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➤ **Diversifying Psychology Weekend, 7/27/19**

We are pleased to announce the University of Nebraska-Lincoln's inaugural Diversifying Psychology Weekend. The weekend event will take place on July 27. It is intended to help students from underrepresented backgrounds to better understand the graduate school application process and develop application materials. The flyer is attached.

Some travel support and lodging will be provided on a competitive basis. We encourage any students from underrepresented backgrounds, broadly defined, to apply. Applicants will be asked to submit a brief essay about how the weekend fits their needs and some background information. Applicants can follow [this link](#) to submit the application. Applications are due **June 15**.

➤ **Syracuse University Diversifying Psychology Event, 8/28/19**

Diversifying Psychology Visit Day at [Syracuse University](#) is designed to prepare talented minority students for graduate school by providing a venue to network with faculty and graduate students in Psychology and get the scoop on the graduate student experience.

Throughout the day, Psychology Department faculty and graduate students will highlight the value and strengths of our [Clinical](#), [Cognition, Brain and Behavior](#), [School](#) and [Social Psychology](#) doctoral programs, showcase the differences and advantages of our community, and share tips on how to navigate the graduate school admissions process.

Successful applicants will have a strong interest in pursuing a doctoral degree in psychology, be enrolled at a college university or have graduated with an undergraduate degree within the past 3 years, and identify as an ethnic/racial minority traditionally underrepresented in psychology.*

Programming for the Visit Day includes panel discussions, seminars, research presentations, workshops, meals with faculty and graduate students, and a tour of the [Syracuse University](#) campus.

Qualifications

Applicants for Diversifying Psychology Visit Day at Syracuse University must meet the following requirements:

- Have a strong interest in pursuing a doctoral degree in psychology.
- Identify as an ethnic/racial minority traditionally underrepresented in psychology:
 - Blacks or African Americans
 - Hispanics or Latinos of any race
 - American Indians
 - Alaska Natives
 - Native Hawaiians
- Be enrolled at a college or university OR have graduated with an undergraduate degree within the past 3 years.

How to Apply

The Department of Psychology is pleased to announce a call for applications for our Diversifying Psychology Visit Day to be held on Friday, September 20th, 2019 at Syracuse

University. **Applications are due August 28, 2019.**

Application Instructions:

- You will be asked to submit the following:
 - A statement of purpose
 - An unofficial copy of your transcript
 - A resume/CV
- Complete ALL areas of the online application here: [Diversifying Psychology Visit Day Application](#)

We look forward to welcoming you to [Syracuse University](#) and demonstrating how our Department of Psychology can be a part of your bright future in Psychology!

Have Questions?

Please contact the Department of Psychology Graduate Program at psychologygrad@syr.edu or 315.443.2354

➤ Earn a Minor in Sustainability This Summer

Whatever direction your studies take you, the Minor or Certificate in Sustainability will equip you with tools to tackle some of the most pressing issues facing the world today. This program offers a practical and relevant interdisciplinary approach at the intersection of environmental, economic, social, political, and cultural issues.

Program Summary

The program is 8 weeks, **June 24 – August 26, 2019** and can be completed over one or multiple summers. Participants take the *Energy and Society* or *Climate Change Economics* and at least four electives.

Summer courses may be taken individually for those not in the program. All are open to students and to the public. Financial aid, loans, and scholarships are available.

Courses

Online

- Energy and Society
- Water and Sanitation Justice

Classroom

- California Water
- Climate Change Economics
- Environmental Classics
- Ecology and Society
- Zero Energy Building

For more information, contact sustainabilitysummer@berkeley.edu or <http://erg.berkeley.edu>.

➤ **CSU Stanislaus Master of Arts in Child Development Program**

Now announcing our new Master of Arts in Child Development at CSU Stanislaus. The first cohort will begin classes in August 2019! This is an accelerated program of 34 units including research, theory, and application courses in face-to-face and hybrid format. Program completion in about 18 months; classes are held in Turlock two evenings per week, year-round.

