

Humboldt State University

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Newsletters

University Archives

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11-19-2020

### OSL Newsletter

Office of Student Life

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# OSL Newsletter

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To find out what's going on across campus!

You can also access it here:

<https://clubs.humboldt.edu/content/weekly-newsletter-0>



## FALL '20 BREAK INFORMATION

November 20 at 8pm – November 29 at 8pm



### Housing Operational Hours

#### Housing Office

Sat. 11/21 - Wed. 11/25  
8am - 8pm

Thur. 11/26  
10am - 2pm

Fri. 11/27 - Sun. 11/29  
8am-8pm

#### Housing Cashier

Mon. 11/23 - Tues. 11/24  
9am - 4pm  
Closed 1pm - 2pm for lunch

Wed. 11/25 - Fri. 11/27  
Closed

#### JGC Mailroom

Sat. 11/21: 10am - 2pm  
Sun. 11/22: 3pm - 5pm  
Mon. 11/23 - Wed. 11/25:  
10am - 3pm  
Thur. 11/26: 10am - 2pm  
Fri. 11/27: 10am - 3pm  
Sat. 11/28: 10am - 2pm  
Sun. 11/29: 3pm - 5pm

#### College Creek Mailroom

Sat. 11/21: 10am - 2pm  
Sun. 11/22: 3pm - 5pm  
Mon. 11/23 - Thur. 11/26:  
Closed - packages available at  
JGC mailroom  
Fri. 11/27: 11am - 3pm  
Sat. 11/28: 10am - 2pm  
Sun. 11/29: 3pm - 5pm

### IF YOU ARE LEAVING CAMPUS ON OR AFTER NOVEMBER 6<sup>TH</sup>

#### AND ARE NOT RETURNING UNTIL SPRING

- You **must** submit a **Request to Vacate Form**. The form is available in the "Forms" tab in your [myHousing](#).
- You will be released from the remaining rent and meal plan charges. If you already paid your housing and meal plan charges in full, any credit on your account would be applied to your Spring charges.
- We suggest that you pack and take your items with you, but it is not required if you will be returning to the same room space.
- ALL TRASH AND FOOD MUST BE REMOVED FROM YOUR ROOM.**
- If you are leaving after December 1<sup>st</sup>, your account will not be adjusted.
- When you are ready to leave, you will check out at the Housing Office where they will deactivate your HSU ID card.
- \*Campus Apartments ONLY\*** are required to return their hard key set at that time.

If you are leaving outside of the operational hours you will need to contact us for instructions on how to check out. When you return we will reactivate your HSU ID card and/or return your Campus Apartments hard key set.

#### Leaving for break, but want to come back?

If you leave the county for Fall Break, but wish to return before Spring you will be required to re-test for COVID-19 quarantine for two weeks. Limited quarantine spaces are available. Please contact us immediately if that is your plan at [housing@humboldt.edu](mailto:housing@humboldt.edu). Please contact [Student Health and Wellbeing Services](#) for an appointment.

### IF YOU ARE STAYING UNTIL THE END OF THE SEMESTER, DECEMBER 19<sup>TH</sup>

We will still be here to assist you with any general questions or maintenance requests please call or stop by our office during the operational hours.

If you need staff assistance for lock outs, conduct, or after hours please call the Residence Life staff on duty:

College Creek, Campus Apartments, & The Hill: (707) 298-0178

Creekview, Cypress, & Canyon: (707) 845-6028

You may also contact University Police Department at (707) 826-5555 for assistance.

#### Dining Services

Limited services will be available during the break. Please refer to their operational hours and plan accordingly. If you like to order a prepared meal for pick up on Wednesday, November 25<sup>th</sup>, please tell them by completing [this three question form](#).

#### Feeling Sick during the Break?

[Student Health and Wellbeing Services](#) will be open Monday, Nov. 23<sup>rd</sup> from 8:45am - 12:00pm and 1:00pm - 4:15pm, Tuesday, Nov. 24<sup>th</sup> from 9:45am-12:00pm and 1:00pm - 4:15pm, Wednesday, Nov. 25<sup>th</sup> 9:00am - 12:00pm.

