

**NOVEMBER 2021**



**MDC**  
*Newsletter*

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

# TABLE *of Contents*

03

California State University Channel Islands

13

Multicultural Dream Center

25

Self-Care & Wellness

26

Cultural Resource Guides

29

COVID-19

32

Intercultural Services

34

LGBTQ+

40

Multicultural Student Initiatives

43

Asian American & Pacific Islander

47

Native American

51

Promoting Achievement Through Hope

54

Underrepresented Student Initiatives

58

Women of Color

60

Mariposa Achieving & Resisting (Undocu Students)



**CSUCI**  
*Updates*

## Events Overview

# VIRTUAL GRADUATE & PROFESSIONAL SCHOOL FAIR



THURSDAY, NOV. 4  
10 A.M. TO 1 P.M.



**ATTEND VIRTUALLY!**  
Scan the QR code for details.

Come meet with local, regional and national schools that are recruiting for their graduate and professional degree programs.

For more information please contact the Graduate Studies Center at 805-437-8571, [advisement@csuci.edu](mailto:advisement@csuci.edu) or visit our website at: [go.csuci.edu/grad-fair](http://go.csuci.edu/grad-fair)

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 [accommodations@csuci.edu](mailto:accommodations@csuci.edu) or call 805-437-3331 as soon as possible, but no later than seven (7) business days prior to the event.



California State  
University

GRADUATE  
STUDIES  
CENTER

CHANNEL  
ISLANDS

### Graduate School Fair description:

CSUCI's annual graduate school fair welcomes local, regional, and national schools to campus to recruit for their graduate and professional degree programs. At this event you will be able to connect with campus representatives from a variety of programs. Masters, Doctoral, Credential and other programs will be well represented at this wonderful event. This year's Graduate & Professional School Fair will be virtual. Registration is required. Event details will be emailed after registration.

## Events Overview



# CAMARILLO TALES: ECHOES IN THE HILLS

A collection of original short plays written and performed by students of CSU Channel Islands inspired by the history and lore of the land, the hospital, the people, and the campus.

Playwriting guidance by  
Marisela Treviño Orta

Directed by  
Hugo Carbajal & Laura Covault

**NOVEMBER 4, 5, 6, 12, & 13 AT 8PM**

Prices: \$5-\$15 CSUCI Students FREE

Seating is limited, advanced ticket purchase required.  
Parking permits may be purchased for \$6 on campus  
(Enter campus on Camarillo Street and follow signs)

Tickets available at <https://camarillotales.bpt.me>

Matinee Performance Nov 13 at 2pm

Persons who, because of a special need or condition,  
would like to request accommodations should contact  
Disability Resource Programs at 805-473-3331  
or email [accommodations@csuci.edu](mailto:accommodations@csuci.edu)



## Events Overview

# FIRST-GEN WEEK



### Monday, Nov. 8

#### National First-Gen Day!

Grab & Go Event and  
Resource Fair  
11 a.m. - 2 p.m.  
Central Mall  
Mask Required Event



### Tuesday, Nov. 9

#### Let's Talk First-Gen!

Virtual Events & Game Night  
See schedule for full details

### Wednesday, Nov. 10

#### First-Gen Connect!

Virtual Alumni Panel &  
Virtual Keynote Speaker  
Estrella Serrato, host of  
Cafecito con Estrellita™ Podcast  
See schedule for full details



**RSVP and  
Full Schedule**

Questions:  
[first.gen@csuci.edu](mailto:first.gen@csuci.edu)

Event hosted by Student Success & Outreach Programs and ASI Funded.



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California State  
University

STUDENT  
SUCCESS &  
OUTREACH  
PROGRAMS  
CHANNEL  
ISLANDS

## Events Overview

### Student Government Weekly Senate Meetings

*ASI STUDENT GOVERNMENT INVITES YOU TO ATTEND*

# WEEKLY SENATE MEETINGS



**9-11AM  
WEDNESDAYS**

**ZOOM  
LINK IN BIO**

**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
  - MATHEMATICS
  - 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

## CAPS FALL 2021 GROUP COUNSELING

**ACTIVE GROUPS**

- 

Mindfulness for Anxiety and Depression  
WED | 12 - 1:30pm
- 

Working through Grief and Loss  
WED | 10 - 11:5am
- 

Mindful Relationships: Creating Healthier Connections  
TUE | 1:30 - 2:45pm
- 

Thrive with Pride  
MON | 3:30 - 4:30pm

**DROP-IN GROUPS**

- 

Mindfulness for Wellness Drop-In Group  
TUE | 9 - 10:5am
- 

"Empower" Drop-In Group  
THU (biweekly) | 3 - 4:15pm

**FUTURE GROUPS**

- 

General Anxiety Support Group
- 

Veterans Support Group
- 

Adelante Dolphins! Support Group for Latinx Students
- 

Self-Care with CAPS
- 

HAAP: Supporting Healthy Asian/Asian American, Pacific Islanders
- 

Healing After Sexual Assault
- 

Social Anxiety Support Group

 **COUNSELING & PSYCHOLOGICAL SERVICES**  
CALIFORNIA STATE UNIVERSITY  
CHANNEL ISLANDS

VISIT: [go.csuci.edu/CAPSGroups](https://go.csuci.edu/CAPSGroups) | CONTACT: [caps@csuci.edu](mailto:caps@csuci.edu) | CALL: 805-437-2088

