

Subject: Updated Mask Protocols, Career Development and Counseling Center Services! (Feb. 8, 2021)
Date: Monday, February 8, 2021 at 12:57:55 PM Mountain Standard Time
From: The Runner
To: McClure, Amanda



Advocacy for Increased State Funding

President Davidson recently outlined the University's request for a more equitable allocation of state resources to better benefit MSU Denver students. You can [read her full update here](#).

Survey: HLC Needs Student Feedback

The Higher Learning Commission (HLC) is seeking student feedback prior to their [reaccreditation visit](#) in April. They are asking all students to complete a short, anonymous, five-minute [Student Opinion Survey](#) prior to Feb. 19.

Latest on Covid-19 and Campus Operations

COO Larry Sampler [provided an update](#) on state and campus vaccination plans and updated health and safety protocols. **Please note:** with the emergence of new virus variants, on-campus [face-covering protocols](#) have changed:

- Masks are required at ALL times and must properly cover the nose and mouth.
- Bandannas, buffs and gaiters are no longer acceptable face coverings.
- Shields may be added with a mask but cannot be used alone unless medically approved by the Health Center at Auraria.
- If you need a mask, visit the Health Center or JSSB Welcome Desk while supplies last.

TECHNOLOGY UPDATES

SSC Navigate

You may have noticed a new look to SSC Navigate; but don't fret! You can now go through the [SSC Navigate App](#) or this [new link](#) to access all of the same information as before, and much more! For a short tutorial of what you'll find, [watch this video](#).

Email Archiving Enabled for MSU Denver Accounts

MSU Denver enabled [In-Place Archiving](#) on all MSU Denver Office 365 email accounts. This means that emails older than two years have been moved to a separate archived mailbox; in "Online Archive" in the desktop app or "In-Place Archive" on the web.

CAREER DEVELOPMENT OPPORTUNITIES

Now Hiring Series

The [Now Hiring Series](#) features informational sessions where students and employers can network, and employers can informally recruit candidates for open positions. These sessions will be on Tuesday and Wednesday at 11 a.m. and 2 p.m. Log in to [Career Link](#) to register and to see which employers will be participating in each session.

Professional Development Series: Public Speaking 2.0

This is the first session of this spring's Career Support Engagement Series. Join us Wednesday [on Zoom](#) from noon - 1 p.m. as we focus on impromptu speaking and how to effectively give a PowerPoint presentation.

CLAS to Career Meet and Greets

Drop in and meet your CLAS Liaison and Career Specialist, Bessie Nolan! You can get questions answered about career related topics, such as "How do I find career opportunities" or "Do I need an internship?" This week's sessions are on Monday, Wednesday, Thursday and Friday at 2:30 p.m. Find all information on [Career Link](#).

COUNSELING CENTER SERVICES

Counseling Center Therapy and Support Groups

MSU Denver's [Counseling Center](#) offers a variety of [virtual therapy/support groups](#) at no cost to you. Each group requires a brief meeting with the facilitator prior to joining to ensure that it's the right fit for you. All groups are open to currently enrolled MSU Denver students and meetings are held on Microsoft Teams. To sign up for a group, call 303-615-9988.

Mondays

[Kaleidoscope Circle: A Group for BIPOC Students](#) | 11 a.m.

[Reconsidering the Role of Substance Abuse in Your Life](#) | 1 p.m.

[An Interpersonal Process Group for Strengthening Relationships](#) | 3 p.m.

Tuesdays

[Mindfulness Practices Group](#) | 11 a.m.

[Harm Reduction Strategies for Substance Abuse](#) | Noon

[When Shyness Gets in Your Way](#) | 1 p.m.

[Support Group for Transgender Individuals](#) | 1 p.m.

Thursdays

[Living with Loss: Grief Support Group](#) | 10:30 a.m.

[DBT: Better Relationships Through Better Boundaries](#) | 3 p.m.

Fridays

[An Interpersonal Process Group for Strengthening Relationships](#) | 9 a.m.

[Men's Group - Counseling Center](#) | 1 p.m.

Counseling Center Workshops

The Counseling Center also offers virtual workshops with particular themes - such as [Substance Abuse](#), [Personal Effectiveness](#), [Academic](#) and [Diversity](#). These workshops provide strategies for coping and often help prevent issues from being overwhelming.

Additional Counseling Center Resources

Other services offered include [Crisis Intervention](#) and [Individual Counseling](#), in addition to [Mental Health Awareness Days](#), [Self-Help](#) and [Addiction](#) resources.