### Dining Operational Hours

(Under observation noted, regular business hours for all operations will resume November 30<sup>th</sup>)

#### The 1

Fri. 11/20: Closes at 6:00pm

Sat. 11/21 - Sun. 11/29

Closed

#### College Creek Market Place

Mon. 11/23 - Fri. 11/27

11:00am - 4:00pm

\*Thur. 11/26

Closed

Sat. 11/28 - Sun. 11/29

2:00pm - 7:00pm

Please keep in mind,  
all policies &  
guidelines are still  
in effect during the  
break period.

For COVID-19 testing, please make an appointment. Testing hours are:

Monday, Nov. 23<sup>rd</sup> and Tuesday, Nov. 24<sup>th</sup> 10:00am - 11:30am and 1:10pm - 3:30pm

If you need medical assistance when Student Health and Wellbeing Services is closed, you may call FONEMED, the after-hours nursing advice line, at (877) 256-3534. This service is free to students. You might require immediate medical attention if you have:

- Difficulty breathing or shortness of breath
- Pain or pressure in the chest or abdomen
- Sudden dizziness or confusion
- Severe or persistent vomiting
- Flu-like symptoms not improving after 3-4 days or if symptoms return

For more information visit <http://wellbeing.humboldt.edu/hours-appointments>

County Mental Health 24-hour crisis line is open (707) 445-7715

In an Emergency, Call 911

### HOLIDAY TREE SPRAYING

You are welcome to have a tree in your room, apartments, or suite; it just needs to be treated with a fire-retardant spray. Please be aware that all sprayed trees will be tagged and any tree found in the falls not tagged will be removed on sight. **Please note that all trees must be removed before semester break! There is a \$50 removal charge for any tree that is removed by Housing Staff if left at semester break.**

The Housing Department is offer FREE tree spraying. Please call the Housing Office Monday-Friday between 8am-8pm at 707-826-3451 to make an appointment. Please feel free to leave a message with your name, room number, phone number to call back, and times you are free.

#### Heading out of the county for Winter break?

More information will be provided in the Winter Break Memo about what the process will look like.

#### Not returning to HSU Housing at the end of Fall semester?

If you are leaving and not returning, you **must** submit a **Request to Vacate Form**. The form is available in the "Forms" tab in your [myHousing](#). You are required to give 30-day notice prior to vacating the residence halls when leaving the university, if you are leaving at the end of Fall Semester, **you must vacate that residence halls by Saturday, December 19<sup>th</sup> at 10:00am.**

### FOLLOW US

Like our Facebook page at <https://www.facebook.com/humboldtstatehousing>

Follow our Instagram page at <https://instagram.com/humboldtstatehousing> to find out what fun events are happening in your community.





hsu\_sjeic

Humboldt State  
SOCIAL JUSTICE AND  
EQUITY CENTER &  
STUDENT LEGAL  
LOUNGE



# KNOW YOUR RIGHTS AND RESOURCES

FRI NOV. 20  
2PM

## HOUSING RIGHTS (LANDLORD/TENANT DISPUTES)

- featuring a Q&A with Chant'e Catt from HSU's Off Campus Housing Department

THURS DEC. 10  
2PM

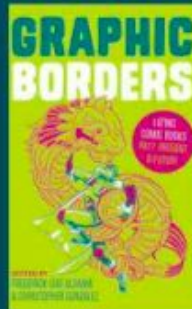
## DOMESTIC VIOLENCE PROTECTIONS

- More info coming soon!

