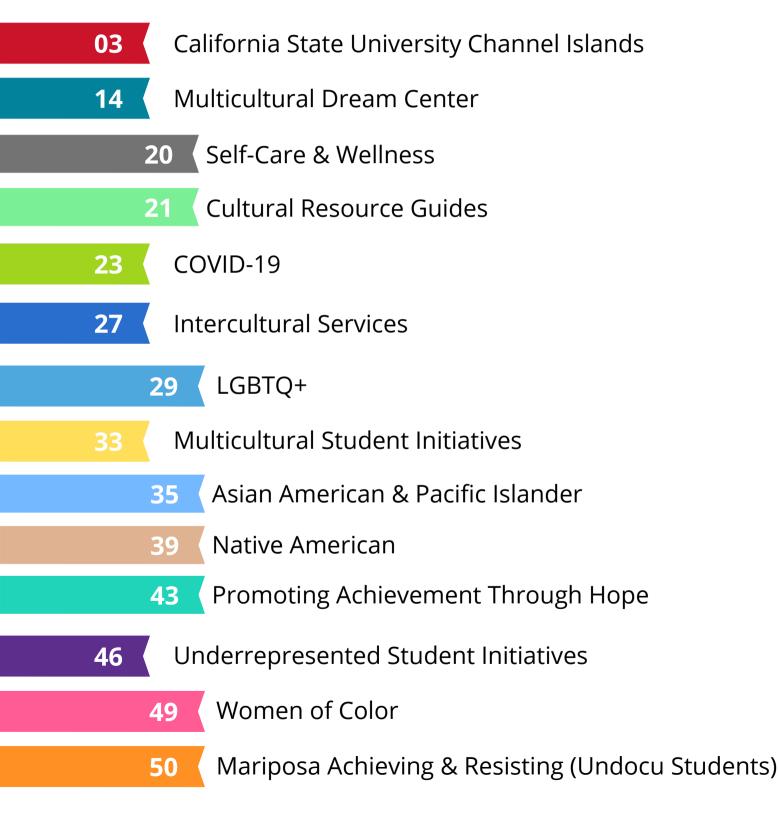
DECEMBER 2021

Multicultural Dream

Love the trees until their leaves fall off, then encourage them to try again next year - CHAD SUGG







Events Overview

Chicana/o Latina/o Faculty and Staff Association Presents

00 (I I I O

La Posada de 🤇

WEDNESDAY, DECEMBER 1, 2021 1PM - 3PM



MEET US @ EL DORADO PARK NEAR PARKING LOT A4

Please connect with us this holiday season as we celebrate an evening full of music, community, and culture

Events Overview

THE BEDFORD & DR. IRENE PINKARD LIVING-LEARNING COMMUNITY PRESENTS...



Events Overview

FALL 2021 Scholarship Workshop

DECEMBER 15, 2021 12:00 - 1:00 P.M. VIA ZOOM



Events Overview



The 2022–23 FAFSA® Form: What to Know

Federal Student Aid



October

ecame available on Oct. 1, 2021.



You'll report your 2020 tax information.



There is no need to update your FAFSA® form after filing your 2021 taxes.

Events Overview

<text>

Information Sessions:

November 18, 2021 1:00pm - 2:00pm

December 14, 2021 3:00pm - 4:00pm Zoom Meeting ID: 863 0245 0378

Zoom Meeting ID: 843 7948 9128

Contact us at orientation@csuci.edu



https://tinyurl.com/4ashuch5

SCAN ME!

Events Overview



Events Overview

Student Government Weekly Senate Meetings

ASI STUDENT GOVERNMENT INVITES YOU TO ATTEND



Do you like advocating for student voices? Or want to hear what is going on at CI? Then come to Student Government's Senate meeting every Wednesday from 9:00 a.m. - 11:00 a.m. via Zoom:

https://csuci.zoom.us/j/85362211572

Events Overview



Located on the second floor of Brome Library, the LRC offers free one-on-one and group peer tutoring in many academic subjects. Our tutors help students with study skills, concept mastery, comprehension, homework, test preparation, and much more. Tutors at the LRC work to foster independent learning skills and to promote a community of inclusive and supportive scholarship.

