

Miscellaneous Opportunities: Week of July 27, 2020

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Jacobs Institute Weekly Workshops, June 8th - August 7th

The staff at the Jacobs Institute are running Virtual Design Workshops throughout the summer to keep our remote community engaged and learning. The workshops span topics from 3D modeling to generative art. They are free and open to all UC Berkeley students, so please feel free to share the workshops widely! Anyone with a CalNet ID can attend, actually, so if you see a topic that interests you, feel free to tune in.

You can find the full workshop list here: <https://jacobsinstitute.berkeley.edu/workshops/>. We will be adding more in the coming weeks.

Summer D-Lab Workshops

We have more workshops returning the week of June 8th including:

Stata Fundamentals, Python Fundamentals, BashGit, Qualtrics, and R Fundamentals.

Check the D-Lab website later this week as we update the [upcoming training](#) calendar.

We'll publish the full list of June workshops in next week's newsletter.

Summer 2020 Career Adventure for L&S, July 7th - Aug 7th

Maximize your summer to improve your **career clarity, competitiveness and connections!**

Embark on the virtual **Summer 2020 Career Adventure Career Adventure for L&S** sponsored by the Career Center's Letters & Science team!

Timeframe:

The adventure will take place between **July 7- August 7th**.

The adventure will involve 5 steps:

- Complete one activity from each of the four "destinations"
- Complete a survey to tell us which activities you completed

Through this adventure, you will:

- Be ready to jump right into job/internship search season;
- Boost your confidence by learning valuable job search skills and professional competencies;

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- Increase your clarity and competitiveness for landing your ideal jobs/internships!

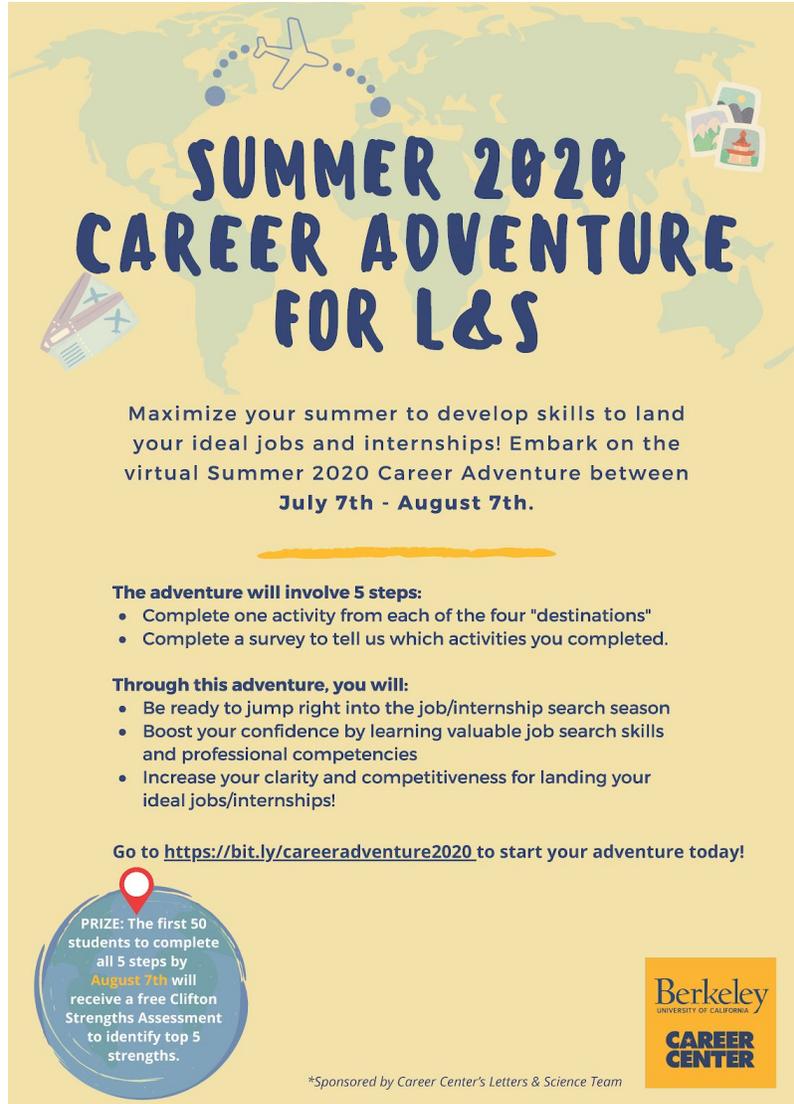
Prize:

The first **50 students** to complete all 5 steps by August 7th will receive a free [Clifton Strengths Assessment](#) to identify top 5 strengths.