UPCOMING EVENTS

Disney-Themed Virtual Bingo Game Night

Wednesday | 4 - 5 p.m. | [RSVP](#)

Let's Talk: Double Standards in Protesting

Friday | 2 - 3:30 p.m. | [Zoom](#)

Discussing Boundaries and Healthy Relationships

Monday, Feb. 15 | Noon - 1:30 p.m. | [Zoom](#)

MSU DENVER SCHOLARSHIPS WORKSHOP

PRIORITY DEADLINE:
MONDAY, MARCH 1

Did you know as part of your MSU Denver General Scholarship Application you will need to write an essay? Join our virtual workshops to learn about MSU Denver Scholarships. You can bring a rough draft of your scholarship essay or we will have advisors available to help you get started.

Write two 250-400 word essays that address the following prompts:

1. How did you become interested in your area of study or major, and what are your career aspirations after you graduate. If you aren't sure about what you want to study, what do you hope to learn or experience while in college? How would receiving a scholarship assist you in your goals?
2. How have you incorporated one or more of the CADRE values (Community, Access, Diversity, Respect, Excellence) in your family, school, and/or community to encourage positive change in yourself and those around you?

Have questions? Feel free to email: financialaid@msudenver.edu or call 303-556-5740
To Apply Visit: msudenver.edu/financialaid/scholarships/

In Partnership with:
The Office of Financial Aid
Classroom to Career Initiative
Advancement and Foundation
Alumni
Center for Multicultural Excellence and Inclusion
First Gen Initiative
Gender Institute for Teaching and Advocacy
TRIO Student Support Services
Immigrant Services Program
Writing Center

Denver
Scholarship
METROPOLITAN
STATE UNIVERSITY
OF DENVER

JANUARY

27th 9:30AM - 11:00AM
Wednesday

FEBRUARY

9th 12:30PM - 2:00PM
Tuesday

25th 3:30PM - 5:00PM
Thursday

MARCH

1st 5:00PM - 6:30PM
Monday

CHANNEL BITLY:
bit.ly/38wDERE

If you're unable to attend a workshop you can schedule an appointment with the Writing Center, Immigrant Services Program, or connect with a GITA Scholarship Tutor by emailing ssullivan@msudenver.edu

MSU DENVER'S CENTER FOR
ENTREPRENEURSHIP PRESENTS

WOMEN ENTREPRENEURS WEEK

Women Entrepreneurs Week Webinars

Wednesday, Thursday, Friday | [Register](#)

Scholarship Workshop

Tuesday | 12:30 - 2 p.m. | [Join now](#)



Health Scholars Programs

Informational Sessions

MSU Denver Students!

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

Health Scholars Programs include:

- Health Careers Opportunity Program (HCOP)

Attend a Session:

Avalanche!

The Four Factors

Terrain

Weather

Snowpack

Human

Classroom
Friday 2/12 4:00 to 6:00 PM
Avalanche Safety Field Day 1
Saturday 2/13 3:00 to 5:00 PM
Avalanche Safety Field Day 2
Sunday 2/14 3:00 to 5:00 PM

Live online event

Free Level One Avalanche Safety Course

For Info
Email
bfergus3@msudenver.edu
Web
<https://www.msudenver.edu/campusrec/outdoorpursuits/>
YouTube
MSU Denver Campus Recreation

Online Avalanche Awareness Series
Friday, [Saturday](#) and [Sunday](#)

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

Fri, Feb. 5th at 11am – 12pm

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

Thurs, Feb 18th at 8am-9am

Register Here!



Health Scholars Information Sessions
Tuesday | 5 - 6 p.m. | [Register now](#)



Are there faculty members who have supported your internship, career, and/or graduate school goals?

Can you name a faculty member that has helped guide your search for a meaningful professional direction for life after graduation?

Help MSU Denver acknowledge and celebrate these Faculty Career Catalysts.

Take 2 minutes to show your appreciation by sharing their name, department and how this faculty member has supported you by responding to this survey: <https://bit.ly/3sgy9hk>

Career Catalyst Nominations
All month | [Nominate someone](#)

SEE ALL UPCOMING EVENTS

This email was sent by: **Metropolitan State University of Denver**
P.O. BOX 173362 Denver, CO, 80217, US

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

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

Afro Indigeneity

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

Relationship Between Mental Health and the Black Community

Thursday | 1 - 3 p.m. | [Register now](#)

Steps to Using Privilege to Support Black Social Justice Movements

Friday | 11 am - 12:30 p.m. | [Register now](#)