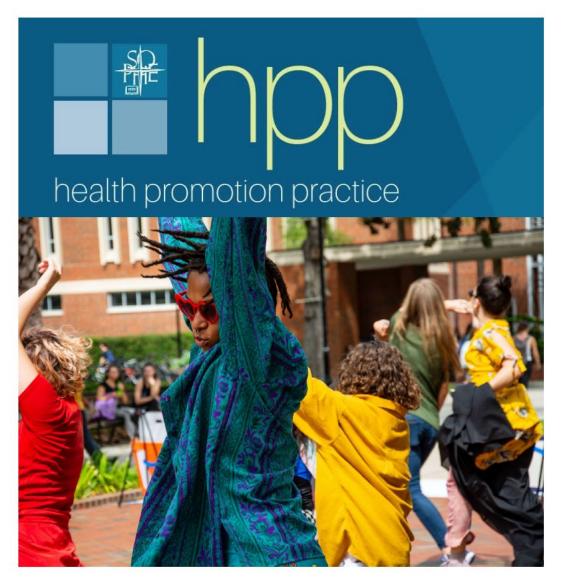
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Call for Papers: Arts in Public Health Supplement, 3/1/20-6/1/20



Arts in Public Health Supplement Call for Papers now open!

March 1 - June 1, 2020

Health Promotion Practice (HPP), in collaboration with the University of Florida Center for Arts in Medicine and ArtPlace America, invites you to be part of an upcoming special open access supplement on Arts in Public Health. This important collection of papers will help document and advance the current knowledge about, skills needed for, and examples of work using the arts to advance public and population health.

Undocumented Students Program Service Updates, 3/18/2020

Dear USP Students,

It's a difficult time for all of us. We hope that you and your family are healthy and safe.

Some of you may have heard about ICE sweeps being conducted in the midst of the COVID-19 outbreak. We want to remind you that you have power and it's important for you and your loved ones to Know Your Rights!

https://www.aclu.org/know-your-rights/immigrants-rights/

You may also be wondering about resources for you and your family related to COVID-19. Please click on these links to find further information that can be helpful to you and your loved ones:

- https://ciyja.org/covid19/

 $\underline{https://docs.google.com/document/d/1PxLuuH0-hwHXftUXuEi52Q1qWUDegN8_I1L4ulIFwzk/edit}$

We want to let you know that USP is here for you, and to help meet your needs. In efforts to limit coronavirus risk on campus, the Undocumented Community Resource Center (UCRC) is temporarily closed. However, USP services remain open and accessible. Please see below on how to access our services:

Financial Aid

The Financial Aid & Scholarships Office is offering virtual satellite advising. Please follow the link for instructions to sign up for an appointment:

https://www.wejoinin.com/sheets/cyogi

Financial Support

The emergency grant and USP scholarship application is still open and can be accessed here. If you have any questions, please email:

<u>uspemergencygrant@gmail.com</u>

Academic Counseling

All appointments with Valeria have been moved to virtual (phone or video) appointments. We continue to be committed to providing access and support to you during this ever-evolving time. To schedule an appointment with Valeria:

Through March 30th: https://www.wejoinin.com/sheets/npkxw

After March 30th: https://valeria-7.youcanbook.me

When you sign up, please input the following information into the name section:

- Full Name
- Student ID number
- If you'd prefer meeting via video or audio

For Example: Oski Bear / 3031234567 / Video

* This information will not be displayed publicly but will be for internal use only.

Valeria will reach out to you at the time of your appointment.

Note: Please email Valeria <u>vcayala77@berkeley.edu</u> if these slots do not work with your schedule and if you have any questions or concerns

Mental Health Support

Scheduled appointments

- During this reduction in services, ALL appointments will be held over the phone and will
 be shorter than usual, given reduced service hours. If you already have a scheduled
 appointment with Dr. Barrios or Dr. Peña, they will be reaching out for a phone session
 at the time of your appointment. We understand that it may be difficult to access a private
 space with short notice, so please let us know if you need to reschedule or cancel based
 on travel/transition needs.
 - o Dr. Bianca Barrios (510) 664-5342
 - o Dr. Diana Peña (510) 664-7483
- Those new to mental health counseling (and not in crisis) may also call to access phone support, case management, referral support, etc. As our hours will be limited, calling our voicemail is NOT the best resource if you are in crisis or need urgent support. See below for info on urgent emotional support***.

Communication

• Given the fluidity of this situation, please check emails from the eTang secure messaging system, as this is a primary way counselors will update you with last minute changes to services. They will also call your cell phone number for updates and scheduled phone

appointments, so please make sure your Cal Central Mobile number has a voicemail box that is set up and can accept new messages.