Go to <https://bit.ly/careeradventure2020> to access the career adventure map and start your adventure today!

Questions:

Contact Jeremy Brooks at jdbrooks@berkeley.edu



The poster features a yellow background with a faint world map. At the top, there is an airplane icon flying over a dotted line path. Below the map, the title "SUMMER 2020 CAREER ADVENTURE FOR L&S" is written in large, bold, blue letters. To the left of the title is an icon of a pencil and a ruler. To the right is an icon of a camera and a photo. Below the title, the text reads: "Maximize your summer to develop skills to land your ideal jobs and internships! Embark on the virtual Summer 2020 Career Adventure between July 7th - August 7th." A horizontal yellow brushstroke separates this text from the next section. The next section is titled "The adventure will involve 5 steps:" and lists two bullet points: "Complete one activity from each of the four 'destinations'" and "Complete a survey to tell us which activities you completed." Below this is another section titled "Through this adventure, you will:" with three bullet points: "Be ready to jump right into the job/internship search season", "Boost your confidence by learning valuable job search skills and professional competencies", and "Increase your clarity and competitiveness for landing your ideal jobs/internships!". Below the bullet points, it says "Go to <https://bit.ly/careeradventure2020> to start your adventure today!". At the bottom left, there is a blue circular badge with a red location pin icon at the top, containing the text: "PRIZE: The first 50 students to complete all 5 steps by August 7th will receive a free Clifton Strengths Assessment to identify top 5 strengths." At the bottom right, there is the Berkeley University of California Career Center logo, which consists of the word "Berkeley" in a serif font, "UNIVERSITY OF CALIFORNIA" in a smaller sans-serif font below it, and "CAREER CENTER" in a bold sans-serif font on a yellow rectangular background.

Maximize your summer to develop skills to land your ideal jobs and internships! Embark on the virtual Summer 2020 Career Adventure between **July 7th - August 7th.**

The adventure will involve 5 steps:

- Complete one activity from each of the four "destinations"
- Complete a survey to tell us which activities you completed.

Through this adventure, you will:

- Be ready to jump right into the job/internship search season
- Boost your confidence by learning valuable job search skills and professional competencies
- Increase your clarity and competitiveness for landing your ideal jobs/internships!

Go to <https://bit.ly/careeradventure2020> to start your adventure today!

PRIZE: The first 50 students to complete all 5 steps by August 7th will receive a free Clifton Strengths Assessment to identify top 5 strengths.

Berkeley
UNIVERSITY OF CALIFORNIA
CAREER CENTER

*Sponsored by Career Center's Letters & Science Team

GFA COVID-19 Response Opportunity

[Govern for America](#) is looking for people to join our COVID-19 Response Corps, a group of dedicated people motivated to help our government respond to one of the greatest challenges of our time. [Please fill out this interest form](#) for the chance to be matched with a COVID-19 response project.

Never before has the need for talent in government been so apparent. To meet the challenge of this moment, governments at all levels need talented, committed people to support critical projects. These projects may be virtual and will vary according to government needs and your skills and interests.

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



[Virtual Front Desk](#) 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 [Virtual Front Desk](#) webpage, you will find a calendar that indicates the hours. The calendar will be updated daily, depending on changes in peer availability.