We offer in-person and online tutoring





SUBJECTS WE TUTOR: BUSINESS / ECON / FINANCE STATISTICS PSYCHOLOGY SOCIOLOGY HEALTH SCIENCE NURSING MATHMATICS COMP SCI CHEM/BIO PHYSICS

PLEASE USE QR CODE BELOW TO ACCESS LRC HOURS, SUPPORTED COURSES & TUTOR SCHEDULES



CAN'T DO

CAN DO WITH HELP

🔿 CAN DO ON MY OWN

VYGOTSKY'S ZONE OF PROXIMAL DEVELOPMENT

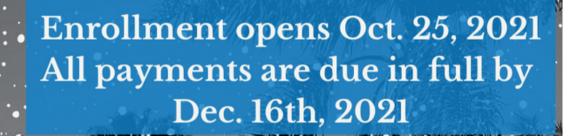
Events Overview





C H A N N E L I S L A N D S

Winter Session 2021/2022 *DEC. 18, 2021-JAN. 14 2022*



For more Information visit: https://go.csuci.edu/winter

Broome Library Resources

Broom Library and WMC

Library FAQ https://csuci.libanswers.com/

Remote Services <u>https://library.csuci.edu/about/remote-</u> <u>services.htm</u>

Writing and Multiliteracy Center (WMC) <u>https://www.csuci.edu/wmc/</u>

Other Support Services

Learning Resource Center (LRC) https://www.csuci.edu/learningresourcecenter/

Information Technology Services (ITS) <u>https://www.csuci.edu/its/</u>

Requesting Search Help

Chat (synchronous) https://library.csuci.edu/services/ask-librarian.htm#libchat

Email (asynchronous) reference.librarian@csuci.edu

Zoom (synchronous) (M-F, 8 a.m. - 5 p.m. by appointment) <u>https://csuci.libcal.com/appointments/reference</u>



Monthly Letter from Dr. Hiram Ramirez

Greetings Dolphins!

Welcome Dolphins! We are almost done with the semester! Congratulations on all your hard work and dedication to your studies this semester. We know it's been a hard semester and you may have experienced a lot of ups and downs - but you made it!

As you wrap up your classes and enter the winter break, make sure to take time for yourself and recharge. If you ever need any support the MDC is here and ready to help where we can.

Go Dolphins, , Hiram Ramirez, Ph.D.



Hiram Ramirez, Ph.D.

He / Him / His Director of Inclusive Student Services & the Multicultural Dream Center hiram.ramirez@csuci.edu



Samuel Ponce

He, Him, His ISS Student Assistant Spring 2023



The University encourages persons with disabilities to participate in its programs and activities. If you anticipate needing any type of accommodation, or have questions about the physical access provided, please contact Disability Accommodations and Support Services at (805) 437-3331 or accommodations@csuci.edu as soon as possible, but no later than 7 business days prior to the event.

For more information, and sign up for your appointment please visit: <u>carecenla.simplybook.me/v2/</u>

Multicultural Dream Center - Events Overview



Join CARECEN to learn how immigration law and marijuana laws affect each other.

RSVP: https://bit.ly/3DhvdGE

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MULTICULTURAL DREAM CENTER

C H A N N E L I S L A N D S

Workshops FALL 2021 JFS HELS - Higher Education Legal Services		
DAY - TIME	WORKSHOP NAME / TOPIC	CO-HOST
September 13, 2021 12:00pm	Immigration Updates + DACA, Advance Parole Q&A	CSUSM & SDSU https://bit.ly/3wVbBDY
September 30, 2021 12:00pm	Immigration Updates + DACA, Advance Parole Q&A	CSUSM & SDSU https://bit.ly/3zeSZjX
October 11, 2021 12:00pm	Immigration 101: Part 1	CSUSM & SDSU https://bit.ly/2UvPXca
October 28, 2021 12:00pm	Family Petitions: Part 2	CSUSM & SDSU https://bit.ly/36JotTb
November 18, 2021 5 :00pm	Family Night: Immigration Updates	CSUSM & SDSU https://bit.ly/2Tq1iu2
December 06, 2021 12:00pm	JFS-HELS: Office Hours + Q&A	CSUSM & SDSU https://bit.ly/3yAF7j8

₩₩₩.JFSSD.ORG/HELS O HELS_SD HELSIMMIGRATION@JFSSD.ORG

MDC Hours of Operation

Monday - Thursday: 9 AM - 6 PM Friday: 8 AM - 5 PM Bell Tower 1530

MDC Events & Update

The following website has the most current events, updates and other resources.