## Events Overview



FALL 2021 VIRTUAL NETWORKING & MENTORSHIP NIGHT

### COMING TO THE VIRTUAL NETWORKING & MENTORSHIP NIGHT?

Get ready to Be a Mentee  
Join us for one of these virtual prep workshops

WEDNESDAY, NOVEMBER 10TH @5:30PM

TUESDAY, NOVEMBER 16TH @12PM



### *Get Ready to Be a Mentee*

Hi mentees! Join us for one of these *virtual workshops* to help you prepare and make sure you get the most out of the event:

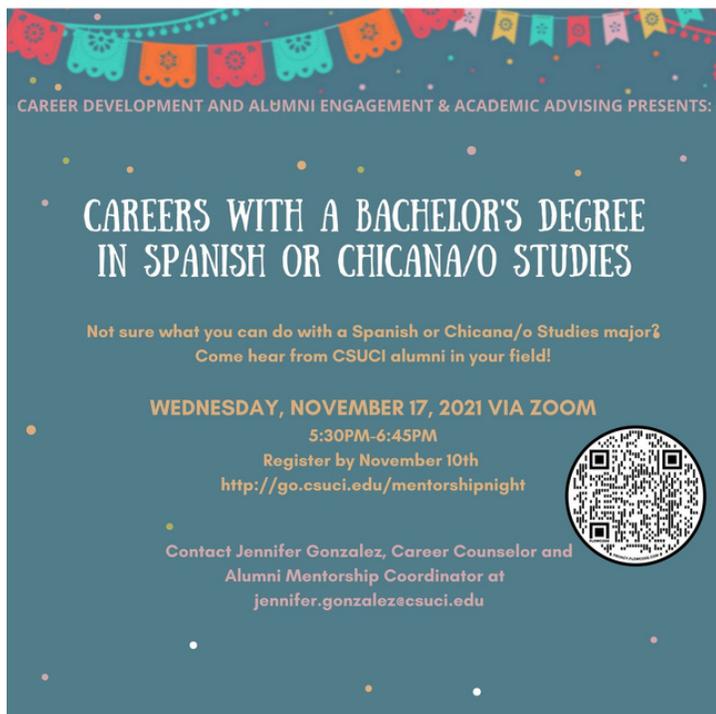
**Wednesday, November 10 at 5:30pm (Pacific Time)**

**Tuesday, November 16 at 12:00pm (Pacific Time)**

Can't attend either session? Register anyways and receive a recording so you can review the workshop slides at your convenience. For more information, contact Jennifer Gonzalez, Career Counselor & Alumni Mentorship Coordinator, at [jennifer.gonzalez@csuci.edu](mailto:jennifer.gonzalez@csuci.edu).

For more information about this event, contact [career.services@csuci.edu](mailto:career.services@csuci.edu) or 805.437.3270

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CAREER DEVELOPMENT AND ALUMNI ENGAGEMENT & ACADEMIC ADVISING PRESENTS:

### CAREERS WITH A BACHELOR'S DEGREE IN SPANISH OR CHICANA/O STUDIES

Not sure what you can do with a Spanish or Chicana/o Studies major?  
Come hear from CSUCI alumni in your field!

WEDNESDAY, NOVEMBER 17, 2021 VIA ZOOM  
5:30PM-6:45PM

Register by November 10th  
<http://go.csuci.edu/mentorshipnight>

Contact Jennifer Gonzalez, Career Counselor and Alumni Mentorship Coordinator at [jennifer.gonzalez@csuci.edu](mailto:jennifer.gonzalez@csuci.edu)



Career Development & Alumni Engagement in partnership with Academic Advising invites you to join us for this unique event. CSUCI students, alumni, faculty, and industry professionals are coming together for an evening of mentoring, networking, and career advice.

### **CAREERS WITH A BACHELOR'S DEGREE IN SPANISH OR CHICANA/O STUDIES**

**Wednesday, November 17, 2021**

**5:30 - 6:45 pm (Pacific Time)**

**via Zoom**

**Registration Link**

### *Connect with Mentors in Your Field*

Using industry-focused Zoom breakout rooms, you can ask questions, share advice, and have career conversations with people in your field.

- Education
- Advocacy/Non-profit
- Law
- Business
- Media

## Events Overview



The 2022–23 FAFSA<sup>®</sup> form is now **AVAILABLE!**  
▶ For more information, visit [FAFSA.GOV](https://FAFSA.GOV)

Federal Student Aid  
An OFFICE of the U.S. DEPARTMENT of EDUCATION

**The 2022–23 FAFSA<sup>®</sup> Form: What to Know**

October  
**1**

Taxes  
2020

Taxes  
2021

The FAFSA<sup>®</sup> form became available on Oct. 1, 2021.

