

Subject: Black History Month, Campus Resources, Upcoming Events and More! (Feb. 1, 2021)

Date: Monday, February 1, 2021 at 12:05:49 PM Mountain Standard Time

From: The Runner

To: McClure, Amanda

THE 'RUNNER

A weekly events and activities roundup
for MSU Denver students



February is Black History Month
Join the [Center for Multicultural Engagement and Inclusion \(CMEI\)](#) in developing cultural competence and working towards representation for Black folx, while emphasizing that Black Lives Matter. All people from the community are encouraged to attend various events throughout the month to engage in reflection, celebration and open dialogue.

[**Split Stories: The Underserved and Unknown**](#) | Tuesday, Feb. 2 (3 - 4:30 p.m.)

[**Black Healing Circle Listening Session**](#) | Wednesday, Feb. 3 (6 - 7 p.m.)

[**Generational Curses: The Relationship Between Mental Health and the Black Community**](#) | Thursday, Feb. 11 (1 - 3 p.m.)

[**Ways to Use Your Privileges, Powers and Talents to Create Action Plans to Support Black Social Justice Movements**](#) | Friday, Feb. 12 (11 a.m. - 12:30 p.m.)

To see all upcoming events, visit the [BHM website](#).

CAMPUS RESOURCES

Single Stop at MSU Denver

[Single Stop](#) is a one-stop shop, online-screening tool that can estimate in minutes what public benefits a student might be eligible to receive. [Student Care Center](#) staff are available to assist you in discussing eligibility, [completing the screener](#) and following up on these benefits and resources. If you have any questions or need help getting started, call 303-615-0006 or file a [CARE referral](#) and a case manager will contact you to discuss more.

Welcome Back from the Auraria Library

The Auraria Library welcomes you back for spring 2021 with [a video](#) overviewing what's available at the library this semester.

GET YOUR VOICE HEARD

Call for Nominations: Faculty Career Catalyst Celebration

Is there a faculty member who has supported your internship, career or graduate school goals? Or, is there a faculty member that helped guide your search for a meaningful professional direction for life after graduation? If so, show your appreciation by filling out [this survey](#).

MSU Denver Day of Giving Needs Campus Projects

Does your campus organization want to be considered for promotion during [MSU Denver's Day of Giving](#)? If so, [submit a project proposal](#) by Friday, Feb. 21! Find more information on [this website](#).

Metrosphere Submissions

Calling all creatives! Now is the chance to share your voice through any medium of expression! The spring 2021 edition of Metrosphere will explore the subject of **vitality**. [Submit your creative work](#) addressing the theme by Saturday, March 27, for the chance to be featured! If you have questions, [email Metrosphere](#).

HOW TO SUCCEED IN YOUR ONLINE CLASS

Tackle Your Classes to Learn, Not to Get an A

Learn how to [cultivate](#) a growth mindset in order to achieve your true potential throughout your degree. Sometimes it's about the journey, not the end grade.

Balance Work and Life

Get time management [strategies](#) to stay organized, keep a clear mind, and be more productive - in work and life.

Want your tip to be featured? We do too! [Email us](#).

UPCOMING EVENTS

[Navigating Online Learning](#) | Tuesday (1 - 2 p.m.)

[FAFSA/CASFA Drop-in Workshop](#) | Thursday (10 a.m. - 6 p.m.)

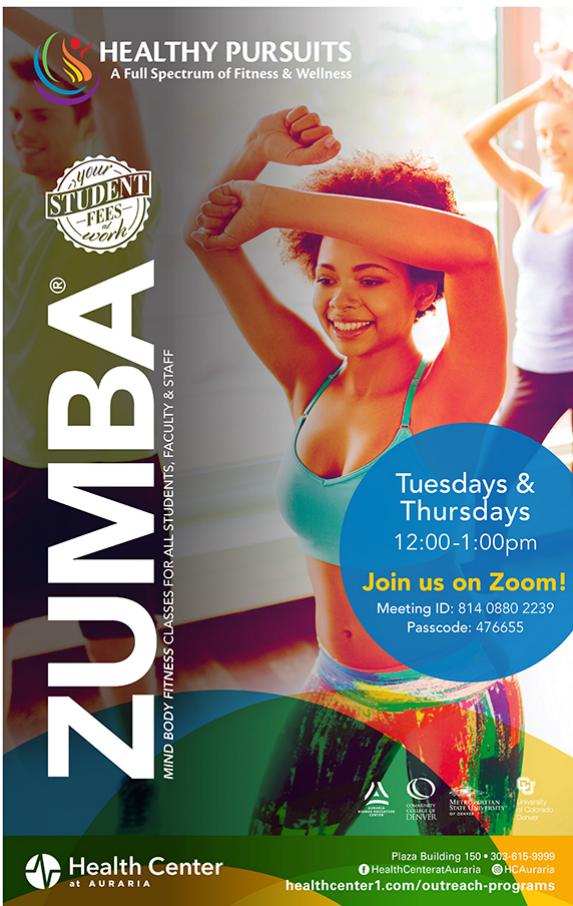
Equity Peer Leader Reading Group: How to be an Antiracist

Join us for a semester-long reading and discussion of [How to be an Antiracist](#) by Dr. Ibram X. Kendi. [Application deadline](#) to join is Wednesday, Feb. 3.





