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General UCB Student Resources

Resources

Educational
- Student Learning Center – 642-9494, http://slc.berkeley.edu
- Disabled Students’ Program (DSP) – http://dsp.berkeley.edu
- Educational Opportunity Program: https://eop.berkeley.edu/
- Centers for Educational Equity and Excellence: https://ce3.berkeley.edu/

Mental health
- Social Services (Counseling for specialized concerns): https://uhs.berkeley.edu/socialservices

Assistance with basic needs
- Basic Needs Center: basicneeds.berkeley.edu

Campus climate and equity

If you are the subject of harassment or discrimination, please contact the Confidential Care Advocate (sa.berkeley.edu/dean/confidential-care-advocate). Survivors of sexual violence may also want to view http://survivorsupport.berkeley.edu/. For more information, please visit http://ophd.berkeley.edu/.

- Report an incident: https://campusclimate.berkeley.edu/report-incident
- Report offensive online behavior: zoom-misuse@berkeley.edu
- Centers for Educational Justice and Community Engagement: https://campusclimate.berkeley.edu/students/ejce/about
- Undocumented Student Program: undocu.berkeley.edu
- Office for the Prevention of Harassment and Discrimination: https://ophd.berkeley.edu/
- Support for Muslim Students: campusclimate.berkeley.edu/sswana-initiative
- Berkeley Hillel: berkeleyhillel.org
Interpersonal issues on campus

- Ombudsperson for Students – 102 Sproul Hall, 642-5754

Career Center, Transfer Career Summit, 1/13

The Career Center has been working on a "Transfer Career Summit" for Wednesday, January 13, 2021 from 10:00am-3:30pm. This event is designed to bring together students, alumni, and industry professionals to discuss the career preparation and success of transfer students.

Workshops include:

- Communicating Your Life Experiences in the Job Search and in Your Job Applications
- Effective Internship Search Strategies with Transfer Student Perspectives
- Speed Mentoring w/ Alumni & Professionals

Please see below for more details. Thank you and don't hesitate to let me know if you have any questions.

All the best,
the Transfer Career Summit planning team (Heidi Yu, Irma Moreno, Jeremy Brooks, Kelly Li, & Rachana Vyas)
Center for Healing Shame: Melting the Shame Freeze Workshop, 1/23 - 1/30

Melting the Shame Freeze –
Building Resilience, Resources, and a Return to Safety and Connection

A workshop for therapists and other helping professionals
With Sheila Rubin LMFT, RDT/BCT and Bret Lyon PhD, SEP

Saturday, January 23, 10am-6pm & Saturday, January 30, 10am-5:45pm PST
Online via Zoom – Live and Recorded
$395 full price / $375 with full payment by December 18 / Special price for interns

13 CE credits available – $40 fee (See website for details) - CAMFT CE provider #134393

Shame is an extraordinary combination of a primary emotion and a state of freeze. It is an embodied belief that "something is wrong with me." Shame, like trauma, puts the body in a freeze state and lowers the ability to think and act clearly. Because shame exists in the body as well as in the mind, it is important that therapists work with shame somatically.

In this workshop, you will explore how to utilize somatic techniques to connect more quickly with the client and forge a strong therapeutic alliance. You will learn how to prevent somatic...
counter-transference and avoid taking on the client's physical shame patterns.

You will:

- Focus on using breathing and grounding to resource the client, becoming more aware of your own breathing and expanding it in the process.
- Learn how you can resource yourself so that you don't fall into somatic counter-transference and take on the client's physical shame patterns.
- Explore how to keep your clients more present in the room with you and counter over-verbalization, dissociation, and freezing.
- Learn techniques and theory from Wilhelm Reich (the father of Somatics), Peter Levine (Somatic Experiencing®), Stephen Porges (Polyvagal Theory), Ron Kurtz (Hakomi), and Eugene Gendlin (Focusing).