CONTACT US:

sjeic@humboldt.edu  
studentlegallounge@humboldt.edu





## English 318: Rhetoric for Writers

### Wild Tongues Cannot Be Tamed: Writing Identity into Research


This course examines how academic writing, storytelling, and cultural contexts are intimately connected, inviting us to write into and from our reality. We'll explore literary and personal essays, multimedia texts, physical spaces as cultural texts, and even our own writing, to analyze the relationships of rhetoric, language, and writing to race, culture, gender, class, and accessibility. Topics of study include:

**Latinx Poetry &  
Cultural Rhetorics**

**Comics &  
Graphic Novellas**



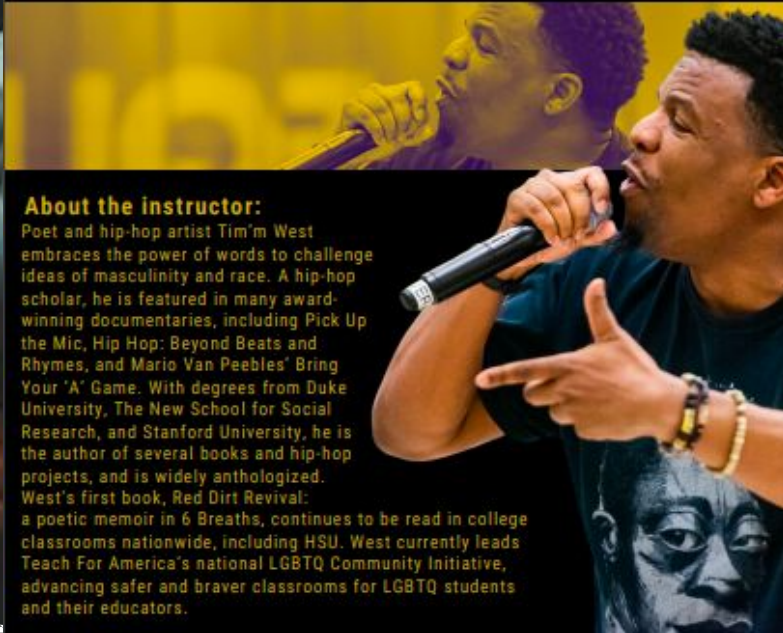
English 318 (4 units), Spring 2021, Online.  
Tuesdays 11:00 am-12:50 pm + Asynchronous work  
Dr. Andrea Delgado  
[andrea.delgado@humboldt.edu](mailto:andrea.delgado@humboldt.edu)



## Ethnic Studies 245: Hip Hop & the Black Experience

Tim'm West. Wed 17:00-19:50. Sync

By centering voices that are systematically forced to Hip Hop's margins, the course will navigate around a critical question: How might elevating counternarratives in Hip Hop culture illuminate the relationship between Blackness and the struggle for political, social and economic empowerment? This DCG-d class will count for Ethnic Studies and MQS minors and majors, and for the Ethnic American Literatures minor



### About the instructor:

Poet and hip-hop artist Tim'm West embraces the power of words to challenge ideas of masculinity and race. A hip-hop scholar, he is featured in many award-winning documentaries, including *Pick Up the Mic*, *Hip Hop: Beyond Beats and Rhymes*, and Mario Van Peebles' *Bring Your 'A' Game*. With degrees from Duke University, The New School for Social Research, and Stanford University, he is the author of several books and hip-hop projects, and is widely anthologized.

West's first book, *Red Dirt Revival*: a poetic memoir in 6 Breaths, continues to be read in college classrooms nationwide, including HSU. West currently leads Teach For America's national LGBTQ Community Initiative, advancing safer and braver classrooms for LGBTQ students and their educators.



Spring 2021: Ethnic Studies/English 336

## ASIAN AMERICAN LITERATURES

We must recognize ourselves at last.  
We are a rainforest of color / and noise.  
We hear everything.  
We are unafraid.

Our language is beautiful. (from Janice Mirikitani, "Breaking Silence")

Over three centuries, the U.S. has attempted to distinguish between "Asian" and "American" through stereotypes (both brutal and deceptively benevolent), exclusion laws, citizenship restrictions and even concentration camps. Asian Americans and Asian American culture emerge anyway, frequently offering an alternative site for reading the nation and its contradictions.

We'll begin with poetry carved in the walls of Angel Island immigration detention center and John Okada's groundbreaking novel *No-No Boy*, and continue with fiction, memoir, poetry, and spoken word by a range of contemporary writers including novelist Jessica Hagedorn, queer disability justice activist Leah Lakshmi Piepzna-Samarasinha, and poets Bao Phi, Franny Choi, Ishle Yi Park, and Chen Chen.