Additional Services

- As of Monday, March 16th, all counseling groups, including the UndocuWellness in Action Group have been suspended until further notice. If you're an existing member of USP's skills group, please check your eTang messages and/or phone messages for additional details.
- Drop in hours (aka Let's Talk) are cancelled until further notice. In lieu of drop-in, additional phone appointment slots will be opened.
- ***For ANY urgent concerns or crisis mental health needs, please call CAPS at the Tang center (510) 664-7483 to speak with a counselor. For after-hours crisis support, please call 855.817.5667. For up to date info on CAPS services, please go to https://uhs.berkeley.edu/caps. For info on all other UHS/Tang services during this alternative instruction period, please visit:

https://uhs.berkeley.edu/coronavirus/accessing-uhs-services

Self-care tips from CAPS counselors

https://www.youtube.com/watch?v=_13Au6I4s40&authuser=0 https://www.youtube.com/watch?v=duJUwQxeQzw&feature=youtu.be

<u>Immigration Legal Support</u>

COVID-19 UPDATE (as of 3/12/20 but subject to change):

The East Bay Community Law Center (EBCLC) is the legal service provider for USP. As one of the largest providers of free legal services in the East Bay and home to eight of Berkeley Law's community-based clinics, EBCLC places tremendous importance on the health of our staff, students, clients and the public. In an effort to support community well-being, we have closed our offices and have cancelled our drop-in appointments and in-person clinics through April 7th, 2020. We are committed to providing responsive legal services in the areas of housing, health, immigration, education, and economic security, and we will continue to do so with the utmost respect for our clients. Please schedule remote appointments through our online booking system, email us at usplegal@ebclc.org, or contact your caseworker for assistance with a legal matter. Thank you for your cooperation and support.

General Consultations

 All general consultations scheduled through our online booking system will take place by phone or Zoom. Until further notice, we will not have in-person general consultations at our Adeline office or at 180 Cesar Chavez. If you already have a scheduled appointment, EBCLC staff will contact you directly to arrange for a remote appointment. If you would

like to schedule, reschedule or cancel an appointment, please visit the USP website. Please contact <u>usplegal@ebclc.org</u> with any questions or concerns.

DACA Renewal Clinic on 3/19/20

• The upcoming in-person DACA Renewal Clinic on Thursday, March 19, 2020, is cancelled. However, we will continue to complete DACA renewals using remote options, including by phone and Zoom appointments. If you are scheduled for the DACA Renewal Clinic, EBCLC will reach out to you directly with remote options to complete your DACA renewal with us. Please contact usplegal@ebclc.org with any questions or concerns.

Current Clients of EBCLC

• For current clients of EBCLC, please reach out to your caseworker directly regarding any questions or concerns.

UCRC Online Community Gathering

Join USP staff to go over USP virtual services and answer your questions. We are here for you!

Weekly on Wednesday, 12pm-1pm.

Starting March 25, 2020

RSVP: http://bit.ly/usponline

SLC Writing Program Full Services Return Today!, 3/30/20



We are pleased to announce that all of our service formats are available virtually starting Monday, 3/30! Virtual Writing Tutoring Appointments and Drop-in service are here to support you at every stage of the writing process. Join us in the Virtual VèVè Writing Lounge to partner one-to-one with a friendly tutor for the same great conversations and focused feedback as our in-person tutoring.

In addition, our Research and Undergraduate Thesis workshops begin this week!

UC Berkeley Psychology Department: Faculty Fireside Chats, 4/1/20

UC Berkeley Psychology Department

Faculty Fireside Chats

The virtual fireside chat series is an opportunity for our community to gather and deepen relationships during these crazy times of social distancing. Each hour-long chat will begin with a short introduction of our speaker followed by an open floor Q&A. Please come prepared to ask your burning questions about science, career, and the meaning of life. We look forward to seeing you there!

5-6pm on Wednesdays | Link to Meeting: berkeley.zoom.us/j/899902003



Dacher Keltner
April 1



Lance Kriegsfield April 8



Steve Hinshaw April 15



Serena Chen April 22



Kevin Weiner April 29



Ann Kring May 6

Explore the Researcher in You! RSVP Today!, 4/1/20

We are excited to announce the launch of our research virtual workshop series, <u>Explore the</u> <u>Researcher in You!</u> In the coming weeks, we'll demystify the research process and look at different ways to maintain momentum and stay inspired. Each interactive workshop is designed to support you as you delve into your intellectual curiosities.