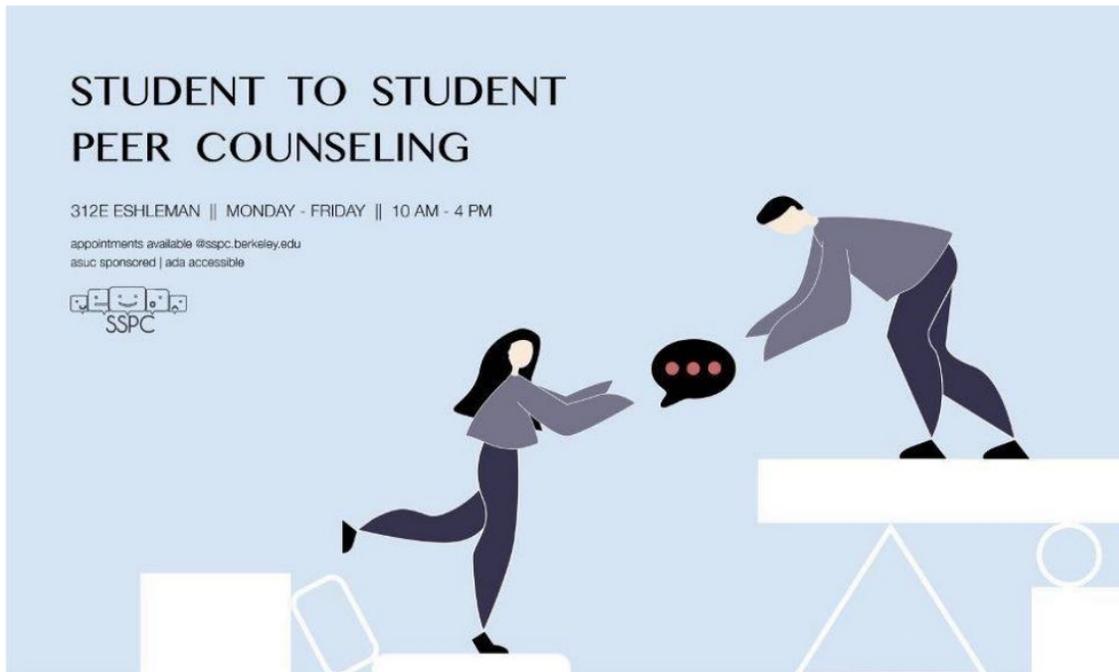
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This Virtual Front Desk service is in addition to the Google Hangout services that the peers are already providing in the evenings. For more information about those services, please review [Virtual Office Hours w/ Peer Advisers](#).

UC Berkeley Labor Center COVID-19 Resources

The Labor Center has compiled resource lists for understanding [new COVID-19 federal legislation](#) and [federal and state policy and assistance](#) available to those affected by the pandemic. In the coming weeks and months, we will continue to review and update these pages with information on new COVID-19 legislation, regulations, analysis, and tools.

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, visit: 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.

US/UK Longitudinal Study

US/UK Longitudinal Study

Enforced social isolation and mental health:

An observational study of the psychosocial effects of quarantine during COVID-19

We're inviting adults in the US to take part in this study

Dr. Daisy Fancourt, University College London (UCL), is conducting a study to understand the mental health impacts of sheltering in place, and activities that may buffer against those effects. 70,000 UK residents have already enrolled in this important study.

The Center for Arts in Medicine and [Americans for the Arts Action Fund](#) have partnered with UCL to extend this study to the US. The results will help inform recommendations to improve well-being and resilience during and after the COVID-19 crisis. Results of this longitudinal study will be made publicly available on a weekly basis.

Participation involves completing a 10-15 minute online survey now and then answering a shorter follow-up survey once per week while social distancing measures are in place.

To participate in the study, please [click here](#).

We invite you to share this study far and wide!

Learn more about:

- [COVID-19 Arts Response](#)
- [COVID-19 Arts Response Repository](#)

[Participate in the study](#)

UC Berkeley/LBNL, surveying the STEM community

You are invited to participate in a research study about the impacts of COVID-19 on STEM students and professionals, including folks from education, policy, and other related fields. You must be 18 or older to participate.

This study was developed by researchers at UC Berkeley, in order to find out how COVID-19 has impacted people personally, academically, or professionally. The survey will only take 15

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minutes to complete, but we hope this information will help to inform schools, programs, and organizations about what's going on and what people need.

We understand that this is a difficult and unusual time for everyone, and your well-being is our top priority. With this survey, our overall goal is to learn about your experiences, and we hope that the results from this study can be helpful in providing support where/when it is most needed. Your stories matter, and we appreciate your time.

Please note that participation in research is completely voluntary, and your responses will be anonymous (unless you volunteer your contact info).

Follow this link to the Survey:

https://berkeley.qualtrics.com/jfe/form/SV_79WyNOkXobABlm5

Questions? Contact us at STEMCOVID19study@gmail.com.