EN/ES 336 is a domestic DCG course and fulfills requirements for English, Ethnic Studies, and the interdisciplinary minor in Ethnic American Lit.

**English 336 / Ethnic Studies 336**  
MW 3-4:50pm (4 units) – online / synchronous  
Dr. Christina Hsu Accomando, [ca3@humboldt.edu](mailto:ca3@humboldt.edu)



## English 360 / 560 Studies in Literature: **BLACK LIVES MATTER**

"Black lives matter" is a hashtag, an intersectional global movement, and a powerful theme resonating through African American literature, from the 1700s to the present.

We will discuss poetry, spoken word, autobiography, and fiction, from Phillis Wheatley, David Walker, Sojourner Truth, Harriet Jacobs, Frederick Douglass, Ida B. Wells, Langston Hughes, Lorraine Hansberry, James Baldwin, Audre Lorde, June Jordan, Patricia Smith, Eve Ewing, Patrisse Cullors, Alicia Garza, and Trevor Noah, among other bold voices.

**English 360/560, Spring 2021**

**TR 3-4:50pm (4 units) – online**

**Christina Hsu Accomando**

**[ca3@humboldt.edu](mailto:ca3@humboldt.edu)**



**#SayHerName**







**PR**  
PROJECT REBOUND

F.I.S.C. PRESENTS  
**Rehabilitation**

Friday  
the 20th  
@2pm

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**Incarceration**

Learn ways in which we can radically rethink the  
future using a model for rehabilitation

Zoom Meeting ID: 925 8587 1375



HUMBOLDT STATE UNIVERSITY  
OFFICE OF RESEARCH AND SPONSORED PROGRAMS

## Announcing the 35<sup>th</sup> Annual California State University Student Research Competition



HSU participants in the 33<sup>rd</sup> Annual Student Research Competition

This is your opportunity to highlight your research or creative endeavor, represent HSU, and compete for a cash prize! First, you must submit a written summary of your research or creative project through InfoReady to the Office of Research and Sponsored Programs by **Monday, February 1, 2021**.

If you are selected as a delegate, you will compete virtually through Cal Poly Pomona on April 30<sup>th</sup> or May 1<sup>st</sup>, 2021. Only students endorsed by HSU may enter the statewide competition.

To see the full HSU Competition Rules and submit your entry, visit:  
[InfoReady](#)

For more information, please contact the HSU Campus Coordinator Susan Brater at (707) 845-8933 or sb64@humboldt.edu

*This is your opportunity to highlight your research or creative endeavor, represent HSU, and compete for a cash prize! First, you must submit a written summary of your research or creative project through InfoReady to the*

*\*\*\**

*Office of Research and Sponsored Programs by Monday, February 1, 2021.*

*If you are selected as a delegate, you will compete virtually through Cal Poly*

*Pomona on April 30<sup>th</sup> or May 1<sup>st</sup>, 2021. Only students endorsed by HSU may enter the statewide competition.*

THE WILDLIFE SOCIETY, SAN FRANCISCO BAY  
AREA CHAPTER PRESENTS



# ENVIRONMENTAL CAREER DEVELOPMENT WORKSHOP

**VIRTUAL WORKSHOP**  
**TWO CONSECUTIVE MONDAYS**  
**NOVEMBER 9 AND 16, 2020**  
**6 PM TO 8 PM**

This Career Development Workshop is applicable to anyone in any stage of their career! The Program will be led by three experts in their respective fields including two women who co-founded a coaching business (The Every Person, LLC), where they provide a launch pad for busy professionals to accelerate their career goals. In addition, we will be hearing tips and tricks from a leading environmental guru who has held multiple roles at Caltrans including her current title as the Chief of the Environmental Analysis Branch.