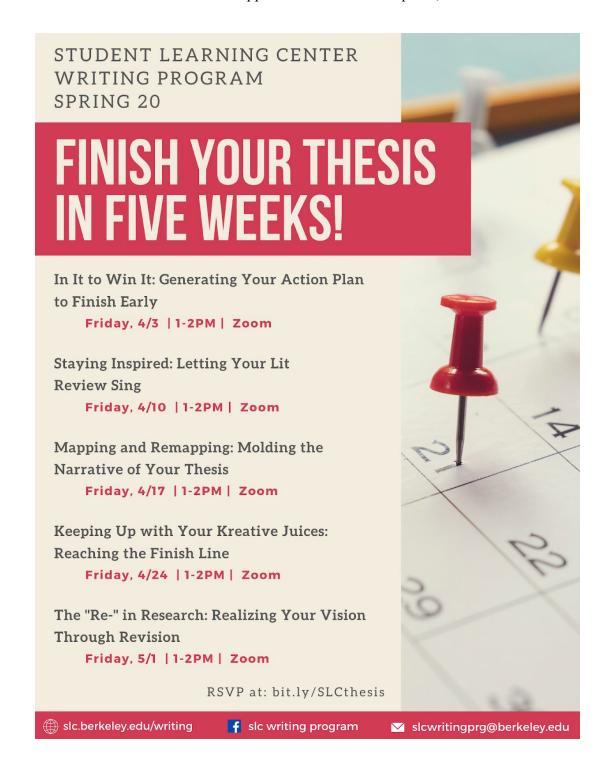
Our first installment, "Kick Start Your Research: Making Plans to Stay Ahead," will be **Wednesday, April 1 at 5:00pm**. For additional information and to RSVP to one or all of the workshops, visit our <u>website</u>.



SLC Writing Program - Thesis Project Support! RSVP today!, 4/3/20

Our second virtual workshop series of the semester, "<u>Finish Your Thesis in Five Weeks</u>," is here to support you with your honors thesis or capstone project. In these hands-on workshops, you will join peers to navigate each stage of the writing process as a community of writers. Together, we will unpack strategies that will support you to not only finish strong, but also finish early!

The first workshop, "In It to Win It: Generating Your Action Plan to Finish Early," is **Friday at 1:00pm**. Visit our <u>website</u> to RSVP for one or more workshops.



Anne H. Scott Memorial Undergraduate Scholarship in Chinese Studies, 4/6/20

The Anne H. Scott Memorial Undergraduate Scholarship in Chinese Studies is funded through the Anne H. Scott Endowment in Chinese Studies at IEAS, a gift of Hugh A. Scott in memory of

his late wife, Anne H. Scott (née Anne Hanrahan), and her dedication to Chinese historical studies. The Scholarship supports an undergraduate student emphasizing Chinese studies at UC Berkeley. It is intended to assist students who have studied the Chinese language and who wish to use their language training to study Chinese history or culture, or to translate historical texts.

This year one award of \$2,500 is available. Deadline: **Wednesday, April 6,** 2020, 5:00 p.m. Follow this link for the full announcement and application procedures. Questions? Contact Dylan Davis, Associate Director, Institute of East Asian Studies (IEAS) davisds@berkeley.edu.

Virtual CalTeach Info Session for STEM Education, 4/6/20



Summer 2020 Research Associate Program for Junior Transfers, 4/7/20

UC BERKELEY STUDENT LEARNING CENTER

RESEARCH ASSOCIATE PROGRAM

JUNIOR

TRANSFER

SERIES

June 22 - August 14

CURIOUS ABOUT RESEARCH?

Apply to the Student Learning Center's Summer 2020 Research Associate Program!

Immerse yourself in a tight-knit learning community and create an original research project in eight weeks.

Hosted by the SLC Discovery Program, this opportunity is open to first-generation, low-income junior transfer students.

DEADLINE EXTENDED

Applications Due Tuesday, April 7

VISIT SLC.BERKELEY.EDU/RAP TO LEARN MORE

Students can visit our <u>website</u> for complete program details and access the application form <u>here</u>. They are also encouraged to reach out to <u>serena.le@berkeley.edu</u> directly with any questions.

The extended deadline to apply is **Tuesday**, **April 7**.

Grocery Bag Pickup at Crossroads for Staff, 4/7/20

On April 7, 2-4 pm, the Basic Needs Center and Food Pantry are hosting a grocery bag pick up at Crossroads specifically for staff, postdocs, and visiting scholars who are in need of food.

Need extra food during this challenging time?



