# Table of Contents

<table>
<thead>
<tr>
<th>Event</th>
<th>Date</th>
</tr>
</thead>
<tbody>
<tr>
<td>Latinx Center of Excellence La Red de Apoyo Mentoring Program</td>
<td>8/24</td>
</tr>
<tr>
<td>Office of Undergraduate Research and Scholarship (OURS) Workshops</td>
<td>8/25</td>
</tr>
<tr>
<td>Recruiting Kickoff for L&amp;S and Rausser College</td>
<td>8/26</td>
</tr>
<tr>
<td>Career Connections: Consulting &amp; Business Development</td>
<td>8/27</td>
</tr>
<tr>
<td>UCB Undergrad Research Apprenticeship Program (URAP)</td>
<td>8/31</td>
</tr>
<tr>
<td>Harvard Mind-Body Medicine in the Age of COVID 19</td>
<td>8/31</td>
</tr>
<tr>
<td>Belonging &amp; Inclusion: Improving Berkeley’s Chemistry’s Academic Climate</td>
<td>9/3</td>
</tr>
<tr>
<td>Berkeley Scientific Journal Application Open</td>
<td>9/4</td>
</tr>
<tr>
<td>Giving Back the Shame Workshop</td>
<td>9/11</td>
</tr>
<tr>
<td>Coping with COVID in College</td>
<td>9/13</td>
</tr>
<tr>
<td>Berkeley Center for New Media Student Orientation</td>
<td>9/15</td>
</tr>
<tr>
<td>Healing Shame in Inner Children &amp; Actual Children</td>
<td>10/3</td>
</tr>
<tr>
<td>Fall 2020: Career Connections Virtual Networking Series</td>
<td></td>
</tr>
<tr>
<td>Fall 2020: Career &amp; Internship Fairs</td>
<td></td>
</tr>
<tr>
<td>Fall 2020: EOP Virtual Satellite Advising</td>
<td></td>
</tr>
<tr>
<td>L&amp;S Virtual Front Desk</td>
<td></td>
</tr>
<tr>
<td>UC Berkeley Labor Center COVID-19 Resources</td>
<td></td>
</tr>
<tr>
<td>UC Berkeley/LBNL, surveying the STEM community</td>
<td></td>
</tr>
<tr>
<td>City of Berkeley: COVID-19 Testing by appointment</td>
<td></td>
</tr>
<tr>
<td>ASU Certificate in Addiction &amp; Substance Use Related Disorders</td>
<td></td>
</tr>
<tr>
<td>Adulting Course on Udemy</td>
<td></td>
</tr>
<tr>
<td>SLC Writing Program</td>
<td></td>
</tr>
<tr>
<td>SLC Language Exchange Program</td>
<td></td>
</tr>
<tr>
<td>Psychology.org</td>
<td></td>
</tr>
<tr>
<td>EOP Virtual Drop-ins</td>
<td></td>
</tr>
</tbody>
</table>
Latinx Center of Excellence La Red de Apoyo Mentoring Program, 8/24

La Red de Apoyo Mentorship Program, managed by the Latinx Center of Excellence (LCOE) at Berkeley Social Welfare, pairs graduate Latinx MSW student with current UCB undergrads interested in exploring a career in social work. The mentorship program is part of a larger effort to recruit Latinx undergraduate students to Berkeley Social Welfare's MSW and Ph.D. program, with special attention to students interested in community behavioral health. Besides building connections with graduate Latinx students on campus, mentees will receive support and encouragement to reach their academic and professional goals.