- **SF BAY CHAPTER MEMBERS: \$40**
  - USE CODE MEMBER2020
- **NON-MEMBERS: \$55**
  - Includes One Year Chapter Membership
- **STUDENTS: \$20**
  - USE CODE STUDENT2020; must demonstrate enrollment after registration

This workshop would normally cost hundreds of dollars but we are offering it at a large discount.  
Don't miss out on your next great adventure!

REGISTER ONLINE AT:

<https://www.sfbaywildlife.org/events/environmental-career-development-workshop>

## DESIGN YOUR FUTURE TO FIND A JOB THAT SUITS YOU

LEARN HOW TO NETWORK AND  
INTERVIEW LIKE A PRO!

DEVELOP SKILLS & RECEIVE TOOLS TO  
EARN YOUR DREAM ROLE!

This workshop will be formatted into two 2-hour  
Zoom Meetings held one week apart. The topics  
for each meeting are:

### MONDAY NOVEMBER 9

- Intro to Career Planning/Goal setting
- Prepare for a Job change/Promotion
- Q & A with an Industry Expert

### MONDAY NOVEMBER 16

- Improve your Resume and LinkedIn profile
- Applying for Jobs and Interviewing
- Tips from an Industry Expert

The Zoom information and all associated  
handouts/packets to help facilitate the  
workshop will be e-mailed out after registration  
and prior to the meetings.

REGISTER ONLINE AT:

<https://www.sfbaywildlife.org/events/environmental-career-development-workshop>

Send questions to Molly at [tw.s.f.workshops@gmail.com](mailto:tw.s.f.workshops@gmail.com)







FIND YOUR  
**FUTURE**

## MANAGER'S ASSISTANT FELLOWSHIP IN UKIAH, CA

The MANO Project (My Access to a Network of Opportunities) provides internship and fellowship opportunities that offer unique, **PAID** work experiences that connect, build and develop thoughtful Latina leaders. In partnership with some of the nation's most well-known agencies and organizations, these opportunities provide extensive training, mentoring and professional development support to help students succeed.

### PREFERRED SKILLS

- Skills needed in oral and written communication for producing news releases, briefing papers, communication plans
- Organizational skills needed to coordinate and participate in community events and public meetings
- Research abilities needed to collect information for various outlets
- Able to provide excellent customer service to partners
- Independently develop public engagement and interpretation products

**APPLY NOW AT [MANOPROJECT.ORG](http://MANOPROJECT.ORG)**



**MANOPROJECT.ORG**

THE MANO PROJECT IS AN INITIATIVE OF HISPANIC ACCESS FOUNDATION

### DEADLINE

**Nov. 13, 2020 - MANAGER'S ASSISTANT FELLOWSHIP**

### BASIC ELIGIBILITY

- Current college students or graduates ages 17 and up!
- Possess U.S. citizenship or permanent residency
- Driver's license required
- Communications, Anthropology, Natural Resources, Public Relations, Environmental Science and/or Creative Writing or similar majors preferred, but open to a variety of Bachelors or Masters degrees and recent grads with strong writing skills
- Bilingual in Spanish preferred but not required
- And bring passion to your work!

*Deadline:  
Nov. 13, 2020*



# DIWALI PRAKASH

Friday,  
November 13th  
5:30-7:30pm

Pre-Registration Required

- Food Vouchers
- Raffles
- & More



[HSU.LINK/DIWALI2020](https://hsu.link/diwali2020)



Broadway Artist for  
Bollywood Dancing  
Monica Kapoor

*We have Diwali 2020 virtual celebration this year  
- this Friday, November 13 at 5:30 - 7:30pm!*

\*\*\*

*For the first 50 students in the local area will  
have a free meal on us at Tandoori Bites and the  
first 25 students who are out of the area will get  
a \$25 door dish gift card! There will also be raffle  
prizes.*

\*\*\*

*We'll be having a free dance seminar and a  
bunch of cultural sharing! This event is for those  
who have celebrated Diwali in the past or for  
those who this will be their first Diwali event.*

# TRANS DAY OF REMEMBRANCE 2020

## LIVING ZINE

event: november 20th @5pm

zoom code: 214 362 5853

Send submissions by  
Sunday, November 15th

call for submissions

TDoR is a day to share grief, illuminate injustice, and find community.

Submit poetry, visual art, music, photography, dance, and other stuff via the google form in our bio



*Trans Day of Remembrance 2020: Living Zine*  
This is a call for artwork, poetry, dance, music, drag performance, photography, etc. submissions for TDoR 2020. TDoR is a day to share grief, illuminate injustice, and find community. Please send all submissions via the [google form](#) by November 15th (late submissions will be accepted).

\*\*\*

*Trans Day of Remembrance is a day to mourn and find healing together. We have lost 32 transgender people to acts of direct transphobic violence in the united states during 2020 alone, mostly Black trans women. As we illuminate injustice and remember the lives we have lost, we also want to highlight trans survival, resistance, and life.*

\*\*\*

*The event is on Friday, November 20th @ 5pm and the zoom code is 214 362 5853.*





hsuphe



# MASK TIE DYE PARTY!

**ALL MATERIALS  
PROVIDED!**

Nov 24th @ 6PM &

Dec 5th @ 6PM

Registration link in bio



Liked by ccathsu and 9 others

hsuphe Join us via zoom and tie dye some covid masks

👉🔥 All materials will be provided & no purchase necessary.

You can register by clicking the link in our bio, the form is super easy and takes 2 minutes! ✨ after you register, we will follow up with you via email with more details, specially how you'd like to receive the supplies (pick up at Oh Snap or by mail). We hope to see you there 🧡💛💚💙💜💖💗

Keep an eye out for other upcoming events👁️

# WYOMING GAME WARDEN RECRUITMENT INFO SESSION

academic  
& career  
ADVISING CENTER

Meet directly with representatives from the Wyoming Game and Fish Department and learn what it takes to become an entry-level Game Warden.

**Wednesday, December 2, 4:00PM**

<https://tinyurl.com/WYWarden>



For more information contact the Academic and Career Advising Center at [acac@humboldt.edu](mailto:acac@humboldt.edu)

## Wyoming Game Warden Recruitment Info Session:

*Meet directly with representatives from the Wyoming Game and Fish Department and learn what it takes to become an entry-level Game Warden.*

\*\*\*

*Wednesday, December 2, 4:00PM  
ZOOM LINK: <https://tinyurl.com/WYWarden>*



BLACK LIBERATION & HERITAGE  
MONTH 2021

# PLANNING COMMITTEE



**FRIDAYS 3:30-4:30 BEGINS OCT 23RD**  
**Bring your ideas, passion and interest and**  
**support in creating DIGNITY AFFIRMING Black**  
**Liberation & Heritage programs.**



Meeting ID: 820 1952 0892  
Passcode: 4s1?cj







# 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.

OH SNAP! COOKING CLASS

# *Augolemono-Greek Lemon Rice Soup*



Join us! Register to receive free ingredients!  
(Link found in our Instagram bio @hsuohsnap)

All students are welcome to attend!

We can provide free ingredients to the first  
40 students who register!

**Date:** November 18, 2020

**Time:** 5-6pm

**Where:** Zoom

**Link:** <http://humboldtstate.zoom.us/j/82057472079>

For more information, please email:  
Joanna.Bundros@humboldt.edu  
gc133@humboldt.edu  
vta4@humboldt.edu





## CUSTOM DECAL FUNDRAISER

**Design a decal for you, your friends,  
and your club while supporting our  
Sisterhood!**

Our fundraiser now open on the  
CASHNet Store.

Go to the Link in our Bio to order now!



<https://commerce.cashnet.com/hsu-club?CNAME=CL420>



## CUSTOMIZE YOUR DECALS TODAY!

Size and Color Options:

Small Custom Decal  
3.5" x 4.5" Matte Black

\$4

Small Custom Decal  
3.5" x 4.5" Matte White

Medium Custom Decal  
3.5" x 9" Matte Black

\$7

Medium Custom Decal  
3.5" x 9" Matte White

More color options and layering  
available with bulk design orders



LifeLong  
Learning  
Lounge

L<sup>4</sup>HSU

BUILDING BRIDGES &  
CONNECTING COMMUNITIES

HSU Library Office of Diversity Equity & Inclusion Human Resources Extended Education & Global Engagement

## Discovering Humboldt

*with Yelp!*



Learn how to become a Yelper in this introductory SkillShop. When you're finished, you will know how to upload photos from your adventures, and will be able to write a detailed and relevant review. We will be also discussing the importance of review writing for Humboldt County tourism!

**Friday November 20th**  
**Noon-1pm**

<https://humboldtstate.zoom.us/meeting/register/tZUI-d0-trD4vGdxU0ZliK21Va59SHh0tr4Hr>

# APPLY NOW!

## COMMUNITY-BASED LEARNING MINI GRANTS

Are you participating in a community-based learning class this semester? Could you use assistance with costs related to your experience? Awards of up to \$250 are available to eligible students on a first-come, first-served basis to provide support for expenses related to Service Learning, Academic Internships, and field placements.

[tinyurl.com/CBLminigrant](https://tinyurl.com/CBLminigrant)



For more information contact the Center for Community Based Learning [ccbl@humboldt.edu](mailto:ccbl@humboldt.edu)



# Student Dialogue to Discuss the Election

Has this election cycle caused you Anxiety, Stress,  
or Frustrations? Join us to talk, decompress, and  
identify possible actions

Register at:

[osl.humboldt.edu/HSUVotes](https://osl.humboldt.edu/HSUVotes)



October 27th @ 5pm

November 4th @ 5pm

November 12th @ 12pm







**centeractivities**  
Rentals Now Open



## COME RENT GEAR!



**Wednesdays & Fridays**

12:00pm - 4:00pm

Located at HSU RWC Gear Room

**By Appointment Only**



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

**Phone:**  
(707) 826 3357

**Rental Returns:** Tuesdays & Thursdays 11:00am-1:30pm

# 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](mailto:ravin.craig@humboldt.edu). And I'll follow up! Please feel free to forward this to anyone who might be interested!!



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

## Cru at H<sup>SU</sup>

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 Activities!)

Connect with us for more information!

Join us on [Lumberjack Link](#)

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

Insta: [@hsu.cru](#)

FB: [Cru at Humboldt State University](#)





# MENTAL HEALTH TOOLBOX

Only 1 hour a week for 3 weeks total!

No intake need to attend.

Multiple opportunities each week.



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

ABSTINENCE NOT  
REQUIRED! SHOW UP  
AS YOU ARE!

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

**FRIDAYS 11AM-12PM**

Email [ned.peck@humboldt.edu](mailto: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.







*Associated Students*

# STUDENT RESOURCE TOWN HALL

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TWO TOWN HALLS HOSTED BY A.S. FOR  
STUDENTS TO VOICE THEIR NEEDS FOR  
CAMPUS RESOURCES

TO REGISTER FOR EITHER TOWN  
HALL, PLEASE REGISTER USING  
THE FOLLOWING LINKS:

**NOV. 17TH @ 4PM**

<https://hsu.link/srth1>

---

**DEC. 3RD @ 3:30PM**

<https://hsu.link/srth2>



*CAPS Resource:*

*Managing Anxiety  
and Maximizing  
Wellness*

Wednesdays 1-2:30 pm,  
starting 9/16/20

*Managing Anxiety and  
Maximizing Wellness*

Ever wonder why your anxiety  
doesn't seem to go away, and why  
those stress management  
strategies you read about don't  
seem to work?



hsucaps

*Wednesdays at 2:30pm*

## 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](https://hsu.link/PenPal2020)

*Sign up at*

[hsu.link/PenPal2020](https://hsu.link/PenPal2020)



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!*

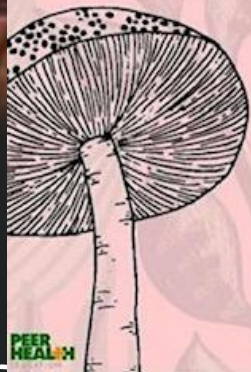


PEER HEALTH EDUCATION  
PRESENTS:



# SHAMELESS SEXUAL HEALTH

AN UPLIFTING WORKSHOP COVERING TOPICS RANGING  
FROM BIRTH CONTROL TO STI INFORMATION AND  
PREVENTATIVE PRACTICES TO HEALTHY  
COMMUNICATION TO HUMBOLDT COUNTY RESOURCES!



## WHEN:

SEPTEMBER 17TH @ 3PM  
OCTOBER 15TH @ 3PM  
NOVEMBER 12TH @ 3PM

FOR UPDATES  
FOLLOW US ON  
INSTAGRAM  
[@HSUPHE](https://www.instagram.com/hsuphe)



hsuphe

# 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  
[humboldt.gov.org/alerts](http://humboldt.gov.org/alerts)



## *Q-BIPOC Talks*

# Q-BIPOC Talks

Queer, Black,  
Indigenous,  
People of Color



Every Friday 1-2pm Email:  
[ct239@humboldt.edu](mailto:ct239@humboldt.edu) for Zoom link

A space for  
community,  
education and  
**uplifting our LGBTQ+  
communities.**

# Streaming Pose

Every Thursday 5-6pm

EMAIL [CT239@HUMBOLDT.EDU](mailto: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](mailto: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](mailto:ct239@humboldt.edu)

for Zoom Link



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





**DO YOU HAVE A PASSION FOR  
COOKING OR A FAVORITE RECIPE  
THAT YOU'D LIKE TO SHARE WITH  
OTHERS?**

OH SNAP! WILL BE HAVING VIRTUAL COOKING  
CLASSES SOON!

WE ARE LOOKING FOR "GUEST CHEFS" WHO  
ARE WILLING TO HOST A QUICK AND EASY  
COOKING TUTORIAL VIA ZOOM.



IF INTERESTED, YOU CAN DM US ON OUR IG  
@HSUOHSNAP OR EMAIL US AT  
OHSNAP@HUMBOLDT.EDU

\*THIS IS NOT A PAID POSITION. VOLUNTEERS ONLY\*



hsuohsnap

*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>



Email [mss62@humboldt.edu](mailto: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**



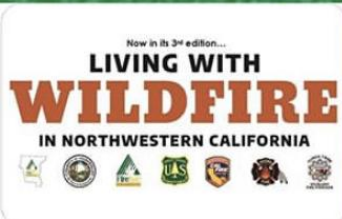
- Receive emergency notifications about severe weather, wildfires, flooding, evacuations, and other local incidents
- You will receive time-sensitive messages to whatever contact methods you specify 
- Only need to give a name and email to sign up on the Humboldt County Office of Emergency Services website

# 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



## LOCAL NEWS

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

**STARTS END OF SEPTEMBER  
TUESDAYS FROM 2PM-3PM**

**DM TO SIGN UP OR LEARN MORE**

**INFO ON THERAPY GROUPS IN THE BIO ^^^**

# *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.

# ON-CAMPUS FLU VACCINATIONS

## Free for students\*

Costs covered for students by your pre-paid health fees

### Staff & Faculty welcome!

\$32 on-site cash or credit payment

Wednesday, Sept 11 11am-5pm UC Quad \*\*

Wednesday, Oct 16 9am-6pm UC Quad \*\*

Tuesday, Oct 22 12pm - 6pm UC Quad \*\*

Monday, Nov 18 12pm - 6pm Library

\*Fully matriculated

\*\*Recreation & Wellness Center if rain

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



sdrc\_hsu



*Free student  
vaccinations*

*\*\*\**

*On campus at the  
UC Quad*



Go to

[associatedstudents.humboldt.edu](https://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

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



**JEREMIAH  
FINLEY**



hsu\_as



# Resources Available for our Student Leaders this Virtual Semester



# *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.

# Meet the OSL Student Staff!



Alondra!



Drew!



Hina!



Madi!

For more about us, go to: <https://clubs.humboldt.edu/content/clubs-support-staff>