Learn more about the program at the campus website: <http://www.csustan.edu/MA-Child-Development> or by calling at 209-667-3386.

➤ **Getting into Graduate School (GiGS): Seeking Mentors & Mentees, 8/9/19, 8/16/19**

The GiGS application for 2019-2020 is now open for undergraduate (mentees) and graduate (mentors) students! Getting into Grad School (GiGS) is a collaborative partnership between the Office for Graduate Diversity (OGD), and the Graduate Assembly (GA), whose ultimate goal is to encourage and prepare undergraduate UC Berkeley students to select, apply, and enroll in graduate school

Attention JUNIORS & SENIORS interested in graduate school

Sociology 198.15: Getting into Graduate School (GIGS)

1 unit, P/NP, meets Fridays 2:00 to 4:00pm, Room Barrows 166

GiGS is open to all students and dedicated to assisting first-generation, historically underrepresented and other diverse students. Mentees are UC Berkeley juniors, and seniors who work with graduate student mentors throughout the academic year to learn about graduate school, complete graduate application materials, and develop goals for post graduation plans. Students will leave this course with a better understanding of what the graduate application process entails and will be inspired to pursue academic careers and create change in the future. GiGS welcomes students from all academic disciplines.

Students will learn how to become competitive applicants for graduate school, receive individual mentorship from current UC Berkeley graduate students, and engage in professional development workshops such as: writing the personal statement & statement of purpose, resume & CV development, funding opportunities, creating a back-up plan, standardized test prep, undocumented student info, professional etiquette & MORE!

Deadline for mentees to apply: August 9th

[Click here to apply to become a mentee!](#)

➤ What is the grad school personal statement?

How to write your grad school personal statement
Help grad schools get to know you and your goals better.

Summer is the perfect time to start brainstorming your application essays. This part of your application helps admission committees see who you are beyond your resume, GPA, and GRE® scores.

Ready to write?

Check out our advice for what committees look for and how to stand out.

LEARN MORE

<http://click.mail.kaptest.com/?qs=3e652087319d94435aedef982edc00efb53db9f2849b461b3dbb0bc719337beff54cd712566cf1330f34eb35b9d514350291166784f0dc2f>

➤ Summer Minor in Teaching English to Multilingual Students

Are you looking for opportunities this summer?

Please check out our online [Summer Minor in Teaching English to Multilingual Students](#) that covers the research, methods, and best practices in teaching English to diverse populations both within the US and abroad. Visiting students can take the 5-course sequence and earn a certificate.

[College Writing Programs](#) -- the heart of writing instruction at UC Berkeley -- is also offering a 3-week [Creative Writing Workshop](#) this summer.

For more information please email michellebaptiste@berkeley.edu.

