

Viking Newsletter

April 5 – April 12, 2020



#WeAreStillEngaged



Happy Monday Vikings! We hope you are doing well and taking care of yourself!
Stay strong and be well!

Remember to check the university's website for up-to-date information regarding CSU COVID-19 Updates at:
<https://www.csuohio.edu/coronavirus-update>

2020 Student Trustee Application

Deadline To Apply Extended to Tuesday, April 14th!

Applications are now being accepted for Student Trustee. **The application form closes on Tuesday, April 14, 2020 at midnight.**

The requirements for students are as follows:

- Open to all full time CSU students:
 - Undergraduate Students \geq 12 credits
 - Graduate Students \geq 9 credits
 - Law School Students \geq 9 credits
- 3.0 cumulative GPA or higher
- Must be currently enrolled in an academic program, or already admitted to a graduate program, that will continue (at least) until May 2022.
- Current undergraduates must be at least Sophomore status at the time of assuming the position.
- Must currently be a registered Ohio voter.
- No student is permitted to simultaneously hold an SGA executive board position and serve as a Student Trustee

[If interested, please click this link to complete the application.](#)

Interview process will include an application review and an interview for finalists.

CSU CAB Bingo

Monday, April 6

CSU CAB Instagram: <https://www.instagram.com/csucab/>

Join Campus Activities Board starting Monday, April 6 for CSU CAB Bingo! To play, simply fill out the Bingo sheet, post your results on your Instagram story and tag @CSUCAB. By completing those two steps, you will be automatically be

entered in a raffle for a chance to win a \$25 Amazon gift card! Tag a friend under the “Your Turn” section to receive an extra entry in the gift card raffle.

Hosted by [Campus Activities Board](#)

Instagram Trivia Tuesday

Tuesday, April 7

Student Life IG: <https://www.instagram.com/clestatestudentlife/>

Follow our Instagram account (@clestatestudentlife) to join us for Trivia Tuesday! Those who answer correctly are entered for a chance to win a \$50 Amazon Gift Card! The more answers you get correct, the more chances you have to win! Winners will be notified Wednesday via Instagram Direct Message. **This week’s trivia theme is sports!**

#WeAreStillEngaged

President Sands Facebook Virtual Town Hall

Wednesday, April 8

1:00 p.m.

Join CSU President Harlan Sands for his next Facebook live Virtual Town Hall on **Wednesday, April 8 at 1:00 p.m.** where he will update the CSU community regarding the latest news and developments and answer students' questions. You can watch live at: <https://www.facebook.com/clevelandstateuniversity/>

If you missed the April 1st Virtual Town Hall on Facebook, [click here to watch the video.](#)

Student Government Association Senate Meeting

Friday, April 10

3:30 p.m.

CSU students are welcome to join in on the next SGA Senate meeting this Friday, April 10 starting at 3:30 p.m. using Zoom. For meeting details, go to: <https://vikesconnect.csuohio.edu/event/5690467>

Fun Friday – Animal Crossing

Attention all Animal Crossing lovers! Student Life has created three unique Cleveland State themed QR codes and a CSU Hoodie Custom Design for you to download to use in your copy of Animal Crossing: New Horizon. These QR codes feature two Magnus head designs and one portrait of President Harlan Sands, for you to make paintings and clothing for your character. Just save the images attached below to download these designs!

Before you can download one of our two Magnus designs, or your very own portrait of President Sands onto your copy of Animal Crossing: New Horizon, you’ll need the Nintendo Switch Online app for Android or iOS.

Once you log in with your Nintendo account, you’ll be able to access Nook Link. Press the Plus button on the New Horizons title screen to link your character with your Nintendo account, and use the app to scan the QR code.

After you scan it, open your designs on your Nook Phone and press the Plus button to download the design.