*Unless otherwise stated, all meetings and check ins during the Fall semester are expected to be virtual. While we expect to resume in person gatherings in the Spring semester, we will continue to follow the guidelines set forth by public health and University officials.*

MENTEE ELIGIBILITY REQUIREMENTS
- Be currently enrolled as an undergraduate student at UC Berkeley
- Demonstrate interest in graduate school and the social work practice
- Connect with mentor at least once per month (phone/video call or email communication) for the entire academic year (September '20- May '21)
- Attend periodic program meetings including orientation, graduate school workshops (2-3 per semester), and community building activities
- Complete pre- and post- service surveys in a timely manner. To support these evaluation and reporting efforts, applicants will be asked to provide a permanent and a secondary email address and phone number. A paid summer internship in Behavioral Health with one of our partners might be available for eligible Juniors. All mentees who meet the eligibility criteria will be required to submit an application. More details will be forthcoming
Latinx Center of Excellence
Berkeley School of Social Welfare

Apply by Monday, August 24

Connect with a Latinx MSW student mentor!
La Red de Apoyo Mentoring Program 2020-2021
Open to all current UCB undergraduates interested in pursuing a Master of Social Welfare
Apply: tinyurl.com/RedLCOE20

Questions? e-mail swlatinx@berkeley.edu

Berkeley Social Welfare
Office of Undergraduate Research and Scholarship (OURS) Workshops, 8/25

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.

**Getting Started in Undergrad Research and Finding a Mentor** (ONLINE)

August 25 | 10-11 a.m. | Virtual--Zoom link TBA

August 25 | 1-2 p.m. | Virtual--Zoom link TBA

**URAP Info Session** (ONLINE)

August 25 | 11 a.m.-12 p.m.

August 26 | 1-2 p.m.

August 28 | 10-11 a.m.
Recruiting Kickoff for L&S and Rausser College, 8/26

Fall Recruiting Kickoff for L&S and Rausser College (Virtual Event)
Wednesday, August 26 at 5:30-7:00 PM

Get ready for the fall job/internship search, including virtual on-campus-recruiting and career fairs!

Companies DO want to recruit all majors for positions in a wide variety of fields and industries. You will hear from a panel of diverse professionals to learn about opportunities, the hiring process, and how to best market yourself for success, with a specific focus on the virtual job search and recruiting environment during this unprecedented time. The program will conclude with casual networking with our employer panelists in breakout rooms. Open to ALL MAJORS!
Career Connections: Consulting & Business Development, 8/27

**Career Connections: Consulting and Business Development (Virtual Event)**
Thursday, August 27 at 5:00 pm-7:00 PM

What exactly does a “consultant” do and how do they make an impact? How does business development drive consulting and other industries? Take advantage of this interactive session to demystify what consulting is, and hear insider tips from industry professionals who will share their insights and experiences in this dynamic and global industry!

*Check Handshake for additional participating alumni/professionals.*

* Registering is highly recommended
** Open only to UC Berkeley students (all majors and class levels) and eligible Alumni.

For details and to register, click here.

UCB Undergrad Research Apprenticeship Program (URAP), 8/31

**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 at 9 AM

Harvard Mind-Body Medicine in the Age of COVID 19, 8/31
Please join the Harvard Facilitators for Religious, Ethical, and Spiritual Inquiry (FRESI) and Harvard Chaplains to hear from two experts in the field of mind-body medicine. Dr. Herbert Benson, Director Emeritus, and Dr. Gregory Fricchione, current director of the Herbert-Benson Institute for Mind Body Medicine, will discuss their pioneering work in the field, the clinical interface of mind, body, and spirituality and how mind-body medicine can be beneficial in difficult times like this - the Covid-19 pandemic. Tune in on Sunday, August 30th at 3 pm EST to what will be a very insightful discussion centered on health, wellness, and spirituality!
Belonging & Inclusion: Improving Berkeley’s Chemistry’s Academic Climate, 9/3

Thursday, September 3, 12:00 to 1:15 PM
Belonging & inclusion: improving Berkeley Chemistry's academic climate
Leaders in Berkeley's Department of Chemistry discuss collaborative, data-driven efforts to improve academic climate and sense of belonging.

