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Newsletters

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3-4-2021

OSL Newsletter

Office of Student Life

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HUMBOLDT STATE

Office of Student Life

Newsletter

Find out what's
going on at HSU!

March 4th, 2021

Click [here](#) to access it online

**ANOTHER WEEK,
ANOTHER OSL
WEEKLY
NEWSLETTER!**

Welcome
BACK!

**CLICK ON TO SEE
EVERYTHING WE
HAVE IN STORE FOR
YOU THIS WEEK!**

IN THIS EDITION OF OSL WEEKLY NEWSLETTER:

HAPPENING SOON

UPCOMING EVENTS AND ACTIVITIES

IMPORTANT ANNOUNCEMENTS

ONGOING NOTICES

*****LINKS TO RESOURCES*****

- **CAPS**
- **OhSNAP**
- **LEARNING CENTER**
- **WRITING STUDIO**
- **LIBRARY SKILLSHOPS**



**HAPPENING
SOON**



Humboldt State University
Project Rebound & Formerly
Incarcerated Students Club



PROJECT REBOUND
HUMBOLDT STATE UNIVERSITY



Formerly Incarcerated
Students Club

RE ENTRY FORUM:

**Lets Talk About Mass
Incarceration**

3/2 5PM- HEALING DIALOGUE: REDEMPTION, FORGIVENESS

Dialogue & Viewing of Van Jones (CNN): The
Redemption Project w/ Gunner Johnson and
Christian Branscombe

3/2-3/3 ROOT AND REBOUND

3/4 5PM- SCOTT BUDNICK

Producer of Just Mercy and Founder of the Anti-
Recidivism Coalition

3/9 6PM- LIBERATE THE CAGED VOICES

Nube Brown, Keith Malik Washington-Prison Focus/SF Bay
View - PIC Work Inside and Out

3/11 6PM- CURATING JUST FUTURES: ABOLITION, REENTRY, & ECOLOGIES OF LIBERATION

Renee Byrd Dept Chair- Department of Sociology/Project
Rebound Presents: Abolition, Where to Go From Here?

3/16 6PM- DAVID HAYNIE: ABOLISH HUMBOLDT PD

HuCo Human Rights Commissioner

3/18 6PM- JIMMY SANTIAGO BACA

Award Winning Poet, Novelist, Screenwriter and Educator



3/23 6PM- CHANGING THE NARRATIVE IN HIGHER-ED

Project Rebound Newest Campuses Panel: Changing
the Narrative of the Formerly Incarcerated in Higher
Education CSUN, CSUSM, CSULB, CSUS, HSU

3/25 6PM- ARTS IN CORRECTIONS: PELICAN BAY

William James Association Presentation: Creative
Teaching Inside Pelican Bay State Prison

3/30 6PM- COLONIZATION TO MASS INCARCERATION

Conversation with HSU Faculty in CRGS and NAS
Rain L. Marshall, J.D., and Chief Judge of the Yurok
Tribe Abby Abinanti



Get Published!

REDWOOD ROOTS
DIGITAL MAGAZINE

CALL FOR SUBMISSIONS!

Deadline for consideration for the Spring issue: March 16.

Help us celebrate community engagement at HSU
while getting published in Redwood Roots Digital Magazine!

We are looking for personal reflections, digital stories, creative projects,
and articles that celebrate your experiences in the community.

For complete submission details and past issues, please visit:
ccbl.humboldt.edu/redwood-roots

Email completed submissions to redwoodrootsmagazine@humboldt.edu
by March 16 to be considered for publication in the Spring 2021 issue.

Questions? Please send all inquiries to ccbl@humboldt.edu.

THE CENTER FOR
Community Based Learning
Learning in Action



HaU de Humboldt

Join our Wax Workshop

*learn how to make sugar wax
with us*

March 4, 2021

@6:30p.m.-7:30p.m.

Meeting ID: 875 3543 1171





HERMANAS UNIDAS DE HUMBOLDT STATE

DE-STRESSING WORKSHOP!

Come learn how to manage stress and stressful situations.

FRIDAY MARCH 5TH, 5:00 P.M.

ZOOM ID: 955 5212 3056

PASSCODE: HaU

The background of the flyer is a light cream color, decorated with stylized green tropical leaves. The leaves are arranged in a border-like fashion, with some large monstera leaves and some palm fronds. The leaves are in various shades of green, from a light lime to a darker forest green. The overall aesthetic is fresh and tropical.

HERMANAS UNIDAS DE HUMBOLDT STATE

GENERAL BODY RETREAT

***SATURDAY MARCH 6, 2021
1PM-3PM***

Meeting ID: 817 5058 4967
IG: @haudehsu



FREE MEAL & STUFF DISTRIBUTION

1301 D ST.

*D Street Neighborhood
Center Arcata*

QUESTIONS? CONTACT US!

707-825-2100

EQUITYARCATA@GMAIL.COM

EQUITYARCATA.COM

FB & IG: @EQUITYARCATA

college students!

PICK UP A

prepackaged meal

FREE *household
supplies*

SUNDAY

MARCH 14 FROM 4-5 PM



PLEASE STAY HOME IF
YOU'RE FEELING SICK OR
IF YOU'VE RECENTLY
TRAVELED OUTSIDE OF
HUMBOLDT COUNTY. FACE COVER-
INGS, SOCIAL DISTANCING AND
PROOF OF COLLEGE ENROLLMENT
ARE REQUIRED. CATERING WILL BE
PROVIDED BY ROMAN'S KITCHEN



Vegetarian
FRIENDLY



*Bon
Appetit*

*This distribution was made possible thanks to grant
funding provided by Coast Central Credit Union and
has been approved by the Humboldt County Depart-
ment of Health & Human Services. Meals & free
stuff will be available while supplies last.*



HSU NAS Food Sovereignty Lab & Cultural Workspace Presents:

FREE Food Sovereignty Film Series

March 5 - Good Meat

Beau LeBeau (Oglala Lakota) takes up a traditional Lakota diet of buffalo meat and other Native foods.

April 2 - Return

Native American women reclaim foodways for health and spirit.

May 7 - Gather

Native American pathways to reclaiming Indigenous food sovereignty.

Zoom opens at 5:30 PM
Film begins at 6 PM PST
Registration at:

hsu.link/foodsovlabmovie

GIVEAWAYS | FILM | AFTER PARTY

More info contact: amanda.mcdonald@humboldt.edu
Learn about the Lab: nasp.humboldt.edu/fsl



IN CASE YOU MISSED IT

Humboldt State University has received \$16 million in the latest round of funding to support the University during the pandemic.