CSU_Magnus.jpg 1x1



By CSU from Cleveland

Harlan_M_Sands_p 1x1



By CSU from Cleveland

viking.jpg 1x1



By CSU from Cleveland

For a CSU hoodie that players can use for their characters in the game. These are the instructions for obtaining this design:

How to search for your own CSU Hoodie!

1. Go to the Able Sisters clothing store.
2. Head to the back and interact with the pink kiosk.
3. Access the kiosk and then wait for your Switch to connect to the internet.
4. Select Search for Design.
5. Enter the ID: MO-4TXT-J0VD-LX5C (Design IDs always start with MO-).
6. Select Confirm. Your game will search for the code and then bring up the hoodie for you to download. Then, select Save.
7. Select Close.
8. Select a PRO Pattern that you're willing to overwrite.
9. Select Overwrite it.



CSU Rec Happenings: Week of April 6th

Wellness Presentation: Managing Stress During Change

Available Wednesday, April 8th, 2020 @ 1pm via [IGTV](#)

Change can be difficult as we have to adjust to something new, especially when it's unexpected. However, change doesn't always have to come with stress! Join Kristen Soinski, Graduate Supervisor of Fitness & Wellness from the CSU Rec for a presentation about managing stress and pick-up some tips and tricks to build resiliency and lower stress during times of change.

Live Virtual Group Fitness Offerings

Be sure to check out csurec.com for our virtual group fitness class offerings! Classes are taking place live Monday-Saturday with our awesome CSU Rec instructors!

Take a Walk Tuesdays

Whether you walk to get in your steps, use it to clear your mind, or just to get some fresh air and sunshine, GET OUTSIDE and move! During this crazy time – or anytime you're feeling stressed, overwhelmed or cooped-up – it's important to schedule time for physical activity. It doesn't have to be long either! A short walk around your neighborhood or a nearby park will do the trick. And feel free to snap a picture of the landscape, a flower or animal you see, or just yourself outside in the sun, and tag @clestaterec in your social post or story!

Guided Meditation

Available Friday, April 10th, 2020 @ 8a.m. via IGTV

Take 10-15 minutes out of your day to find mindfulness and peace. Sinead will be sharing a guided meditation to help you de-stress and center yourself.

Are You a Gamer? Check Out Our FREE NBA 2K and Madden Leagues!

Cleveland State Recreation Center brings you FREE eSports leagues! We will be running NBA 2K and Madden leagues, offered on both Xbox and PlayStation. Visit IMLeagues.com for details and to register. Reach out to Natalie at n.bertolasio@vikes.csuohio.edu with any questions.

- Registration Opens: Thursday, April 2nd
- Registration Closes: Monday, April 6th, 11:59pm
- League Begins: Tuesday, April 7th

Learn more at www.csuohio.edu/recreationcenter/virtual-rec

Save the date! Virtual 5k!

Virtual 5K for anyone - run, walk, or jog! Complete a 5K (3.1 miles) wherever you like (outside or inside) any time on Saturday, April 25th. Follow us on social media to see our 5K training plan that was put together by one of our Personal Trainers! While participation in this event is free, we encourage you to visit [Greater Cleveland Food Bank](https://www.greaterclevelandfoodbank.org) and donate \$10 to those in need during these trying times.

[Visit the CSU Recreation Center website for more information!](#)

Mareyjoyce Green Women's Center

The Mareyjoyce Green Women's Center is "here" for you! If you need to contact them email: womenscenter@csuohio.edu or call 216.687.4674

A little self-quarantine fun links:

- [21 Printable Coloring Sheets that Celebrate Girl Power](#)
- [Notable Women in History Solitaire](#)
- [Victory Gardening Then and Now](#)
- [NWHM's Monthly "Fab Five"](#)

An opportunity to change yourself for the better:

If you aren't familiar with Brene Brown, you should be! Her TED Talk entitled The Power of Vulnerability has just shy of 50 million views and has the potential to change your life. It's under 20 minutes. Watch it now. https://www.ted.com/talks/brene_brown_the_power_of_vulnerability

#WeAreStillEngaged

The LGBTQ+ Center is going online!