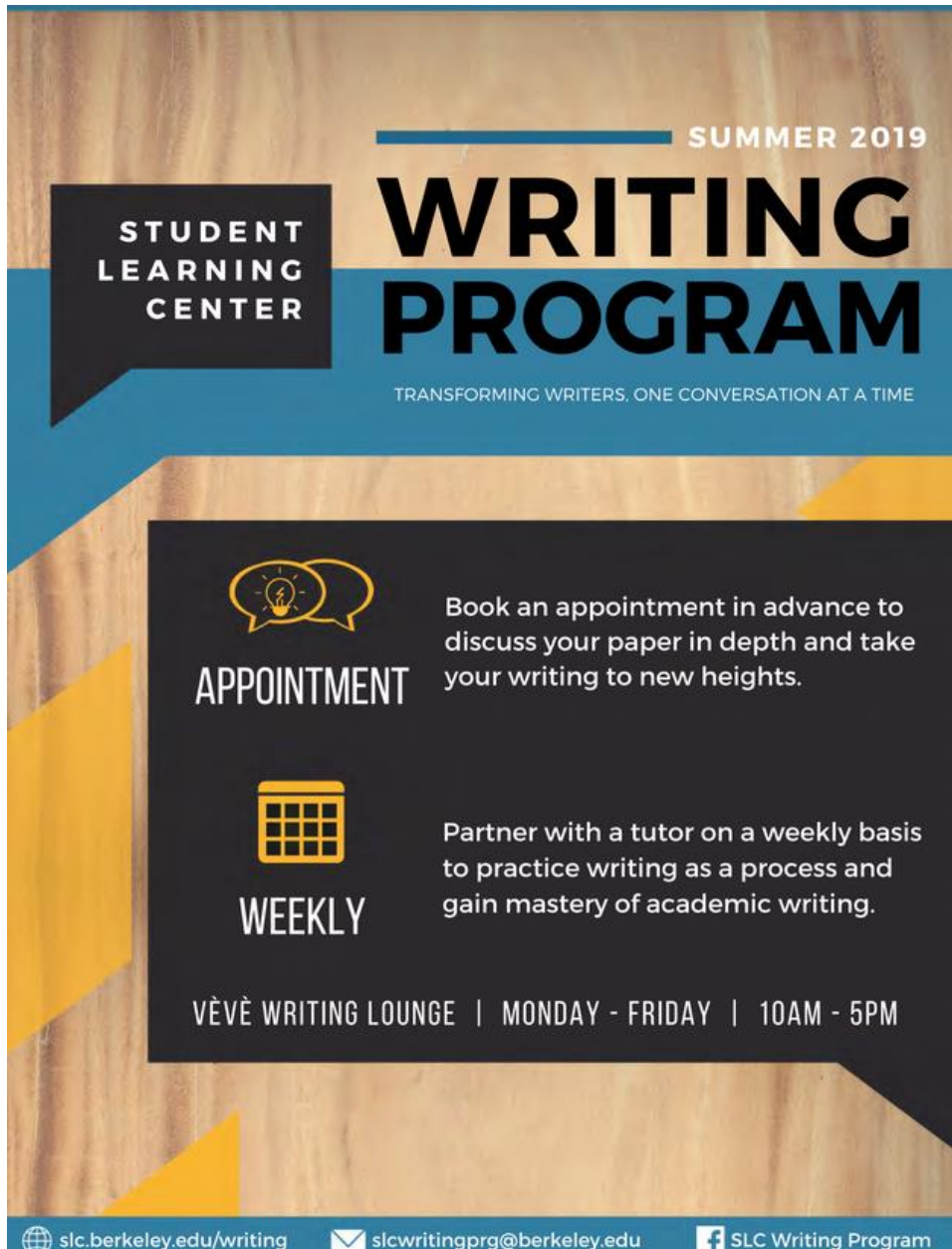
➤ Summer Sessions Writing Support: Sign up today

Greetings writers,

We hope you've had a wonderful summer so far!

Taking Summer Sessions courses? The [SLC Writing Program](#) is excited to support you! Whether you're revising your final papers or unpacking the first prompt, visit us in the lounge to meet with our friendly tutors at any stage of the writing process.

Our Appointment and Weekly services will return Monday, June 24th. Beginning today, [book](#) a 50-minute appointment to receive in-depth feedback on your drafts from an experienced peer. You can also [sign-up](#) for weekly tutoring for consistent support throughout the summer. With this format, you can meet with a tutor up to three times a week as you refine your writing skills!




The poster for the SLC Writing Program Summer 2019 features a wood-grain background with blue and yellow geometric shapes. At the top left, a black speech bubble contains the text "STUDENT LEARNING CENTER". To its right, "SUMMER 2019" is written in blue above the large, bold title "WRITING PROGRAM". Below the title is the tagline "TRANSFORMING WRITERS. ONE CONVERSATION AT A TIME". The central part of the poster is a dark grey box with two options: "APPOINTMENT" with a lightbulb icon and "WEEKLY" with a calendar icon. Each option has a brief description of the service. At the bottom of this box, the location and hours are listed: "VÈVÈ WRITING LOUNGE | MONDAY - FRIDAY | 10AM - 5PM". The footer contains three items: a globe icon with the website "slc.berkeley.edu/writing", an email icon with "slcwritingprg@berkeley.edu", and a Facebook icon with "SLC Writing Program".