Webpage: <u>go.csuci.edu/mdcupdates</u> <u>Brochure: https://www.csuci.edu/mdc/mdc21.pdf</u>

MDC Social Media

If you want more to see more updates than the monthly newsletter, follow us on Instagram, Twitter, TikTok, or Facebook for announcements about events and resources from the MDC and other organizations.





<u>@CSUChannellslands</u> <u>Multicultural</u>



<u>@MDC_CSUCI</u>

<u>@CSUCI_MDC</u>



Self-Care and Wellness



Mental Health Resources for Black, Indigenous and People of Color (BIPOC)

This guide has articles, which showcase exercises on relaxation, local resources, and online support groups

Click here to access this resource.



Undocu-Immigrant Mental Health Resource Guide

This guide has resources that center around mental health grounding and self-care tool kits, for Undoc-Immigrant

Click here to access this resource.

Mental Health Resources for People of Color

This guide has articles, that focus the mental health needs of (BIPOC)

Click here to access this resource.



Destress Week Resources

Check out this guide for resources and ways to de-stress!

Click here to access this resource.

Cultural Resource Guides



Latinx Student Resource Guide

Click here to access this resource.



African American & Black Student Resource Guide

Click here to access this resource.



Womxn Student Resource Guide

Click here to access this resource.

LGBTQ+ Student Resource Guide

Click here to access this resource.

Cultural Resource Guides



Asian American Pacific Islander Student Resource Guide

Click here to access this resource.



Undocumented Student Resources Guide

Click here to access this resource.



Native American & Indigenous Student Resource Guide

Click here to access this resource.

COVID-19



COVID-19



5 Tips for Healthy Social Media Use during COVID-19

Brought to you by: LiveHealth Online

1.Set limits.

It can be easy and tempting to scroll on your phone for several hours. Try planning a set amount of social media time so you remember to fit in other activities. You could schedule an alarm on your phone or ask someone to help remind you when it's time to stop. Additionally, most mobile phones have screen time tracking apps. Remember that the limits you set for yourself will likely be different from those of your family members and friends, and that's okay! Allow yourself time to experiment and see what works best for you.

2.Curate the content.

Notice which accounts you follow and how they make you feel, both physically and emotionally. Do certain posts make you feel stressed, constrict your breathing or cause your mood to drop? It may be a good idea to stop following these accounts. At the same time, try to consider which accounts and posts help you feel relaxed, grounded, and more present.

3. Eliminate the clutter.

One of the biggest drawbacks of social media can be a large amount of content you consume at any given moment. All the different messages, photos, and videos can begin to feel overwhelming. While it can be tempting to follow all sorts of celebrities, stores, social causes, companies, and more, see if you can set a limit for the number of accounts you follow. This way you will be able to absorb and appreciate the content, rather than perhaps mindlessly scrolling through it.

4. Maintain perspective.

While filters and different editing tools can be fun to use, they can also be misleading. If you catch yourself doubting your own self-worth as you scroll through social media, try to pause, take a deep breath and remind yourself that social media does not always reflect reality.

5.Find additional online support.

Looking for more tips about how to use social media in a healthy way and/or how to address your own stress or anxiety? You can schedule a visit with a therapist on <u>LiveHealth Online</u>! Plus, if you're new to online therapy, read <u>this</u> blog from Dr. Lindsay Henderson, Director of Psychological Services with LiveHealth Online, to learn more about online therapy and how it helps people improve their mental health and cope with change.



COVID-19

Ventura County COVID-19 Testing Information

COUNTY of VENTURA VENTURA COUNTY HEALTH CARE AGENCY **COVID-19 TESTING** Available for those that live or work in Ventura County. Tests are provided at no cost.

DRIVE-UP TESTING SITES

Registration required for testing at Moorpark College, Oxnard College, Santa Paula and Freedom Park locations. Register at www.vccovid.com.

Moorpark College 7075 Campus Rd., Moorpark 93021 7 days a week 10am - 7pm

Harding Park, Santa Paula 1400 Harvard Blvd., Santa Paula 93060 6 days a week 10am - 7pm (Closed Fridays) Freedom Park, Camarillo 515 Eubanks St., Camarillo 93010 7 days a week 10am - 7pm

Ventura County Fairarounds (Walk-up site*) Enter on Shoreline Dr, Ventura 93001 6 days a week 9am - 6pm (Closed Wednesdays) *The location is behind the Derby Club in San Miguel Hall **Oxnard College** 4000 S. Rose Ave., Oxnard 93033 7 days a week 10am - 7pm

Fillmore Family Medical Group 828 W. Ventura St., Fillmore 93015 Wednesday 9am - 4pm

OPTUMSERVE STATE LOCATION

COVID-19 testing for all community members. Please schedule an appointment by calling or registering online. Online: www.lhi.care/covidtesting • Phone: 1-888-634-1123

Thousand Oaks Library – Newbury Park Branch 2331 Borchard Road, Newbury Park 91320 • 7 days a week 10am - 7pm **Oxnard Performina Arts Center** 800 Hobson Way, Oxnard 93030 • Monday-Friday 8am - 8pm

URGENT CARE LOCATIONS

Appointments Required. Please call 805-652-7660.

