



March Madness Spills into April

March Madness continues to captivate fans and sports enthusiasts alike well into the month of April. With thrilling games, unexpected upsets, and unforgettable moments, March Madness has a way of bringing people together. As the tournament progresses towards its exciting conclusion, the intensity and excitement only continue to build, making it a truly unforgettable experience for all who follow along. So, grab your brackets, rally your friends, and get ready to witness the magic of March Madness unfold!

Easter

Easter is a holiday celebrated worldwide with religious significance for Christians, symbolizing hope and new beginnings. Traditions include egg hunts and special meals. Different countries have unique customs like egg-cracking games in Greece and elaborate processions in Spain during Holy Week. Easter is a time for reflection, gratitude, and celebrating faith, hope, and love with loved ones.



Stress Awareness Month

As we approach the end of the semester, the schedule tends to get busier with final exam preparations, major projects, and the excitement of finishing the Spring semester. Stress Awareness Month sheds light on the adverse effects of stress. It is crucial to strike a balance and give priority to maintaining a healthy lifestyle. If things become too overwhelming, reach out for help! Feel free to visit the counseling center located in the Tivoli Building, Suite 651.

Monthly Motivation

“Don’t limit yourself. Many people limit themselves to what they think they can do. You can go as far as your mind lets you. What you believe, remember, you can achieve.”

– Mary Kay Ash

Dates & Reminders

- **Asian American Pacific Islander Kick Off (3rd)**
- **Peer Mentoring De-Stress Week (16th)**
- **Connect Week (8th & 9th)**
- **Spring Fling (17th)**

For event details, please visit <https://msudenver.trumba.com/>



Global Perspectives in Academia: *Courses that Bridge Cultures*

To successfully complete your degree here at MSU Denver, you must fulfill a multicultural course requirement. Completing electives can feel daunting because of the additional work added to your courseload. However, viewing it as an opportunity to broaden your knowledge makes it more manageable. Multicultural courses play an important role in bridging cultures by fostering understanding, empathy, and appreciation for diverse perspectives. These courses provide a platform for individuals to explore different cultures, traditions, and histories, helping to break down stereotypes and misconceptions. Through open-mindedness, multicultural courses encourage students to recognize the value of diversity and cultivate a more inclusive society.

Multicultural courses encourage critical thinking and open dialogue on important issues such as social justice, equity, and inclusion. Through discussions and interactions with classmates from various cultural backgrounds, international students can broaden their perspectives, challenge their assumptions, and cultivate empathy towards others.

In summary, fulfilling your multicultural course requirement is a great opportunity to explore new perspectives. MSU offers a variety of courses that have the ability to bridge cultures.



Multicultural Courses

- Cultural Aspects of Nutrition- *NUT 3300*
- Cross-Cultural Communication- *ANT 2330*
- Prejudice and Discrimination- *AAS/GWS/SOC 3220*
- Social Justice, Self, and Citizenship: A Service Learning Course- *GWS/HON/PSY 3170*
- Privilege, Oppression, and Power- *SWK 3120*
- Diversity and Multicultural Education- *SED 2200*
- Multicultural Identities in America- *PHI 2000*
- Multicultural Psychology- *PSY 3030*

Visit the course catalog for a full list of courses