STUDENT LEARNING CENTER

SUMMER 2019




WRITING PROGRAM

TRANSFORMING WRITERS. ONE CONVERSATION AT A TIME

 **APPOINTMENT**
Book an appointment in advance to discuss your paper in depth and take your writing to new heights.

 **WEEKLY**
Partner with a tutor on a weekly basis to practice writing as a process and gain mastery of academic writing.

VÈVÈ WRITING LOUNGE | MONDAY - FRIDAY | 10AM - 5PM

 slc.berkeley.edu/writing  slcwritingprg@berkeley.edu  SLC Writing Program

➤ **Sharon Stephens Brehm Undergraduate Psychology Scholarships, 7/1/19**

The Brehm Undergraduate Scholarship Program will provide assistance to students majoring in psychology with demonstrated financial need.

The Sharon Stephens Brehm Undergraduate Psychology Scholarships will recognize outstanding psychology undergraduate students who demonstrate financial need. The Brehm Scholarships will help defray the students' direct educational costs (e.g. tuition, institutional fees, required textbooks, etc.).

Amount: Six \$5,000 scholarships are available.
Funding will be available to recipients for the spring 2020 semester.

Eligibility Requirements

- Be an undergraduate student majoring in psychology at an accredited college or university.
- Be enrolled as a declared psychology major for the upcoming fall 2019 semester.
- Have a minimum 3.50 cumulative GPA.
- Demonstrate financial need

Evaluation Criteria

- Academic excellence.
- Demonstrated financial need.
- Demonstrated interest in the field of psychology.

Proposal Requirements

- Curriculum Vitae (CV) or resume — two-page maximum
- Your current transcript — Unofficial digital transcript should be submitted as a PDF to APF's online application. Successful applicants must submit official transcripts before the scholarship is awarded.
- A personal essay (up to 1000 words) that describes your past, current and future involvement in the science and application of psychology on campus and elsewhere, academic achievements and leadership activities.
- A personal letter of recommendation from a psychology faculty member.

The following information must be provided to access demonstrated financial need:

- a. Most recent financial aid award letter from your college or university
- b. FAFSA Student Aid Report (page one only)
- c. Cost of attendance
- d. Expected Family Contribution (EFC)
- e. Amount of gifted financial aid (including Pell Grant and SEOG Grant)

Please be advised that APF does not provide feedback to applicants on their proposals.

See our website for more information: <https://www.apa.org/apf/funding/brehm?tab=3>
Click here to apply for this grant: <https://www.grantinterface.com/Home/Logon?urlkey=apa&>
The deadline for applications is **July 1, 2019**. Please free to distribute this call as you see fit.
APF welcomes applicants with diverse backgrounds with respect to age, race, color, religion, creed, nationality, disability, sexual orientation, gender, and geography.

➤ Hopelab Study: Participants Needed

Your social media has the power to do so much good in the world.

Depression and anxiety are serious problems affecting many young adults. Yet we can't always effectively identify who is dealing with these problems, or how best to help them. This is where you come in. If you're an 18-25-year-old who uses social media—even a little bit—your data can help. Thousands of young adults are donating their social media data to help scientists address these issues. Our scientists will combine all donated data, removing everyone's personal info. Then we'll analyze the data to determine how to identify young people at risk for mental health problems and how to design digital interventions to help them.

Who we are:

This project is a collaboration between researchers at Hopelab and Qntfy. They're a bunch of dedicated data scientists and experts in the mental health and well-being of teens and young adults.

When you donate your data, they respect and protect it – and you. The only social media data they collect is public posts and messages, not private or direct messages. They will never sell your data and you can opt in or out of collection at any point.

Interested in learning more?

<https://yoursocialmatters.ourdatahelps.org/>

➤ UC Berkeley Center for Ethnographic Research Workshop

The Center for Ethnographic Research (CER) Workshop provides mentorship, hands-on research experience, and advanced training in designing and executing a project using qualitative methods for advanced undergraduates and beginning graduate students (we still have room for a few more undergrads only!). The CER Workshop will provide students with six weeks of intensive accelerated methodological training in the design and practice of qualitative methods.