More than 4,100 students have received notices that they automatically were awarded grant funds.

Additional funding is available for students who didn't automatically qualify: Request forms will be available beginning Wednesday, Feb. 17. To request aid, visit the Financial Aid website.

More details on distribution of CARES funds to students and guidelines and timelines on providing input on CARES funding will be provided in future communications.

Read more about CARES, and HEERF and MSI funds for HSU.

27TH ANNUAL SOCIAL JUSTICE SUMMIT:

**REGISTER TO ATTEND
AT:**

<https://forms.gle/sUgBCuMNFU8yDNKt5>



Social
JUSTICE
Summit

Healthcare & Wellness
The Intersection of Identity & Care

March
1st-5th
2021

**The deadline to submit proposals is
February 10th, 2021**

SUBMIT PROPOSALS HERE:

<https://forms.gle/h5nKkdRCxcHfSevc9>



Healthcare & Wellness

The Intersection of Identity & Care

Save the Date

topics of discussion:

- racial inequality
- unheard voices of trans men & women
- COVID impacts
- the disparity between the rich poor
- ... and so much more!

March 2021
1st - 5th



*If you have any questions or concerns, please email sjeic@humboldt.edu and address it to either Ollie Hancock (SJS Coordinator), or Q. Medina (SJS Marketing Lead).

LEADERSHIP DURING UNCERTAIN TIMES

SPEAKER SERIES

Learn more and register: <https://yes.humboldt.edu/speaker-series>.

Karen Young

Cultural Organizer, Teaching Artist

February 15th - 5pm - 6:30pm

<https://humboldtstate.zoom.us/meeting/register/>



Karen Young (HSU class of 1990 and YES alumna) is a cultural organizer, teaching artist, and organizer living in Boston, MA. Her primary art is taiko (Japanese drum).



Jen Rice

Director, Humboldt Area Foundation

March 22nd - 5pm - 6:30pm

<https://humboldtstate.zoom.us/meeting/register/>

Director of Community Strategies at the Humboldt Area Foundation, Jen Rice has been working and leading in the non-profit sector on the North Coast for almost 30 years.

Leaders from

True North Organizing Network

April 5th - 5pm - 6:30pm

<https://humboldtstate.zoom.us/meeting/register/>



True North Organizing Network supports families, elders and youth of diverse faith traditions, races, cultures, and economic capacities—using the power of relationships and a disciplined community organizing model—to courageously challenge social, economic and environmental injustice in our region.

THE CENTER FOR

Community Based Learning

Learning in Action



YOUTH
EDUCATIONAL
SERVICES

For more information or
accommodations, contact
Youth Educational Services
at yes@humboldt.edu



UPCOMING EVENTS AND ACTIVITIES



**FLEX YOUR SOCIAL
MUSCLES WITH THESE
FUN HSU TO-DOS!!
COMING RIGHT TO
YOUR LOCATION!**



CNCC TWS GRANTS ARE NOW AVAILABLE!

Who should apply?

- Students (undergrad, graduate, PhD, etc.)
 - Researchers
- Organizations or communities seeking to promote local wildlife conservation
 - Those looking for funding for bat or bat habitat projects

What types of projects qualify for grant funding*?

- Wildlife-focused research;
- Wildlife conservation initiatives; or
- Wildlife-related community projects

*Projects must occur with the geographic coverage area of the CNCC (Del Norte, Humboldt, or Mendocino)

When is funding available?

Funding is available for projects proposed for 2021 or 2022

What are the grant application requirements?

- Proposal (3 pages max, 12pt font)
- Resume (2 pages max, 12pt font)
- Research Endorsement (letter, e-mail, or short video from professor, advisor, or community project stakeholder)
- Budget (i.e., How do you plan to use up to \$3,000 of funding on your project?)
- Must be a member of the CNCC (\$10, can sign up at cncctws.org) or the HSU student chapter, Conservation Unlimited (CU); membership may be waived if a hardship

When is my application due?

March 22, 2021 by midnight

When will award winners be announced?

April 5, 2021

What else do I need to do (post-award obligations)?

- Attend one CNCC board meeting to discuss initial project approach
- Present project findings or results to local wildlife community via a lecture/webinar and via a short report to the CNCC - OR -
 - Present at HSU Student Poster Session (if work is conducted as part of a Senior Project)
- The CNCC must be included in the acknowledgements on any presentations or publications associated with this research

MOVIE
TIME

MOVIE
TIME

MOVIE
TIME

MOVIE
TIME

MOVIE
TIME



Save the Dates:

February 18th, 2021
Self Care & Wellness
Film Night

March 4th, 2021
Social Justice
Film Night

March 31st, 2021
Deadline for film
submissions

April 18 -- 25th, 2021
54th HIFF

See our website:
hsufilmfestival.com
for more info and to RSVP
for upcoming events!

Submit Films Here:
[filmfreeway.com/
HumboldtInternational
FilmFestival](http://filmfreeway.com/HumboldtInternationalFilmFestival)

Interested in joining the Film Festival?

If you're a student at HSU,
you can join the 2-unit class
(FILM 260) or join the club!
We'd love to have you join
us!

You can visit
hsufilmfestival.com for more
info, or email us at
filmfest@humboldt.edu
with any questions you may
have.

Interested in sponsoring the Film Festival?

Sponsor the importance and
power of film. Contact us for
more information. Thank you!

Subscribe to our newsletter
at hsufilmfestival.com to
keep up to date with all
things HIFF!