OXNARD

Las Islas Family Medical Group South 325 West Channel Islands Blvd., Oxnard 93033

300 Hillmont Ave., Bldg. 340, Ventura 93003 Magnolia Family Medical Center 2240 E. Gonzales Rd., Oxnard 93036

West Ventura Medical Clinic 133 W. Santa Clara St., Ventura 93001

Academic Family Medicine Center

EAST COUNTY **Conejo Valley Family Medical Group** 125 W. Thousand Oaks Blvd., Suite 200 Thousand Oaks 91360

Sierra Vista Family Medical Clinic 1227 East Los Angeles Ave., Simi Valley 93065

Mobile COVID-19 Testing is offered throughout the County each week. View the pop up site schedule at www.venturacountyrecovers.org.



0 @countyofventura

VENTURA

@CountyVentura

@countyofventura

For information on CSUCI's plan for the Fall 2021 Semester, please visit <u>https://www.csuci.edu/news/campus-</u> <u>updates/fall-2021/</u>

For information on Covid-19 campus cases, COVID-19 reporting, and all other CI updates, please visit <u>https://www.csuci.edu/news/campusupdates/covid19.htm</u>





Intercultural Services Staff

Greetings Dolphins!

Happy Holidays. Good luck on your finals.

Sincerely,

Kem French, M.S.W.



Kem A. French, M.S.W

He / Him / His Assistant Director of Inclusive Student Services kem.french@csuci.edu



Carlos Espitia He / Him / His Grad Intern Spring 2023



Giovanni Olivo He/ Him / His Student Assistant



Courtland Briggs He / Him / His Student Assistant



Matthew Piniol He / Him / His Student Assistant

LGBTQ+



LGBTQ+ Resources

FREE ANONYMOUS HIV / AIDS TESTING AT THE CRC! To schedule your appointment September 20 or October 18 click <u>here</u>. Know your Status!





LGBTQ+ Resources

Latest Resources



Rainbow Umbrella

Looking for info on your body, relationships, sex, & more? Planned parenthood is here to help - & they're coming to Rainbow Umbrella! Have the education & information you need to make your oen health choices. Earn a certificate of completion. Fridays from 5:30 - 7:30pm. Email for more information: rainbowumbrella@diversitycollective.org



Diversity Collective Book Club: Untamed by Glennon Dyle

Join the Pride Nook on Wednesdays 6 - 7 PM PST starting February 3rd. Register for Diversity Collective's Virtual Book Club at: diversitycollectivevc.org



Support Groups in Ventura County

Find Gay/Lesbian/Bisexual/Transgender Support Groups by searching by an agency/program name, or choosing a suggested service as you type.



Student Resources

LGBTQ Student Resources & Support. Focuses on creating more welcoming environments For LGBTQ teens And college students.

Multicultural Student Initiatives

33



Multicultural Student Initiatives Staff

Hello,

Happy Holidays! Best wishes on your finals and I hope you all get some well deserved rest over winter break. Please be sure to check out the MDC webpage and MDC Instagram keep yourself updated on our Spring 2022 programming!

If you would like to chat or have questions either email me at crystal.delatorre@csuci.edu or set up a meeting with me at this link: go.oncehub.com/CrystalDelatorre.

Best, Crystal Delatorre, M.S.



Crystal Delatorre, M.S.

She/Her/Hers Coordinator of Multicultural Student Initiatives (805) 437-3528 crystal.delatorre@csuci.edu



Alejandro Espinoza He/Him/His MSI Student Assistant



Kobby Tran He / Him / Hls MSI Student Assistant

AAPI

ASIAN AMERICAN & PACIFIC ISLANDER

Multicultural Student Initiatives

AAPI

Resources



Asian American Pacific Islander Student Resource Guide

Click here to access this resource.

