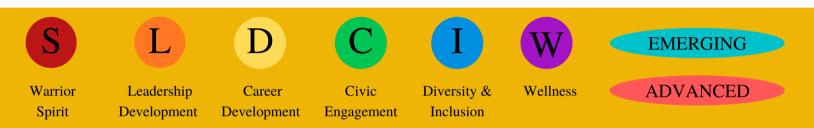


# **OCTOBER `21 WORKSHOPS**



### **FRIDAY, OCTOBER 1ST**



#### The financial aid office is offering a weekly opportunity to talk with a Stanislaus State Financial Aid Advisor to get your general financial aid questions answered. Feel free to stop by! It's open to all Stanislaus State students. These workshops are intended to provide general information in a group setting. If you have specific questions and need to speak one-on-one with a financial aid advisor, please set up a Virtual FA Advisor meeting by going to https://www.csustan.edu/financial-aidscholarship or emailing to Financial\_Aid@csustan.edu.

#### Registration is required for this event

Hosted By: Financial Aid & Scholarship **Register NOW** 

1:00pm-2:00pm

EMERGING

#### Men's Soccer Game

Men's soccer is hosting their first conference game, Friday at 4:30 p.m.! Students get in FREE with their Warrior ID card. Don't forget to wear RED! We ask that you follow campus health guidelines by wearing a mask, social distancing and filling out the daily screening form before entering Warrior Stadium!

Hosted By: Athletics Location: Al Brenda Track (Warrior Soccer Field)



#### 4:30pm

#### Women's Soccer Game

#### Women's soccer is hosting their first conference game, Friday at 7 p.m.! Students get in FREE with their Warrior ID card. Don't forget to wear RED! We ask that you follow campus health guidelines by wearing a mask, social distancing and filling out the daily screening form before entering Warrior Stadium!

Hosted By: Athletics

Location: Al Brenda Track (Warrior Soccer Field)

### SUNDAY, OCTOBER 3RD

#### Men's Soccer vs CSUDH

Students get in FREE with their Warrior ID card. Don't forget to wear RED! We ask that you follow campus health guidelines by wearing a mask, social distancing and filling out the daily screening form before entering Warrior Stadium! Hosted By: Athletics

Location: Al Brenda Track (Warrior Soccer Field)

#### Women's Soccer vs CSUDH

Students get in FREE with their Warrior ID card. Don't forget to wear RED! We ask that you follow campus health guidelines by wearing a mask, social distancing and filling out the daily screening form before entering Warrior Stadium!

Hosted By: Athletics Location: Al Brenda Track (Warrior Soccer Field)

#### **MONDAY, OCTOBER 4TH**

#### Managing Everyday Stressors W

This workshop focuses on how to identify causes of stress, common stressors for college students, understanding the impact that stress can have on a person, and ways to effectively cope with and manage those stressors. Log on and join us in learning about stress management. Hosted By: Health Education & Promotion

**Register NOW** 

#### Mock Interview Monday

Whether you have an interview coming up or not, it is always important to practice your communication skills. How you share your story makes the difference between getting a job offer or not. Join us to learn a few tips about interviewing and spend some time practicing.

Registration is required for this event? THIS ONE

Hosted By: Career & Professional Development **Register NOW** 



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## Diversitv & Inclusion

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#### 11:00am-12:00pm

#### 2:00pm

#### 9:00am-10:00am



11:30am

#### 7:00pm

### **TUESDAY, OCTOBER 5TH**

#### Diversity Crash Course: Inclusive Language

Diversity 101 is an introduction to the meaning of Diversity in the 21st century and how it is reflected at the CSU and campus level. This session will provide an overview of inclusive language guidelines and best practices to promote inclusive language as well as shared understanding of why the use of pronouns matter.