There is no prerequisite for this course. It can be taken by itself or as part of a sequence.

TO REGISTER, please visit the Schedule page at www.HealingShame.com.

For more information, call Sheila at 415-820-3974 or email Sheila@HealingShame.com. For details about our complete training program in Healing Shame, visit our website, where you can also check out articles and free Healing Shame webinars.

www.HealingShame.com

Healing Shame February Workshop, 2/5

Using Interpersonal Skills to Heal Shame:

Undoing Aloneness and Building Attachment

by Matching, Joining and Activating Mirror Neurons

A workshop for therapists and other helping professionals

With Sheila Rubin LMFT, RDT/BCT and Bret Lyon PhD, SEP

4 Fridays: February 5, 12, 19 & 26, 10am–1:30pm PST

Online via Zoom – Live and Recorded
Miscellaneous Opportunities: Week of January 11, 2020

$395 full price / $375 with full payment by January 8, 2021 / Special price for interns

13 CE credits available – $40 fee (See website for details)

CAMFT CE provider #134393

In many studies of the effectiveness of therapy, a strong connection between therapist and client has been noted as the clearest predictor of success. And yet our own fear and shame of doing the wrong thing can get in the way of that connection. We can be overly susceptible to messages telling us to be "neutral" and “professional.” We can find ourselves holding back our warmth, generosity, and enthusiasm.

In this workshop, you will discover powerful tools to connect with a client quickly and deeply. We will provide demonstrations to help you decide when to hold back and when to bring yourself forward, both emotionally and physically. Because shame can produce a state of freeze, we may need to be even more active in order to counter it. You will learn ways to convey to the client “I’m right there with you”—in a dance in which you alternate between follower and leader. Being “right there” with the client is especially important in working with shame, which turns people’s gaze inward and makes them feel lacking and inferior. The workshop will examine ways to level the playing field that shame distorts—and combine the seemingly contradictory roles of caring friend and trusted expert.

*There is no prerequisite for this course. It can be taken by itself or as part of a sequence.*

TO REGISTER, please visit the Schedule page at [www.HealingShame.com](http://www.HealingShame.com).

For more information, call Sheila at 415-820-3974 or email Sheila@HealingShame.com.

For details about our complete training program in Healing Shame, visit our website, where you can also check out articles and free Healing Shame webinars.
HAAS Scholars Program Application Open, 2/17

Every year, the Haas Scholars Program funds 20 students from all majors for up to $13,800 to carry out a capstone project in the summer preceding and during their final year on campus. Haas Scholars also receive guidance from faculty mentors (who also receive a stipend) and from a full-time staff member, membership in a close-knit interdisciplinary community of scholars, and connections to an alumni network of almost 500 members.

The deadline is 2/17/21; interested students should attend an upcoming info session and contact the Program Manager at haas_scholars@berkeley.edu for an appointment.

UCSF Master of Science in Biomedical Imaging, 2/28

The UCSF Masters of Science in Biomedical Imaging (MSBI) program would like to announce that we are accepting Fall 2021 applications from November 18, 2020-February 28, 2021.

For those that may be interested, please feel free to visit the website or email (msbi@ucsf.edu). Please forward to those that may be interested.

https://radiology.ucsf.edu/education/graduate-programs/msbi-program
The Master of Science in Biomedical Imaging (MSBI) program provides theoretical and practical exposure to all aspects of medical imaging technology. The program can be completed in one year of full-time study and allows students to learn the foundations of medical imaging, explore how imaging is applied in medical practice, and perform independent research under the supervision of faculty that are leaders in this exciting field.

The Department of Radiology and Biomedical Imaging at UCSF features an outstanding faculty and is annually ranked amongst the top programs in the country for both research and training. MSBI students interact closely with faculty and have the opportunity to contribute to research activities in a wide array of applications ranging from image processing to the development of new molecular imaging agents. MSBI students commonly go on to MD and PhD programs, or may choose to work in industries that develop imaging related products or apply medical imaging in product development.