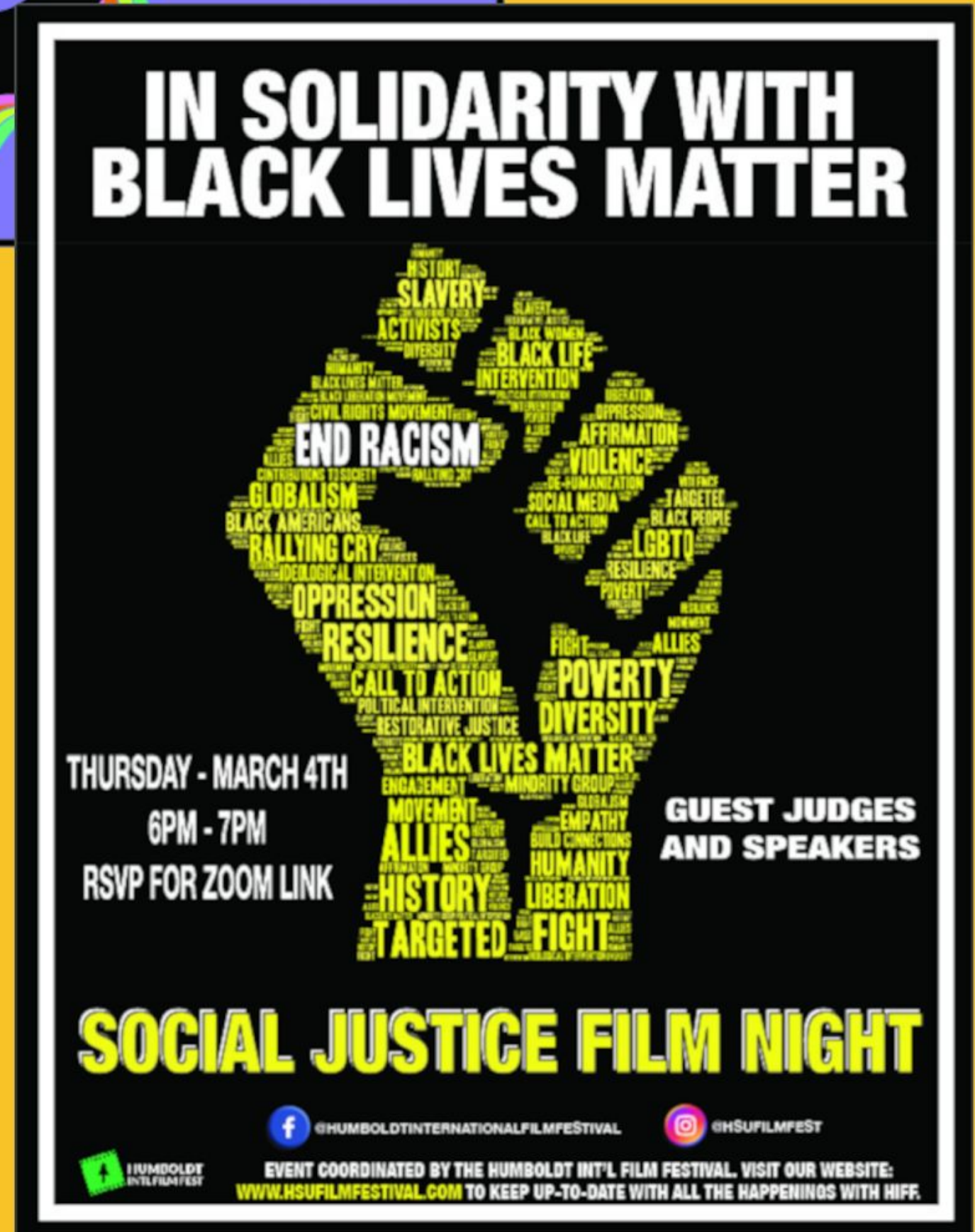
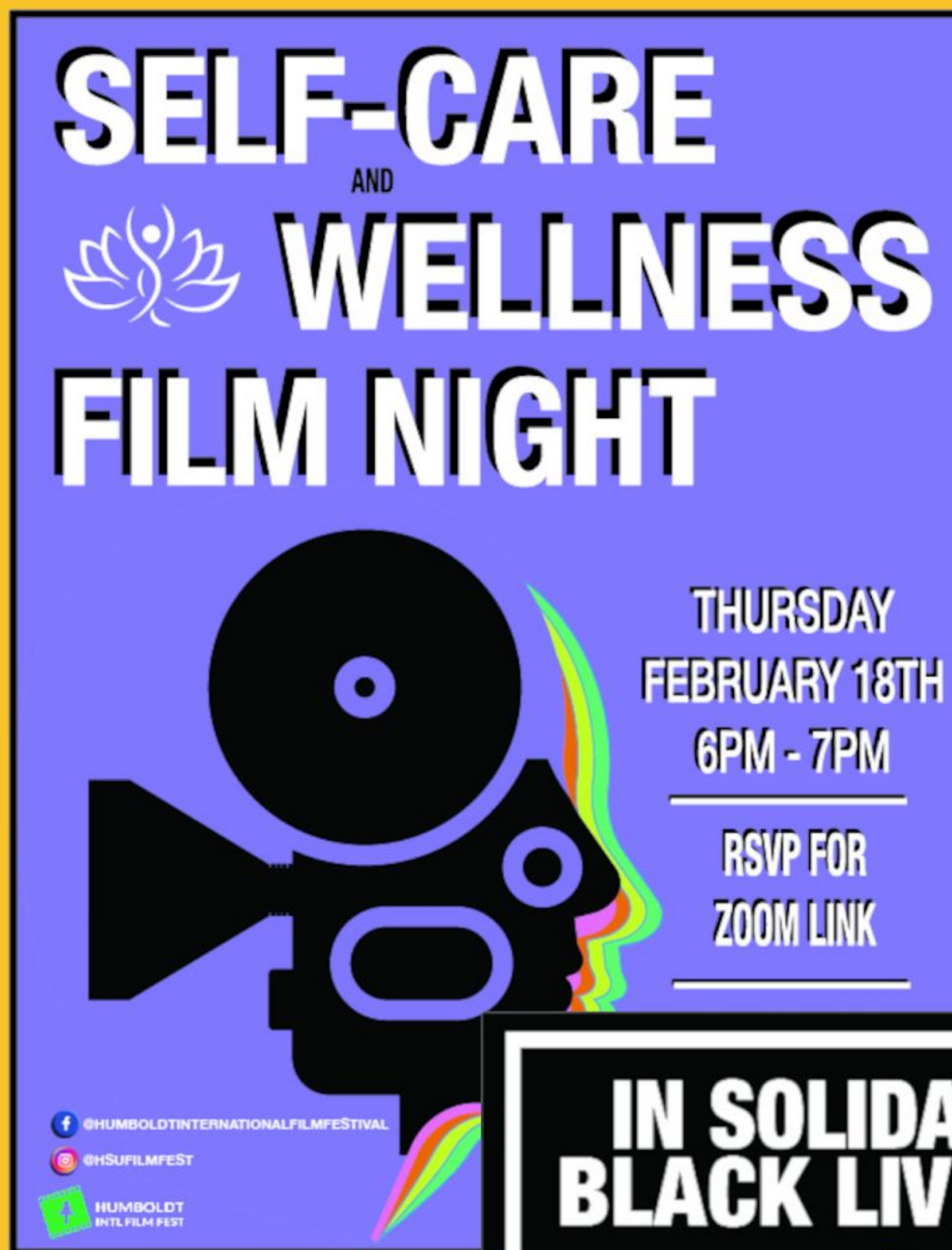
RSVP FOR OUR UPCOMING EVENTS:

**hsufilmfestival.com/
events**

Interested in
sponsoring the Film
Festival?