Healthy Pursuits: Yoga
Monday & Wednesday | 4:15 p.m. | [RSVP](#)



Healthy Pursuits: Zumba
Tuesday & Thursday | Noon | [RSVP](#)



First Year Student Appreciation Event
Thursday | 10 a.m. - Noon | [Zoom](#)
Password: <PASSWORD>



Hot Topics: Cryptocurrency
Thursday | 12:30 - 1:30 p.m. | [Facebook](#)



Health Scholars Programs

Informational Sessions

ORGANIZATION VIRTUAL WORKSHOPS

- Explore challenges with organization + time management
- Develop a system to track assignments and deadlines
- Tips on utilizing Canvas calendar

Tuesday, 1/26/2021 1-2pm
[Join via Microsoft Teams](#)

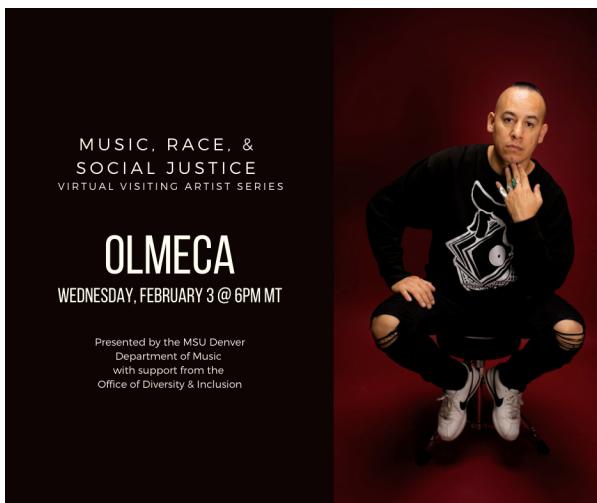
Wednesday, 1/27/2021 10-11am
[Join via Microsoft Teams](#)

Tuesday, 2/2/2021 3-4pm
[Join via Microsoft Teams](#)

For accommodation needs and additional information, please contact Maria Fontana
mfontan2@msudenver.edu

Organization Virtual Workshops

Tuesday | 3 - 4 p.m. | [Join Now](#)



Music, Race, & Social Justice Visiting Artist Series: Olmeca

Wednesday | 6 p.m. | [Facebook Live](#)

MSU Denver Students!

Come learn more about opportunities for students interested in health-related fields!

Health Scholars Programs include:

- Health Careers Opportunity Program (HCOP)
- DACA/ Undocumented Student Health
- Careers Opportunity Program (DUHOP)
- Centura Health Scholars Program (CHSP)

Attend a Session:

Fri, Feb. 5th at 11am – 12pm

Tues, Feb. 9th at 5pm-6pm

Thurs, Feb 18th at 8am-9am

Register Here!



Health Scholars Information Sessions

Friday | 11 a.m. - Noon | [Register now](#)

The Center for Multicultural Engagement and Inclusion

BLACK HISTORY MONTH EVENTS

[Please Visit Our BHM Subpage](#)

Black Healing Circle Listening Session
Wednesday, February 3rd, 2021 | 6:00pm-7:00pm

Generational Curses: The Relationship Between Mental Health and The Black Community
Thursday, February 11th, 2021 | 1:00pm-3:00pm

5 Steps To Using Your Privileges, Powers, and Talents To Create Sustainable Action Plans To Support Black Social Justice Movements
Friday, February 12th, 2021 | 11:00am-12:30pm

Auraria Campus Barbershop Talks: Community Care
Thursday, February 18th, 2021 | 2:00pm-3:00pm

I Need to See Some Identification – A Poetry Show
Friday, February 19th, 2021 | 11:00am-12:30pm

Black Music Matters
Friday, February 19th, 2021 | 4:00pm-5:30pm

Generational Wealth within African American and BIPOC Communities
Tuesday, February 23th, 2021 | 4:00pm-5:00pm

Critical Discussion on Race
Thursday, February 25th, 2021 | 10:00am-1:00pm

Afro Indigeneity
Friday, February 26th, 2021 | 10:00am-1:00pm

Wednesday, February 26th, 2021 | 5:30pm-6:30pm

Black History Month
All Month | [All Upcoming Events](#)

SEE ALL UPCOMING EVENTS