You'll report your 2020 tax information.

There is no need to update your FAFSA<sup>®</sup> form after filing your 2021 taxes.

Federal Student Aid

## **Broome Library Resources**

### **Broom Library and WMC**

Library FAQ

<https://csuci.libanswers.com/>

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

Writing and Multiliteracy Center (WMC)

<https://www.csuci.edu/wmc/>

### **Other Support Services**

Learning Resource Center (LRC)

<https://www.csuci.edu/learningresourcecenter/>

Information Technology Services (ITS)

<https://www.csuci.edu/its/>

### **Requesting Search Help**

Chat (synchronous)

<https://library.csuci.edu/services/ask-librarian.htm#libchat>

Email (asynchronous)

[reference.librarian@csuci.edu](mailto:reference.librarian@csuci.edu)

Zoom (synchronous) (M-F, 8 a.m. - 5 p.m. by appointment)

<https://csuci.libcal.com/appointments/reference>



**MDC**  
*Updates*

## Monthly Letter from Dr. Hiram Ramirez

Greetings Dolphins!

Welcome Dolphins! We are at the mid-way point for the semester and we are here to support you! We still have a few events lined up for the rest of the semester and we encourage you to join us, to destress and be in community.

We have some free resources and educational content for Native American Heritage Month, so make sure to check it out next time you are near the center. Also know we are here for you, and stop by if you ever need any support!

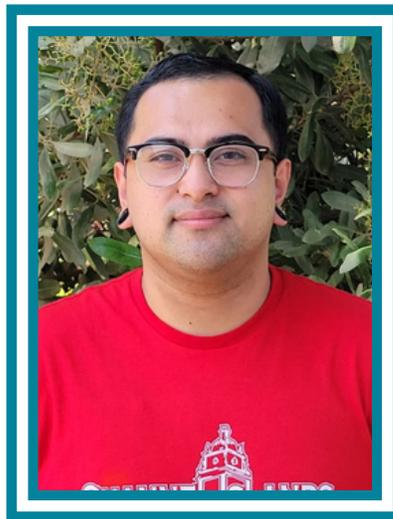
As always, if you need anything please let us know and have a great start to the semester!

In Solidarity,  
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

## Events Overview

# BRIDGE THE GAP



**Tuesday, November 16 through  
Thursday, November 18  
All Day**

**Sign-up today to attend Bridge the Gap. Bridge the Gap is a campus-wide diversity initiative inspired by The Museum of Tolerance. This interactive educational initiative uses photographs, videos, and recordings to educate and engage the community in dialogue and Bridge the gap between current events and a history of oppression.**



Register today!  
<http://go.csuci.edu/BTG>

For more information, and event registration please visit the Islands event page! <https://theisland.csuci.edu/virtual-events>

## Events Overview





The MDC organizes three levels of Undocumented Student Ally Trainings for CSUCI faculty, staff and student employees to learn how to serve as allies to undocumented students.

## Silver Training

**Session 1:**  
Thursday, October 7th 2-4 pm

**Session 2:**  
Tuesday, November 2nd 10-12 PM

**RSVP at** [go.csuci.edu/UndocAlly](https://go.csuci.edu/UndocAlly)

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MULTICULTURAL  
DREAM CENTER  
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[go.csuci.edu/UndocuAlly](https://go.csuci.edu/UndocuAlly)

# Diversity & Inclusion Student Council

Sign-Up Link



Are you interested in a leadership opportunity focusing on Inclusion and Diversity? The Diversity and Inclusion Student Council's mission is to empower students to build an inclusive campus environment that is safe and welcoming for all. Through this online group, you will build a community and actively make a difference.

You can join us by meeting in the Multicultural Dream Center (Bell Tower 1530) or reach out to Kem French for the zoom link at [Kem.French@csuci.edu](mailto:Kem.French@csuci.edu)

[go.csuci.edu/DISC](https://go.csuci.edu/DISC)

# USMP WORKSHOP

Know Your Rights & Family Prep  
November 18th 3:00 – 3:50 PM



**Thursday, November 18th**

3:00-3:50 PM

Workshop: [https://csuci.qualtrics.com/jfe/form/SV\\_9G3Du8dall9gcck](https://csuci.qualtrics.com/jfe/form/SV_9G3Du8dall9gcck)

Join the USMP for a virtual workshop on Knowing your Rights (KYR) and Family Prep via zoom Thursday, November 18th.