Co-presented by the UC Berkeley Department of Chemistry and the Coalition for Education and Outreach.
This event will be presented via Zoom. Registration is required.
REGISTER NOW

Speakers: Chrissy Stachl, Ph.D. Candidate in the Department of Chemistry; Matt Francis, Department of Chemistry Chair and Professor of Chemistry; Anne Barranger, Director of Undergraduate Chemistry and Teaching Professor of Chemistry. Moderator: Monica Albe, Graduate Student Services Advisor for the Department of Integrative Biology and the Endocrinology Graduate Group.

Description. The underrepresentation of women and some racial and ethnic groups remains a significant issue in STEM. Inclusivity and sense of belonging—the extent to which an individual feels accepted in a community—are two factors known to predict retention throughout academia. Sense of belonging directly fuels (or hinders) an individual’s feelings of acceptance, value, and inclusion, and strongly influences academic motivation and persistence, especially among women and underrepresented minorities in STEM. While research focusing on undergraduate sense of belonging is abundant, there has been little investigation of sense of belonging among graduate communities, even though such data would be useful for devising strategies to improve academic climate and increase representation in academia’s higher ranks. In 2016, graduate students initiated a department-wide collaboration to assess the issues affecting inclusivity, diversity, wellness, and sense of belonging within the UC Berkeley Department of Chemistry. The department’s own data from academic climate and sense of belonging surveys was then used to ground evidence-based discussions, in order to increase awareness of the challenges facing our members. By using our own data to foster discussions, we were able to collaboratively design and implement interventions to make the department more welcoming for all members. Moreover, we have been able to engage our entire community in discussions about difficult topics that were previously shrouded in stigma. In this presentation, we will talk about the
methods used to create significant change, and discuss how any research-focused academic community can use these methods to develop tailored interventions that can lead to positive and lasting cultural change.

**Berkeley Scientific Journal Application Open, 9/4**

Interested in science communication or journalism? Need to pick up a couple units for next semester? Then come join the Berkeley Scientific Journal Decal, UC Berkeley's premier undergraduate science journal. Through our Interviews, Features, and Research & Blog teams, you'll have the chance to work on all flavors of science writing, including quick study stories on recently published journal research, interviews with faculty members working closely on the coronavirus pandemic, and articles exploring how science interfaces with the world around us.
Check out our website [bsj.berkeley.edu] to learn more about our DeCal and journal, see past issues, and apply! Our application deadline is September 4th.

**Giving Back the Shame Workshop, 9/11**

A Healing Shame Advanced Workshop for Therapists and Helping Professionals  
with Bret Lyon PhD, SEP and Sheila Rubin LMFT, RDT/BCT  

**Online via Zoom – Live and Recorded**  

**4 Fridays: September 11, 25, October 9, 16**  
(no class September 18 or October 2)  

10am–1:30pm Pacific Time  

$395 full price / $375 with full payment by August 7, 2020  

Special price for interns  

13 CE credits available (See website for details)  

CAMFT CE provider #134393

This in-depth workshop for advanced Healing Shame students provides a chance to practice specific techniques for working with shame so that you can be even more precise and effective in helping clients gently feel into and integrate their shame.

We will look at the moment-to-moment interaction between therapist and client and how to be both caring and forceful, both gentle and relentless, in helping your client to a more positive and accurate view of self and other. You will gain practical experience in attuning more fully to your clients and developing and keeping a safe container so that shame can be explored delicately, without overwhelming yourself or the client.

The workshop includes an extensive exploration on how to “give the shame back,” the final step in our process, which can only happen after considerable work. We will teach a variety of ways in which clients can give shame back and release the deadening energy from the past in a way that is ego-syntonic—not scary, but actually comfortable and satisfying for them.
PREREQUISITE: This workshop is open to those who have taken at least TWO workshops with us, or by special permission.

TO REGISTER, please visit the Schedule page at www.HealingShame.com. For more information, call Bret at 510-420-1441 or email Bret@HealingShame.com.

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

Coping with COVID in College, 9/13

My name is Benjamin Vogel,

I am the program manager of SportsPsychMDs and am inviting the undergraduate students of University of California Berkely to Coping With COVID In College.