Grocery Bag Pick Up for Staff @ Crossroads Tuesday, April 7th 2-4pm

Hosted by the Basic Needs Center & Food Pantry

More Information

Thank You

No need to sign up!
This is open to all staff
and will be an
opportunity to share
your needs as well as
pick up food.
Please stay safe &
keep 6 ft distance
when picking up.

Tinyurl.com/ UCB-BNC-C19

¿Necesita comida extra durante este momento difícil?



Bolsa de Comida Para el Personal @ Crossroads Martes, abril 7 2-4pm

Organizado por el Basic Needs Center & Food Pantry

Para más información

Gracias

No es necesario
registrarse! Esto está
abierto para a todo el
personal y será una
oportunidad para
compartir sus
necesidades. Para
protection, manten 6
pies de distancia.

Tinyurl.com/ UCB-BNC-C19

您需要外加的食粮吗?



员工食粮采集 在 Crossroads 星期二 4月7日 下午2-4点

由食品庫和基本需求中心提供

更多信息

谢谢!

不需要注册!
对所有员工开放
这也是分享您的需求的机会
请注意安全:
收集时请
保持**6**英尺的距离

Tinyurl.com/ UCB-BNC-C19

Online workshop - Healing Shame in Couples and Other Important Relationships, 4/10/20

Healing Shame in Couples and Other Important Relationships - ONLINE -

A Workshop for Therapists and other Helping Professionals With Sheila Rubin LMFT, RDT/BCT and Bret Lyon PhD, SEP

Online using Zoom - Live and Recorded 4 Fridays: May 8, 15, 22 and 29 10am - 1:30pm Pacific Time

\$375 full price / \$350 with full payment by April 10
Special price for interns
13 CE credits available - CAMFT CE provider #134393 (See website for details)

The more we care about each other, the more vulnerable we are to shame. Intentionally or unintentionally, we poke each other in the tender spots. In this workshop we will explore the blame/shame game people who care about each other can fall into and learn how to help them stop shaming each other and work together to create a secure base and heal the wounds of the past. We will:

- · Look at some of the many subtle ways shame can be triggered.
- Explore shaming moments with great care so we can teach our clients how to avoid shame-based reactivity.
- Learn the gentle art of counter-shaming and how to avoid triggering feelings of inadequacy in yourself or in another person.
- Talk about, have compassion for and heal past shaming incidents within the relationship.
- Help each person to understand, have compassion, and be there for each other—to learn
 to face the shame dragon together, to avoid shaming in the present and heal shame from
 the past.

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. You can also check out articles and free Healing Shame webinars.

www.HealingShame.com

Sheila Rubin and Bret Lyon are leading authorities on healing shame. They have co-led Healing Shame workshops for over a decade, in many cities in the U.S. and Canada, including Berkeley, New York, Montreal, Ottawa, and Victoria, BC. Both have trained in EFT with Sue Johnson and in AEDP with Diana Fosha.

The Center for Healing Shame is approved by the California Association of Marriage and Family Therapists to sponsor continuing education for MFTs, LCSWs, LPCCs and LEPs in California. Approved CE provider #134393. Berkeley and online courses meet the qualifications for 13 hours of continuing education credit. CE credits for PhDs and nurses licensed in California and PhDs, therapists and nurses licensed outside of California in the U.S. and Canada are available through the co-sponsorship of R. Cassidy Seminars. Please visit our website for details. The Center for Healing Shame maintains responsibility for this program/course and its content.



Center for Healing Shame 830 Bancroft Way, Suite 102, Berkeley, CA 94710

Casa Joaquin Now Accepting Applications, 4/20/20

Casa Joaquin Murrieta (Casa) is a multi-ethnic residential community that supports leadership development and academic success while providing a nurturing living environment for first-generation, low-income, UC Berkeley students. Please read details about the program below. The application for the 2020 - 2021 Academic year is now open!

https://greenlining.org/leadership-academy/programs/casa-residency/

A COMPLETE APPLICATION REQUIRES:

- Submission of the application form
- Completion of the 4 short answer questions
- A copy of your Financial Aid Offer Letter
- A copy of your or your parents previous year's taxes
- A copy of the Official UC Berkeley Offer Letter or other proof of enrollment
- Professional resume and list of references

APPLICATION SUBMISSION DEADLINE:

- Current Students (all students enrolled at Cal): April 20, 2020, 5:00 p.m. PST
- Incoming Students (freshmen and transfers): May 11, 2020, 5:00 p.m. PST

Ready to apply? Submit your application here:

http://greenlining.formstack.com/forms/2020casajoaquinapplication

If you have any questions or would like to schedule a tour, feel free to email chagans@greenlining.org

UCI Master of Advanced Study (MAS) degree in Criminology, Law and Society, 6/1/20

Application Deadline for Fall 2020 is June 1, 2020

The GRE is not required. Application fee fellowship offered to new students who enroll this Fall.