# CARECEN



MULTICULTURAL  
DREAM CENTER  
CHANNEL  
ISLANDS

## 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 Petitions
- General Consultation
- And more!

### HOW

Book an appointment at [carecenla.simplybook.me/v2/](https://carecenla.simplybook.me/v2/)

### LEARN MORE

CARECEN Webpage  
[carecen-la.org](https://carecen-la.org)

CARECEN IG  
[@carecen\\_la](https://www.instagram.com/carecen_la)

**For questions reach out to Natalie Johnson at [natalie.johnson@csuci.edu](mailto:natalie.johnson@csuci.edu)**

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# LEVEL UP

STUDY SKILLS WORKSHOP SERIES

# YOUR ACADEMICS



## STUDY SMARTER NOT HARDER: TIME MANAGEMENT TIPS

THURSDAY, OCT. 14  
2 PM - 3:30 PM  
ZOOM

Having trouble meeting deadlines for class? Can't seem to find any time for your classes, work, or other commitments. Join this session, to learn strategies and tips on how to better manage your time for a successful semester.

## LEVERAGING LIBRARY RESOURCES

TUESDAY, NOV. 9  
4 PM - 5 PM  
ZOOM

Ever wonder what online resources the library has now? Want to read a good book or find an article for class. Attend this session to learn about the virtual resources, accessing books, and other services available within the library.

## STUDY STRATEGIES 101

TUESDAY, OCT. 26  
1 PM - 2 PM  
ZOOM

Trying to get that A on the next test? Looking for a new way to study for that hard class? Look no further! This session will give you tips and tricks to be successful in your class, as well as provide additional resources.

## VIRTUAL STUDY HALL

EVERY THURSDAY  
4 PM - 5 PM  
ZOOM

Join fellow Dolphins to study and prepare for class. A librarian will be in all session to help answer questions, share library resources, and more.

## BUILDING VIRTUAL STUDY GROUPS

THURSDAY, NOV. 4  
10:00 AM - 10:30 PM  
ZOOM

Having trouble connecting with peers in class? Need ways to work collaboratively with classmates. Join this session to get tools and tips on how to form study groups in your classes. We will also explore ways to sustain these groups, so everyone can be successful.

## WRITING STRATEGIES & TIPS

WEDNESDAY, OCT. 20  
3 PM - 4 PM  
ZOOM

Having trouble writing that long paper? Need inspiration to cross that mandatory page count? Join this session to learn some techniques and strategies to support your writing process and become a stronger writer.

## PLANNING FOR SUCCESS

THURSDAY, OCT. 7  
3 PM - 4:30 PM  
ZOOM

Having trouble keeping track of midterm exams and papers? Feeling overwhelmed by all the work you need to do to prepare for midterms? Join us to discuss how you can best prepare for your midterms/finals and learn about other valuable resources.



[GO.CSUCI.EDU/LEVELUP](https://go.csuci.edu/levelup)

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For more information, and event registration please visit:

[go.csuci.edu/LevelUp](https://go.csuci.edu/LevelUp)



# Adulting 101

A series designed to teach students life skills to support their holistic wellness both on and off campus

## Financial Wellness

Partnering with wellness Promotion & Education

Monday, September 13th | 12:00 to 1:00 pm

Tuesday, September 14th | 4:00 to 5:00 pm  
via Zoom

## Wellness Toolkit

Partnering with Counseling & Psychological Programs

Monday, October 18th | 12:00 to 1:00 pm

Tuesday, October 19th | 4:00 to 5:00 pm  
via Zoom

## Minimizing Distractions

Partnering with Disability Accommodations & Support Services

Monday, November 15th | 12:00 to 1:00 pm

Tuesday, November 16th | 4:00 to 5:00 pm  
via Zoom

**RSVP Today @ [go.csuci.edu/Adulting101](https://go.csuci.edu/Adulting101)**



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For more information, and event registration please visit:

[go.csuci.edu/Adulting101](https://go.csuci.edu/Adulting101)

# 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 <a href="https://bit.ly/3wVbBDY">https://bit.ly/3wVbBDY</a>
September 30, 2021   12:00pm	Immigration Updates + DACA, Advance Parole Q&A	CSUSM & SDSU <a href="https://bit.ly/3zeSZjX">https://bit.ly/3zeSZjX</a>
October 11, 2021   12:00pm	Immigration 101: Part 1	CSUSM & SDSU <a href="https://bit.ly/2UvPXca">https://bit.ly/2UvPXca</a>
October 28, 2021   12:00pm	Family Petitions: Part 2	CSUSM & SDSU <a href="https://bit.ly/36JotTb">https://bit.ly/36JotTb</a>
November 18, 2021   5:00pm	Family Night: Immigration Updates	CSUSM & SDSU <a href="https://bit.ly/2Tq1iu2">https://bit.ly/2Tq1iu2</a>
December 06, 2021   12:00pm	JFS-HELs: Office Hours + Q&A	CSUSM & SDSU <a href="https://bit.ly/3yAF7j8">https://bit.ly/3yAF7j8</a>



WWW.JFSSD.ORG/HELs



HELs\_SD



HELsIMMIGRATION@JFSSD.ORG

DREAMER RESOURCE CENTER

*6th  
Annual*

**KEEPING THE DREAM ALIVE  
VIRTUAL CONFERENCE**

**FOSTERING JOINT ACTION ACROSS  
PEOPLE, SPACES, *and* SYSTEMS**



SACRAMENTO STATE  
Strategic Student Support Programs

**SAVE THE DATE**  
NOVEMBER 18 & 19, 2021

For more information go [here](#)

## 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:** [go.csuci.edu/mdcupdates](https://go.csuci.edu/mdcupdates)

**Brochure:** <https://www.csuci.edu/mdc/mdc21.pdf>

## 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.



[@CSUCI\\_MDC](https://www.instagram.com/CSUCI_MDC)



[@CSUChannellIslands  
Multicultural](https://www.facebook.com/CSUChannellIslandsMulticultural)



[@MDC\\_CSUCI](https://www.tiktok.com/@MDC_CSUCI)



[@CSUCI\\_MDC](https://twitter.com/CSUCI_MDC)



[@MDC\\_CSUCI](https://www.tiktok.com/@MDC_CSUCI)



**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 Undocu-Immigrant

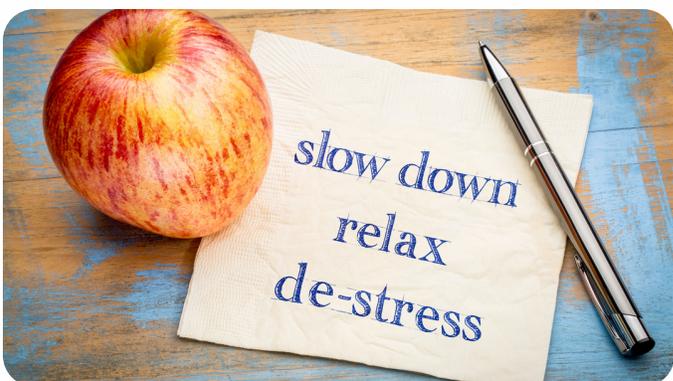
[Click here to access this resource.](#)



**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.](#)



**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.](#)

**Table of Contents**



**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**  
*Updates*



## 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 [LiveHealth Online](#)! Plus, if you're new to online therapy, read [this](#) 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.

# Ventura County COVID-19 Testing Information



## 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](http://www.vccovid.com).

**Moorpark College**

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

**Freedom Park, Camarillo**

515 Eubanks St., Camarillo 93010  
7 days a week **10am - 7pm**

**Oxnard College**

4000 S. Rose Ave., Oxnard 93033  
7 days a week **10am - 7pm**

**Harding Park, Santa Paula**

1400 Harvard Blvd., Santa Paula 93060  
6 days a week **10am - 7pm** (Closed Fridays)

**Ventura County Fairgrounds** (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

**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](http://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 Performing 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

**Magnolia Family Medical Center**

2240 E. Gonzales Rd., Oxnard 93036

**VENTURA**

**Academic Family Medicine Center**  
300 Hillmont Ave., Bldg. 340, Ventura 93003

**West Ventura Medical Clinic**

133 W. Santa Clara St., Ventura 93001

**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](http://www.venturacountyrecovers.org).



@CountyOfVentura



@countyofventura



@CountyVentura



@countyofventura

For information on CSUCI's plan for the  
Fall 2021 Semester, please visit  
[https://www.csuci.edu/news/campus-  
updates/fall-2021/](https://www.csuci.edu/news/campus-updates/fall-2021/)

For information on Covid-19 campus  
cases, COVID-19 reporting, and all  
other CI updates, please visit  
[https://www.csuci.edu/news/campus-  
updates/covid19.htm](https://www.csuci.edu/news/campus-updates/covid19.htm)





## Intercultural Services Staff

Greetings Dolphins!

Happy November! Please join us for Bridge the Gap (BTG). BTG is a campus-wide diversity initiative inspired by The Museum of Tolerance. This interactive educational initiative uses photographs, props, videos, and recordings to educate and engage the CSU Channel Islands community in dialogue around topics that have historically and currently affect members of our society. We invite your classes and any individuals interested to participate in this campus-wide experience.

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](mailto:kem.french@csuci.edu)



**Carlos Espitia**

He / Him / His  
Grad Intern  
Spring 2023



**Yessica  
Arreguin**

She / Her / Hers  
Student Assistant



**Courtland Briggs**

He / Him / His  
Student Assistant



**Matthew Piniol**

He / Him / His  
Student Assistant



**LGBTQ+**

## Events Overview



### **Native American Heritage Month Social**

Wednesday, November 3 | 11 am - 1 pm | Central Mall

Join the MDC Team on November 3rd in the Central Mall for a celebration of Native American History Month. This event features games, goodies bags, and celebrating the contributions of Native American Leaders. This event is open to everyone.

## Research Opportunity



**Entre Herman@s wants to talk confidentially with you and the brother or sister you trust about your sexual health and PrEP.**

Participation will require one visit.

PrEP (Pre-Exposure Prophylaxis) is daily medicine that reduces a person's chance of getting HIV.

Each of you will receive \$50 for your time.

**Entre Herman@s Study  
Call (213) 293-0056**



St. John's  
West Child & Family Center

PRIME  
specialty  
clinic



Email: [siblings.and.prep@gmail.com](mailto:siblings.and.prep@gmail.com)

: @EntreHermanosLA

Study supported by NIH/NIMHD #U54MD007598.

**FREE ANONYMOUS HIV / AIDS TESTING AT THE CRC! To schedule your appointment September 20 or October 18 click [here](#). Know your Status!**



**JUST ONE  
DROP IS ALL  
IT TAKES.**

**KNOW YOUR STATUS.**

**TO SCHEDULE YOUR FREE ANONYMOUS TEST VISIT  
DIVERSITYCOLLECTIVE.ORG**



# THE PRIDE NOOK

Hey, what are you doing next Wednesday night at 6 pm?

Nothing much. What's up?

Wanna spill the tea at next Pride Nook meeting?

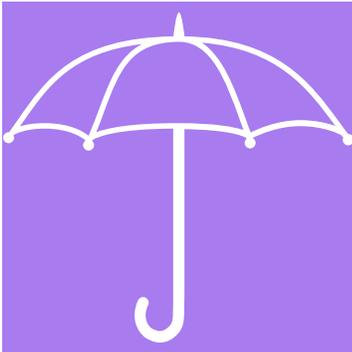
Uh yeaah!! That sounds like fun!



Join Us Every 1st & 3rd Wednesday at 6 pm  
Via Zoom  
Register at  
[diversitycollectivevc.org](https://diversitycollectivevc.org)



## Latest Resources



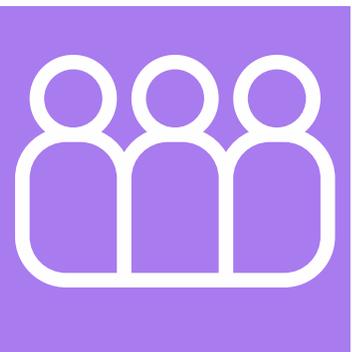
### **Rainbow Umbrella**

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 own health choices. Earn a certificate of completion. Fridays from 5:30 - 7:30pm. Email for more information: [rainbowumbrella@diversitycollective.org](mailto: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](http://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 Staff

Hello,

Happy Native American Heritage Month! We are mid-way through the semester and I hope you all are doing well! Please stop by the MDC to check out the events we are hosting this month and the resources we provide. Be on the look out for emails with updates on programming and events.

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



**Alejandro Espinoza**

He/Him/His  
MSI Student Assistant



**Kobby Tran**

He / Him / HIs  
MSI Student Assistant



## Events Overview



### November workshops

*Building Virtual Study Groups*

Every Thursday, | 4:00 pm - 5:00pm | **RSVP** Today @ [go.csuci.edu/levelup](http://go.csuci.edu/levelup)

*Planning For Success*

Tuesday, November 4th | 10:00 Am - 10:30 pm | **RSVP** Today @ [go.csuci.edu/levelup](http://go.csuci.edu/levelup)

*Leveraging Library Resources*

Tuesday, November 9th | 4 pm - 5 pm | **RSVP** Today @ [go.csuci.edu/levelup](http://go.csuci.edu/levelup)



### Undocumented Student Ally Training: Silver

Monday, Novmber 15th | 12 pm - 1 pm | **RSVP** Today@ [go.csuci.edu/Adulting101](http://go.csuci.edu/Adulting101)

Each of these sessions build upon your knowledge on becoming an ally for undocumented students.



**ASIAN  
AMERICAN &  
PACIFIC  
ISLANDER**

## Resources



### Asian American Pacific Islander Student Resource Guide

[Click here to access this resource.](#)



## Yuri Kochiyama

Yuri Kochiyama (May 19, 1921 – June 1, 2014) was a tireless political activist who dedicated her life to contributing to social change through her participation in social justice and human rights movements.

She was born and raised in San Pedro, California. After the bombing of Pearl Harbor, her father, just out of surgery, was arrested and detained in a hospital. "He was the only Japanese in that hospital," Kochiyama recalls, "so they hung a sheet around him that said, 'Prisoner of War.'" He died shortly thereafter.

**Website:**

<https://www.zinnedproject.org/news/tdih/yuri-kochiyama-was-born/>

## Discover AAPI Resources



<https://amigos805.com/social-justice-fund-for-ventura-county-supports-aapi-community/>



