

Center for Student Involvement

Viking Newsletter for week of March 23



Greetings Vikings and happy Monday to you! We hope you are doing well after the extended spring break and ready to finish out the semester remotely. Because events on campus have been cancelled due to the corona virus outbreak, we will be using this weekly newsletter to share information and opportunities for you to engage from home.

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

#WeAreStillEngaged

During this time, we want to make sure we are practicing "social distancing". But that shouldn't mean we need to cut ourselves off from each other entirely. Thankfully, we have social media! Below is a list of CSU social media from Student Affairs departments and other CSU partners you can follow. Updates, videos, events, activities and more will be posted in the coming weeks to keep you engaged during this remote learning period. Take a moment to follow these accounts so you can stay up to date and engage remotely!

If you have any questions, feel free to email us at studentlife@csuohio.edu

- **Student Life:**
 - Facebook: [csuhio.studentlife](https://www.facebook.com/csuhio.studentlife)
 - Twitter: [CSU_StudentLife](https://twitter.com/CSU_StudentLife)
 - Instagram: [clestatestudentlife](https://www.instagram.com/clestatestudentlife)
- **Campus Recreation Services:**
 - Facebook: [CLEStateRec](https://www.facebook.com/CLEStateRec)
 - Twitter: [clestaterec](https://twitter.com/clestaterec)
 - Instagram: [clestaterec](https://www.instagram.com/clestaterec)
 - YouTube: <https://www.youtube.com/user/CSURecreation>
- **Career Services:**
 - Facebook: [CSUCareers](https://www.facebook.com/CSUCareers)
 - Twitter: [CSU_Careers](https://twitter.com/CSU_Careers)
 - Instagram: [csu_careers](https://www.instagram.com/csu_careers)
 - YouTube: https://www.youtube.com/channel/UCvMJWssKtzPTx1HwbhWFR_A
- **CSU Athletics:**
 - Facebook: [CSUVikings](https://www.facebook.com/CSUVikings)
 - Twitter: [CSU_Athletics](https://twitter.com/CSU_Athletics)

- Instagram: [csu athletics](#)
 - YouTube: https://www.youtube.com/channel/UCiSABsxsW_AwICCZkU97dAA

 - **Veteran Student Services Program:**
 - Facebook: [vikingveteransstudentservices](#)
 - Twitter: [StateVeterans](#)
 - Instagram: [viking_vets](#)

 - **LGBTQ+ Student Services:**
 - Facebook: [LGBTQ-Student-Services-at-Cleveland-State-748580738833498](#)
 - Twitter: [csu_lgbtq](#)
 - Instagram: [lgbtq.csu](#)

 - **Lift Up Vikes!:**
 - Twitter: [CSU_LUVikes](#)
 - Instagram: [csu_luvikes](#)
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Weekly Online Engagement Calendar - #WeAreStillEngaged

Student Involvement is partnering with various campus departments and programs to bring you opportunities to engage remotely each day of the week! Each day will be a different way for you to connect and be part of the university community from your home! Make sure to follow Student Life's social media for more information!

- **3/23 Motivation Monday** – Look for information to keep yourself updated and motivated while working remotely!
 - **3/24 Instagram Trivia Tuesday** – Follow our Instagram account (@clestatestudentlife) to join us for Trivia Tuesday! We will be posting trivia questions about Cleveland on our story throughout the day. 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 theme will be about Cleveland. Sharpen your knowledge about our city!
 - **3/25 Wellness Wednesday** – Student Involvement will be sharing health & wellness information, workout videos and other ways to stay healthy at home from our campus partners in the Health & Wellness Center and Campus Recreation!
 - **3/26 Townhall Thursday** – Student Involvement will be sharing information about Zoom meetings/conferences you can join.
 - **3/27 Fun Friday** – Share your favorite pet picture or video on Instagram. Make sure to use the hashtag #WeAreStillEngaged so we can share! Student Involvement staff will be sharing their pet pictures, we can't wait to see yours!
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2020 Student Trustee Application

Applications are now being accepted for Student Trustee. The application form closes on Friday, April 3, 2020.