The School of Social Ecology at the University of California, Irvine offers an online Master of Advanced Study (MAS) degree in Criminology, Law and Society. Courses are taught by expert

faculty members with a curriculum designed to help working professionals advance in their careers and help graduates further their education. The program has raised the standard for online learning with innovative learning platforms that make it easy to interact with instructors. It is currently ranked No.1 by <u>U.S. News & World Report.</u>

The curriculum emphasizes theoretical and practical applications, central to crime and its control, social policy and the law. You will be taking courses in Public Policy, Crime and Criminal Justice; Cybercrime, Cybersecurity and Society; Miscarriage of Justice; Immigration in the U.S. and others.

Click here for <u>Program Overview</u>. Click here to <u>Learn More</u>.

Upcoming events:
Live Virtual Information Session
Saturday, April 11, 2020
11:00am
Register

Live Virtual Information Session

Friday, April 24, 2020 Noon Register

Idaho State University Masters in Counseling, 7/1/20

We are looking at recruiting students from your undergraduate program that may be interested in a Master of Counseling degree. We have five specialty tracks including our new Clinical Rehabilitation Counseling track in fall 2020. Also, we are part of the Western Regional Graduate Program (WRGP) where students tuition would be at the in-state rate. We are accepting applications through July 1, 2020.





ANNOUNCING NEW COUNSELING SPECIALTY PROGRAM OPTION: CLINICAL REHABILITATION COUNSELING

PROGRAM DESCRIPTION

The new Clinical Rehabilitation Counseling (MCOUN) master degree option is the only available clinical rehabilitation counseling option in the State of Idaho.

The societal benefits of clinical rehabilitation counselors is far reaching. The unique knowledge and skill set facilitates those living with a disability (be it cognitive, physical, or emotional) due to genetics, natural aging, or the consequences of military service, to find ways to be productive members of society and role models of resilience for all of us.

HOW TO APPLY

To apply to the program, go to Graduate School and click on Graduate Application. The application materials for the Master in Counseling program are being accepted through July 1, 2020 to be considered for admission for the fall 2020 academic year.

Department of Counseling | (208) 282-3156 | isu.edu/counseling

ROAR

Application Process

Master of Counseling

Application must be submitted by January 15 to be considered for admission for the next fall semester.

Admission to the Department of Counseling master's program is based on a variety of criteria outlined in the ISU Graduate Catalog. In addition, admission is highly competitive; satisfactory completion of entry-level graduate school requirements does not guarantee acceptance into the Department of Counseling.

Interviews are tentatively scheduled for late January or early February (ISU-Pocatello) and late January (ISU-Meridian).

Notification of admission decisions tentatively scheduled as follows: ISU-Pocatello—Approximately 2/15-3/1

ISU-Meridian—Approximately 2/15-3/1

The Master of Counseling program involves a minimum of two years of full-time study or the equivalent at the Pocatello campus.

The Clinical Mental Health major is offered as a threeyear program at the ISU-Meridian Campus.

Students are involved in both common core courses and professional courses for each specialty area. Extensive practicum and internship experiences are also required.



Department of Counseling

(208) 282-3156 | isu.edu/counseling | coundept@isu.edu

Summer 2020 - Camp Baker, 7/8/20-8/14/20



Successful Summers Start Here

Camp Baker is a 6-week day camp for children ages 6-12 with ADHD.

Campers participate in fun, real camp activities while receiving treatment that has been proven to work.

Summer 2020 dates: Wednesday, July 8 - Friday, August 14

Bus transportation from Boston and Westwood is provided.

To apply, please visit our registration page:

<u>Camp Doc</u>

Black Graduation 2020 Registration Now Open

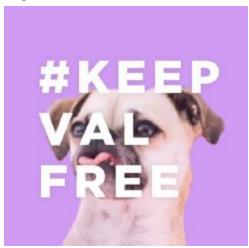
Registration for Black Graduation 2020, to be held on May 18th at 7 pm in Zellerbach Hall, is now open. Please share the link with your networks:

https://berkeleyblackgrad.wufoo.com/forms/black-graduation-registration/

Campaign: #KeepValFree

As some of you may know, the next couple of weeks DHS will be reviewing and building their case against Valeria, our fellow peer and beloved community member, and we need **your**

support in making sure DHS uses all its tools at its disposal and exercise prosecutorial discretion to terminate Valeria's proceedings!



