

Viking Newsletter

May 4 – May 10, 2020



#WeAreStillEngaged

Happy Monday Vikings! It's Finals Week! You made it, congratulations!!

To the Class of 2020, we wish you all the best in your future endeavors and a heartfelt congratulations on your graduation!!

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



CSU announces additional \$6 million in direct aid to students

Funds will support Lift Up Vikes! Emergency Grant Program

Cleveland State University will award an additional \$6 million in need-based emergency grants to help CSU students manage financial challenges occurring due to the COVID-19 pandemic. Grants of up to \$2,500 will be available through the Lift Up Vikes! program, an existing student support initiative which provides emergency grants to CSU students. Funding for this additional distribution will come from both recently-allocated Federal CARES Act resources and generous donors. These grants can be used for expenses such as housing, food, course materials, technology and childcare.

“Getting funds to our students quickly and efficiently is our highest priority,” said CSU President Harlan M. Sands. “And helping students reduce financial obstacles is critical if we are to keep students on a pathway to graduate.”

Emergency grants will be available to students through the CSU Office of Financial Aid. Eligibility will depend on student circumstances. Fully-automated grant applications will be available beginning Monday, April 27, directions and updates will be posted to <https://www.csuohio.edu/coronavirus-update/coronavirus-update>.

The CSU Lift Up Vikes! program has been providing emergency grants since its establishment in 2019, and new contributions from a variety of donors and supporters since the outbreak of COVID-19 have increased availability of funding. Students can apply through [CampusNet](#). For more information, visit the Lift Up Vikes website at: <https://www.csuohio.edu/liftupvikes>

CSU Announces First-Ever Virtual Commencement For May 30th, 2020

CSU will hold its first-ever virtual commencement for Spring 2020 graduates at **1 p.m. ET, Saturday, May 30**, highlighted by a commencement address by Ohio Lt. Governor John Husted. The entire CSU leadership team is working on a truly special experience that will honor each graduate as an individual, celebrate their years at CSU and provide a memorable, uplifting and fun event for family and friends.



Degrees will be conferred on May 9, as originally scheduled. CSU also remains committed to allowing all 2020 graduates who wish to “walk” and receive recognition at the earliest in-person commencement the university can organize.

In the coming days, graduating students will receive more information about the Spring 2020 virtual commencement ceremony and how faculty, staff, graduates and their families can participate.

CSU Rec Happenings: Week of May 4th

**VIRTUAL
REC!**

Stay Connected and Active with the CSU Rec!

- At-home workout videos
- Live virtual fitness classes
- Live health and wellness chats
- Mindfulness activities and articles
- Challenges!
- Earn RecRewards points at home
- Bonus resources and more!

STAY ACTIVE & HEALTHY WITH US!

Live Virtual Group Fitness Offerings

The CSU Rec instructors miss seeing you in class! Classes are taking place live Monday-Saturday with their awesome CSU Rec instructors! <https://www.csuohio.edu/recreationcenter/virtual-rec#lvfc>



Movie Night – Netflix Party

Tuesday, May 5

8:00 p.m.

Join the CSU Rec Center for Movie Night! For information and to vote on the movie visit <https://forms.gle/zJAaVx4ww2btzk69>. Email Melissa Evers m.evers66@csuohio.edu with questions.

Trivia Night

Friday, May 8

8:00 p.m.

Join the Zoom Meeting ID 475-685-667. Arrive early if it's your first time, so you can get more instructions. Email Melissa Evers m.evers66@csuohio.edu with questions.



CSU Virtual Camp Offerings!

The CSU Camp Team has kicked off some FREE virtual camp offerings for kids and their families while they spend some extra time at home! They will be hosting activities through Live Zoom calls and ones where you and your family can work at your own pace. Their subjects range from cooking and baking, fitness, arts & crafts, reading & writing, adventure and MORE!

All of their activities and materials take place inside a Google Classroom. If you or your children are interested in joining in on the fun, please email Mackenzie

Lamar at m.lamar@csuohio.edu to be added to the virtual classroom!

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

Instagram Trivia Tuesday

Tuesday, April 28

Student Life IG:

<https://www.instagram.com/clestatestudentlife/>

Follow Student Life's Instagram account (@clestatestudentlife) to join them 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 Ohio trivia!**



#WeAreStillEngaged



Health Services Speaker Series – Parents’ Corner

Thursday, May 7

3:00 p.m.

Zoom: <https://csuohio.zoom.us/j/94950743986>

Living through COVID-19 with children: Tips and advice about protecting and talking to your children about COVID-19.

Speaker: Lindsay Jewell, RN, BSN, MSN, APRN

Hosted by [CSU Student Wellness](#)

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.





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-JOVD-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.*



Safe Space Training

Thursday, May 14

9:00 a.m. – 11:00 a.m.

Email Kara at k.tellaisha@csuohio.edu to sign up and get the Zoom link.

The goal of Safe Space at CSU is to create a safe, inclusive environment for our LGBTQ+ community, and to grow a culture of allyship and support. Cleveland State University's Safe Space Program strives to improve visibility and support to lesbian, gay, bisexual, transgender, queer and questioning (LGBTQ+) students.

Learning about LGBTQ+ identities and terminology, and examining prejudice, assumptions, and privilege, is essential if you want to take steps to become an ally to the LGBTQ+ community. Show your support by participating in a Safe Space training! Email k.tellaisha@csuohio.edu to sign up or to schedule a training for your group.



Hosted by [LGBTQ+ Student Services](#)



Vitalant Scholarship Announcement and Deadline

Vitalant is a blood drive partner with Cleveland State University and every year, they reward our students with scholarship opportunities based on the number of pints of blood that CSU donates. Vitalant will be able to provide two \$500 scholarships to CSU students who are returning in the Fall 2020.