City of Berkeley: COVID-19 Testing by appointment



CITY OF BERKELEY

COVID-19 Testing by appointment

Available to anyone who lives or works in Berkeley experiencing any of these symptoms:

- ★ Fever
- ★ Cough
- ★ Shortness of breath
- ★ Chills
- ★ Repeated shaking with chills
- ★ Headache
- ★ Sore throat
- ★ Muscle pain
- ★ New loss of taste or smell

Call 510 981-5380 to schedule an appointment.

Screening & appointment line operates Monday-Friday 9am-4pm.

CITYOFBERKELEY.INFO/COVID19-TEST



Apply For Calfresh Over The Phone



CALFRESH OFFERS UP TO \$194 IN FOOD ASSISTANCE

APPLY FOR CALFRESH OVER THE PHONE

CalFresh ambassadors are available every day of the week to walk you through the application! Sign up for a phone call at tinyurl.com/calfresh2020

Current APA Resources

Getting Into Graduate School: Your Roadmap for Success

<http://psychlearningcurve.org/graduate-school-roadmap/>

Roadmap to Graduate School: Planning Your Route

<http://psychlearningcurve.org/planning-your-route-to-graduate-school/>

Roadmap to Graduate School: Finding Fit

<http://psychlearningcurve.org/finding-fit/>

<https://www.apa.org/members/content/finding-fit-series>

Roadmap to Graduate School: Navigating Interviews

<http://psychlearningcurve.org/navigating-interviews/>

As an aside, the following page contains some webinars that should be interesting to your current graduate students as they navigate the pandemic:

<https://www.apa.org/members/content/pandemic-webinar-series>

Berkeley Art Studio Virtual Summer

The Berkeley Art Studio has gone virtual! All the classes you love, like painting, drawing, photography, design, and sculpture, are now online! Take a class using easy-to-access materials, or come to the studio for curbside pickup of clay. Taking a ceramics class? You can drop off your work at the Studio for kiln firings. We make it easy so you can thrive on some creativity. Classes are usually 7 weeks and meet 2-3 hours a week. [REGISTER TODAY](#) because classes start

ASU Certificate in Addiction & Substance Use Related Disorders

Our **Online Graduate Certificate in Addiction and Substance-Use Related Disorders** prepares students to be a Licensed Substance Abuse Counselor. (In 40+ States, some states have additional requirements.) We designed the curriculum to match those requirements and to prepare the students for the real world.

Site:

<https://asuonline.asu.edu/online-degree-programs/certificates/addiction-and-substance-use-related-disorders-graduate/>

Adulting Course on Udemy

We, Belle Lau and Jenny Zhou, are the creators of the Adulting course at UC Berkeley. Because of the widespread attention and interest that we have garnered since starting the class, we decided to create an online version of the course on a learning platform called Udemy. We want to be able to help people not just at Berkeley, but outside the community, learn how to care for one's self and be self-reliant.

You can visit tinyurl.com/AdultingCourse to enroll for a low price of \$29.99 for 33 lectures of content plus additional self-help resources. Note, this course is targeted at those in high school and above, but anyone who is willing to learn is more than welcome to take the course.

To learn more about what the class offers, please visit the attached infographic or the LA Times article here:

<https://www.latimes.com/california/story/2019-12-10/adulting-is-hard-uc-berkeley-has-a-class-for-that>.

SLC Summer Writing Program

SLC Writing Program | Summer 2020

Writing Support for You!



Appointment

Want to plan ahead? Book a 50-minute session today.



Weekly

Want to practice your writing skills? Meet with us weekly.



Visit Us

Virtual VèVè Writing Lounge
Monday-Friday,
11-7PM

For more information, check out our site: slc.berkeley.edu/writing

Whether your class starts today or you are approaching midterms, now is a great time to partner with the [SLC Writing Program](#). Meet with a friendly tutor to break down writing assignments into manageable steps, brainstorm ideas, or discuss ways to enhance your draft. No matter where you are in the process, we are here to support you on your writing journey.

[Schedule](#) an Appointment today or submit a [request](#) for a Weekly tutor to partner with you for the summer. We can't wait to see you in the virtual VèVè Writing Lounge!

SLC Language Exchange Program

The [SLC Language Exchange Program](#) is excited to announce the launch of our virtual services for Summer 2020! We provide a space for students to enhance their language skills and engage with the rich cultural and linguistic diversity of our global campus. Joining our program is a great way for students to further practice the conversation skills they are learning in their language classes while making meaningful connections with our passionate community of language enthusiasts.



