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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

**AAPI General Wellness Guide Resources**

Here is the [AAPI Wellness Guide 2021](https://www.getcalfresh.org/?source=ucberkeley).

It is one of many products from the AAPISC, led by Lisa Hirai Tsuchitani and Marcia Gee Riley. AAPISC is an inaugural advisory body to the Chancellor and her Cabinet under the executive sponsorship of VCEI Oscar Dubón that was created in 2019 to increase awareness about and address campus climate issues for AAPI undergraduate and graduate students, staff, and faculty: [https://diversity.berkeley.edu/aapisc](https://diversity.berkeley.edu/aapisc)

**Multicultural Community Center, May Newsletter**

Dear lovely community,

We're almost there! We at the MCC want to applaud you all for your hard work during this semester especially as we faced the challenges of zoom university. We want to wish you the best in finishing the semester and wish you a very well deserved rested summer!

With love and solidarity,

MCC

**Food Pantry Spring Semester Hours**

Tues 12-6PM

New Morning Hours! Wed 7:30AM - 2:30PM

New Evening Hours! Thurs 12-7:30PM

Fri & Sat 11A-2PM

**Love the Food Pantry? Apply for CalFresh!**

Apply for long term food assistance through Cal Fresh and be awarded up to $204 per month to spend on food, produce, snacks, and much more. Learn more: [https://www.getcalfresh.org/?source=ucberkeley](https://www.getcalfresh.org/?source=ucberkeley)
Transition Supply Requests
Mailed to you or pickup in Berkeley (discrete packaging possible). Form for trans, non-binary, and gnc students at Cal to request transition related supplies to be ordered by and provided to them by QARC. Supplies you can request include, BUT ARE NOT LIMITED TO: binders, breast forms, bras, packers, STPs (stand to pee devices), tucking underwear, other underwear, wigs, makeup, razors, shaving cream/foam, hair removal tools, and over the counter transition related medications or medical supplies.

Please contact operations@ucbqarc.org with any questions and fill out the form, if needed, here: https://docs.google.com/forms/d/e/1FAIpQLSeU8eY6cCmikEUIeZmZqLaHJ-X9L0wm7ej_tD7WQ-XpJSNK8g/viewform

Native American Student Development 2021 Internships
The Native American Student Development Office (NASD) is a retention program that operates under the support of Educational Justice and Community Engagement (EJCE), under the Division of Equity & Inclusion. NASD seeks to holistically support Native American students, as well as guiding campus efforts to retain and graduate Native American students from UC Berkeley. The Intern works with the NASD staff and the greater Native American community on programming and events that are related to the office.

Apply here: https://docs.google.com/forms/d/e/1FAIpQLSdCl2Q8mwuDFUlcf72kchZ4TnrZ1q63hnSQ6IK2m-vHZvZzUg/viewform

- Overall Duties/Responsibilities (Primary tasks may include, but are not limited to)
  - Complete assigned tasks given by the Director and Assistant Director of NASD
  - Maintain a welcoming and clean environment in NASD physical and virtual office
  - Check in with supervisor every shift
  - Attend weekly NASD office meetings
  - Maintain and order office supplies
  - Manage NASD departmental email during assigned shifts
  - Provide campus tours for prospective students (when applicable)
  - Research for programs as needed
  - Complete necessary paperwork for programs as needed
  - Create, update, and follow-up on assignment of tasks via asana and with your supervisor to ensure their success
  - Assist in communication between NASD, student groups and individuals surrounding academic needs
Miscellaneous Opportunities: Week of May 10, 2021

- Act as student employee and community liaison, attending and organizing meetings as necessary
- Conduct professional and timely communication

Open Positions:

- **Programming and Outreach Intern - summer & fall**
  - Responsibilities include, but are not limited to:
    - Plan and coordinate Native & Indigenous Orientation
    - Plan and coordinate community programming and events
    - Coordinate Native American Student Ambassadors (NASA) and group visits
  - Availability to work at least 8 hours a week

- **Communications Intern - fall**
  - Responsibilities include, but are not limited to:
    - Write and send out weekly NASD Newsletter
    - Maintain and post on the NASD’s facebook (Native American Student Development at Cal), Alumni FB page, Instagram (@ucbnasd), Twitter (@UCBNASD) and YouTube channel (Native American Student Development)
    - Manage the NASD google virtual calendar
  - Availability to work at least 6 hours a week