In anticipation of Valeria's next hearing we need your continued support! Lend your help and take action by doing the following:

Share Valeria's story! Make sure to use #KeepValFree & #PD4QUTI's Support by donating to take care of Valeria and any needs while she leads her fight! Sign up to be a #KeepValFree Supporter!

Help us tweet at leaders who have the power to influence DHS: @SpeakerPelosi @BLeeForCongress @RepZoeLofgren @SenFeinstein @GavinNewsom

Here are some sample tweets: @DHSgov has used Prosecutorial Discretion (PD) for over 100yrs to conserve resources & stop deportations for humanitarian reasons. Will you stand with Queer Undocumented Trans Immigrants and stop their deportations with PD? #KeepValFree #PD4QUTIs @SpeakerPelosi @SenFeinstein @BLeeForCongress @RepZoeLofgren @GavinNewsom

@DHSgov spends ~10k to deport ONE individual! Queer, Undocumented, Trans immigrants seek refuge from violent persecutions in their birth countries, stop wasting resources and use Prosecutorial Discretion to end QUTI deportations! #KeepValFree #PD4QUTIs

Tweet at your elected officials! Demand they center Prosecutorial Discretion (PD) and stop wasting resources on deporting Queer, Undocumented, Trans Immigrants (QUTI) #PD4QUTIs

@SpeakerPelosi @SenFeinstein @GavinNewsom have the power to pressure @DHSGov to stop the unjust deportations of Queer, Undocumented, Trans Immigrants. Will you stand with LGBTQ+ Migrant youth? #KeepValFree

#DontInterfereWithMyKids Campaign in Peru showcases the homophobia Queer/Trans Peruvians face in and out of schools! We ask to @SpeakerPelosi @SenFeinstein @GavinNewsom stand with LGBT immigrants & demand @DHSgov use Prosecutorial Discretion (PD) #KeepValFree #PD4QUTIs

@SpeakerPelosi you have the power to save Queer/Trans immigrants from deportation and persecution! Pressure @DHSGov to use their power of prosecutorial discretion to stop unjust deportations! #KeepValFree

Tweet at your elected officials and demand they uplift the power of Prosecutorial Discretion! @DHSGov must stop wasting over 10k to persecute Queer/Trans Immigrants! #KeepValFree @SpeakerPelosi @GavinNewsom @SenFeinstein

The United States Public Interest Research Group Fellowship

Our mission is to advocate for the public interest—to speak out for a healthier, safer world in which we're freer to pursue our own individual well-being and the common good.

Whether it's working to stop the overuse of antibiotics in agriculture, addressing our country's plastic waste crisis, or alerting people to threats in the marketplace, the problems we work on aren't progressive or conservative. They're just problems that our country shouldn't tolerate any longer.

If you are ready to roll up your sleeves and win more results for the public, we'd love to hear from you.

You won't just sit behind a desk. You'll be out in the real world, working to protect consumers and enable citizens to lead healthier, safer, more secure lives. You'll be recruiting new groups to join a coalition, speaking in a church basement or town hall to win a new endorsement, organizing a news event or rally, meeting with an editorial board, or doing whatever else it takes to get results. You'll run a grassroots campaign office each summer during your fellowship

where you'll hire and manage a staff of 20 canvassers to raise money, build our organization and membership, and help win one of our key campaigns.

This is a one-year program, expressly designed to prepare future leaders with U.S. PIRG. We look for smarts, leadership experience, top-notch written and verbal skills, and an eagerness to learn. We value organizing experience, including building campus groups.

The target annual compensation for this position is \$28,000 in the first year. U.S. PIRG offers a competitive benefits package. We also offer an excellent training program and opportunities for advancement.

We're currently hiring for positions in multiple locations across the country, including Boston, Chicago, Washington DC, Los Angeles, Philadelphia and Portland, ME. If you're flexible, you can apply for multiple locations. We accept applications on a rolling basis.