Led by Dr. Armin Hoes, M.D. (a board-certified psychiatrist), Dr. Torey Troggio, M.D. (a Child and Adolescent psychiatrist), and myself Coping With COVID In College is a free live stream event. The show will address the psychological, mental, and emotional issues that students may face upon returning to school during the COVID-19 pandemic, along with practical strategies to achieve peak mental health and fitness.

Again, Coping With COVID In College is 100% free and will be streamed via Zoom on Sunday, September 13th at 8:00 PM EST. With mental health on a steady incline and COVID-19
affecting everyone in some way or another, students will benefit from Coping With COVID In College. I am asking you to share this email and flyer with the undergraduate students at the University of California Berkeley.

Here is the link to register:
https://docs.google.com/forms/d/1xcHqIwQyIqBHN9zCzLEdILNR2ahSqY4N24vZtftpc/edit#responses

Thank you for taking the time to read this message and your continued consideration. If I can provide any further assistance, you can reach me at Bcv1996@gmail.com or (646)-596-4764.

Sincerely,
Benjamin Vogel

Berkeley Center for New Media Student Orientation, 9/15

New Media Student Orientation & Hang Out
Tuesday, September 15 | 4:30 — 5:30 PM

Calling all prospective new media students!

The Berkeley Center for New Media is an interdisciplinary research center that studies and shapes media transition and emergence from diverse perspectives. Through critical thinking and making, we cultivate technological equity and fairness in our classrooms, in our communities, and on the internet.

Please join us for an online hangout with BCNM faculty and staff to learn more about new media courses, opportunities, and resources! We'll be reviewing requirements for our Designated Emphasis, Graduate, and Undergraduate Certificate and sharing the application process for our various conference and research grants. We will also be previewing our upcoming public programs and our latest professionalization webinars.

RSVP here to attend!

Healing Shame in Inner Children & Actual Children, 10/3

A Workshop for Therapists and Other Helping Professionals
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—how to both listen to 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 [www.HealingShame.com](http://www.HealingShame.com).

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

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

Fall 2020: Career Connections Virtual Networking Series

Still not sure what you want to do after graduation?

Virtual for Fall 2020, Career Connections are co-sponsored by the Cal Alumni Association and the Career Center and allow students to explore different roles through casual conversations with Cal alumni and professionals.

- Connect via zoom with alumni and hear about their actual "day to day" at work
- Get tips and tricks on how to break into your field of interest
- Ask questions and make connections!

Register on Handshake to attend.
Fall 2020: Career & Internship Fairs

Find Your Future this Fall!

The Career Center is hosting 16 targeted, virtual career fairs on Handshake this fall. Register and create your schedule in advance by signing up for 1:1 and group sessions with employers (student registration opens approximately 2 weeks prior to each fair).

- Explore career and internship opportunities
- Build experience (self presentation, employer interactions, interview skills)
- Find Your Future

Register for virtual career fairs on Handshake
Miscellaneous Opportunities: Week of August 24, 2020

Fall 2020: EOP Virtual Satellite Advising

Public Health Advising
Mondays biweekly 10:30am-12pm & 1-2:30pm
tinyurl.com/eoppublichealth

Psychology Advising
Mondays biweekly 2:30-3:30pm
tinyurl.com/eoppsych2020

College of Letters & Science Advising
Mondays 1pm-4pm
tinyurl.com/eopcls2020

Haas School of Business Advising
Tuesdays (September & November) 1:30-4pm
tinyurl.com/eop-haas

Financial Aid Advising
Tuesdays 2pm-4pm
tinyurl.com/eopfinaid

Career Center Advising
Tuesdays biweekly 1-3pm
tinyurl.com/eopcareer

UHS Health Coaching
Tuesdays 2-4pm
tinyurl.com/eophealth

MCB & IB Advising
Wednesdays biweekly 9am-11am
tinyurl.com/eop-mcbib

Basic Needs Center Advising
Wednesdays 2:30-4pm
tinyurl.com/eopbasicneeds

Underrepresented Researchers of Color
Monthly on Thursdays 9-11am
tinyurl.com/eopuroc
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.