**Sponsor the importance
and power of film. Contact
us for more information
by emailing us at
filmfest@humboldt.edu.
Thank you!**

**Subscribe to our
newsletter at
hsufilmfestival.com to
keep up to date with all
things HIFF!**



facebook.com/HumboldtInternationalFilmFestival/



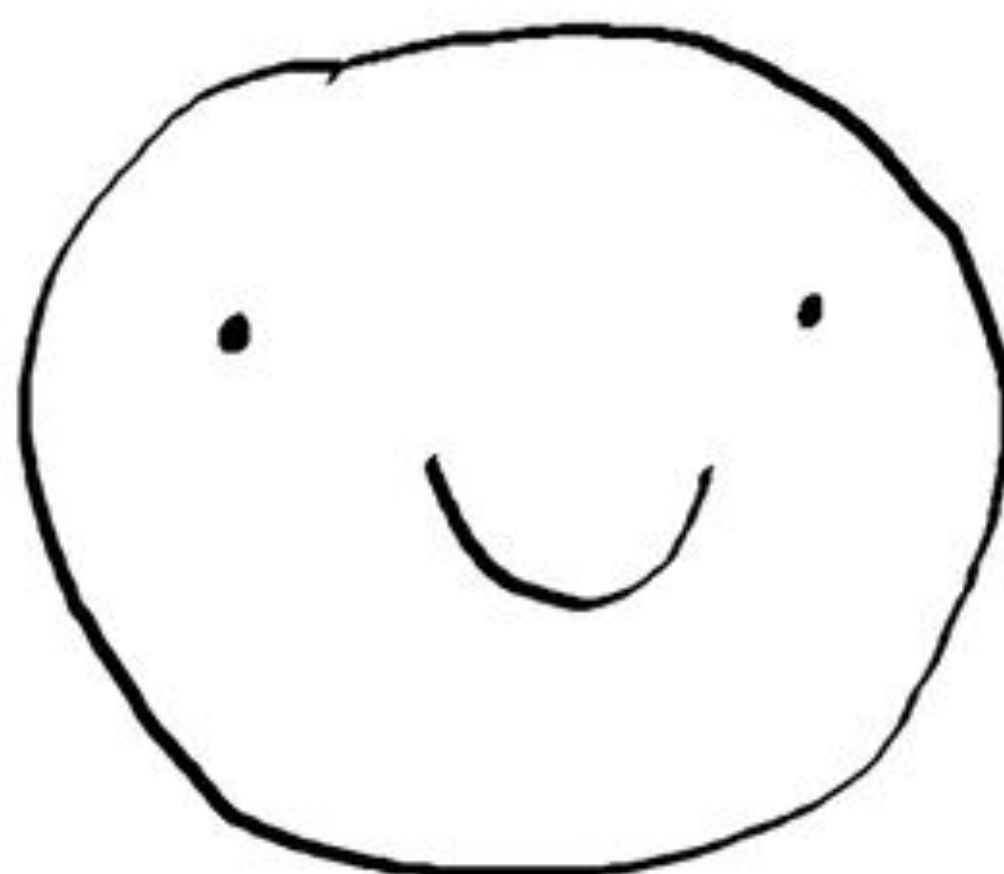
instagram.com/hsufilmfest/



twitter.com/HumbltFilmFest

IMPORTANT ANNOUNCEMENTS

IT'S SOME
GOOD
NEWS!





WILDERNESS MEDICINE SPRING 2021

centeractivities

**WILDERNESS FIRST
RESPONDER
MAY 18 - 27**

**HSU STUDENTS: \$675
COMMUNITY: \$750**

**WFR
RECERTIFICATION
APRIL 2 - 4**

**HSU STUDENTS: \$275
COMMUNITY: \$315**

**WILDERNESS FIRST AID
MARCH 6 - 7**

**HSU STUDENTS: \$195
COMMUNITY: \$225**

**REGISTER
ONLINE!
[WWW.CENTERACTIVITIES.
HUMBOLDT.EDU](http://WWW.CENTERACTIVITIES.HUMBOLDT.EDU)
(707) 826 - 3357**

DINING ADVISORY COMMITTEE

The purpose of the Campus Dining Advisory Board is to provide student input to Campus Dining senior leadership and the HSU Associate Vice President for Student Success as they work to advance the mission and service of Campus Dining.

MEMBERS WILL BE EXPECTED TO:

- Collaborate with the HSU Dining leadership team to develop programs to educate the student body.
- Provide input on student-focused issues and needs as it pertains to the operational functions of HSU Dining.
- HSU Dining leadership team will provide education and information to the Advisory Committee on the development and progress of new initiatives and the functions of HSU Dining.
- Make suggestions to, and engage in discussion with, the HSU Dining leadership team regarding
 - customer service
 - nutrition
 - trending food culture
 - student-focused initiatives

If you are interested, email Stephen.StOnge@humboldt.edu



Applicant information

- Up to 10 student members – Must be an HSU Student
- Must have a dining meal plan (of any type)
- Looking for a diverse group of participants involved in areas such as Residence Life, Athletics, Student Clubs and Organizations, and Off-Campus Students.



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



**For more information contact the Center
for Community Based Learning at
ccbl@humboldt.edu**

MAKE NEW GOALS IN 2021

HSU Men's Lacrosse

Are you interested in playing the fastest growing sport in America? The Humboldt State men's lacrosse team is recruiting players that are dedicated to practice and traveling with the team.

Our coaching staff's goal is to promote "the fastest game on two feet" at HSU by introducing the sport to new players while also advancing the skills and competitiveness of experienced ones.



JOIN NOW!

For more information, contact the HSU coaching staff at 707-440-9107 or email humlax@humboldt.edu



ONGOING NOTICES



WRRAP

Waste Reduction Resource Awareness Program

Est. 1988 'Campus Recycling Program'



WRRAP is online *and* OPEN on campus SPRING 2021 HOURS:

Bicycle Learning Center (BLC) - Monday 11-1pm, Wednesday 11-1pm, Thursday 11-3pm, Friday 11-3pm or schedule an appointment by emailing hsublc@humboldt.edu

The BLC is located adjacent to Center Activities, and RWC, under the stairwell to the West Gymnasium and Forbes Gymnasium.

Reusable Office Supply Exchange (R.O.S.E.) - Monday 9am-12pm, Wednesday 9am-12pm, Friday 9am-12pm.