Positions start in August 2020. Immediate positions also available. https://jobs.uspirg.org/fellowship.html

Summer Discounts & Opportunities for students

We are aware that world events may cause some students to choose not to return to their home this coming summer. As you advise students we wanted to pass along some information that may be of help to these students. To assist students who may not have summer housing in place, Cal Housing is offering a \$200 discount to the first 200 students to register for housing for the 12-week summer session (Session AD). Please visit the <u>Cal Housing website</u> for details. For those students that choose to remain in Berkeley for the summer, Berkeley Summer Sessions offers options that can help keep their academics on track or gain a new credential. There are a number of minors/certificates that can be completed in 12-weeks, such as the minors in Global Public Health, Digital Journalism, Race and the Law, Digital Humanities or a certificate in film production. For more information on minors/certificates go to <u>summerminors.berkeley.edu</u>

Beyond these options, Summer Sessions offers:

- More than 600 different courses in 99 different academic disciplines
- Over two dozen fully online courses: <u>summer.berkeley.edu/online</u>
- <u>Internship programs</u> in Boston, Los Angeles, and the Bay Area
- Scholarships and financial aid available to eligible students

Summer Sessions offers Berkeley classes compressed into 3, 6, 8, or twelve-week sessions, giving students the flexibility to make the most of their summer. Enrollment is now open. Learn more at <u>summer.berkeley.edu</u>

SLC Writing Program Virtual Tutoring Appointments

We wish you a safe, restful, and rejuvenating Spring Break! Our <u>Virtual Writing Tutoring</u> services will re-Zoom Monday, March 30.

As you take time to pause and recharge, we encourage you to visit the SLC's <u>Stay Well Together Initiative</u>. As members of the Berkeley community, we know this semester has presented many unexpected changes. Stay Well Together offers strategies for maintaining wellness, words of encouragement, and resources designed to support you.

Please take care and stay safe! We look forward to seeing you after the break.



The <u>SLC Writing Program</u> is excited to announce our Virtual Writing Tutoring Appointment service is now available via Zoom! This new virtual format offers students the same opportunity to engage one-to-one with a peer tutor for feedback at any stage of the writing process, from brainstorming to revision. During these <u>interactive appointments</u>, students reflect on their own writing process and engage fundamental strategies for developing as young scholars.



University of Colorado Survey Responses Requested

I am a student at the University of Colorado Denver and I am conducting research in air pollution. Many studies have addressed its detrimental effects on cancer, low birth weights, and other physical health concerns, but there is little literature focused on mental health concerns. I suspect there is a relationship between high levels of air pollution and anxiety rates. I have data on the air pollution (compiled EPA data bases). I need data on anxiety rates.

If I can get perhaps 30 responses, this will give me a good representation of anxiety rates among students in the Berkeley area. It would also contribute greatly to reducing global pollution as we plan on developing this research into a plan of action. If you are not able to help us out, I completely understand.

Here is a link to the survey: https://www.surveymonkey.com/r/G2SJQVJ

If you have any questions, please feel free to contact me or my research adviser Larry Erbert at

Larry.Erbert@ucdenver.edu

Thank you for your time, I will appreciate any help at all!

Oscar Maldonado University of Colorado Denver Honors & Leadership Scholar oscar.maldonado@ucdenver.edu

Processing Transfer Credit at this Time

At this time, students should be advised to request that transcripts be sent electronically (if the transfer institution needs an email address, they should use busops@berkeley.edu). We are continuing to post transfer credit via this method.

A reminder that we cannot receive transcripts from students via email, they must come directly from the transfer institution. Alternatively, if an advisor receives an official transcript, they could send a pdf to busops@berkeley.edu.

If an electronic option is not available, we suggest that students postpone the request to send until after Shelter in Place (right now, April 7th). At this time, there is no one available to scan hard copy transcripts in Sproul due to Shelter in Place. And it might not be advisable for documents to linger with mail services. My hope is that as we know more about the extent of our time away from campus, and how in person services will be handled, we'll have better guidance on when to send so that action can be taken closer to receipt of the documents.

L&S Virtual Front Desk



<u>Virtual Front Desk</u> is a resource for students, staffed by the L&S Peer Advisers.

Students will now be able to access the L&S Advising Office's front desk services virtually by logging on to Virtual Front Desk Google Hangouts. The peers will be able to assist students with quick questions, help identify petitions and forms (and how to submit), support navigating which campus office to contact with questions, and explain how to make an L&S college advising appointment if students have difficulty.

Topics you can get help with through L&S Advising's Virtual Front Desk:

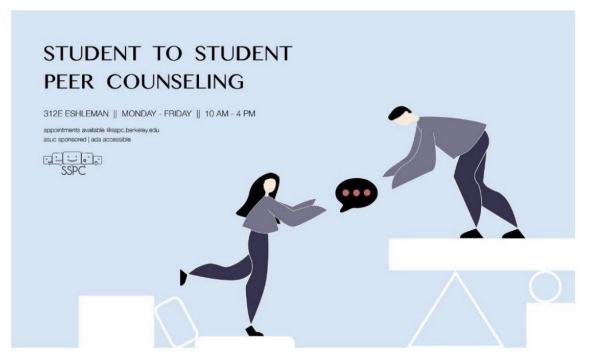
- Clarification on L&S College policies and procedures
- Help choosing petitions and forms (and guidance in submission)
- Support navigating which campus office to contact with questions
- Guidance in whether to make an L&S College Advising appointment or to use a different resource

Please note that this service is an **open format**, which allows students to join in and leave at their convenience. Students, therefore, will be able to hear questions posed by other students.