The workshop is full, but CER is still accepting applicants for the waitlist. CER is currently accepting applications from undergrads only.

The workshop runs **from July 8 – August 15, 2019**. Each week, there are two group seminars of three hours each, on Mondays and Thursdays from 10am-1pm. In addition, participants are expected to meet weekly with the graduate mentors on their individual projects. Participants should expect to spend about 20 hours per week in seminars, meetings, and completing assignments.

The six-week training course costs \$1,200 per student. There are four scholarship spots available for UC Berkeley students majoring in Sociology and two scholarship spots for students from any college or university focusing on contemporary Native American issues. Scholarships will be awarded based on an assessment of the student's academic record and proposed project. Scholarships cover \$1,100 of the program costs (students will pay \$100). Scholarships do not provide funds for room and board.

[The application and more information are available here.](#)

Applications are reviewed on a rolling basis. Applicants will be notified within three weeks.
Still have questions? Contact: cer@berkeley.edu (510) 642-0813

➤ UC Berkeley Scholarship Connection

We encourage you to visit our Scholarship Connection [website](#) to discover scholarship opportunities, and join the [scholarship listerv](#), which will provide you with updates on upcoming scholarship deadlines, information sessions, and workshops.

➤ Shame and Aging workshop, 7/20-21/19

Shame and Aging

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

Saturday, July 20, 10am–6pm & Sunday, July 21, 10am–5:30pm
In Berkeley, just off the I-80

\$350 full price / \$325 with full payment by June 15
Special price for interns
13 CE Credits — CAMFT CE provider #134393

We all go through it. No one is immune. And nothing produces more universal shame in our society than aging. Whereas many societies have deep respect for people as they age and see a vital role for elders, our society still worships youth—still idealizes the Pepsi generation.

In this workshop, we will explore and learn to be more comfortable with our own aging process. And we will explore ways to help clients talk about, explore and heal their own shame around aging. We will:

- Discover ways to help clients become aware of the many messages they received and continue to receive about aging and body image from family and society.
- Learn ways to help clients cope with the shame of not being able to do all that they once did.
- Understand counter-shaming techniques to help ourselves and our clients find pride and joy in the new reality—seeing that there are real gains as well as losses in this new stage of life.
- Work with the shame that can cause and result from sicknesses and injuries.
- Identify challenges in being looked at as unimportant and “not up to par” by a youth-oriented society and the layers of shame that can occur.
- Discover how to make the necessary adjustments so we can regain access to the life force and creativity that we still have in a grounded and embodied way.

TO REGISTER, please visit the Schedule page at www.CenterforHealingShame.com.
There is no prerequisite for this course. It can be taken by itself or as part of a sequence.

For details about our complete training program in Healing Shame, visit our website. You can also check out articles and free Healing Shame webinars.

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

www.CenterforHealingShame.com

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 - CAMFT CE provider #134393. PhDs in California and PhDs and licensed therapists outside of California may be able to receive 12 CE credits through the co-sponsorship of R. Cassidy Seminars. The Center for Healing Shame maintains responsibility for this program/course and its content.

➤ **Harvard Summer Psychology of Diversity, Join the Waitlist**

Welcome to The Psychology of Diversity

Watch the course welcome video!

About the class:

The United States is increasingly diverse and the world increasingly globalized. The central focus of the course is on the links between diversity and psychological processes at individual, interpersonal, and international levels.

PSYC S-1507

Online live web conference

Tuesdays and Thursdays

6:30-9:30 pm EST

Course Start date is June 25

Summer 7-week session

There is still time to join the waitlist!

[**WATCH THE VIDEO**](#)

With Mona S. Weissmark, PhD

➤ **Participants Needed for Anxiety Study**

Do you struggle with anxiety?

The Teachman PACT lab at the University of Virginia is looking for adults (ages 18 and older) who struggle with anxiety symptoms to enroll in a new, free, online anxiety-reduction program. We are recruiting participants to help us learn how we can help individuals alleviate anxiety via online training.