Apply now. http://radiology.ucsf.edu/education/graduate-programs/msbi-program
Email: MSBI@UCSF.EDU
Tel.: (415) 514-8246
Judith Lee Stronach Baccalaureate Prize, 3/1

The Stronach Baccalaureate Prize supports recent Cal graduates to undertake a public service, creative, or community-based research project in the year following graduation. Recipients are awarded up to $25,000 for projects that serve the public good and heighten awareness of issues of social consciousness.

Application deadline: Monday, March 1, 2021.

The dates and times of upcoming information sessions will be posted on the website. Interested students are highly encouraged to make an appointment with the program manager to discuss their project ideas.
Miscellaneous Opportunities: Week of January 11, 2020

Judith Lee Stronach Baccalaureate Prize

Open to Fall 2020 & Spring/Summer 2021 Cal Graduating Seniors

The Stronach Prize provides up to $25,000 in support for projects that raise awareness of social issues and contribute to the public good.

Proposals for service, creative, or community-based research projects for the year after graduation are welcome!

stronach.berkeley.edu

Deadline:
March 1, 2021

Information Sessions:
DEC 8, 2020 | 11AM - noon
JAN 13, 2021 | 3 - 4PM
JAN 22, 2021 | 1 - 2PM
JAN 28, 2021 | 2 - 3PM
FEB 5, 2021 | 10 - 11AM
Zoom link on website
Institute of Governmental Studies

STUDENT OPPORTUNITIES
Applications are now being accepted for the following IGS and Matsui Center programs

(please forward widely!)

Matsui Local Government Fellowship:
The Matsui Local Government Fellowship offers students the opportunity to get firsthand municipal experience in California's political and policy making communities. Matsui Center staff help place students in a local government internship of their choice. The internship involves full-time work during the summer and students receive a $1000 stipend to help with living costs and transportation. [Click here to learn more.]

Deadline to apply: Monday, February 15, 2020 by 4PM

The John Gardner Public Service Fellowship Program selects three Fellows from the graduating class of UC Berkeley and provides each a $35,000 stipend to work in the governmental or nonprofit organization that most closely fits their public sector interests. Fellows are matched with a senior-level mentor during their 10-month fellowship. Past fellows have been placed at the Department of Justice, UN Global Pulse, and California Governor Newsom's office. The goal of the John Gardner Fellowship is to provide meaningful postgraduate leadership opportunities for UC Berkeley’s best students. [Applications can be found here.]

Deadline to apply: Friday, January 29, 2021.

To receive information on Matsui Center fellowships and programs, please sign up [here.]

Questions? Contact IGS and Matsui Center Program Manager Sonia Moctezuma, soniamoctezuma@berkeley.edu.

**Come On Out - Japan’s 6th Annual Global English Camp Summer Internship Program**

Attention students and recent graduates!

We are launching Come On Out - Japan’s 6th Annual Global English Camp Summer Internship Program and extending our invitation to top Universities and Japanese high school students for a cross-cultural learning experience.

We are currently seeking university students and recent graduates with native level English skills who are passionate about Japanese culture, gaining global experience, and mentoring others. They will be offered the opportunity to come to Japan for five weeks from mid-July to late August, 2021. Although this is an unpaid internship, the sponsor is providing certain expenses for each intern who participates in the six-week program. Airfare, lodging, meal and transportation subsidies will be provided. The program also offers optional Japanese language classes, field trips and an overnight trip. These additional opportunities are all designed to add cultural enrichment to your summer abroad experience.

This program is vastly different from any other traditional teaching position in Japan. Interns will
facilitate English conversations with Japanese high school students on a variety of relevant global topics ranging from discussing the United Nations Sustainable Development Goals to their personal life missions. Interns will be able to extend mentorship to new students each week as well as form lifelong connections with their fellow interns inside and outside the classroom.