The R.O.S.E. House is located at Warren House 53 on Laurel Drive between Campus Apartments and Gist Hall.

Compost - email wrrap@humboldt.edu with the Subject line "Compost Bucket Request" for on-campus residents or departments. Check out the map of permanent compost bin locations below!



LatinoNet is seeking new Board members!

LatinoNet formed in 2000 as a network of social service and health care providers, educators, leaders, employers and community residents working to improve the quality of life for Spanish-speaking families of the North Coast through networking, information, collaboration, and advocacy.

Overview of Board Duties:

- Seeking representatives from the Spanish-speaking, social services, medical, non-profit, education and businesses communities;
- Elected by the membership for a 2-year term;
- Attend monthly board meeting from 12:00-1:00 p.m. currently on the third Monday of the month in Eureka or via teleconference;
- Assess the needs of local Spanish-speaking families and professionals and help coordinate quarterly presentations on topics of interest held in Eureka on the 2nd Friday of January, April, July and October from 12:00–1:30 p.m.;
- Occasional committee activities for membership development and marketing;
- Bilingual highly preferred but not necessary;
- Desire to work with other committed members to positively impact our community.
- Elections April 9, 2021. **Nominate yourself or someone else by April 2, 2021.**
- Send biography and interest statement (one paragraph only please) to info@latinonet.org. For questions, call (707) 599-5604.



LatinoNet busca nuevos miembros para la mesa directiva!

LatinoNet se formó en 2000 como una red de proveedores de servicios sociales y de salud, educadores, líderes, empresarios y residentes de la comunidad que trabajan para mejorar la calidad de vida de las familias de habla hispana de la costa norte a través de redes, información, colaboración, y la promoción.

Descripción general de los deberes de la Junta:

- Buscando representantes de las comunidades de habla hispana, servicios sociales, médicos, sin fines de lucro, educación y negocios;
- Elegido por la membresía por un período de 2 años;
- Asista a la reunión mensual de la junta de 12: 00-1: 00 p.m. actualmente el tercer lunes del mes en Eureka o por teleconferencia;
- Evaluar las necesidades de las familias y profesionales locales hispanohablantes y ayudar a coordinar presentaciones trimestrales sobre temas de interés en Eureka el 2do viernes de enero, abril, julio y octubre de 12:00 a 1:30 p.m.
- Actividades ocasionales del comité para el desarrollo de membresía y comercialización;
- Bilingüe muy preferido pero no es necesario;
- El deseo de trabajar para impactar positivamente en nuestra comunidad.
- Las elecciones serán el 9 de abril de 2021. **Nomínese a usted mismo o a otra persona antes del 2 de abril de 2021.**
- Enviar biografía y declaración de interés (un párrafo solo por favor) a info@latinonet.org. Si tiene preguntas, llame al (707) 599-5604

Make a difference,
wherever you are
learning this semester!

Volunteer

Gain experience.
Meet new friends.
Build community connections.



Learn More: yes.humboldt.edu



Say Y.E.S. to Volunteering

Spring 2021



Make a Positive Impact in the Community

hands-on learning, career exploration, friendship & connection

This spring, Y.E.S. students will engage in remote volunteer projects with local schools and community organizations.

Learn more at upcoming virtual Y.E.S. outreach events:

* Y.E.S. Tabling Fair: Tuesday, 1/26 (12:00-1:00) Zoom: <https://humboldtstate.zoom.us/j/84948280655>

* Y.E.S. Open House: Thursday, 1/28 (4:00-5:00) Zoom: <https://humboldtstate.zoom.us/j/85049942437>

Semester-long volunteers must enroll by Monday, 2/8/21



YES

YOUTH
EDUCATIONAL
SERVICES

50 years of community building

Check out our website: HUMBOLDT.EDU/YES
Email: yes@humboldt.edu

DIVERSE MALE SCHOLAR INITIATIVE,
SJEIC, AND ASSOCIATED STUDENTS

Men, Masculinity, and Love: A Book Series

"To open our hearts more fully to love's power and grace we must dare to acknowledge how little we know of love in both theory and practice." - bell hooks

EVERY OTHER WEDS 5:30PM-6:45PM

STARTING FEB. 3 2020

REGISTER AT: [HTTPS://HSU.LINK/ZIU](https://hsu.link/ziu)

We will be virtually gathering to read three books by bell hooks: *All About Love*, *The Will to Change*, and *Communion*. We intend to seek growth and pursue radical internal change for the purpose of community and personal wellness.

We invite men of color and masculine aligned persons of color to enter together into a mutually-supportive space.

- Readers of all levels welcome
- Staff and faculty welcome
- **Books will be provided**
- Constant attendance not mandatory
- Video not mandatory

QUESTIONS REGARDING ACCESSIBILITY OR FOR MORE DETAILS
EMAIL RES130@HUMBOLDT.EDU



CREATE
CONSENT
CULTURE

Spring 2021

Beginning Feb. 5

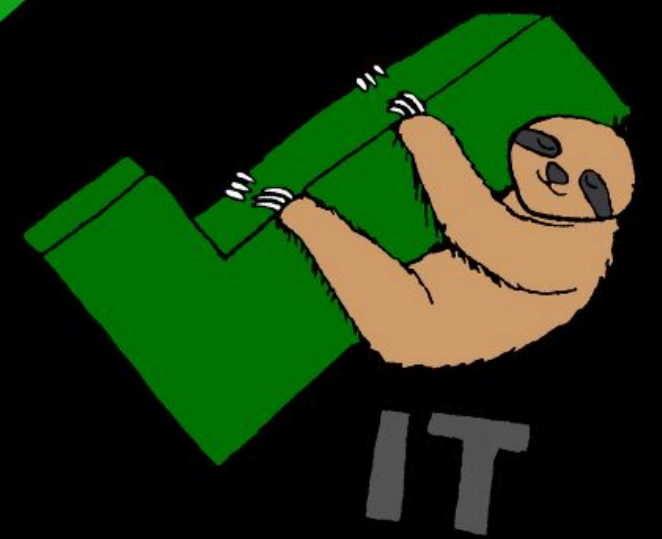
Create artwork, engage in social
media outreach, plan events,
develop resources, and more!

CHECK IT VOLUNTEER MEETINGS

Fridays @3-4pm

Zoom mtg link:

tinyurl.com/checkitmtg



Email mss62@humboldt.edu for a calendar invite

LOVE KNOWS
BOUNDARIES

MAKE SURE TO SHOW SOME LOVE TO THE LEARNING CENTER!