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 Counseling Center Virtual Groups

During this stressful time, CSU's Counseling Center is available for you. The Center is offering virtual groups for students who are interested in joining. Call the Counseling Center at (216) 687-2277 to register & for further information or email their group coordinator Dr. Brittany Sommers at b.sommers52@csuohio.edu.

Connections

Experience connection and improve relationships with others.

This is an ongoing virtual group | Wednesdays 2:00-3:00 or Thursdays 3:30-4:30

LGBTQ+ Student Support Hour

Engage with other LGBTQ+ students and allies around topics of concern.

This is an ongoing virtual group | Feel free to drop in! | Wednesdays 3:30-4:30

Mindful Coping ****NEW GROUP!****

Supporting each other during the COVID-19 Pandemic.

This is an ongoing virtual group | Feel free to drop in! | Tuesdays or Thursdays 11:30-12:30

Taming the Anxious Mind

Improve coping skills for responding to anxious thoughts

This is an 8-week virtual group | Please call to register | Thursdays 9:00am-10:00am

Trans* Student Support Hour

Engage with other trans* and questioning students around topics of concern.
This is an ongoing virtual group | Feel free to drop in! | Fridays 2:00-3:00

Wise Minds: Building Skills for Acceptance and Change

Develop coping skills for overwhelming emotions. Based on Dialectical Behavior Therapy
This is an ongoing virtual group | Fridays 2:30-4:00

Virtual links will be sent to all registered participants by the group facilitators.

See Counseling Center website for common Q&As about joining a group:
<https://www.csuohio.edu/counselingcenter/groups>

Take good care of yourself during this important effort to keep our communities safe! We are all in this together.

Vikes Well Tips

[Student Health & Wellness](#) along with the [H.Y.P.E. Team](#) has created a Facebook page with tips for self-care and resources in all Wellness dimensions. During these stressful times, it's important that you don't neglect your health! Information about stress relief, exercise, and other great resources will be added to their page. CSU students are encouraged to visit their Facebook page at: <https://www.facebook.com/VikesWellTips/>

Health & Wellness Services During Remote Learning

CSU Health & Wellness Services is a high quality medical facility committed to serving the medical needs of the CSU community. Health & Wellness Services are located in the Center for Innovations in Medical Professions (CIMP), room 205. Currently, they are open Monday through Friday 8:00 a.m. to 5:00 p.m. for acute illnesses or health program requirements only. They are still doing physicals, vaccinations, Tb tests, blood titers, allergy shots, and depo shots by appointment only until April 3, 2020. If you have a question about a service you need, please contact them or visit their website at: <https://www.csuohio.edu/health>.

If you are feeling sick, please call before coming into the office to review symptoms.

Their phone number is 216-687-3649.

You may also email questions to Health and Wellness at healthandwellness@csuohio.edu

Online Legal Name Change Clinic

Thursday, March 26
11:00 a.m. – 12:00 p.m.

Hear from Kate Mozynski, a staff attorney from Equality Ohio, and learn about the legal name change process in local counties. This event is online and free.

For more information, links to the Zoom meeting and more, please visit their Eventbrite page:
<https://namechangeclinic.eventbrite.com>

Hosted by [LGBTQ+ Student Services](#)

Student Organization Officers Zoom Meeting

Thursday, March 26
3:00 p.m. – 4:30 p.m.

Student organization officers and advisors are invited to join Dan Lenhart from the Center for Student Involvement to a Zoom meeting regarding topics about officer elections, fall 2020 registration, review of the VikesConnect platform and to take your questions. To join the meeting, go to:
<https://csuohio.zoom.us/j/674620168>

Mark Your Calendars – SGA Election Time!

The Student Government Association will be holding their General Election starting on Tuesday, March 31st starting at 12:15 a.m. until Thursday, April 2nd online in VikesConnect. Be on the lookout for more information on how you can vote for your SGA representatives for the 2020-21 school year!

Make sure to visit [VikesConnect!](#)



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