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.

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 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

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

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.
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 Writing Program

Here, at the SLC Writing Program, we’re passionate about the writing process. From the “Aha” moments of reaching a topic we want to explore to the rocky roads of refining an idea to a concrete thesis statement, we’re thrilled by the adventure of academic writing. The only thing that excites us more than delving into writing, is partnering with you to do the same.

Whether you’re just starting your summer courses, drafting midterm papers, or looking to get ahead on final projects, rest assured we’re here to help you reignite your excitement for your writing. So, book an Appointment today to gain inspiration for your topic by talking out your work with an encouraging peer.

Don’t see a time that fits your schedule? Don’t fret! Add your name to the waitlist and you’ll be notified of new openings. While you’re at it, like us on Facebook to keep up-to-date on our announcements and services.
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.
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.
**EOP Virtual Drop-ins**

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<tr>
<th>Time</th>
<th>Monday</th>
<th>Tuesday</th>
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<tr>
<td>9AM-10AM</td>
<td>Melanie &amp; Angelica</td>
<td>Julio &amp; Gabby</td>
<td>Leslie &amp; Gabby</td>
<td>Kim</td>
<td>Julio</td>
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<tr>
<td>10AM-11AM</td>
<td>Julio</td>
<td>Leslie</td>
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<tr>
<td>11AM-12PM</td>
<td>Kim</td>
<td>Christian &amp; Samuel</td>
<td>Leslie &amp; Tiara</td>
<td>Chris &amp; Angelica</td>
<td>Adrian &amp; Sam</td>
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<td>12PM-1PM</td>
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<tr>
<td>1PM-2PM</td>
<td>Adrian &amp; Gabby</td>
<td>Paul &amp; Joseline</td>
<td>Paul &amp; Joseline</td>
<td>Melanie &amp; Tiara</td>
<td>No PAC available</td>
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EOP Virtual Community Space

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.
New minor in Climate Science!

Earth and Planetary Science has a new minor in Climate Science. Our professor William Boos, the advisor for the minor, has created a short video overview of the minor.

The minor would be useful to students in a variety of majors; Economics, Engineering, Public Policy, and Mathematics just to name a few.

Our website for the minor can be found here.

UC Berkeley Career Center Fall Resources & Events

Check out our Fall 2020 Resources

Gear up for the fall semester by checking out the virtual resources offered by the Career Center to help you with your career exploration, job/internship search, graduate/professional school preparation, and professional development.

Fall 2020 Events

Fall Recruiting Kickoff for L&S (See attached flyer)

L&S Events Fall 2020 (See attached flyer. Please note events for our First Generation Career series)

Career Fairs: Fall 2020 (Students should check out the Virtual Career Fair tips at the bottom of the page. They are strongly encouraged to register before the event)

Career Connections: Fall 2020 (Networking events with alumni)

Handshake Staff Courtesy Account

If you would like to check out Handshake and explore resources, opportunities, and events, please consider creating a staff courtesy account.
ULab Research Mentee

Apply to be an undergraduate research mentee for the Cognitive Science and Psychology division of the Undergraduate Lab @Berkeley!

We are a student-run organization on campus dedicated to providing access to research opportunities for undergraduate students. By being a ULAB mentee, you will bond with a small group of students interested in research by working together on a year long research project in the field of cognitive science, psychology, and neuroscience under the guidance of an experienced undergraduate mentor. Through this program, you will gain hands on experience in scientific writing, data analysis, and experiment design. In addition to working with your group, you will work with and receive guidance from our graduate student advisors. All project groups will present at our symposium at the end of the year and be published through eScholarship. (See past publications from us: https://escholarship.org/uc/cogscipsych_uLab)

Application Link: https://forms.gle/vRXCjiWG7PUzGGA18

Thank you for your support!