To determine your eligibility for the study, visit <https://mindtrails.virginia.edu> and click on "Get Started Now."

All training sessions and assessments can be completed on a computer, phone, or tablet.

For more information, please visit <https://mindtrails.virginia.edu> or contact:

PACT LAB

Department of Psychology, University of Virginia

Email: studyteam@mindtrails.org

IRB-SBS: 2017-0234-00

PI: Bethany Teachman, PhD

➤ **Intro to Study Abroad webinars, 6/25, 7/10, 7/18**

Welcome new students!

Before you even arrive to campus, we would like to invite you to join one of the webinars below to get a taste of study or intern abroad opportunities available to you through Berkeley Study Abroad. The webinars with same content are offered on three different dates and times. You can click on the link to RSVP.

- [Introduction to Study Abroad, 6/25\(Tu\), 4-5pm](#)
- [Introduction to Study Abroad, 7/10\(W\), 12-1pm](#)
- [Introduction to Study Abroad, 7/18\(Th\), 2-3pm](#)

To learn more about Berkeley Study Abroad opportunities and additional events for new students, please visit our pages for incoming [Frosh](#) and [Transfers](#)!

➤ **GUH Opportunities**

Meet the 2020 Global Urban Humanities Fellows

GUH is pleased to announce our Spring 2020 Global Urban Humanities Fellows. Eight graduate and faculty fellows were selected for their research on contemporary and historical cities and come from departments throughout the UC Berkeley campus, including Architecture, Art History, English, Geography, Italian Studies, Music, and Spanish & Portuguese. They will meet regularly in Spring 2020 to discuss their ongoing research. [More](#)

A Reflection on the 2019 GUH Graduate Studio Trip to Lagos

2019 GUH Graduate Certificate Recipient Sourabh Harihar writes a reflection on the [2019 GUH Graduate Studio](#) trip to Lagos, Nigeria over the spring semester. He writes about the city's complex identity, about working with city planning students at the University of Lagos to sustain Lagos' shoreline, and about the integral role art-activism plays in Lagos' culture. The studio course focused on informal urbanism and creativity in Lagos and was co-taught by Charisma Acey (City and Regional Planning) and Ivy Mills (History of Art). [Read](#)

Site-Specific Arts Festival in NYT, SF Chronicle, and Curbed SF

For the past six years GUH project director Susan Moffat has been working with students, artists and community members to use art and performance to explore complex questions of public space at the shoreline landfill known as the Albany Bulb. This work, including the May [Bulbfest](#) dance and visual arts festival, was recently featured in the New York Times California Today newsletter and in the [San Francisco Chronicle](#) and [Curbed SF](#).

Monument Lab Town Hall—A Public Forum on Process and Power

June 28, 9a-5p

Free Library of Philadelphia

Join Monument Lab for their first annual meeting featuring panels and workshops with their National Fellows and guest collaborators from around the country. The daylong gathering ends with a Town Hall focused on the momentum, milestones, challenges, and next steps for the critical monument movement today. Monument Lab was a presenter at this year's GUH symposium "Techniques of Memory." [Register for free](#)

Call for Proposals: LOOP Discover Award

DEADLINE JUNE 27. The LOOP Discover Award was created with the aim to support and recognize the recent production of videos and films by international artists. The finalists will be included in the program of LOOP Barcelona and be shown at the former Estrella Damm beer factory, giving the audience the opportunity to enjoy the works in an exhibition format. [More](#)

➤ **The National Summit for Mental Health & Mental Fitness, 7/22/19**

The academic community is at the front lines of the mental health crisis in our country. Early bird tickets available until July 7, and [discounted prices available for teachers, administration](#) and many other titles. CEU's and CMU's will be made available.

[The National Summit for Mental Health and Mental Fitness](#)

This is the first interdisciplinary summit to bring together global leaders, presidential candidates, psychologists, educators, neuroscientists, thought leaders, policy makers, corporate leaders and performance artists.