Join LGBTQ+ Student Services each week for a virtual hang out. Drop in to see some familiar faces, check in with friends, or just to say hello.

Visit www.csuohio.edu/lgbtq for the schedule and for more information.

Veteran Student Success Program News

Veterans Asked to Lead Communities in Social Distancing

During the COVID-19 crisis, VA is asking Veterans to lead their communities in practicing social distancing—and to use VA telemedicine for our care and prescription needs. It's what we have to do to keep our fellow Veterans safe and defeat this virus. Veteran specific COVID-19 information can be found at <http://www.va.gov/coronavirus>

Emergency Act to Preserve GI Bill Payments Becomes Law

Students utilizing the GI Bill can rest assured their benefits will continue uninterrupted. On March 21st, the President signed into law a provision that allows recipients to continue to receive 100% of their benefits including BAH in emergency situations where courses are converted to distance learning. No action is required by students. Students should expect their regular payments on schedule. More information on the measure can be found here: <https://www.military.com/daily-news/2020/03/21/emergency-act-preserve-gi-bill-payments-becomes-law.html>

Veteran Military Resource Center Virtual Front Desk

The Veteran Resource Center may be closed during this time, but they will be available using Zoom as a virtual front desk.

Monday through Friday

9:00 am - 6:00 pm

<https://csuohio.zoom.us/j/475577866>

Meeting ID: 475-577-866

Health & Wellness Services

[CSU Health & Wellness Services](#) is providing remote telehealth visits at no out of pocket cost to the CSU community. They can take care of most of your health care needs and answer your health questions wherever you are.

Call 216-687-3649 for your appointment or to have your health questions answered Mon - Fri from 8am-4:30pm.

FOR EMERGENCIES CALL 911

AFTER HOURS TELEDOC 855-281-6556 FULLY COVERED BY CSU STUDENT HEALTH INSURANCE AND MOST OTHER INSURANCES.

Wellness Coaching Available!

Student Wellness programs is offering a FREE 1:1 coaching conversation available to undergraduate and graduate students. Wellness coaching uses a person's own motivations and strengths to identify and support behavior change(s) through a collaborative, non-judgmental partnership. Coaching will focus on creating achievable goals and plans to stay balanced in as many areas of wellness as possible. Wellness includes physical, social, emotional/mental, intellectual, spiritual, financial, and environmental aspects of our being. This is an educational approach to overcoming barriers and is not a therapy or counseling session. Concerns with anxiety, depression, and mental health are best addressed by the CSU Counseling Center at 216-687-2277.

To register for Wellness Coaching, please visit their website at: <https://www.csuohio.edu/studentwellness/wellness-coaching> and complete the form or contact Denise Keary at d.keary@csuohio.edu

Remote Career & Professional Development

Students can receive career and professional development assistance remotely from Career Services! Make sure to check their [website](#) for up to date information about how to contact their staff and to access their general resources.

- Phone appointments and [career coaching](#) are available via email between 8 am and 5 pm Monday through Friday.
 - Students may request a [Zoom](#) video conference appointment with a Career Specialist. They recommend students contact the appropriate staff member (listed at the bottom of [this page](#)) based on their major's college.
 - Follow Career Services on social media for testimonials, a *ProTip of the Week*, *Peer Advisor highlights*, and other useful information (yes, many employers are still hiring!) that can lead to a job or internship. Check them out: [Instagram](#), [Facebook](#) and [Twitter](#).
 - *New!* Career Services is always adding content to [Viking Resources](#), their online "library" of career development tools and resources, available to all of their partners, 24/7.
-

Make sure to visit [VikesConnect!](#)



© 2020 The Department of Student Life
2121 Euclid Ave, SC 319
Cleveland, OH 44115
216.687.2048
www.csuohio.edu/studentlife

Follow Us:

