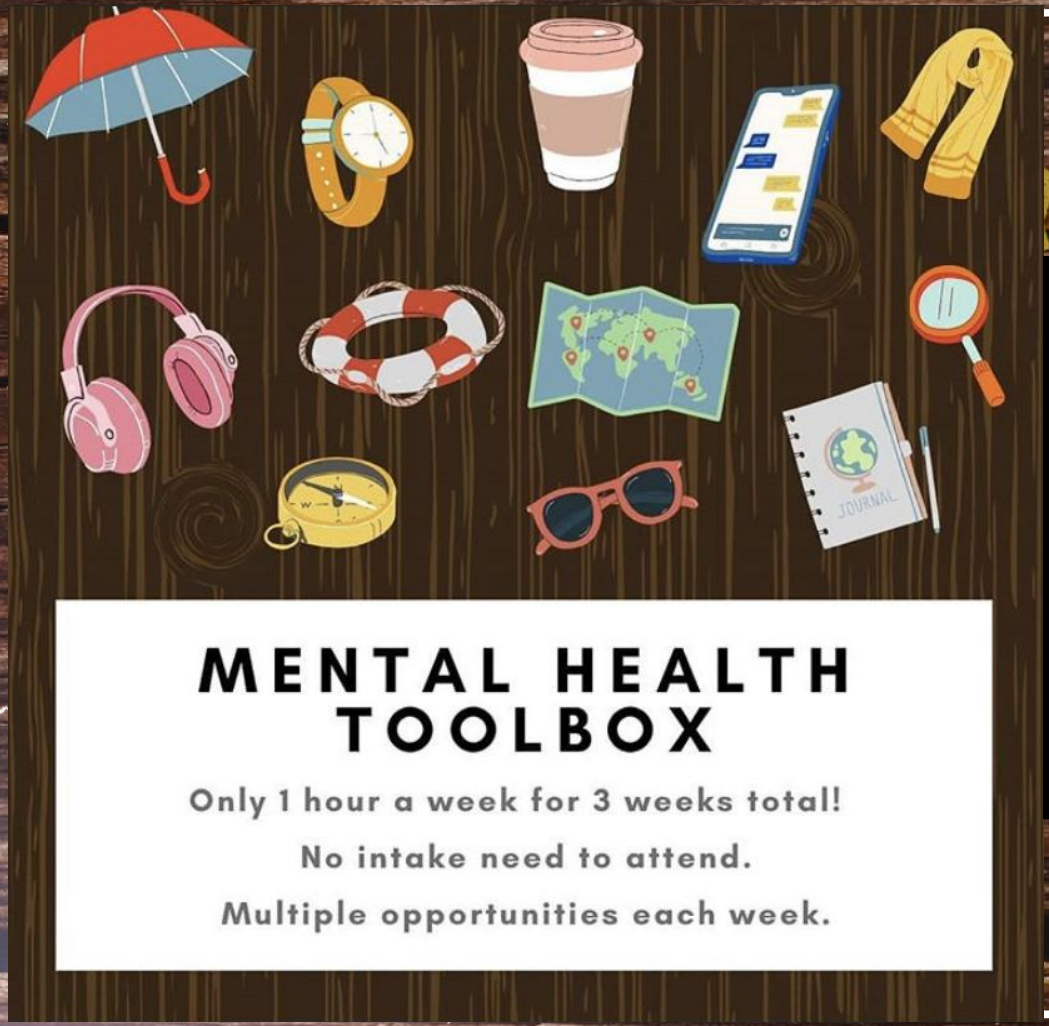
ALICIA GARZA

Community Organizer and Co-Creator of #BlackLivesMatter

DELLARA GORJIAN

Student Declarant, United States Supreme Court Deferred Action for Childhood Arrivals (DACA) case, *Department of Homeland Security v. Regents of the University of California"*

UNIVERSITY OF CALIFORNIA | CSU The California State University | California Community Colleges



Liked by **hsu_adpic** and **20 others**

hsucaps Try a workshop that has helped students across several CSU campuses walk away with their own toolbox of thought exercises and mindfulness skills that will give you a better sense of your personal values and how you want to focus your energy. This is a three-part series done best in order: Recognition, Insight, and Openness. No need to complete an intake appointment at CAPS in order to attend, just click the zoom links on the CAPS Groups & Workshops webpage and download the MHT (RIO) Student Workbook before beginning.

This series is offered during three different time slots: Tuesdays 12-1 pm and 1-2 pm, and Fridays 10-11 am. Just choose your preference based on which times work for your schedule.

CAPS PRESENTS

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!

FRIDAYS 11AM-12PM

Email ned.peck@humboldt.edu for zoom link and c

hsucaps

Same day sessions at CAPS!

WEB-IN WEDNESDAYS AT CAPS

Call us on Wednesdays,
no appointment needed,
first come-first served!
Call early in the day for best
availability.

WEDNESDAY 9AM-4:30PM

Liked by **hsu_adpic** and **37 others**

hsucaps This is a single session of therapy focused on a specific goal. You can also schedule a single session by appointment, if preferred. Our number is 707-826-3236.

If you decide you want to be assessed for ongoing therapy services, you can make an intake appointment after your session.

HSU English Department Visiting Writer Series Presents:

BOOK OF THE YEAR:
"CITIZEN: AN AMERICAN LYRIC"
BY CLAUDIA RANKINE

Claudia Rankine Talks

Nov 7th @ 11am & 2pm

Book Circles:

www.literaryhumboldt.org

STUDENT FOCUSED

Citizen: An American Lyric Book Circle

October 14th, 21st, 28th

1pm-2pm

Free Books Available upon Request

To register, go to:

literaryhumboldt.org

CAPS Resource:

Managing Anxiety and Maximizing Wellness

Wednesdays at 2:30pm

Check out these other SkillShops by the Learning Center:

You Got This: Get Organized for Online Learning

Learning online is more challenging than face-to-face. What knowledge, skills, and habits will you need to succeed? In this Skillshop, students will explore tools and strategies for creating a framework to get organized and manage their workload.

Join us on Zoom on Monday, September 28, 4-5 pm

Register: https://humboldtstate.zoom.us/meeting/register/tJcsd-uvqzsoGdR2wh8XsALKot0V_JGUpO_j

Get Connected: Building An Academic Community

Getting and staying connected to other people is a critical component of being successful in an online learning environment, but how do you build a community from inside your house? In this SkillShop, students will learn strategies for building relationships with peers, advisors, faculty, and others to create a community that supports their academic goals.

Join us in Zoom on Monday, October 12, 4-5 pm

Register: https://humboldtstate.zoom.us/meeting/register/tJIlcOCvrzouGNAkZb827NkW0jt1HQa5Ms4t

Stay Connected with Recreational Sports!

Sport Clubs may not be practicing but, now is a great time to join a team, meet the players, and join in virtual activities. Clubs are hosting movie nights, cooking over zoom, game nights, and many other fun virtual activities to keep you connected and socially engaged! Check out our website to learn about the 15 different club sports. Whether you're an experienced athlete or want to learn how to play a new sport, we have a spot for you on the team! Email the club president (information found on our website) to join.

Website: https://recsports.humboldt.edu

Follow @hsu_sportclubs on Instagram for the latest info and updates!

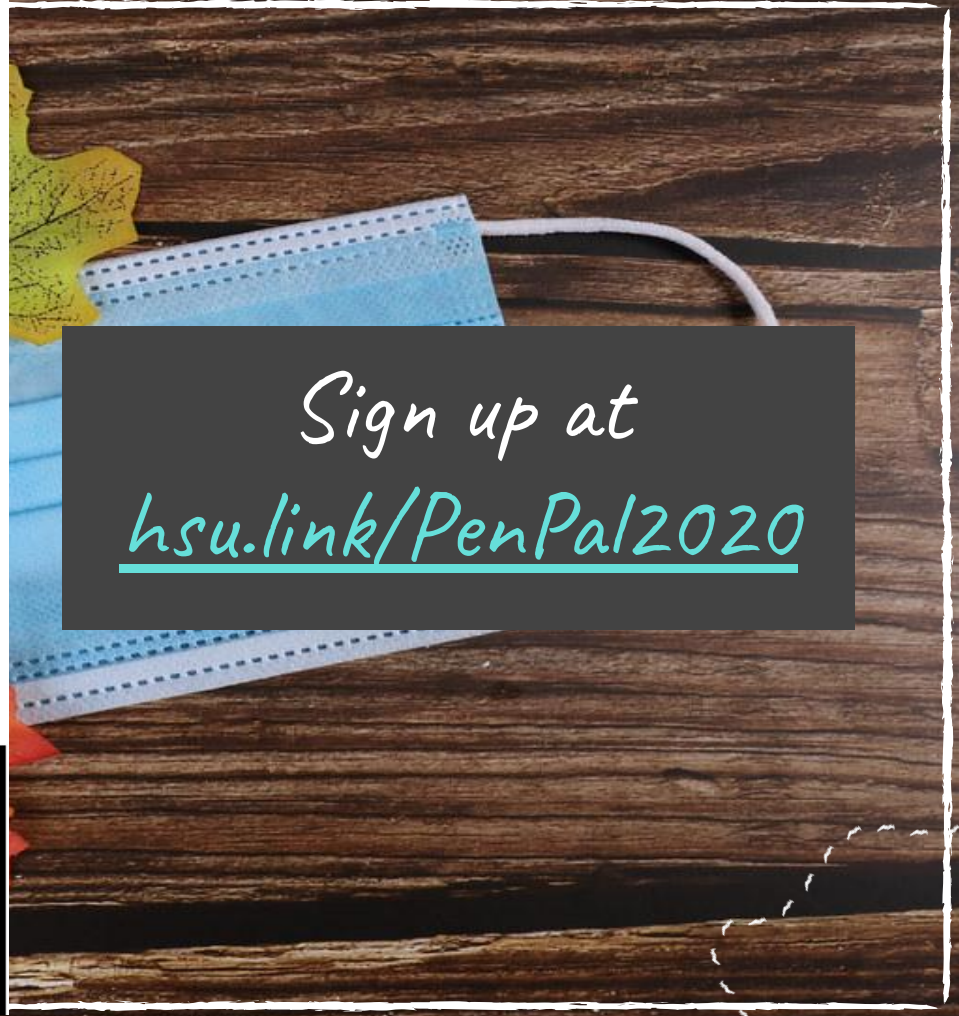
HUMBOLDT STATE UNIVERSITY

Student Pen Pal Program

Sponsored by: Housing & Residence Life; National Hall Residence Honorary; Residence Hall Association; Student Life; Social Justice, Equity, & Inclusion Center

Campus Wide Pen-Pal Program to help us stay close while we are apart

Please complete the "Pen Pal Connection" Form to Participate: hsu.link/PenPal2020



See about guest speakers and events in this calendar provided by El Centro!

HUMBOLDT STATE UNIVERSITY

GREEN & GOLD

VIRTUAL FRIDAYS

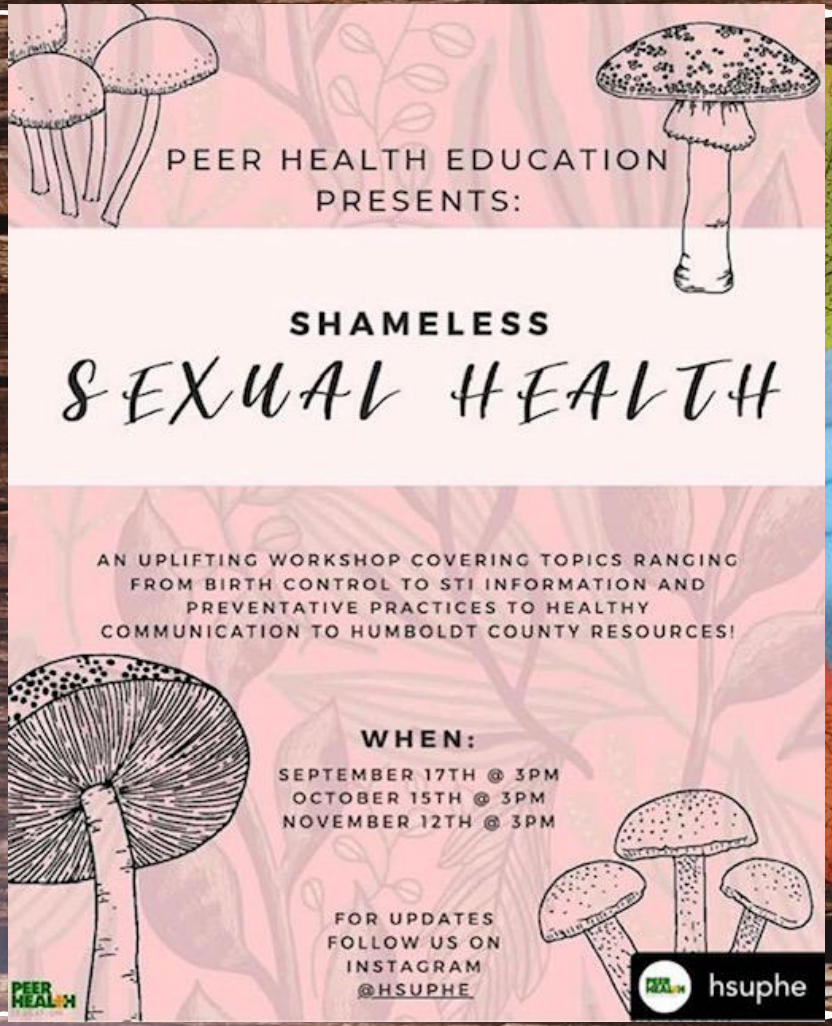
begins Friday, August 28th

USE HASHTAG #HUMBOLDTSTATE

Green & Gold Fridays

***

Post your selfies with HSU Gear on Instagram and tag #humboldtState for a chance to win some cool prizes!



Sexual Health Workshop with PHE

***

Every month from September to November

ARE YOU RECEIVING HUMBOLDT ALERTS?

ALERTS ARE USED TO NOTIFY YOU ABOUT THREATS TO PUBLIC SAFETY VIA EMAIL, PHONE CALL, OR TEXT MESSAGE.

SIGN UP NOW AT
humboldtgov.org/alerts

Q-BIPOC Talks

Register to vote through your HSU student center!

It's easy!

Streaming Pose

Every Thursday 5-6pm

EMAIL CT239@HUMBOLDT.EDU FOR ZOOM LINK

Streaming Pose
Every Thursday
5-6pm

The Page Turners

A SPACE TO TALK AND CREATE A COMMUNITY OF BOOK LOVERS.

EVERY WEDNESDAY 3-4PM

EMAIL CT239@HUMBOLDT.EDU FOR ZOOM LINK

The Page Turners: A Community for Book Lovers

Every Wednesday

3-4pm

SACNAS Talks

SACNAS Talks

Conversations about braiding culture with science, Society for the Advancement of Chicanos, Hispanics, and Native Americans in Science (SACNAS) style.

Every Monday
12-1:30pm
email:ct239@humboldt.edu
for Zoom Link

Indian Natural Resource INRSEP Science & Engineering Program

SACNAS

Devoted to Advancing Hispanics, Chicanos and Native Americans in Science.

Campus Oh Snap! Food Pantry

HUMBOLDT STATE UNIVERSITY

OhSNAP!

Go to...

Oh SNAP will be open the following hours starting September 7th 2020:

Tuesday: Noon-2pm & 3pm-5pm

Wednesday: 10am-Noon & 1pm-3pm

Friday: 9am-1pm

Flu Vaccine Clinic

Student Health & Wellbeing Services has partnered with Safeway Pharmacy to offer the convenience of on-campus free flu vaccinations for fully matriculated HSU students and to staff and faculty for $34 check or credit card on-site.

Flu Vaccine Clinics

Thursday, Sept 10th 1-5 Outside JGC

Tuesday, Sept 29th 11-3 HSU Quad

Friday, Oct 16th 11-3 HSU Quad

Flu vaccinations are strongly encouraged!

Please remember to wear a face covering and following social distancing guidelines. Read the Health & Safety guide of the Campus Ready website for more details. And don't forget to bring your student ID.

Contact Mira Friedman for more information mira.friedman@humboldt.edu.

https://pmc.humboldt.edu/portal/flu-vaccine-clinics-students-and-employees

Oh SNAP is looking for folks who are interested in hosting our cooking classes! You would provide the recipe and host a live zoom session (facilitated by Oh SNAP) of you cooking the recipe. We would provide the ingredients to you and student participants who would follow along! We can also provide some recording equipment if needed!

1-3pm Mon. - Fri.
12-1pm Tue. & Thur.

Zoom with HSU Library Staff & Faculty

https://hsu.link/Z3w

Need Help from Library Staff & Faculty? Check out their zoom office hours

CREATE CONSENT CULTURE

Fall 2020

Beginning Sept. 11

Create artwork, engage in social media outreach, plan events, develop resources, and more!

CHECK IT VOLUNTEER MEETINGS

Fridays @3-4pm

Zoom Mtg. ID: 97039761146

Link: https://humboldtstate.zoom.us/j/97039761146

IT

Email mss62@humboldt.edu with any questions

Check It Volunteer Meetings Fridays from 3-4pm

Fire Preparedness Resources

wrrap_hsu

HUMBOLDT COUNTY

FIRE PREPAREDNESS RESOURCES

HUMBOLDT ALERT

Humboldt ALERT

SIGN UP FOR NOTIFICATIONS

- Receive emergency notifications about severe weather, wildfires, flooding, evacuations, and other local incidents
- You will receive time-sensitive messages to whatever contact methods you specify
- Only need to give a name and email to sign up on the Humboldt County Office of Emergency Services website

Fire Preparedness Resources

HUMBOLDT COUNTY FIRE SAFE COUNCIL

Exists to:

- Share fire-safety information
- Assess fire risk
- Promote community fire-safe planning and coordination
- Link fire-prevention program

Now in its 3rd edition...
LIVING WITH
WILDFIRE
IN NORTHWESTERN CALIFORNIA

Humboldt County FireSafe COUNCIL

LOCAL NEWS

- Lost Coast Outpost
- Redheaded Black Belt
- Eureka Times Standard
- North Coast Journal
- Redwood News

LOSTCOASTOUTPOST.COM

NCJ

REDWOOD NEWS

Fire Preparedness Resources

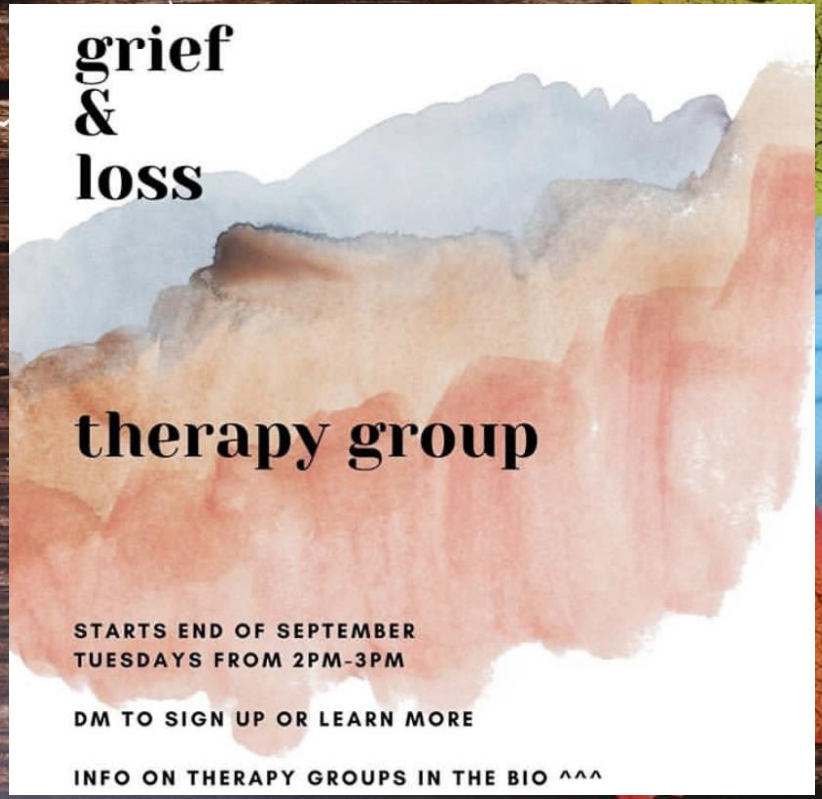
WHAT OTHER STEPS CAN YOU TAKE?

- Create a Wildfire Action Plan for your household
- Create a Family Communication plan to have an out of area point of contact
- Follow designated evacuation routes
- Keep an emergency supply kit

A GOOD EMERGENCY SUPPLY KIT

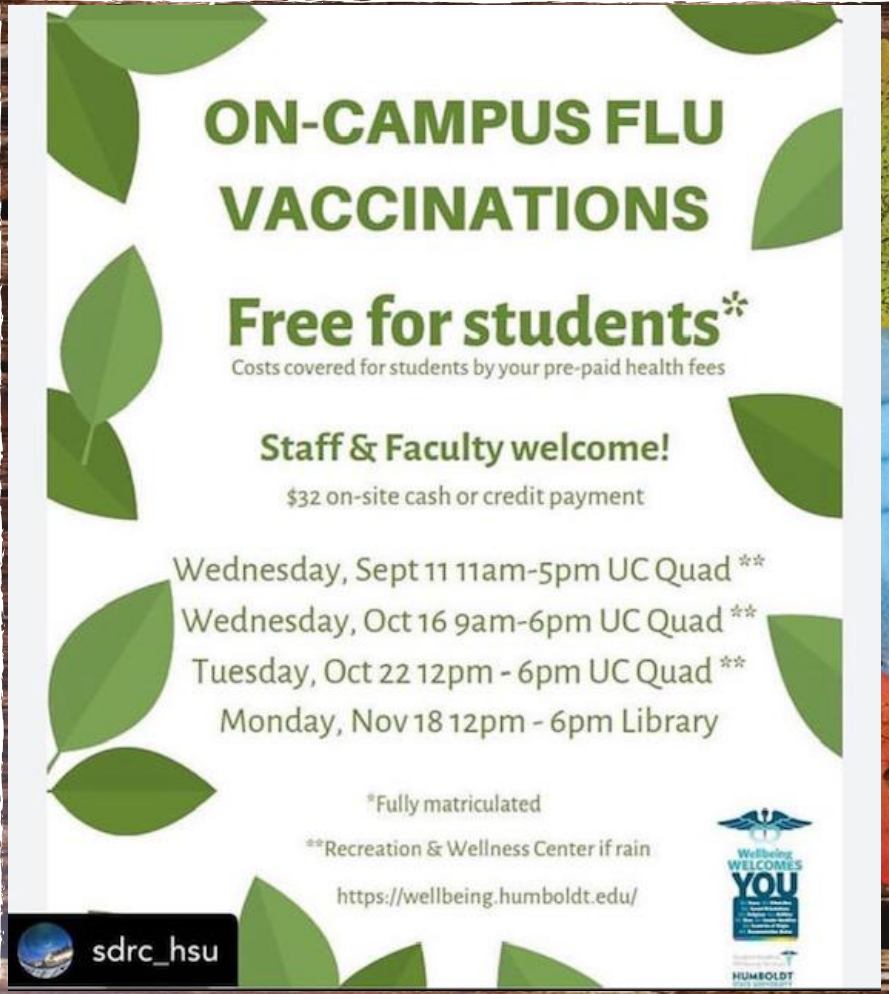
- Three to five day supply of food (non perishable) and water per person/pet
- First aid kit (including masks)
- Whistle, batteries, flashlight, and wireless phone charger
- Toiletries (toothbrush, soap, etc)
- Blankets or sleeping bags
- Extra clothing

Grief & Loss Therapy Group Presented by CAPS



2 likes

hsucaps Experiencing feelings/lack of feelings around loss in your life? Loss of a loved one? Loss of a relationship, partnership or friendship? Grief about losing your in-person classes, community, plans and activities? This is a group where we can openly connect and share about loss, grief and the tidal wave of emotions that can come with either (or the tidal wave that doesn't come, but you can tell it's in there waiting to crash). DM for more information, to sign up, or because you want to say hi.