Registration is required for this event. Hosted By: Warrior Cross Cultural Center **Register NOW** 

### WEDNESDAY, OCTOBER 6TH

#### Self-Care Workshop

Log on and learn about self-care tips. Hosted By: Health Education & Promotion Instagram Live <u>@StanState HealthED</u>

#### **Step-UP Bystander Intervention Training**

Step-UP! is a bystander intervention training that focuses on raising awareness of helping behaviors, increases motivation to help, and developing skills and confidence when responding to problems or concerns.

Hosted By: Health Education & Promotion Register **NOW** 

#### **THURSDAY, OCTOBER 7TH**

<b>Interviewing 101</b>	D
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Preparation is key to interview success. Learn how to prepare for difficult interview questions and present yourself with confidence.

Registration is required for this event

Hosted By: Career & Professional Development **Register NOW** 

#### Brother to Brother: Black Men's Support Group

This event is an opportunity for men around campus to have critical and empowering conversation regarding issues that affect men. The purpose of these events is to create dialogue and provide resources and opportunities to think differently and be advocates for social change.

#### Registration is required for this event

Hosted By: Male Success Initiative Register **NOW** 



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#### 11:00am-11:45am



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#### 2:00pm-3:30pm



#### 1:00pm-2:00pm



#### 12:00pm-1:00pm

ADVANCED



#### FRIDAY, OCTOBER 8TH

#### Let's Talk Financial Aid Fridays

The financial aid office is offering a weekly opportunity to talk with a Stanislaus State Financial Aid Advisor to get your general financial aid questions answered. Feel free to stop by! It's open to all Stanislaus State students. These workshops are intended to provide general information in a group setting. If you have specific questions and need to speak one-on-one with a financial aid advisor, please set up a Virtual FA Advisor meeting by going to https://www.csustan.edu/financial-aidscholarship or emailing to Financial Aid@csustan.edu.

Hosted By: Financial Aid & Scholarship Location: 81721985457

#### Volleyball Game:

Volleyball is hosting their first game that everyone is invited to attend! The Warriors take on Cal State Dominguez Hills at 5 p.m. in Fitzpatrick Arena. Students get in FREE with their Warrior ID card. Don't forget to wear RED! We ask that you follow campus health guidelines by wearing a mask, social distancing and filling out the daily screening form before entering Warrior Stadium! Hosted By: Athletics

Location: Fitzpatrick Arena

#### **MONDAY, OCTOBER 11TH**

#### Mock Interview Monday

Whether you have an interview coming up or not, it is always important to practice your communication skills. How you share your story makes the difference between getting a job offer or not. Join us to learn a few tips about interviewing and spend some time practicing.

Registration is required for this event

Hosted By: Career & Professional Development **Register NOW** 

#### National Coming Out Day

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Come learn more about the LGBTQ+ community, pick up a list of resources at our WCCC table, spin our Rainbow Wheel for a chance to win some fun prizes, take a picture or selfie in front of our Rainbow Balloon Arch and so much more!

Hosted By: Warrior Cross Cultural Center Location: Quad

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Wellness





9:00am-5:00pm



5:00pm



11:00am-12:00pm



#### 1:00pm-2:00pm

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#### **TUESDAY, OCTOBER 12TH**

## Marketing Your Student Engagement L D

Student Engagement is a part of the Warrior Life here at Stan State. Marketing your student engagement for employment reasons is something not easily translated through a traditional resume. This workshop will teach you how to market your student engagement to help boost your employment chances and how it applies to a professional working environment. Hosted By: Student Leadership & Development ADVANCED Zoom: 853 9834 7051

#### **Physical Activity for Stress Management**

Log on and learn about incorporating physical activity to manage stress. Hosted By: Health Education & Promotion **Register NOW** 

#### **Indigenous People's Day Celebration**

Indigenous Peoples Day is a holiday that commemorates Indigenous Peoples of the U.S. and beyond. Indigenous Peoples Day is a growing social movement that brings to light Indigenous issues such as cultural preservation and revitalization. The holiday is observed in various cities and states throughout the country. At Stanislaus State, we celebrate the 5th Annual Indigenous Peoples Day holiday with an event that include speakers and communities who will come together to learn, share, and appreciate historical and contemporary cultures of Indigenous peoples.