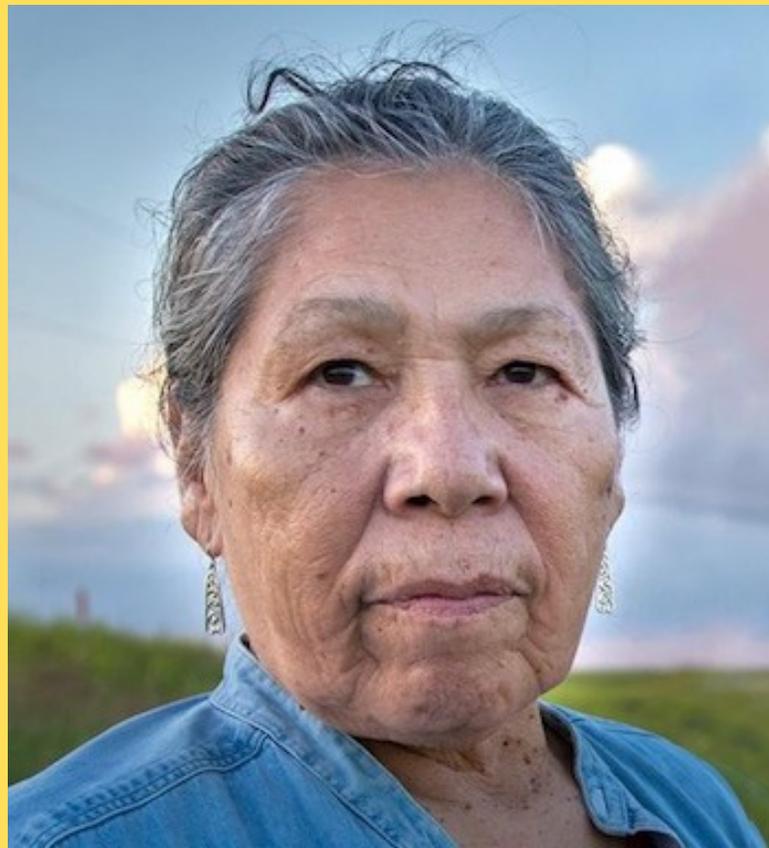
**NATIVE  
AMERICAN**

## Resources



### **Native American & Indigenous Student Resource Guide**

[Click here to access this resource.](#)



## Madonna Thunder Hawk

Madonna Thunder Hawk (Born in 1940) is a part of the Oohenumpa band, affiliated with the Cheyenne River Sioux Tribe in South Dakota. Her life's mission is to achieve winning justice for Native Americans as a whole. Throughout her career as an activist, she has been involved in many movements, including being an original member of the American Indian Movement as well as being a co-founder of Women of All Red Nations (WARN).

**Website:**

<https://www.indigenousgoddessgang.com/matriarch-monday/2018/11/26/madonna-thunder-hawk>

## Discover Native American Resources



<https://americanindiancoc.org/>  
<https://www.narf.org/>



**PROMOTING  
ACHIEVEMENT  
THROUGH  
HOPE**





## Transitional Age Youth

1.

What is the California Fostering Connections to Success Act and how does this apply to you.

2.

Whats are your next steps?

- What you need to know
- What you need to do
- Where you can live

3.

Independent Living Program



Please visit the website for more information.

<https://homeswithheartvc.org/tay/>





# Underrepresented Student Initiatives

## Monthly Letter by Natalie Johnson

Hello all!

Happy Native American Heritage Month! Make sure to check out the list of our events this month celebrating and acknowledging this community. For current updates and information on our resources and events outside of the newsletter, please visit our IG at [csuci\\_mdc](https://www.instagram.com/csuci_mdc).

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

Sincerely,  
Natalie Johnson, M.Ed.



**Natalie Johnson, M.Ed.**

She/Her/Hers  
Coordinator of USI  
[natalie.johnson@csuci.edu](mailto:natalie.johnson@csuci.edu)

## Underrepresented Student Initiatives Staff



**Eli**

She / Her / Hers  
USI Graduate Intern  
Spring 2023



**Harmony**

She / Her / Hers  
USI Student Assistant  
Spring 2022



**Ilien**

They / Them / Thiers  
USI Student Assistant  
Spring 2023



**Violeta**

She / Her / Ella  
CARECEN Fellow  
Spring 2023

**USI**



**Table of Contents**

## Events Overview



### **Undocumented Student Ally Training: Silver**

Tuesday, November 2nd

2 - 4 PM

**RSVP:** [go.csuci.edu/UndocAlly](http://go.csuci.edu/UndocAlly)

Each of these sessions build upon your knowledge on becoming an ally for undocumented students.



### **Adulthood 101: Minimizing Distractions**

Monday, November 15th & Tuesday November 16th

12:00 - 1:00 PM

**RSVP:** [go.csuci.edu/Adulthood101](http://go.csuci.edu/Adulthood101)

Learn how to minimize distractions when it comes to virtual learning so you can maximize your study time! This workshop is organized in collaboration with Disabilities Accommodations & Support Services.

# WOMEN OF COLOR



## Table of Contents

# Events Overview



## WOCMP: Game Social

Tuesday, November 9th  
3-4 pm

**Location :** Founders Courtyard

WOCMP only!: come join in and mingle with the WOCMP in playing some board games in the Founders Courtyard.



## WOCMP: Workshop: Feminisms

Thursday, November 18th  
4:00 - 4:50 PM

**RSVP:** <http://go.csuci.edu/mdc>

join the WOCMP in a virtual workshop on Feminisms via zoom!

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 (951) 427-3333 or accommodations@csuci.edu as soon as possible, but no later than 7 business days prior to the event.





### Events Overview



#### Undocumented Student Mentor Program: Games

Tuesday, November 9th  
3:00 - 4:00 PM

**Location:** Founders Courtyard

USMP Mentees! Come join in and play some board games with the USMP!