On the <u>Virtual Front Desk</u> webpage, you will find a calendar that indicates the hours. The calendar will be updated daily, depending on changes in peer availability.

This Virtual Front Desk service is in addition to the Google Hangout services that the peers are already providing in the evenings. For more information about those services, please review Virtual Office Hours w/ Peer Advisers.

Student to Student Peer Counseling



Student to Student Peer Counseling is a group of student counselors providing free, one-on-one, confidential, walk-in services to UC Berkeley students. As peer counselors, we provide a supportive atmosphere where students can openly talk about their feelings. All of us are extensively trained to cover a broad spectrum of topics, ranging anywhere from stress to suicidal thoughts, and are here to offer nonjudgmental, empathetic ears for whatever you're going through. We know that COVID-19 related events are stressful and anxiety-inducing, and want to be there for the UC Berkeley community should anyone need a space to talk openly about how they're doing and to develop their own solutions to problems and uncertainties. Please note that all our services are completely free and confidential.

Recently we have shifted to taking appointments via Zoom. You can make an appointment at https://sspc.berkeley.edu/appointments/, and we'll send you an email with the meeting link once you're scheduled. For more information, visit our website at sspc.berkeley.edu or send us an email at sspcemail@gmail.com. Hope everyone's taking reasonable precautions and staying safe during these challenging times.

UHS - Teladoc and UC Berkeley CAPS

Did you know?

→ If you have SHIP, you may still have access to medical services via Teladoc

Teladoc is a virtual platform where you can talk to a doctor, therapist, or medical expert anywhere you are by phone or video.

Students living in Berkeley or residing within the United States with SHIP (student health insurance) are eligible.



With Teladoc you can:

Access mental health clinicians for counseling and psychiatry Access services 24 hours a day, including weekends and campus holidays See board-certified medical professionals for things like the flu, common colds, and more through your phone, tablet or computer with internet access

(There is \$15 copay per visit for SHIP members to use Teladoc)

For more info, vist: uhs.berkeley.edu/teladoc-online-telemedicine

UC Berkeley CAPS @ Tang is still open!

Tang remains open for urgent drop-in at the Tang Center: M-F, 10am-5pm

CAPS (Counseling and Psychological Services) is figuring out virtual options for counseling outside of the office, for that reason, they are limiting services to phone consultations and offering support for alternative ways to connect for counseling. Students can call CAPS and speak with a counselor over the phone for a consultation during business hours: (510) 642-9494.

COVID-19 Arts Response Resources Now Available

New Resources for COVID-19 Arts Response

Call for Collaboration & Evidence-based Framework for Using the Arts in Public Health

The Center for Arts in Medicine is pleased to announce the release of two new COVID-19 Arts Response resources. The *Call for Collaboration* and *Evidence-based Framework for Using the Arts in Public Health* are designed to enable high-impact responses to COVID-19 through the arts.

Visit the <u>COVID-19 Arts Response webpage</u> for an overview of the initiative and to access the <u>Call for Collaboration</u> and the <u>Evidence-based Framework</u>. We are calling on you to help us share these resources in your community and beyond to help reduce the spread of COVID-19 and improve quality of life in the near and long term. As a leader in your community, we urge you to review these resources, share them with your colleagues, and share them to your social media accounts. We are using these hashtags and invite you to use them, too.

#COVID19 #ArtsResponse #ArtsResponseC19 #ArtsResponseCOVID19 #CreativeResponse #ArtsInPublicHealth #ArtsInHealth #ArtsInMedicine #PublicHealth #CommunityDevelopment #HealthCommunication

Visit <u>COVID-19 Arts Response website</u> for more information.

Meet Virtually with an EOP Academic Counselor or PAC

Counselors are now available for future appointments. For more information email advising@berkeley.edu. For current updates visit our website eop.berkeley.edu. We look forward to meeting you virtually!

Interested in a same day appointment with our counselors? Visit Same Day Appointments.

In adherence with campus communications, EOP will postpone in-person appointments and offer virtual services for the remainder of the Spring 2020 semester.

Schedule a virtual appointment with the link: Virtual Appointments

If you'd like to speak to one of our amazing PAC's please email eop.usp.pacs@berkeley.edu