Student Learning Center | Summer 2020

LANGUAGE EXCHANGE PROGRAM

Become a polyglot. Transform Cal's global community.

OUR FORMATS

- Pair/Trio
- Language Pods
- Conversation Groups
- Community Socials
- LEP Global Book Club

HOW TO JOIN

- Attend an Orientation
- Submit an Intake Form
- Practice Weekly

RSVP for an orientation at bit.ly/lep-su20

CONTACT US

- slc.berkeley.edu/lep
- slc-lep@berkeley.edu
- [@lep.ucb](#)

The graphic features three images: a woman with glasses using a laptop, a man with glasses at a desk with a laptop, and a man and woman smiling at a laptop.

SLC Language Exchange Program

As you explore summer classes online, we know you'll have more opportunities to write about the exciting new things you're learning. So, what better way to get a headstart on your papers than to log into a conversation with one of our friendly peers? As you map out your next assignment, build in time to talk out your ideas, strengthen the clarity of your analysis, and review the organization of your drafts with a knowledgeable peer to make your writing flourish.

Whether you're working towards your final papers or you just received your first prompt, you can [book](#) a same-day Appointment or [request](#) a Weekly tutor to partner with you for the summer.

We hope to see you in the writing lounge soon!



BERKELEY STUDENT LEARNING CENTER

Writing Program

“Transforming writers,
one conversation at a time.”

APPOINTMENT
Book a 50-min appointment with a tutor in advance to discuss strategies for taking your writing to the next level.

WEEKLY
Work with a tutor on a weekly basis to practice and master the fundamentals of academic writing.

FIND US

- 🌐 slc.berkeley.edu/writing
- 📘 SLC Writing Program
- ✉ slcwritingprg@berkeley.edu
- 📺 All services offered via Zoom!

SUMMER SESSIONS 2020

Are your midterm papers piling up? Are you struggling to get over writer's block? Or, do you have so many ideas that you're unsure where to go in your essay?

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Well, we're here to tell you, talking out your writing with our tutors can help! No need to have a full draft, just come in with your assignment and ideas, and we'll work with you to break through those blocks and focus your perspective. Through one-to-one conversations, we'll share tools to strengthen your arguments, deepen your analysis, and enhance the quality of your paper.

So, don't wait! Book a 50-minute [Appointment](#) to chat with us today or get a head start on your projects by booking a slot for next week. If you're looking for more consistent support, check out our [Weekly](#) format. Our tutors are eager to partner with you as early as today.

UC Berkeley Getting into Graduate School



UC Berkeley Mentoring Program
GETTING INTO GRADUATE SCHOOL

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.

GiGS students will be matched with a current UC Berkeley graduate student who will provide mentorship, advice, support and guidance to the graduate school journey including the application process. GiGS mentors will share their own experiences as prospective students to graduate school, lessons learned along the way and genuine insights into graduate life for graduate students of color.

The GiGS class is set to take place Fridays from 1PM-3PM

Deadline to apply: Friday, August 7th, 2020 at 5PM.

Click [here](#) for the application.

You will be notified on your acceptance by Wednesday, August 19th, 2020.

UCB Undergrad Research Apprenticeship Program (URAP)

Undergraduate Research Apprentice Program (URAP)

URAP plans to have an application cycle this fall (with the expectation that the status of some projects may be subject to change). Open projects will be posted in the second half of July. Please check the Announcements section on the main URAP website at urap.berkeley.edu. Info sessions will be held every day during the first week of classes;

the schedule will be posted in the [Resources section](#).

The Fall 2020 application will be open August 19th–August 31st.

Office of Undergraduate Research and Scholarship (OURS) Workshops

These online workshops will be especially useful for undergraduates, but are open to all UC Berkeley students (undergraduate, graduate, and visiting scholars) regardless of academic discipline. Please click on the links below for information on workshop and info session content.