This interactive event with a unique broad-based coalition focuses on bringing practical solutions around mental health issues, including high performance complementary and alternative practices as well as other innovative modalities.

As a part of this event, we're offering summit participants - at no additional cost - a one-day workshop in evidence-based practices on **Monday, July 22.**

Day 1 (July 22) is an optional interactive training in evidence-based approaches to addressing mental health that participants can take to their communities.

Day 2 (July 23) is a conference day, including panels of experts with Q&A, and breakout sessions for deep dives in various tracks.

Day 3 (July 24) consists of pooling our ideas within each track and overall collective wisdom, and crafting best practices leading towards policy to be introduced for legislation by policymakers.

The summit brings together change-makers and leaders in the field including: *presidential candidate and congressman* **Tim Ryan**, *presidential candidate and bestselling author* **Marianne Williamson**, *founder of Give an Hour & psychologist* **Barbara Van Dahlen**, *Stanford*

neuroscientist and bestselling author **James R. Doty**, bestselling author and Yale University psychologist & center director **Emma Seppälä, M.D.**, Founder of Communities in Schools and education advisor to 3 presidents **Bill Milliken**, founder of GIFT and program chair for 8 presidents **Sam Beard**, bipartisan representatives from state and federal levels of government, students, families, and spiritual and thought leaders. A full list of speakers is available at the summit website, summit.americameditates.org.

➤ Enhance your language skills with our global community!

Greetings from the [SLC Language Exchange Program](http://slc.berkeley.edu/lep)!

We are excited to invite students to join us for Summer 2019! Our program provides a space for students to explore the linguistic and cultural diversity of our global summer campus. As part of LEP, language learners can connect with peers from across the globe to hone their conversational skills, broaden their worldviews, and grow their communities at Cal and beyond.

**BECOME A POLYGLOT.
TRANSFORM CAL GLOBAL COMMUNITY.**

STUDENT LEARNING CENTER
**LANGUAGE
EXCHANGE
PROGRAM**
SUMMER 2019

slc.berkeley.edu/lep
[@lep.ucb](https://www.facebook.com/lep.ucb)
slc-lep@berkeley.edu

OUR FORMATS
Pair/Trio
Language Pods
Language Groups
Community Socials

TO JOIN
Attend an Orientation
Submit an Intake Form
Practice Weekly

➤ **Take a free, on-demand practice test for the GRE**

Have some downtime this summer? Take a free, multi-stage GRE practice test, now available on-demand. It's the perfect way to get to know the test structure, timing, and question types.

Then what?

You'll get a breakdown of your score and test topics to target, so you'll know exactly where to focus your prep.

[START YOUR TEST](#)

➤ **Local Summer Research Opportunity, Upcoming Workshops and Deadlines**

Opportunity for Spanish-Speaking Research
Assistant: July 10-Aug 24

Hi! My name is Simone Matecna. I am a Haas Scholar in the Economics Department. For my senior thesis, I am doing research with preschool/kindergarten children in the Berkeley Unified School District. There are many families in the East Bay that live paycheck to paycheck; home environments may be very different for families right before versus just after they get paid. My study looks at whether or not young children's ability to pay attention differs depending on whether they are assessed before or after their parent's payday. I want to make sure that my research team is representative of the community we are working with, and that my research practices are inclusive and culturally sensitive.

I need help going to the schools and giving out surveys to parents (to gather info on the home), and giving the children a short assessment on an iPad. This is a volunteer position, for approximately 5-10 hours a week. If you're interested, you can also earn up to 3 units of Economics independent study (99 or 199), depending on how many hours you'd like to put in. I will be carrying out this research from July 10 through August 24.

Parents are there between:

Miscellaneous Opportunities: Week of July 15, 2019

8- 8:30 am,
11 - 11:30 am,
12 - 12:30 pm,
2:15 - 3 pm

And it takes us about 15 minutes to get there. Although I can pick up/drop off, it is preferred for you to have your own car. Spanish fluency is necessary, and fluency in Cantonese, Vietnamese, Arabic, Mandarin, or Mam would also be a great asset!