**CLICK TO CHECK OUT THEIR BRAND
NEW NEWSLETTER:**

https://www.canva.com/design/DAEQjoVHsMM/vlAbwFv73w65C01jmu0MzQ/view?utm_content=DAEQjoVHsMM&utm_campaign=designshare&utm_medium=link&utm_source=sharebutton#1

An Unapologetic Book Circle

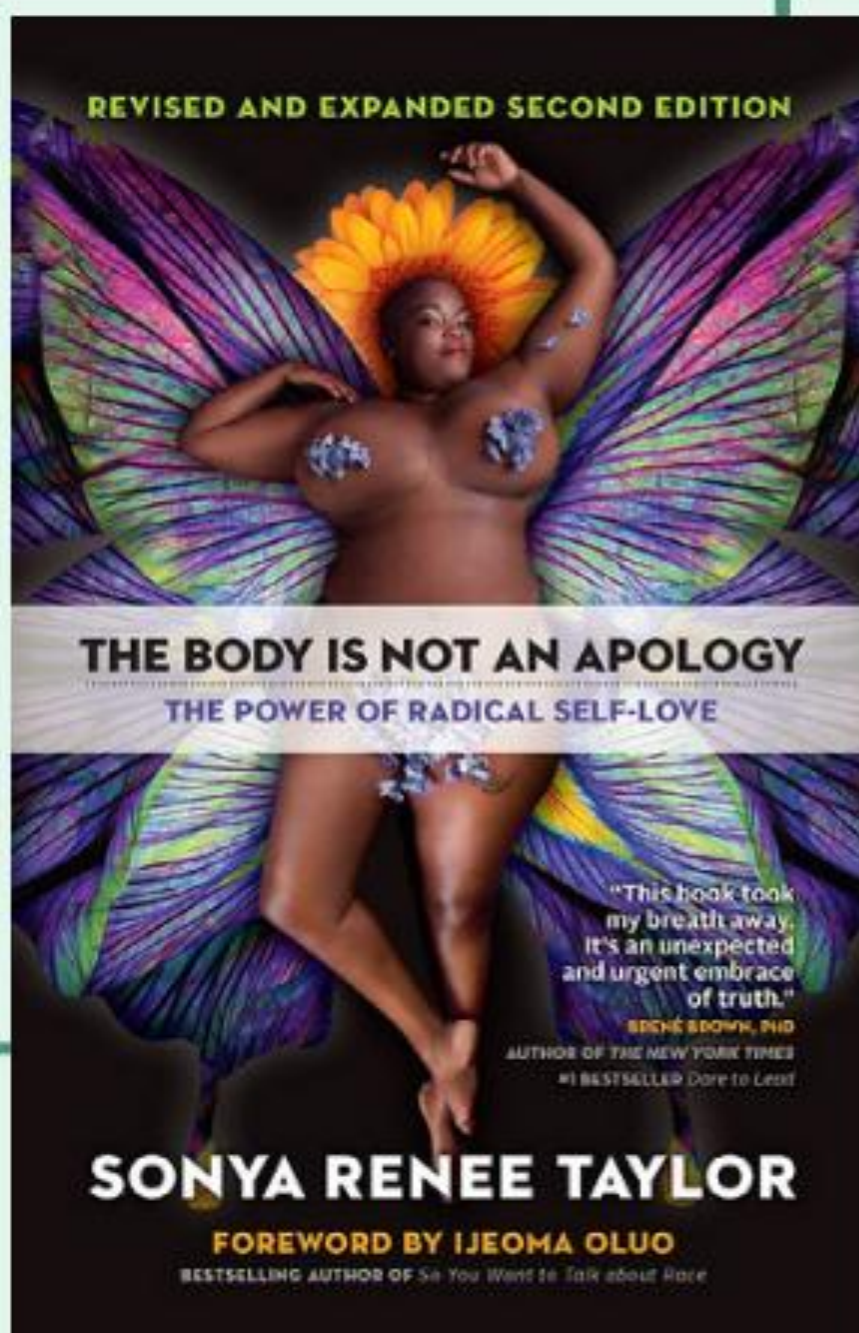
starting February 9th

**TUESDAYS & FRIDAYS
5-6PM**

Join us for an open, safe discussion of Sonya Renee Taylor's, *My Body is not an Apology*, to get in the spirit for her Keynote on March 5th for our 27th Annual Social Justice Summit.

Attend only on Tuesdays, or only on Fridays, or both! The two days are to make this experience accessible to as many people as possible.

If you have any questions, or need reasonable accommodations, please reach out to Q. Medina at sjeic@humboldt.edu