[How to Email a Professor to Get a Positive Response](#) (ONLINE)

July 16 | 12 p.m. -1 p.m. | [Register here](#)

July 28 | 10 a.m.-11 a.m. | [Register here](#)

August 11 | 4:30 p.m.-5:30 p.m. | [Register here](#)

[Getting Started in Undergrad Research and Finding a Mentor](#) (ONLINE)

July 20 | 3 p.m. -4 p.m. | [Register here](#)

August 6 | 2 p.m. -3 p.m. | [Register here](#)

[How to Write a Research Proposal](#) (ONLINE)

August 18 | 10 a.m. -11 a.m. | [Register here](#)

Fall 2020: Transfer Student Center Transition Course



Services We Provide

100 Cesar E. Chavez

transfers.berkeley.edu

Visit the Transfer Student Center

The Transfer Student Center provides assistance to students who transfer to Cal from other colleges or universities. The center is located in 100 Cesar E. Chavez Student Building.

Enroll in L&S 198

A one-unit transition course designed to assist first semester transfer students with making a successful transition to the research university. Students explore academic strategies, campus resources, and learn from one another about thriving at Cal.

Major Insights Mentoring Program

This program connects first semester transfers with continuing transfers in the same major. Mentors meet with first semester transfers once or twice during the semester to discuss academic expectations, explore resources, and offer tips for navigating student life at Cal.

Transfer Success Workshops

This workshop series introduces transfer students to academic strategies and enrichment opportunities. Workshop topics include budgeting, time management, research, studying abroad and more.

Advising

One-on-one advising for transfer students includes assistance with transitioning, navigating, academic planning tips, financial aid assistance, exploring career opportunities, campus resources and more.

Leadership Opportunities

Leadership opportunities are available each semester and focus on addressing community needs and fostering leadership and public service. Students can earn 1-3 units of academic credit.

Transitioning to Cal: An Introduction to the Research University for Transfers

Fall 2020 Transition Courses

Letters & Science 198: Transitioning to Cal: An Introduction to the Research University for Transfers
One unit; Pass/Not Pass

Course Description: This class is designed to help facilitate your transition by improving your knowledge of the research university and its resources, assisting you in identifying key academic skills and strategies for academic success, and by fostering a sense of community. The course will focus on academic strategies for upper division course work with particular emphasis on time management skills, critical reading, exam preparation, and writing skills. You will learn about various campus resources and opportunities that are available to you as a Cal student. Participation, group work, and class discussion are an integral part of this course.

Sec. 1	Mondays	11am-12pm	Online	Class Nbr: 34259
Sec. 2	Mondays	2pm-3pm	Online	Class Nbr: 34260
Sec. 3	Tuesdays	10am-11am	Online	Class Nbr: 34261
Sec. 4	Tuesdays	11am-12pm	Online	Class Nbr: 34262
Sec. 5	Tuesdays	12pm-1pm	Online	Class Nbr: 34263
Sec. 6	Tuesdays	1pm-2pm	Online	Class Nbr: 34264
Sec. 7	Tuesdays	2pm-3pm	Online	Class Nbr: 34265
Sec. 8	Wednesdays	10am-11am	Online	Class Nbr: 34266
Sec. 9	Wednesdays	11am-12pm	Online	Class Nbr: 34267
Sec. 10	Wednesdays	1pm-2pm	Online	Class Nbr: 34268
Sec. 11	Wednesdays	2pm-3pm	Online	Class Nbr: 34269
Sec. 12	Wednesdays	3pm-4pm	Online	Class Nbr: 34270
Sec. 13	Thursdays	10am-11am	Online	Class Nbr: 34271
Sec. 14	Thursdays	11am-12pm	Online	Class Nbr: 34272
Sec. 15	Thursdays	1pm-2pm	Online	Class Nbr: 34273
Sec. 16	Thursdays	2pm-3pm	Online	Class Nbr: 34274



Bears for Financial Success Scholarship

Bears for Financial Success



BFFS SCHOLARSHIP

Application : <https://tinyurl.com/bffsscholarship>

Scholarships : Four scholarships of \$500

Deadline : July 20th 2020 by 11:59 pm

Eligibility:

- Applicants must be actively enrolled at UC Berkeley with at least one semester remaining.
- *No minimum GPA Requirement and No Letter of Recommendation needed
- Open to ALL students regardless of citizenship status

Email bffs@berkeley.edu for questions!



GIGS Mentee Application, August 7th

INTERESTED IN INCREASING GRADUATE DIVERSITY?