Upcoming Undergraduate Research Workshops

Thinking about getting involved in undergraduate research? This workshop is a great place to start! You will get a broad overview of the research opportunities available to undergraduates on campus, with suggestions on how to find them. You'll also learn about upcoming deadlines and eligibility requirements for some of UC Berkeley's most popular undergraduate research opportunities, such as the Undergraduate Research Apprenticeship Program (URAP), Summer Undergraduate Research Fellowships (SURF), and the Robert and Colleen Haas Scholars Program, a senior capstone experience for ALL majors.

In the second half hour, we focus on the process of securing a faculty sponsor for your research project. We will cover how to identify potential faculty sponsors on campus as well as how to prepare for the first meeting so that you make a great first impression.

The workshop will be especially useful for undergraduates, but is open to all UC Berkeley students (undergraduate, graduate, and visiting scholars) regardless of academic discipline.

Dates

July 2 | 4-5 p.m. | 9 Durant Hall
July 17 | 4:30-5:30 p.m. | 9 Durant Hall
July 23 | 2-3 p.m. | 9 Durant Hall

➤ **SLC Writing Program: Book an Appointment Today!**

Dear Cal writers

Haven't booked an appointment with the [SLC Writing Program](https://slc.berkeley.edu/appointment-service) yet? Well, you're in luck—we still have open slots this week!

With summer in full swing, it's a great time to [book](#) a free, 50-minute session to talk about your writing. Whether you're polishing a midterm paper, brainstorming ideas for a research topic, or hoping to discuss an instructor's feedback on your last essay, our attentive, knowledgeable tutors are eager to partner with you.

So, visit us in the Writing Lounge, Monday-Friday between 10-5PM, to take your writing to the next level!

We hope to see you soon!

Best,
SLC Writing Program
<https://slc.berkeley.edu/appointment-service>

➤ **Shame and Aging workshop - July 20 & 21 in Berkeley**

Shaming and Aging with Sheila Rubin, LMFT, RDT/BCT and Bret Lyon, PhD, SEP, BCC

Saturday, July 20, 10am–6pm & Sunday, July 21, 10am–5:30pm
In Berkeley, just off the I-80

\$350 full price / \$325 with full payment by June 15
Special price for interns
13 CE Credits — CAMFT CE provider #134393

We all go through it. No one is immune. And nothing produces more universal shame in our society than aging. Whereas many societies have deep respect for people as they age and see a vital role for elders, our society still worships youth—still idealizes the Pepsi generation.

In this workshop, we will explore and learn to be more comfortable with our own aging process. And we will explore ways to help clients talk about, explore and heal their own shame around aging. We will:

- Discover ways to help clients become aware of the many messages they received and continue to receive about aging and body image from family and society.
- Learn ways to help clients cope with the shame of not being able to do all that they once did.

Miscellaneous Opportunities: Week of July 15, 2019

- Understand counter-shaming techniques to help ourselves and our clients find pride and joy in the new reality—seeing that there are real gains as well as losses in this new stage of life.
- Work with the shame that can cause and result from sicknesses and injuries.
- Identify challenges in being looked at as unimportant and “not up to par” by a youth-oriented society and the layers of shame that can occur.
- Discover how to make the necessary adjustments so we can regain access to the life force and creativity that we still have in a grounded and embodied way.

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

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

For details about our complete training program in Healing Shame, visit our website. You can also check out articles and free Healing Shame webinars.

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

www.CenterforHealingShame.com

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 - CAMFT CE provider #134393. PhDs in California and PhDs and licensed therapists outside of California may be able to receive 12 CE credits through the co-sponsorship of R. Cassidy Seminars. The Center for Healing Shame maintains responsibility for this program/course and its content.

➤ KAPLAN Test Prep

If you are [preparing to take the GRE](#), then one thing you might be wrestling with is when to take the test. Students often wonder if there is either an optimal year of school or time of year to take the test. While there is no one answer that will perfectly fit each person’s specific situation, keep the following in mind as you make your decision.

More info on test prep: <https://www.kaptest.com/study/gre/>