- **Project and Administrative Intern - summer & fall**
  - Responsibilities include, but are not limited to:
    - Submit and manage expenses reimbursements
    - Manage office supply inventory and organization
    - Utilize Bearbuy and other online shopping systems
    - Create, maintain supply of, and order NASD merchandise/swag
    - Maintain alumni database and relations
  - Availability to work at least 6 hours a week

- **Graphic Design Intern - summer & fall**
  - Responsibilities include, but are not limited to:
    - Update and maintain NASD website as needed
    - Design and create fliers, brochures and programs
  - Availability to work at least 6 hours a week

- **Garden Lead - summer & fall**
  - Responsibilities TBD
  - Working in the newly established Indigenous Teaching Garden
  - Availability to work at least 7-10 hours a week

- **Native Community Center Ambassador - fall**
Miscellaneous Opportunities: Week of May 10, 2021

- Responsibilities include, but are not limited to:
  - Space management
  - Opening and closing the community center
  - Event support in space
  - Staffing front desk
- Availability to work at least 6 hours a week
- Wellness Coordinator - fall
  - Responsibilities include, but are not limited to:
    - Maintain weekly wellness office hours
    - Coordinate and schedule monthly talking circles
    - Plan and coordinate annual Gathering of Native Americans (GONA) event
  - Availability to work at least 6 hours a week

Minimum Qualifications:
- At least in 2nd year at Cal
- Minimum gpa of a 2.5
- 1 year time commitment
- Experience with working in the Native American community
- Familiarity with or willingness to learn office procedures
- Commitment to the development of the Native American community at UC Berkeley
- Ability to use Microsoft Suite (word, powerpoint), Google suite, preferred: Photoshop, and InDesign
- Excellent time management skills
- Ability to work effectively both independently and as part of a team
- Strong communication skills, both written and verbal
- Knowledge of the UC Berkeley campus, student services
- Understanding of needs within the Native American student body at Cal
- Availability to work at least 6 hours a week

Hours/Compensation: 8-12 hours a week at $16.55 per hour

NASD Mentor Mentee Program
Sign up to be paired with a Native graduate student mentor! Check in, develop skills, improve your academic or research technique and/or prep for graduate school and beyond!
Interest form: [https://docs.google.com/forms/d/e/1FAIpQLSc_7OjJnRiKPt89RflxB7oYj_6OkIwd7myBrbgn_vQlzAKi0A/viewform](https://docs.google.com/forms/d/e/1FAIpQLSc_7OjJnRiKPt89RflxB7oYj_6OkIwd7myBrbgn_vQlzAKi0A/viewform)

Wonderland: Unity Pre-Shows and Show, May 8
Drag Show, 5/8/2021 5PM
  ○ Join us for the premiere of Wonderland: Drag Me Through the Looking Glass, hosted by Peaches Christ and Honey Mahogany, featuring an amazing array of drag performances from the Cal community!
  ● Register here: https://docs.google.com/forms/d/e/1FAIpQLSfhhuYwrSecDa6812Nm-7ji9DINcnkSMvE19NyejeN5MXt_xlg/viewform?vc=0&c=0&w=1&flr=0&gxids=7628

Call for Queer Filmmakers, June 4
Looking for short film submissions for the >>>calming ritual exhibition. Submissions accepted until Friday, June 4th, 2021. See https://calmingritual.club/guidelines for more submission info.
UW Grey Matters Journal Neuroscience Series, 4/16 - 5/7

GREY MATTERS JOURNAL
AT THE UNIVERSITY OF WASHINGTON
PRESENTS
AN EVENING WITH NEUROSCIENCE

APRIL 16, 5PM PDT: YOUTUBE LIVE
We’ll host an interactive neurotechnology demonstration by UW Synaptech, featuring mind-controlled games and a talk by Dr. Fatma Inanici on spinal cord stimulation.

APRIL 23, 5PM PDT: YOUTUBE LIVE
University of Washington professors Dr. Robinson and Dr. Mulligan will be conducting a live human brain dissection!