BECOME A GIGS MENTEE

APPLICATION DUE FRI, AUG 7TH 2020

GiGS (Getting into Graduate School) is a FREE mentorship program sponsored by the Office for Graduate Diversity (OGD) and the Graduate Assembly (GA). GiGS is designed to encourage and prepare UC Berkeley diversity students to prepare for, apply to, and enroll in graduate study. We hope undergraduates leave the mentoring program with a better understanding of what the process entails and are inspired to pursue academic careers and create change in the future.

PROGRAM HIGHLIGHTS

- Learn how to become a competitive applicant for graduate school.
- Receive individual mentorship from a current UC Berkeley graduate student.
- Attend professional development workshops related to: writing the personal statement & statement of purpose, resume & CV development, funding opportunities, creating a back-up plan, GRE/LSAT prep, undocumented student resources, professional etiquette & MORE!



HOW TO APPLY

tinyurl.com/GiGSMentee2020



Psychology.org

The educational and professional success of UC Berkeley students interested in the mental health field directly translates into the support of mental health wellness in our communities — especially in these unprecedented and uncertain times. Our team at Psychology.org created a resource to help students determine which mental health career path is most appropriate for their unique interests and goals. To provide a clear guide outlining multiple paths we partnered with licensed and board-certified/licensed professionals, outlined various educational requirements, and explored variances in types of care provided. Take a further look here:

Counseling, Therapy, and Psychology: What's the Difference?

<https://www.psychology.org/resources/counseling-therapy-psychology-differences/>

We would like to do our part to support students on their educational paths by making this career guide freely and easily accessible. **Support current and future mental health professionals in your student body by including a link to the above guide here:**

<https://psychology.berkeley.edu/students/undergraduate-program/resources>.

NavCal Fellowship Applications Open!

Apply now! The **Fall 2020 NavCal Fellowship** (3-units) (via Zoom) application is now open. NavCal assists incoming nontraditional students in their navigating of Cal through a hands-on/high-touch approach—where current students coach and mentor incoming students by passing on their own knowledge and experiences of their adjustment to Cal.

[Click HERE to view the official NavCal video.](#)

The Fall 2020 NavCal application can be found here: <https://forms.gle/n219Y6138X8CZM8C6> **Accepting on a rolling basis so apply ASAP. Feel free to let me know if you have any questions.**

NAVIGATING
CAL
Acquiring Social Capital Theory in Action/Practicum



This fellowship (via Zoom) assists students transition to CAL & improves knowledge of resources and networking around

[Click HERE](#) or use
[QR code](#) to apply:



Check out the official NavCal video [HERE](#)

Priority Deadline to apply: Monday August 3rd, 2020
Accepting on a rolling basis so apply ASAP
Contact us at: navcal@berkeley.edu

EOP Virtual Drop-ins

 					
SUMMER PEER ACADEMIC COUNSELORS (PACs) VIRTUAL DROP-IN					
	Monday	Tuesday	Wednesday	Thursday	Friday
9AM-10AM	Melanie & Angelica	Julio & Gabby	Leslie & Gabby	Kim	Julio
10AM-11AM		Julio	Leslie		
11AM-12PM	Kim	Christian & Samuel	Leslie & Tiara	Chris & Angelica	Adrian & Sam
12PM-1PM					
1PM-2PM	Adrian & Gabby	Paul & Joseline	Paul & Joseline	Melanie & Tiara	No PAC available
2PM-3PM					
					
<p><i>Chris</i> <i>Julio</i> <i>Leslie</i> <i>Kim</i> <i>Melanie</i> <i>Paul</i> <i>Adrian</i> <i>Joseline</i> <i>Gabby</i> <i>Angelica</i> <i>Tiara</i> <i>Samuel</i></p>					

EOP Virtual Community Space



The graphic is a vertical poster with a yellow background. At the top, there is a grey laptop keyboard icon. To the right, there are icons for a speech bubble and three people silhouettes. The main title 'VIRTUAL COMMUNITY SPACE' is in large, bold, dark blue letters. Below it, the subtitle 'Our Student Staff & Interns are here to help!' is in a smaller, italicized font. The poster is divided into two main sections: a green one for the Intake Team and a dark blue one for Peer Academic Counselors. Each section includes a list of services, a circular photo of staff, and their availability hours. At the bottom, there are logos for EOP, the Undocumented Student Program, and the University of California Berkeley, along with the text 'ZOOM OR CALL IN AT EOP.BERKELEY.EDU'.