We do not have any Japanese fluency requirements. Come On Out - Japan accepts undergraduates, graduates and recently graduated students as well.

Applications are now open at [http://www.comeonoutjapan.com](http://www.comeonoutjapan.com)! If you have additional questions regarding the program, please contact Come on Out - Japan directly at [info@comeonoutjapan.com](mailto:info@comeonoutjapan.com) or via the inquiry tab on our website. For more specific information, please check out the following important links.

**Program Information:** [https://www.comeonoutjapan.com/globalenglishcampinfo](https://www.comeonoutjapan.com/globalenglishcampinfo)

2021 GEC Application: [https://airtable.com/shruzkck41uLubKpm](https://airtable.com/shruzkck41uLubKpm)

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

Facebook: [https://www.facebook.com/comeonoutjapan](https://www.facebook.com/comeonoutjapan)

Newsletter: [https://www.comeonoutjapan.com/newsletter](https://www.comeonoutjapan.com/newsletter)

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**Apply for UC Berkeley’s Master of Development Engineering Program, 2/1/21**

Want to foster innovation solutions to global problems?

Apply now to join UC Berkeley’s new Master of Development Engineering degree in Fall 2021!

The 3-semester Master of Development Engineering program at UC Berkeley integrates training in engineering with entrepreneurship, design, business, and policy—among others—to support students in creating technological interventions in accordance with the needs and wants of individuals living in complex, low-resource settings.

The application deadline is Feb. 1 2021 for the Fall 2021 class.

The following brochure provides more details: [https://drive.google.com/file/d/1QYQDuuwUgpvkPBG8XhFkBHzBUTV8a0Pn/view?usp=sharing](https://drive.google.com/file/d/1QYQDuuwUgpvkPBG8XhFkBHzBUTV8a0Pn/view?usp=sharing)

Find out more about the program: [https://developmentengineering.berkeley.edu/](https://developmentengineering.berkeley.edu/)
Berkeley Global Internships Summer 2021

Berkeley Global Internships
Gain first-hand knowledge, connections, and work experience through an academic internship this summer. This virtual internships allows you to work from anywhere in the world! Develop global competencies and skills such as collaboration, communication, and problem-solving that will prepare students to thrive in a diverse and interconnected world.

Learn more one of our Virtual Global Internships Program Information Sessions.

2021 Virtual Global Internship locations include:

International
Beijing, China
Cape Town, South Africa
Dublin, Ireland
Hong Kong
Lisbon, Portugal
London, UK
Mumbai, India
Santiago de Chile, Chile
Singapore
Stockholm, Sweden
Miscellaneous Opportunities: Week of January 11, 2020

Sydney, Australia
Tokyo, Japan
Toronto, Canada

Domestic

Atlanta, Georgia
Boston, Massachusetts
Detroit, Michigan
Los Angeles, California
New York City, New York
San Juan, Puerto Rico
San Francisco, California
Berkeley Summer 2021 Abroad

Berkeley Summer Abroad offers virtual intensive summer programs built around Berkeley courses and led by Berkeley faculty.

- Earn Berkeley credit (or UC credit for visiting students) while diving deep into a topic with an international focus.
- Experience other cultures through sustained and interactive engagement with on the ground communities, virtual excursions, and virtual cultural activities.
- Courses can satisfy Breadth Requirements and/or Major/Minor Requirements. See individual program pages for more details.

2021 Virtual Summer Abroad programs include:

- Global Entrepreneurship and Innovation in Europe
- Venice and Trieste, Italy: Italian Language and Culture
- Mexico City, Mexico: Education, Gender, and Transfeminist Activism in Mexico City
- Manila, Philippines: Narratives of Tradition and Resistance
- Barcelona, Spain: The Other Side/El Otro Lado: A comparative look at migration and refugees along the Mediterranean and US-Mexico borderlands
- Madrid, Spain: Spanish Language and Culture
Dear Psychology students,

Below are some specific programs that may be of interest to you. Visit the program pages for information on Summer Abroad, Summer Abroad Internships, and Virtual Summer Internships. Webpages include details on accommodations, instructor, excursions, courses, fees, enrollment details, and more.