#### Workshop: KYR & Family Prep

Thursday, November 18th

3:00-3:50 PM

Workshop: [https://csuci.qualtrics.com/jfe/form/SV\\_9G3Du8dall9gccK](https://csuci.qualtrics.com/jfe/form/SV_9G3Du8dall9gccK)

Join the USMP for a virtual workshop on Knowing your Rights (KYR) and Family Prep via zoom Thursday, November 18th. This event is open to everyone!



# 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 <a href="https://bit.ly/3wVbBDY">https://bit.ly/3wVbBDY</a>
September 30, 2021   12:00pm	Immigration Updates + DACA, Advance Parole Q&A	CSUSM & SDSU <a href="https://bit.ly/3zeSZjX">https://bit.ly/3zeSZjX</a>
October 11, 2021   12:00pm	Immigration 101: Part 1	CSUSM & SDSU <a href="https://bit.ly/2UvPXca">https://bit.ly/2UvPXca</a>
October 28, 2021   12:00pm	Family Petitions: Part 2	CSUSM & SDSU <a href="https://bit.ly/36JotTb">https://bit.ly/36JotTb</a>
November 18, 2021   5:00pm	Family Night: Immigration Updates	CSUSM & SDSU <a href="https://bit.ly/2Tq1iu2">https://bit.ly/2Tq1iu2</a>
December 06, 2021   12:00pm	JFS-HELs: Office Hours + Q&A	CSUSM & SDSU <a href="https://bit.ly/3yAF7j8">https://bit.ly/3yAF7j8</a>



WWW.JFSSD.ORG/HELs



HELs\_SD



HELsIMMIGRATION@JFSSD.ORG

Research Project  
IRB2021-0039

## Examining the Transition of Graduating Undocumented College Students

Seeking undocumented students to participate in a confidential study about their college graduation experiences!

1. Be graduating or have just graduated with a bachelor's degree from any four-year college or university in the United States between April and September 2021
2. Be undocumented with or without DACA at the time of graduation
3. Be at least 18 years old

Meet the criteria? Interested?

Scan QR Code



The interest form will ask for your email.

Read more about this project:



For questions, contact Cinthya Salazar at [csalazar@tam.u.edu](mailto:csalazar@tam.u.edu) or Cindy Barahona at [cinbarahona@tam.u.edu](mailto:cinbarahona@tam.u.edu)

# Mariposa Achieving & Resisting



M.A.R. is a program for undocumented students at CI to ensure academic success. The program is focused on meeting students individually to support their academic, personal, and post-graduation goals as well as providing fun and purposeful community-building opportunities.

To learn more, visit  
<https://tinyurl.com/yyztv5n5>

To apply, visit  
<https://tinyurl.com/y68vtqf>



For more information, contact Natalie Johnson at [natalie.johnson@csuci.edu](mailto:natalie.johnson@csuci.edu).



**MULTICULTURAL  
DREAM CENTER**  
C H A N N E L  
I S L A N D S



MULTICULTURAL DREAM CENTER CHANNEL ISLANDS

# 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 Petitions
- General Consultation
- And more!

## HOW

Book an appointment at [carecenla.simplybook.me/v2/](https://carecenla.simplybook.me/v2/)

## LEARN MORE

CARECEN Webpage  
[carecen-la.org](https://carecen-la.org)

CARECEN IG  
[@carecen\\_la](https://www.instagram.com/carecen_la)

For questions reach out to Natalie Johnson at [natalie.johnson@csuci.edu](mailto:natalie.johnson@csuci.edu)

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](mailto:accommodations@csuci.edu) as soon as possible, but no later than 7 business days prior to the event.



DREAMER RESOURCE CENTER

*6th Annual* **KEEPING THE DREAM ALIVE  
VIRTUAL CONFERENCE**

**FOSTERING JOINT ACTION ACROSS  
PEOPLE, SPACES, *and* SYSTEMS**

 SACRAMENTO STATE  
Strategic Student Support Programs

**SAVE THE DATE  
NOVEMBER 18 & 19, 2021**

For more information go [here](#)

  
**Special Immigrant  
Juvenile Status:  
What you should  
know?**

**Tuesday,  
November 9th,  
from 3 to 4 PM**

**Join CARECEN to learn about Special Immigrant  
Juvenile Status (SIJS) and how it can lead to U.S.  
Citizenship.**

<https://bit.ly/3uQxAg6>

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MULTICULTURAL  
DREAM CENTER  
CHANNEL  
ISLANDS



**CARECEN**

**Family-Based Immigration:  
What it is and the  
requirements**

**Tuesday,  
November 16th  
from 3-4 PM**

**Join CARECEN to learn about family-based  
immigration petitions and who may qualify.**

**<https://bit.ly/3akk6PX>**

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](mailto:accommodations@csuci.edu) as soon as possible, but no later than 7 business days prior to the event.



**MULTICULTURAL  
DREAM CENTER**  
CHANNEL  
ISLANDS