AAPI



Grace Lee Boggs

Grace Lee Boggs (June 27, 1915 - October 5, 2015) was a revolutionary Chinese American author and activist. She was a valiant organizer for the Civil Rights and Black Power Movement, where she worked alongside MLK, Malcolm X, and Rosa Parks. Because of her status as a Chinese American Woman in a heavily segregated society, she moved Chicago, where she began her revolutionist roots.

"I was attracted to the black movement because Jim Crow in 1940 was so barbaric and because I viewed black struggle as the catalyst for revolutionizing this country"

Website: https://www.marxists.org/history/etol/writers/boggs/obituary.htm

Discover AAPI Resources



<u>https://namica.org/resources/asian-pacific-</u> <u>islander-resources/</u>

Native American



Native American

Resources



Native American & Indigenous Student Resource Guide

Click here to access this resource.

Native American



Sitting Bull

While Sitting Bull fought alongside Red Cloud in the 1860s, he diverged from the former over his refusal to commit his Hunkpapa Lakotas to the terms of a treaty. As a result, he became a central figure in the Great Sioux War of 1876, his vision of a military triumph presaging the historic defeat of General George Custer at the Battle of the Little Bighorn. After surrendering in 1881, Sitting Bull briefly leveraged his celebrity as a member of Buffalo Bill's Wild West Show.

Website:

https://www.biography.com/news/influential-native-americans-list

Discover Native American Resources



https://americanindiancoc.org/ native-american-tribes-the-indianhistory-in-thousand-oaks-california/



PROMOTING ACHIEVEMENT THROUGH HOPE

PATH

A drink to enjoy over winter break!



Promoting Achievement Through Hope







Monthly Letter by Natalie Johnson

Hello all!

I wish you all the best on your finals and projects. I hope you all have a relaxing break. For current updates and information on our resources and events outside of the newsletter, please visit our IG at csuci_mdc.

If you would like to chat or have questions either email me at natalie.johnson@csuci.edu or set up a meeting with me at this link: go.oncehub.com/NatalieJohnson.



Natalie Johnson, M.Ed. She/Her/Hers Coordinator of USI natalie.johnson@csuci.edu

Sincerely, Natalie Johnson, M.Ed.

Underrepresented Student Initiatives Staff



Harmony She / Her / Hers USI Student Assistant Spring 2022



llien They / Them / Thiers USI Student Assistant Spring 2023



Violeta She / Her / Ella CARECEN Fellow Spring 2023

Underrepresented Student Initiatives General







Underrepresented Student Initiatives MAR



Underrepresented Student Initiatives Undocumented

Workshops FALL 2021



JFS | HELS - Higher Education Legal Services

DAY - TIME	WORKSHOP NAME / TOPIC	CO-HOST
September 13, 2021 12:00pm	Immigration Updates + DACA, Advance Parole Q&A	CSUSM & SDSU https://bit.ly/3wVbBDY
September 30, 2021 12:00pm	Immigration Updates + DACA, Advance Parole Q&A	CSUSM & SDSU https://bit.ly/3zeSZjX
October 11, 2021 12:00pm	Immigration 101: Part 1	CSUSM & SDSU https://bit.ly/2UvPXca
October 28, 2021 12:00pm	Family Petitions: Part 2	CSUSM & SDSU https://bit.ly/36JotTb
November 18, 2021 5:00pm	Family Night: Immigration Updates	CSUSM & SDSU https://bit.ly/2Tq1iu2
December 06, 2021 12:00pm	JFS-HELS: Office Hours + Q&A	CSUSM & SDSU https://bit.ly/3yAF7j8

🌐 www.jfssd.org/hels 🔟 hels_sd 🛛 📈 helsimmigration@jfssd.org







C H A N N E L I S L A N D S

FREE IMMIGRATION LEGAL SERVICES

For students, faculty, staff, their immediate family (spouses, parents, siblings, and children), and Alumni from CSUCI

WHEN

- Every Monday & Wednesday
- 10 AM 4 PM
- Via Zoom or Phone Call
- WHAT
- DACA Renewals
- Green Card Renewal
 - Family-Based Petition
- General
 - Consultation
- And more!

HOW

Book an appointment at <u>carecenla.simplybook.me/v2/</u>



CARCEN Webpage carecen-la.org

CARECEN IG @carecen_la

For questions reach out to Natalie Johnson at natalie.johnson@csuci.edu

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Underrepresented Student Initiatives MAR



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MULTICULTURAL DREAM CENTER

C H A N N E L I S L A N D S