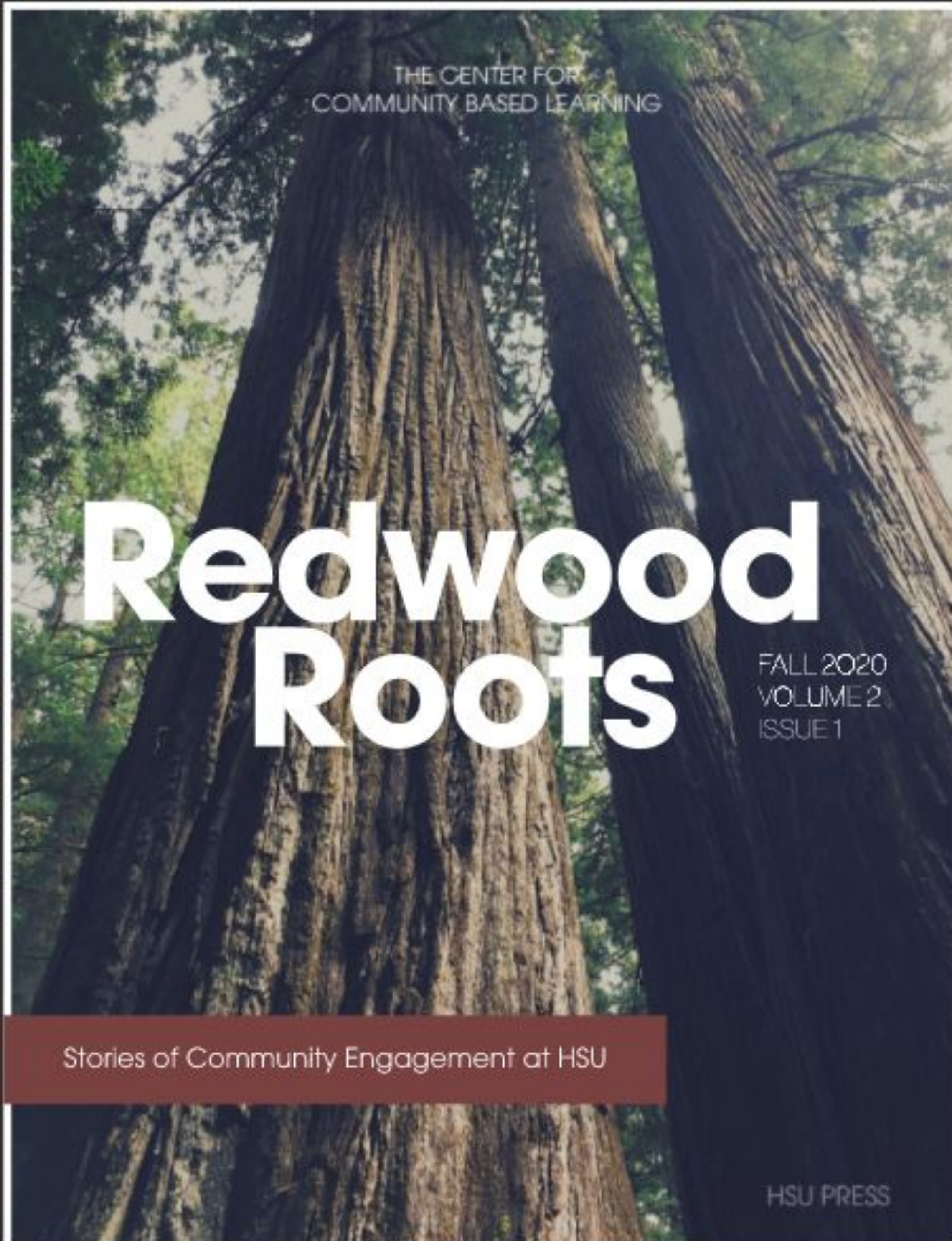


Click on link below
to register



first 20 HSU students to register will receive a free copy of the book!

<https://humboldtstate.zoom.us/j/9RPcm0MlydulSWSl5slhDUh>



We are pleased to announce the release of Volume 2, Issue 1 of Humboldt State University's [REDWOOD ROOTS Digital Magazine](https://tinyurl.com/RedwoodRoots2-1). Redwood Roots highlights the many wonderful ways that students, faculty, and community partners are engaging in community-based learning practices in and around Humboldt County.

Redwood Roots is a collaboration between the Center for Community Based Learning and HSU Press. We publish stories that promote deep and enriching connections through learning, and enhance inclusivity within the community through efforts and examples of social and environmental justice. Redwood Roots is a magazine of place and community.

<https://tinyurl.com/RedwoodRoots2-1>

<https://digitalcommons.humboldt.edu/rr/>

HSU COVID TESTING

Registration and Scheduling Information

Staff and Faculty, Students Who Live Off Campus (Student Roomers), and
Students Who Live on Campus (Athletes) and residents will be emailed a
separate link to a website to schedule an appointment.

Starting Feb 23, free COVID-19 testing will be available to students, staff, and faculty
at the Great Hall, Tuesdays–Thursdays, 9:30 a.m.–4:30 p.m. You must register to
schedule an appointment.

**** SYMPTOMATIC STUDENTS** should contact the Student Health Center at (707) 826-3546
as soon as possible for testing.

- If youAn HSU ID will be required and
HealthQuest will bill insurance directly. No
co-pay is needed. Testing is also free for
those without insurance.

Please remember to wear a
mask at all times (except when
advised by the test collector to
remove your mask) and to stay
6 feet apart from others while
waiting for your test.

Vaccinations:

Humboldt County Public Health has begun vaccinating educators, including all K-12 educators and childcare workers. Higher education staff and faculty vaccinations are expected to follow. Timing depends on the number of doses available to the county and can change quickly. Humboldt State University continues to work closely with County Public Health on vaccination plans. Based on state and county vaccine priorities, the University will first vaccinate employees who are physically working on campus during the spring semester.

Remember: Stay Healthy and Safe! It's critically important to remain vigilant about protecting yourself and others from spreading illness. Please continue to follow basic health and safety precautions (i.e., wear a face covering, practice social distancing, etc.); don't forget to do a daily wellness self-check before coming to campus, and follow these guidelines if you fail your wellness check. Go to [Campus Ready](#) for comprehensive information about HSU pandemic planning, preparedness, and operations. Find more information about the county's COVID-19 vaccine planning on the [Humboldt County Public Health website](#).

All Humboldt County residents who want to receive the vaccine can submit their contact information through an online form to be notified when doses are available for their tier. Fill out the [COVID-19 Vaccine Interest form](#) and read more about the COVID-19 vaccine from the CDC.

Staff and faculty who want to be vaccinated should complete a survey.



Join the Pre-Medical Society at HSU!

**Go over MCAT
preparation!**

**Make new friends with
shared interests!**

**Connect with local
physicians!**

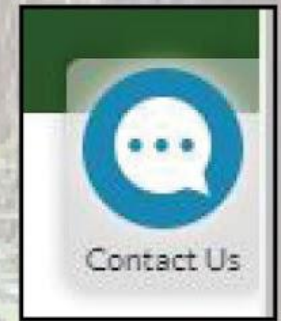
**Meeting times: biweekly on
Mon. 5:00-6:00**

**Email
premed@humboldt.edu
to get involved!**

Meeting topics:

- MCAT preparation
- Applying to Medical School
- Physician and Medical Student speakers
- Game night!!
- Answering your questions about the Pre-Med Track

Live Chat OPEN 9am-4pm, M-F
acac.humboldt.edu



Phone messaging: (707) 826-3341



Email: acac@humboldt.edu

Zoom Drop-ins OPEN 10am-1pm, M-F
humboldtstate.zoom.us/j/88296161353

FOR MORE INFORMATION VISIT: [ACAC.HUMBOLDT.EDU/STUDENTS/SCHEDULE-APPOINTMENT](https://acac.humboldt.edu/students/schedule-appointment)

Connect with the Academic & Career Advising Center today!

- Live Chat OPEN 9am-4pm, M-F:
acac.humboldt.edu
- Phone messaging: (707) 826-3341
 - Email: acac@humboldt.edu
- Zoom Drop-ins OPEN 10am-1pm, M-F:
humboldtstate.zoom.us/j/88296161353

For more information visit:

[acac.humboldt.edu/students/schedule-appoint
ment](https://acac.humboldt.edu/students/schedule-appointment)



HERMANAS UNIDAS DE HUMBOLDT STATE

General Body Meeting

ZOOM ID: 829 3046 0642
MONDAYS @ 5PM
IG: haudehsu

Interested in joining?