Consider creating a Study Abroad account and select programs of interest (it only takes 1 minute) to receive updates about enrollment, deadlines, etc. Note: all programs open to UCB students many students have taken their summer financial aid with them on programs abroad!

France, Intro to Biological Psychology (NEW)

Courses: Psychology 101 and 198

Apply principles of biology to the study of psychology, learning about the workings of the mind in humans and animals.

Italy, Science of the Mind

Courses: Psychology 135 and 198

Study Cognitive Neuroscience through the internationally known Department of Psychology at the University of Bologna in Italy.

Netherlands, NPB 110A—Molecules to Individuals

Get introduced to the Neurobiology, Physiology, and Behavior curriculum in the Netherlands. We will stay in the college town of Wageningen.

Psychology Summer Abroad Internships

- Ireland—Psychology in Galway and Limerick
- New Zealand—Psychology in Auckland and Wellington
- Spain—Psychology in Valencia (NEW)
- UK—Psychology in London
Psychology internship placements are offered in a variety of areas within community development, support services, mental health, advocacy, research, and more. Students gain hands-on experience aligned with their personal, professional and academic goals. During these 6-8 week programs, students work 20-35 hours per week and receive a total of 6-8 quarter units.

Virtual – Counseling and Humanitarian Action in Jordan (NEW)

This virtual internship focuses on the role of community-based and international aid organizations in responding to the refugee crisis in Jordan.

To be notified when enrollment opens or to create a profile of programs that interest you, please visit https://globallearning.ucdavis.edu/pathways/academics/login and sign in to create an account (it only takes 1 minute)!

Best wishes,

Erin Schlemmer
Program Coordinator and Advisor Lead
Global Learning Hub
Global Affairs

University of California, Davis
International Center | Suite 2120
463 California Ave | Davis, CA 95616
eschlemmer@ucdavis.edu | (530) 752-5581
globallearning.ucdavis.edu | Sign up for our newsletter
Mental Health United Recruiting Members

My name is Ryan Cabote and I am a sophomore Psychology student and I recently started a student-run mental health organization called Mental Health United and we are currently looking for people to become apart of our team!

Given that, are you interested in working on projects to provide mental health resources to underserved communities? Do you want to help eliminate mental health disparities? If so, apply to become a part of the Mental Health United family! We currently have three team positions open that all pertain to different interests (e.g. Web Development and Writing). If you want to learn more, visit linktr.ee/mentalhealthunited.

Indeed, there are many other student-run mental health organizations out there, so what makes Mental Health United different from other student-run mental health organizations?

Integration. Our goal at the moment is to implement Mental Health First Aid into California Community Colleges, California State Universities, and the University of California system, in addition to other schools in California, and make the certification mandatory for all staff and students. Through integration, we are able to provide a tangible resource for the mental health community and essentially make Mental Health First Aid as common as Cardiopulmonary Resuscitation (CPR). After integrating training all throughout California, we aspire to widen our impact throughout the nation and eventually internationally.

Want to become apart of the change? Join today! Please do not hesitate to contact me if you have any questions or concerns at ryancabote808@gmail.com. Thank you for your time!
Apply to become a part of the team!

Available Positions

- Chief of Web Development (1 person)
- Technician (1 person)
- Chief Editor (1 person)

For more information about positions, visit https://tinyurl.com/y362oqnd
For the Team Application, visit https://tinyurl.com/y9zzxgl

*Please note that only high school seniors and college students are eligible to apply.

MENTAL HEALTH UNITED

PROVIDING MENTAL HEALTH RESOURCES FOR UNDERSERVED COMMUNITIES

WANT TO BECOME A PART OF THE CHANGE?