VIRTUAL COMMUNITY SPACE
Our Student Staff & Interns are here to help!

Intake Team
Quick Questions
New Student Verifications
EOP Coop Verifications
Scheduling Appointments

MONDAY-FRIDAY
10AM - 2PM

Peer Academic Counselors
Academic Planning
Understanding Financial Aid
Navigating Housing

MONDAY - THURSDAY
9AM-3PM
FRIDAYS
9AM-1PM

Educational Opportunity Program **EOP** **ZOOM OR CALL IN AT**
EOP.BERKELEY.EDU

UNDOCUMENTED STUDENT PROGRAM
UNIVERSITY OF CALIFORNIA BERKELEY

We have a new Virtual Community Space where students can connect with our student intake staff for quick questions. Our [Peer Academic Counselors \(PACs\)](#) are also hosting their drop-in advising hours through this same Zoom link. They are very knowledgeable and can assist students with follow-up questions about enrollment or generational Fall transition needs.

Our student staff are available daily so please share with your communities and encourage students to utilize this resource (continuing students as well). This information is also listed on [EOP's homepage](#). Students can view our [virtual summer programming and resources here](#) with links to previous webinars.

Undocumented Student Program Summer Wellness Workshops

USP Summer Wellness Workshops

THE PRESSURE IS REAL: NAVIGATING MIXED EMOTIONS IN MIXED STATUS FAMILIES

This workshop is designed to hold space for connection and validation of emotions that come for undocumented students in mixed status families. Students will be introduced to the concept of radical acceptance and how it can be used to promote wellness.

Tuesday, July 28th, 5:00 to 6:00 PM

Zoom link will be sent via USP listserve day of event



Facilitated by Bianca Barrios, Ph.D

Upcoming Sessions

August 11th: Prepping for a Hybrid Semester:
Creating structure and boundaries at home



UNDOCUMENTED
STUDENT
PROGRAM



UNIVERSITY
OF CALIFORNIA
BERKELEY

Neurodiverse queer woman looking for some support!

I am mainly looking for:

- Company/help doing things around the house
 - Cooking together
 - Gardening together
 - Showing off my art and other projects
 - Talking, hanging out
 - Support doing chores (I don't like to make my bed:/)

If you also have any skills with digital arts/Social media, that would be awesome!

- I just learned some web design at BCC and want to continue developing an online presence to share my art and my story

Same goes for English writing/tutoring! I would love to strengthen these skills after my primary needs are met.

Start this summer, continue into the fall and as long as you're available

Location: Richmond, CA

- We can start with zoom sessions and other remote options but would ultimately want to meet in-person

Pay: Negotiable. Up to \$20/hour

Hours: Flexible. 4-8 hours/week

Start date: As soon as possible

Please contact Elizabeth at lgreynolds@berkeley.edu for more information.

UC Berkeley Falltopia - Aug 21 - 24

The image is a promotional banner for UC Berkeley's Falltopia event. At the top, a red banner with a white geometric pattern contains the text "UC BERKELEY'S FALLTOPIA: AUGUST 21-24" in white, bold, sans-serif font. Below this is a collage of six photos of diverse students. The top row shows a young man smiling, a young woman with curly hair smiling, and a group of three young women waving. The bottom row shows a young woman with braids smiling, a young man with glasses smiling, and a young woman smiling. In the center of the collage is a red banner with the text "AUGUST 21 - 24" in white, followed by "FALLTOPIA" in large, bold, white, sans-serif font. Below "FALLTOPIA" is the text "FREE VIRTUAL COMMUNITY EVENTS. OVER \$25K IN SPONSORED GIVEAWAYS." in white, sans-serif font. In the bottom right corner of the collage, there is a red circular icon with a white telephone handset and the text "PRESENTED BY AQUAFINA" in white, sans-serif font. The Berkeley Division of Student Affairs logo is visible in the top left corner of the collage.

Admission to all four (4) virtual events is FREE and open to the Cal community including students, staff, faculty, alumni and community supporters. Registration is required for all virtual events. Participants may go back and edit their selections at any time.

[Facebook Event Details](#) including daily program schedules for **Mega Quiz Night**, **Mega Movie Night**, **Cal Esports Open House**, and the **Social Media Photo Challenge** updated weekly.

[REGISTER HERE](#)