APRIL 30, 5PM PDT: YOUTUBE LIVE
We’ll stream a custom-made video from Greg Dunn, a world-class neuroscientist artist.

MAY 7, 5PM PDT: YOUTUBE LIVE
We’ll have a livestream featuring our panel of neuroscientists, who’ll be answering any of your questions about neuroscience!

Post in the comments section of our streams to interact with us live!
Stream links can be found on our website (greymattersjournal.org/ewn). To submit questions for any event, head over to greymattersjournal.org/ewn-ask-questions or DM us on social media @greymattersjournal on Instagram or Facebook. To learn more about our panelists, check out our social media or visit the Grey Matters Journal YouTube
Annual Psychology Departmental Poster Day, 5/7

Frédéric Theunissen, Peter (GSI), and Silvia Bunge welcome you to join us for Poster Day!

There will be five parallel Zoom breakout sessions from 3-4pm, and another five from 4-5pm. Each breakout room will have 3-4 students in it for the full hour, presenting and discussing their work with each other.

Find links below to the schedule and Zoom room. The schedule includes the list of presenters in each breakout room (from A-F) and the times of their 15-minute presentations. As of tomorrow, it will also include the titles of the presentations and links to the slides.

Schedule:
https://docs.google.com/spreadsheets/d/1_ATSgbDaz0r_MBS3tunbyCysv3picN8j-yWyADXe1aA/edit#gid=0

Zoom Meeting:
https://berkeley.zoom.us/j/91432380149?pwd=bk5KdWVXWmZkTU5EaUhxSkhRd0xsQT09

Meeting ID: 914 3238 0149
Passcode: 503568

Casa Joaquin 2021 - 2022 Housing Application Open, 5/7

Casa Joaquin Murrieta (Casa) is a multi-ethnic residential community that supports leadership development and academic success while providing a nurturing living environment for UC Berkeley students. Please read the details about the program here:
https://greenlining.org/leadership-academy/programs/casa-residency/

The application for the 2021 - 2022 academic year is now open!

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): May 7th, 2021, 5:00 p.m. PST
- Incoming Students (freshman and transfers): May 14, 2021, 5:00 p.m. PST

Ready to apply? Submit your application here:
https://greenlining.formstack.com/forms/2021casajoquinapplication

RSVP for the LGBTQ+ Grad/Undergrad Student Graduation Ceremony, 5/7

See below for details and to RSVP for the May 7th UCB LGBTQ+ Grad/Undergrad Student Graduation Ceremony. As always, everyone is invited to attend and celebrate.

Registration can be found here:
https://docs.google.com/forms/d/e/1FAIpQLSeWxSIV0aJYYk49ehb-b7Sqr6Hp4Re90zYFn6VNmMuxcByPA/viewform?gxids=7628
URI Survey on Stressful Life Experiences, 5/7

Attention students! A team of researchers at The University of Rhode Island is looking for undergraduates to participate in a 45-minute online survey that examines the impact of stressful life experiences on various domains of health. To be eligible for this study, you must be at least 18 years old. Eligible individuals who complete the survey will have the opportunity to enter a raffle to win one of two $100 Amazon gift cards! All of the information you provide is confidential (i.e., if you choose to participate in this study, we will not have access to your
name). If interested, please click on the link below (or copy and paste it into a new browser window):

https://uri.co1.qualtrics.com/jfe/form/SV_9sQogJkgHIBUxzD

If you have any questions or concerns about this study, feel free to contact Reina Kiefer at reina_kiefer@uri.edu or the Principal Investigator, Dr. Nicole Weiss, at nicole_weiss@uri.edu.

This research has been approved by the University of Rhode Island (URI) Institutional Review Board (IRB).
USP Emergency Scholarships and Grants, 5/7

APPLICATION IS NOW OPEN!
Deadline Spring Term: May 7th, 2021 11:59 PM
(unless funds exhaust prior to this date)

Application:
https://tinyurl.com/uspscholarshipgrants

The application for Emergency Grants and USP Scholarship are now open! Click on the link for the application and eligibility requirements.

Melting the Shame Freeze Workshops, 5/15 & 5/22
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, May 15, 10am-6pm & Saturday, May 22, 10am-5:45pm PDT**

Online via Zoom – Live and Recorded

$395 full price / $375 with full payment by April 9 / 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.