#### Registration is required for this event

Hosted By: Indigenous Students in Activism **Register NOW** 

#### WEDNESDAY, OCTOBER 13TH

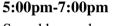
#### Let's Talk Dealing With The Pandemic W

With so many losses and challenges due to the pandemic, the process of establishing a "new normal" is a challenge in itself. This series of workshops aims to provide the opportunity to acknowledge feelings, reconnect socially, and assist with the development of effective strategies for emerging and thriving in a world that is irrevocably changed.

#### Registration is required for this event

Hosted By: Psychological Counseling Services Register **NOW** 





**EMERGING** 

2:30pm-3:30pm

#### 11:00am-12:00pm

Wellness

EMERGING





Warrior Spirit

Leadership

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#### Self-Compassion

Self-compassion involves treating ourselves kindly, like we would a good friend we care about. You will learn ways to stop being so hard on yourself and gain practical skills to help bring self-compassion into your daily life. This group will be experiential and full of discussion so be prepared to participate!

Registration Is required for this event.

Hosted By: Psychological Counseling Services Register <u>NOW</u>

#### From Wishing to Reality: Recruitment for Student Organizations

Does your organization wish they had bigger intake/New Member class? Does your organization wish that there was standing room only for your Interest Meetings or Informationals? Is your group intentionally cultivating membership, or just hoping that people will come begging to join your organization, fraternity, or sorority? Stop thinking old school and learn about the new school ways of building your potential membership pool, connecting with your market, and getting the quality membership you have always wanted!

Registration Is required for this event.

Hosted By: Student Leadership & Development Register <u>NOW</u>

Volleyball Game

Warrior Volleyball takes on Chico State at 5 p.m. in Fitzpatrick Arena! Don't miss out on this epic matchup. Students get in FREE with their Warrior ID card. Don't forget to wear RED! We ask that you follow campus health guidelines by wearing a mask, social distancing and filling out the daily screening form before entering Fitzpatrick Arena

Hosted By: Warrior Athletics Loication: Ed & Bertha Fitzpatrick Arena

## THURSDAY, OCTOBER 14TH

#### Managing Emotions

Are you feeling stressed, overwhelmed, do you have the COVID blues? If you need a safe space to talk about stressors, come join our group. Managing Emotions is an open Process group for current CSU Stan Students to address these ongoing stressors.

Registration is required for this event

Hosted By: Psychological Counseling Services Register <u>NOW</u>

#### Building Resilience W

This workshop will focus on how to build coping skills to help you bounce back from stress and adversity.

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Hosted By: Health Education & Promotion Zoom ID: <u>889 858 118 65</u>

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#### 5:00pm

#### 2:00pm-3:00pm

#### 11:00am-11:45am

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Wellness

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& Inclusion



4:00pm-5:00pm

#### **FRIDAY, OCTOBER 15TH**

#### Let's Talk Dealing With The Pandemic

With so many losses and challenges due to the pandemic, the process of establishing a "new normal" is a challenge in itself. This series of workshops aims to provide the opportunity to acknowledge feelings, reconnect socially, and assist with the development of effective strategies for emerging and thriving in a world that is irrevocably changed.

Hosted By: Psychological Counseling Services Register **NOW** 

#### **MONDAY, OCTOBER 18TH**

#### D **Mock Interview Monday**

Whether you have an interview coming up or not, it is always important to practice your communication skills. How you share your story makes the difference between getting a job offer or not. Join us to learn a few tips about interviewing and spend some time practicing.

#### Registration is required for this event

Hosted By: Career & Professional Development

**Register NOW** 

#### You've got a friend in me

All students, faculty, staff, administration, and campus community are welcome to submit a positive message and/or picture in support of undocumented students and their families. These messages and/or picture will be shared on our social media to showcase our campus support. Help us show our students how important they are to us! One message can go a long way.