APPLY HERE:
FORMS.GLE/CX8CNBAUJTE6JMEZA
Simply Neuroscience Action Potential Advising Program
Mentorship

Simply Neuroscience, a student-led non-profit organization works to expand interdisciplinary neuroscience education, outreach, and awareness for students. Over the past year, Simply Neuroscience has expanded to include a broader community of over 20,000 individuals spanning 49 U.S. states and 113 countries.

The recent launch of our Action Potential Advising Program (APAP) works to virtually connect young neuroscience students (“advisees”) with older professionals (“advisors”) to provide educational guidance and mentorship. The APAP’s mission is to bridge gaps in early neuroscience and psychology education through creating an international, centralized mentorship space that supports both STEM and humanities students.

Here is the link to the application: https://tinyurl.com/apap-apply

To learn more, please see this document for further details: https://tinyurl.com/apap-info
JOIN THE APAP FAMILY

A SIMPLY NEUROSCIENCE INITIATIVE

SO YOU WANT TO BE AN ADVISEE?

The Action Potential Advising Program (APAP) works to virtually connect young neuroscience students (“advisees”) with older professionals (“advisors”) to provide educational guidance and mentorship.

STRENGTHEN YOUR KNOWLEDGE

• Strengthen your neuroscience and psychology interests
• Expand your knowledge of various fields in neuroscience and psychology

RECEIVE GUIDANCE AND SUPPORT

• Receive expert academic and professional guidance for college, graduate school, research opportunities, career exploration, and beyond

GAIN NETWORKING AND SN OPPORTUNITIES

• Develop networking skills by interacting with 1000+ fellow students and professionals
• Gain exclusive access to Simply Neuroscience's community

Read more about the structure and time commitment of APAP here:
https://www.simplyneuroscience.org/advising-program

READY TO JOIN US?

Fill out the application at this link: https://tinyurl.com/apap-apply
Questions? Email us at advisingprograms@simplyneuroscience.org

Keep up with Simply Neuroscience at simplyneuroscience.org!
Undocumented Student Program DACA resources

Applying or wondering if you are DACA eligible?

If so, email usplegal@ebclc.org for more information!
**Summer 2021: Archaeological Field School in Greece**

Open to all students

Applications are open for Professor Shelton's summer field school in Greece. All students are encouraged to apply, regardless of major. This program includes archaeological excavation, museum work, tours of historic sites and close study of methods and research.

**Stanford Research Study - participants needed**

Hi! We’re researchers in the Psychology Department at Stanford University, and we’re recruiting participants to take part in two online studies.
**Study 1** takes about 25 minutes, and you will receive a $5 Amazon gift card for your participation. Here is some more info:

- In this study, you will play seven child-friendly drawing and guessing games and then answer some questions about yourself.
- You must be at least 18 years old and have lived in the US most of your life.
- To participate, visit the following link on a laptop or desktop using Google Chrome or Firefox: [https://langcog.stanford.edu/expts/RR_adults/expE.html](https://langcog.stanford.edu/expts/RR_adults/expE.html)

**Study 2** takes about 20 minutes, and you will receive a $4 Amazon gift card for your participation. Here is some more info:

- In this study, you will pick things that are related and then answer some questions about yourself.
- You must be at least 18 years old and have lived in the US most of your life.
- To participate, visit this link: [https://langcog.stanford.edu/expts/coglink/index_E.html](https://langcog.stanford.edu/expts/coglink/index_E.html)

You can participate in both studies (but only once per study).

**For your $4, $5, or $9 Amazon gift card:** Note your Participant ID (displayed on screen at the beginning and end of the study) and email it to langcogculture@gmail.com. If you participate in both studies, please include both Participant IDs in your email. We will email you your gift card within 3 days.

**Please help us spread the word by forwarding this message to any friends and family who might be interested in participating!**