Free student vaccinations

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On campus at the UC Quad

Go to

associatedstudents.humboldt.edu

for the link

A.S. PRESIDENT HERE TO TALK ABOUT CAMPUS, THE SENATE, A.S. FINANCES, STUDENT FEES & MORE!

VIRTUAL WALK-IN HOURS

JEREMIAH FINLEY

EVERY WEDNESDAY AT 5-6PM AND THURSDAY AT 10-11AM ZOOM LINK IN BIO

hsu_as

FILM SERIES

Let's Talk about the Middle East

Dr. Leena Dallasheh

September 24, 5PM: **For Sama**

October 8, 5PM: **74: Reconstitution of a Struggle**

October 22, 5PM: **10 Days before the Wedding**

November 5, 5PM: **Advocate**

To join the screening, please
RSVP https://forms.gle/eniGUFubnDNUGj3A7
So you can receive Zoom link and password

Resources Available for our Student Leaders this Virtual Semester

22nd Annual Campus/Community Dialogue on Race

GLOBAL JUSTICE FOR BLACK LIVES

CLAUDIA RANKINE
KEYNOTE SPEAKER
Sat. Nov 7, 2020
2pm

Rankine's *Citizen: An American Lyric* helps readers wrestle with the continued realities of racism in the U.S. *Citizen* demonstrates that anti-Black racism and white supremacy remain widely unexamined and unchecked.

LAWRENCE ROSS
Mon. Oct. 26, 2020
2pm

Ross' *Blackballed: The Black & White Politics of Race on America's Campuses* explores the present and historical issues of racism on hundreds of American college campuses, and how that ties into today's #BlackLivesMatter.

DR. BETTINA LOVE
Tues. Oct. 27, 2020

Dr. Love will present for the "So You Want to Teach" event. Dr. Love is one of the most esteemed educational researchers in the areas of how anti-blackness operates in schools, Hip Hop education, and urban education.

Register for ES 480 Campus and Community Dialogue on Race to earn credit for attending! Send questions about the course to Nancy.Perez@humboldt.edu

All events will be virtual. Persons who wish to request disability-related accommodations, please contact us at cdor@humboldt.edu

NATIONAL ENDOWMENT FOR THE ARTS

SEE FULL SCHEDULE AT DIALOGUE.HUMBOLDT.EDU

The Learning Center online!

Learning Center Online

The Learning Center is meeting students where they're at
--in class, on Zoom, by email, or through chat.

The Learning Center has new resources and services to support students online. The most significant updates are below. Visit our website or contact us to learn more. We'd love to meet with your department or student group.

The Learning Center online!

- Academic Peer Coaching - Peer to peer coaching is now available to help students identify and use effective academic strategies in their practice. Coaching is offered on a first-come, first-served basis.

- Connected Tutoring - Tutors are now paired with specific courses and sections so students can get to know and find their course's tutor easily. In addition, the ERE department is partnering with the Learning Center to offer embedded tutoring for select courses.

The Learning Center online!

- The Writing Studio will continue to offer student writing support through Zoom, email, or chat. Students can make an appointment from the Writing Studio's webpage or can Zoom with our front desk staff.

- Supplemental Instruction - Supplemental Instruction (SI) will offer synchronous SI courses via Zoom two days a week. In addition, the SI program is partnering with the Philosophy Department to support Phil 100 (Logic) with an SI course, Phil 198.

The Learning Center online!

- Embedded Supplemental Instruction (SI) leaders in Intensive Math Courses - The Learning Center's SI program is partnering with the Math Department to run SI within Math 101I, Math 103I, and Stat 108I courses.

- Math Tutoring Lab Hours - Since math and statistics classes will be supported with connected tutors and embedded SI leaders, the Math Tutoring Lab will have limited drop-in hours in the fall to support quantitative skills.