Registration is required for this event

**Hosted By: Undocumented Student Services Register NOW** 

#### **TUESDAY, OCTOBER 19TH**

#### D **Resume 101 Workshop**

Learn how to build a strong resume to get your foot in the door for your next job or internship. Registration Is required for this event.

Hosted By: Career and Professional Development Center Register **NOW** 

#### **Step-UP Bystander Intervention Training**

Step-UP! is a bystander intervention training that focuses on raising awareness of helping behaviors, increases motivation to help, and developing skills and confidence when responding to problems or concerns.

Engagement

Career

Hosted By: Health Education & Promotion Zoom ID: <u>85-290-459-185</u>





#### 1:00pm-2:00pm



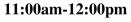
ADVANCED

11:00am-12:00pm

EMERGING

#### 1:00pm-2:00pm

ADVANCED





#### 2:00pm-3:30pm





Diversity & Inclusion





#### Ways to Improve Communication **D**

This workshop will provide information on how to improve communication skills in order to ensure success in various aspects.

Hosted By: Student Leadership & Development Zoom ID: 86-360-302-810

#### The Infiltrators-Undomentary and Film Discussion

THE INFILTRATORS is a docu-thriller that tells the true story of young immigrants who get arrested by Border Patrol, and put in a shadowy for-profit detention center – on purpose. Marco and Viri are members of the National Immigrant Youth Alliance, a group of radical Dreamers who are on a mission to stop deportations. And the best place to stop deportations, they believe, is in detention. However, when Marco and Viri try to pull off their heist – a kind of 'prison break' in reverse – things don't go according to plan.

Registration is required for this event

**Hosted By: Undocumented Student Services Register NOW** 

#### WEDNESDAY, OCTOBER 20TH

#### Better Together: Student Organization Fair

Getting involved is so important when it comes to making the best of your college experience and leaving your legacy on campus! Join us to meet student organizations on campus and find your niche. Hosted By: Student Leadership & Development & Associated Students Incorporated **EMERGING** Location: Quad

#### **Undocumented Student Resource Fair**

The Undocumented Student Services in collaborations with our community and campus resource providers, will host an educational afternoon for undocumented students and their families to learn about the different services available including basic needs. This event will be hosted via zoom Registration is required for this event

Hosted By: Undocumented Student Services **Register NOW** 

## **THURSDAY, OCTOBER 21ST**

#### The Power of Networking D

Learn about the power of networking and ways you can begin developing the network around you. Discover tools that will assist with securing that job you have always wanted, closing that business deal, or developing partnerships that will last long into the future.

Hosted By: Student Leadership & Development

Register **NOW** 

# Warrior Spirit

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#### 12:00pm-1:00pm

#### 11:00am-12:00pm

**ADVANCED** 



Diversity

& Inclusion

#### 3:00pm-4:00pm



5:00pm-6:30pm

#### 10:00am-1:00pm



Wellness





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#### Exemplary Leadership

Leadership is not about personality; it's about behavior-an observable set of skills and abilities. Discover the five core practices common to great leaders. Learn how you can become an outstanding leader.

Hosted By: Student Leadership & Development **Register NOW** 

#### Immigration Updates with Immigrant Legal Defense (ILD)

Join the Undocumented Student Services and attorneys from the Immigrant Legal Defense (ILD) as they provide immigration updates, common immigration reliefs, and resources available on our campus.

Registration is required for this event Hosted By: Undocumented Student Services **Register NOW** 

### **FRIDAY, OCTOBER 22ND**

### 2021 Virtual California Forum for Diversity in Graduate Education

2 days of over 20 live virtual sessions. 3 months of recruiters especially wanting to meet YOU! Register now for early access to recruitment events starting as early as September 20!

Registration is required for this event

Hosted By: California Forum for Diversity in Graduate Education **Register NOW** 

#### El Comalito Collective Art Workshop

El Comalito Collective is an art community space that showcases underrepresented experiences through the art of painting and personal narratives. The mission of this guided painting session is to offer participants the opportunity to explore self-care, social justice, and mental and emotional wellness tools.