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 [http://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 find articles and free Healing Shame webinars: [http://www.HealingShame.com](http://www.HealingShame.com)

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**Simply Neuroscience Action Potential Advising Program**

**Mentorship, 5/30**

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 advisingprogram@simplyneuroscience.org

Keep up with Simply Neuroscience at simplyneuroscience.org!
**UC Education Abroad Program (UCEAP) Deadline Extended, 6/1**

Select Spring 2022 UCEAP options have been extended to June 1.

Find the full list of programs with the extended deadline on the UCEAP website. (You can also see program prerequisites, notes from advisers, and application instructions. Click on the pink plus symbol next to your program choice.)

[http://studyabroad.berkeley.edu/explore/programs?term=spring&sponsor=71&region=All&country=All&language=All&order=field_deadline&sort=asc](http://studyabroad.berkeley.edu/explore/programs?term=spring&sponsor=71&region=All&country=All&language=All&order=field_deadline&sort=asc)

If you have any questions about these programs, visit our virtual advising office: [https://myapp.berkeley.edu/advisingschedule.pdf](https://myapp.berkeley.edu/advisingschedule.pdf)

**Featured Programs with the June 1 Deadline**

- **Ireland - Irish Universities** *(Spring semester, open to Jr, Sr)*
  - [https://uceap.universityofcalifornia.edu/programs/irish-universities](https://uceap.universityofcalifornia.edu/programs/irish-universities)
  - Studying abroad in Ireland means finding yourself in a land of magic and mystery. This program is a full immersion experience, which means you’ll be treated like any other Irish student. Students in Ireland follow a more specialized academic curriculum than UC students. You’ll have limited options for coursework across disciplines. There is more emphasis on writing at Irish universities as well, so you may be submitting multiple essays per term, even in courses focused on science and mathematics. Craft your full-time course schedule based on your academic needs and attend class with local Irish and international students from all over the world.

- **Barbados - University of the West Indies** *(Spring semester, open to Jr, Sr, Gr)*
  - [https://uceap.universityofcalifornia.edu/programs/university-west-indies](https://uceap.universityofcalifornia.edu/programs/university-west-indies)
  - With its mix of British and African influences, Barbados is a small Caribbean island with a big personality. Discover the energy and spirituality of its capital, Bridgetown. The University of the West Indies, a community with students from Barbados, Jamaica, Trinidad and Tobago, and St. Augustine, offers a legacy of leadership and a rich infusion of Caribbean culture. Build skills as an educator, researcher, or entrepreneur with course offerings in educational theory, biology, and business ventures. Conduct fieldwork using the picturesque landscape as a
lab, study tropical and marines sciences, or volunteer in the friendly and colorful Bridgetown community.

- Ghana - University of Ghana *(Spring semester, So, Jr, Sr)*
  - [https://uceap.universityofcalifornia.edu/programs/university-ghana](https://uceap.universityofcalifornia.edu/programs/university-ghana)
  - Explore West Africa in Ghana's capital city of Accra, which bursts with art and food culture. The University of Ghana's commitment to national growth make it an ideal academic fit for public health, development, and the arts. Courses also include meaningful community interactions, internships, and cultural excursions. Experience castles, take cooking lessons, and learn Asante traditions and Twi or Swahili. Ghanian roommates can help you navigate Accra's medley of beaches, incredible food, and lively markets. Beyond the city limits, visit a wildlife sanctuary and discover mountain peaks and waterfalls on hiking trips.

- Japan - Engineering and Science *(Spring semester, Jr, Sr, Gr)*
  - [https://uceap.universityofcalifornia.edu/programs/engineering-and-science](https://uceap.universityofcalifornia.edu/programs/engineering-and-science)
  - Conduct research at Tohoku University, known for developing innovations and hands-on learning. Guided by a faculty supervisor, work in a lab with international and Japanese students on the new Aobayama campus. Stay in Sendai for a full year and experience cherry blossoms in spring and snow in winter. Less than two hours from Tokyo, Sendai’s slower pace lets you focus on your studies while still experiencing Japan. Castles, temples, and shrines offer a glimpse of Sendai’s history. An architectural oddity, the Sendai Mediatheque serves as the city’s cultural center. Hot springs and hiking take you outside of the lab and into Sendai’s natural beauty.