CONTACT US

WWW.HSURA.ORG

FB & Youtube:

HSU Men's crew

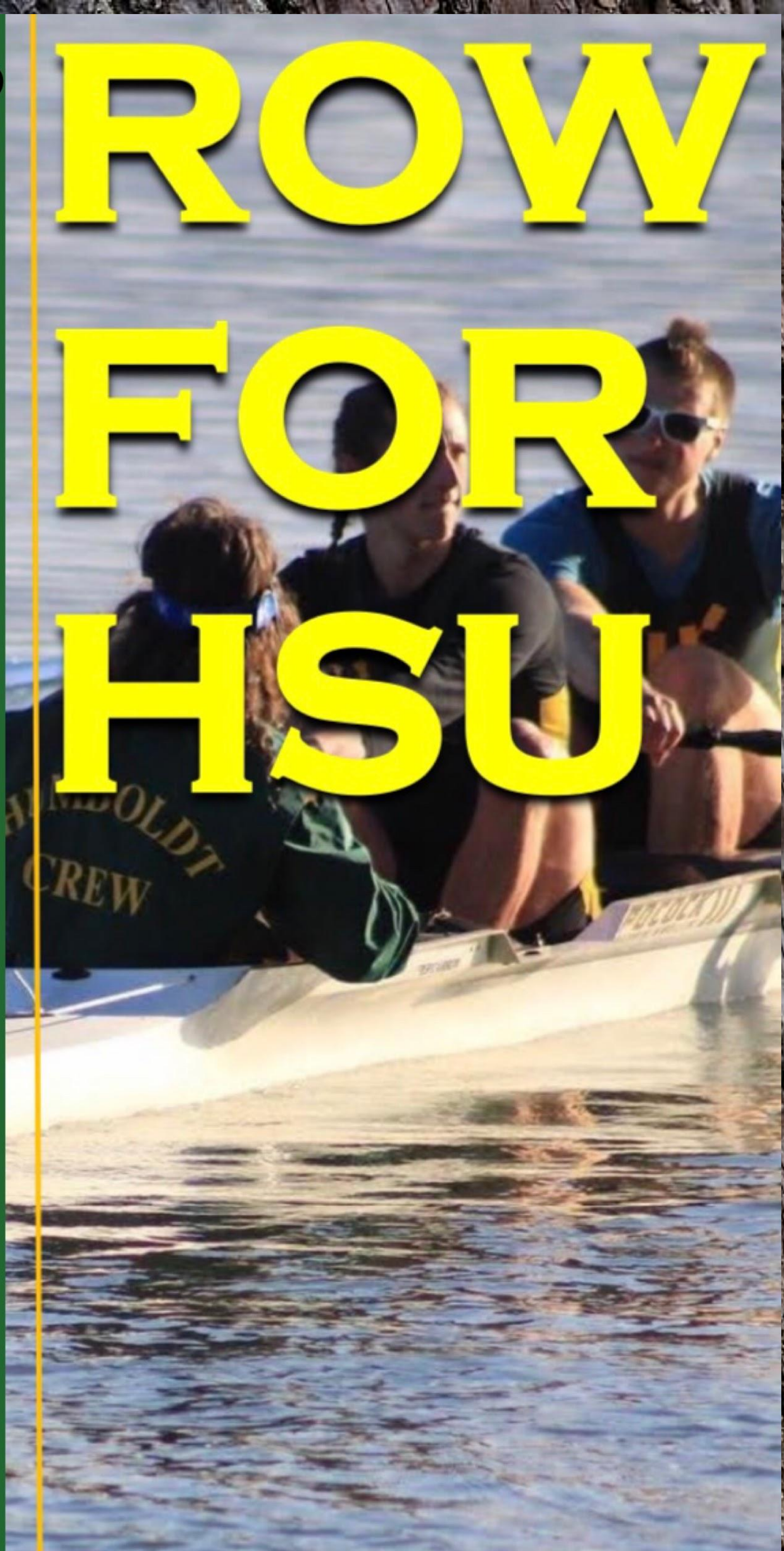
Insta & Twitter:

@hsumenscrew

JOIN THE FAMILY WORKOUT
DIGITALLY
THIS SEMESTER!

Mon, Wed, & Fri
6:30 - 7:30 am

ROW FOR HSU



JOIN HSU'S MEN'S CREW
TEAM OR FOLLOW THEM
ON SOCIAL MEDIA!!



Attention all Clubs & RSOs

Apply for

A.S. CLUB GRANTS

**TURN IN YOUR REQUESTS ANYTIME VIA
THE FORM LOCATED AT:**

<https://hsu.link/clubgrant>

**REQUESTS ARE REVIEWED BY THE
A.S. FINANCE COMMITTEE**

*Meets weekly on Thursdays at
2:30pm via Zoom*

<https://humboldtstate.zoom.us/j/97235330682>

MEETING ID: 972 3533 0682

Meet the OSL Student Staff!



Alondra



Drew



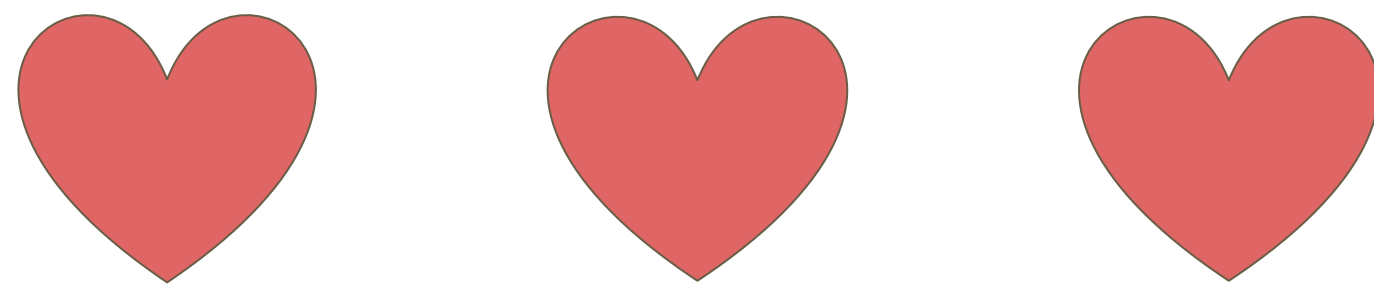
Hina



Madi

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

**THANKS FOR
TAKING A LOOK!**



**REMEMBER: NEW
EDITIONS COME
OUT EVERY
THURSDAY!**

THURSDAY