Registration is required for this event Hosted By: Undocumented Student Services **Register NOW** 

## Women's Soccer Game

Women's soccer takes on Cal State San Marcos Friday night at 4:30 p.m.! Students get in FREE with their Warrior ID card. Don't forget to wear RED! We ask that you follow campus health guidelines by wearing a mask, social distancing and filling out the daily screening form before entering Warrior Stadium!

Hosted By: Athletics

Warrior

Spirit

Location: Al Brenda Track (Warrior Soccer Field)

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Engagement



2:30pm-5:00pm

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# ADVANCED

#### 4:30pm



Wellness

Diversity

& Inclusion

#### 2:00pm-3:00pm



5:00pm-6:00pm



#### Men's Soccer Game



7:00pm

Men's soccer takes on Cal State San Marcos Friday night at 7 p.m.! Students get in FREE with their Warrior ID card. Don't forget to wear RED! We ask that you follow campus health guidelines by wearing a mask, social distancing and filling out the daily screening form before entering Warrior Stadium!

Hosted By: Athletics

Location: Al Brenda Track (Warrior Soccer Field)

#### SATURDAY, OCTOBER 23RD

#### D 2021 Virtual California Forum for Diversity in Graduate Education

2 days of over 20 live virtual sessions. 3 months of recruiters especially wanting to meet YOU! Register now for early access to recruitment events starting as early as September 20! Registration is required for this event

Hosted By: California Forum for Diversity in Graduate Education **Register <u>NOW</u>** 

#### **SUNDAY, OCTOBER 24TH**

Women's Soccer Game

Women's soccer celebrates their senior day at their final game of the season on Sunday at 11:30 a.m.! Students get in FREE with their Warrior ID card. Don't forget to wear RED! We ask that you follow campus health guidelines by wearing a mask, social distancing and filling out the daily screening form before entering Fitzpatrick Arena!

Hosted By: Athletics Location: Al Brenda Track (Warrior Soccer Field)

#### Men's Soccer Game

#### 2:00pm

11:30am

ADVANCED

Men's soccer celebrates their senior day at their final game of the season on Sunday at 2 p.m.! Students get in FREE with their Warrior ID card. Don't forget to wear RED! We ask that you follow campus health guidelines by wearing a mask, social distancing and filling out the daily screening form before entering Warrior Stadium

Hosted By: Athletics

**Location:** Al Brenda Track (Warrior Soccer Field)



#### WEDNESDAY, OCTOBER 28TH

#### Success as 1st Generation Professional D

Getting a job is one thing. Navigating a new work environment is another. Join us to learn about common issues in the workplace and how you can navigate them successfully.

Registration is required for this event

Hosted By: Career & Professional Development **Register NOW** 

#### **THROUGHOUT OCTOBER**

#### Sustainability Month Eco-Challenge

Ecochallenge is a digital social change platform that gamifies behavior change. Participants choose daily and one-time actions from 11 categories. Each day, they log in and complete one or more actions from learning about food apartheid to voter suppression to reducing waste to social justice.

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Hosted By: Sustainability

Website: Visit Website

#### **Group Exercise Classes:**

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Group X is a recreational fitness program that includes multiple classes targeted at involving and encouraging members to strengthen and nourish their physical fitness. Classes are taught by dedicated fitness instructors and range from weight-training to everyday cardio activity. Hosted By: Student Recreation Center Website: See Schedule

#### Intramural Sports Schedule

In response to the situation regarding COVID-19, we have put together an off-campus program where we will host online tournaments, leagues, and events with various games such as Madden, Fifa, NBA 2K, Smash Bros, and MLB the Show.

To register, you can email, Victor Lucatero at vlucatero@csustan.edu with the following information attached. Include the name of the tournament, league, or event you wish to register for (Please specify which gaming console), your full name, and your XBOX Gamertag, PSN account name, or Nintendo ID.

Hosted By: Student Recreation Center Website: See Schedule









EMERGING

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1:00pm-2:00pm