- Norway - University of Oslo *(Spring semester, So, Jr, Sr, Gr)*
  - [https://uceap.universityofcalifornia.edu/programs/university-oslo](https://uceap.universityofcalifornia.edu/programs/university-oslo)
  - Experience the northern lights, flowing waterfalls, and the jaw-dropping beauty of Oslo. At the University of Oslo, take classes in English in a variety of subjects. Norwegians and exchange students join you in class, making for a truly international study experience. University events expand on course topics like architecture, media, law, and politics. Tour heritage sites, step onto an ancient Viking ship, go to a concert in a fortress, or take a ski course. You’ll also have your pick of a weekend excursion to hike in the mountains, explore fjords, or try whitewater rafting.
**Workshop: Healing Shame in Inner & Actual Children, 6/13 & 6/27**

Healing Shame in Inner Children and Actual Children  
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

2 Sundays: June 13, 10am–6pm & June 27, 10am–5:45pm PDT  
$395 full price / $375 with full payment by May 9 / Special price for intern  
13 CE credits available for California therapists – $40 fee (See website for details)  
CAMFT CE provider #134393

The child lives on! Though we may develop adult bodies and think our childhood is long behind us, somewhere inside the child is still alive, deeply influencing our thoughts, words and actions. It may be that the most important relationship we have is the relationship we develop with our inner child. In this workshop, we will teach you how to help your clients reestablish a healthy relationship with their inner child—so that they can both listen and talk to that sensitive, creative, and essential part of us.

Using Imaginal techniques, we join and explore the world of the child. We learn how to work effectively and add a healthy coach or caring inner parent to repair the shame-ruptured parts from neglect or simply misattunements. We say hello to the part that wants to eat healthy and the part that wants ice cream. And say hello to the bully and the scary places. We learn to listen deeply and provide the champion or protector that the child didn’t have. We get to explore and re-enact scenes from childhood when a person was shamed and repair or replace what they wish they could have said.

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 [http://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 find articles and free Healing Shame webinars.  

*The Center for Healing Shame is approved by the California Association of Marriage and Family Therapists to sponsor continuing education for LMFTs, LCSWs, LPCCs and LEPs in California – CAMFT-approved CE provider #134393. Courses meet the qualifications for hours of continuing education (CE) credit for LMFTs, LCSWs, LPCCs and LEPs as required by the California Board of Behavioral Sciences. The Center for Healing Shame maintains*
Responsibility for this program/course and its content.

**Recruiting Students for an Online Paid Sleep Study**

Do you want to learn more about your sleep? The Stanford Home Sleep Study is seeking participants with or without sleep-time teeth grinding for a remote research project studying the relationship between sleep and well-being.

This at-home sleep study observes your natural sleep for two weeks, using three easy-to-wear devices sent to you in the mail. The study also involves two health and well-being surveys, two virtual info sessions, and daily text surveys. You can participate entirely from the comfort of your home.

Benefits and compensation include a sleep report based on your data, up to $80 via Amazon gift card, and helping the study team work toward a better understanding of how to improve sleep and quality of life.

You may be eligible if you are between the ages of 18 and 49, are proficient in English, and live in the Pacific Time Zone or Arizona.

Interested? To sign up or learn more, visit [http://homesleep.stanford.edu](http://homesleep.stanford.edu). Please don't hesitate to email the study team at homesleep@stanford.edu with any questions. Thank you for considering joining the Stanford Home Sleep Study!

**First Destination Survey**

**Hey Seniors! Share Your Post Graduation Plans With Us!**

The Career Center invites you to tell us your plans after graduation. This [brief survey](https://berkeley.joinhandshake.com/first_destination_surveys/3429) will take no more than five minutes, and by submitting your responses you will be entered to win a set of AirPods. We understand this past year has been very challenging to many, which makes this information even more important. Even if you're 'still seeking,' this data is very valuable to our office. Your access to Handshake will automatically continue after graduation. Check out the services you'll receive [here](https://berkeley.joinhandshake.com/).