You do not have to be a blood donor to apply. Carefully read the scholarship guidelines and complete the "Scholarship Application" section only on the application.

[You can download the form here](#) and return completed form to d.keary@csuohio.edu **by noon on Friday, May 17**. Scholarship winners will be drawn randomly.

Nominate Your Professor for a Textbook Hero Award!



Does your professor use a free or low-cost textbook, or no textbook at all? Show your appreciation by nominating them for CSU's 2020

Textbook Hero Award! The Michael Schwartz Library in partnership with the Student Government Association wants to encourage faculty who make this decision so they can keep textbook costs down for students - help them out by showing your gratitude today!

Nomination Form: <https://library.csuohio.edu/affordable-learning/heroes.html>

If you would prefer, you can also email Mandi Goodsett at a.goodsett@csuohio.edu with the name of the professor you want to nominate.



Apply to be a part of planning CSU Homecoming 2020!

As the school year ends, Campus Activities Board has already begun planning Homecoming! In order for Homecoming to be a success, they need dedicated and passionate volunteers to be on the 2020 Homecoming Committee! This is a great resume builder with lots of incentives and can help you gain experience in event planning and leadership! You can apply

to be an Event Chair, Spirit Chair, Royalty Chair, or Parade Chair! This year, CSU Homecoming is **Friday, September 25th-Saturday, October 3rd**.

Only completed applications will be considered and interviews are part of the selection process. Applicants must be full-time students (12 credits for undergraduates, 8 credits for graduate and law students) and must have a minimum 2.5 GPA. Both semester and cumulative GPAs will be verified. Applications are due Friday, May 8 at 11:45 p.m. Please note that this position requires summer involvement and you **MUST** be available during Summer 2020 for planning meetings. Please contact Eric Seitz at ericjamesseitz@gmail.com with any questions.

[Click here to submit your application!](#)

APPLY NOW to become an editor for The Vindicator!

Now is your chance to become involved with Cleveland State's Arts and Culture magazine, [The Vindicator](#)! Put your editing skills to use, and become a part of their creative community. Positions available are:

- Social Editor
- Culture Editor
- Copy Editor
- Managing Editor
- Beauty & Wellness Editor
- Features Editor



Please email editor.vindi@gmail.com with samples of your work, a statement on why you would like to work for The Vindicator, and the position of interest.

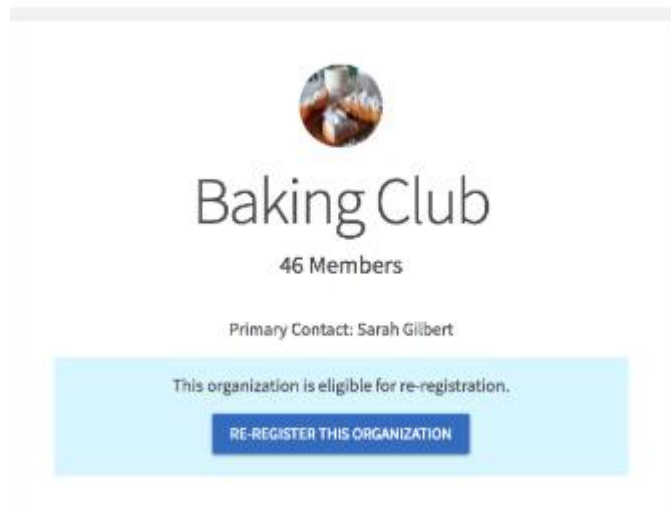


Student Organization Registration

The registration period for next school year (2020-2021) is under way! To help with this process, the Center for Student Involvement hosted a Zoom meeting to walk through the steps to register for next school year. If you missed that meeting, a recording is on Student Life's [YouTube channel](#). The link to that recording is: https://youtu.be/9_pGWNKGkiA.

As a reminder:

- **DO NOT** register your organization **UNTIL** you have held your officer elections for next year. ***Please be aware that the Officer Update Form will NOT be available during the registration period.***
- While not mandatory, if you choose to use VikesConnect for officer election, instructions to accomplish this is found here: <https://engagesupport.campuslabs.com/hc/en-us/articles/204033084-Creating-an-Organization-Election>
- Once your officer election has been held, work with the new officers on a transition plan. We have provided some helpful guidelines for you which is located in the RSO Resource Manual (<https://vikesconnect.csuohio.edu/organization/student-life/documents/view/1459107>) starting on page 45, ***Appendix C: Student Organization Transition Plan.***
- For your organization to be eligible to request an information table at Magnus Fest and the Fall Student Organization Fair, your organization must complete the re-registration process by **Friday, July 31, 2020.**
- To re-register your organization, your organization's page in the "Manage" view will look like this:



- To begin the process, simply click on the blue “RE-REGISTER THIS ORGANIZATION” button on the page. **Only currently listed officers and your advisor will have the ability to register your organization.**
- Please make sure to share this information with your new organization officers after your elections! **If you have any questions, please contact the Center for Student Involvement at studentorgs@csuohio.edu.**

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

Career Services is still here to help!

Are you currently looking for a job or internship and wondering, "How do I conduct my search now?" Career Services is still here to help! Here is how you can interact with Career Services and receive guidance in your career development and job search at this time:

- [Career Coaching](#) is available between 8 am and 5 pm Monday through Friday.
- [Contact Career Specialists who liaison to your college or major via email](#) to set up an appointment and/or request a [Zoom](#) video conference appointment.
- Follow them on social media for information regarding their *upcoming events and information sessions*, useful and timely articles, a *Pro Tip of the Week* and more. Check them out on: [Instagram](#), [Facebook](#) and [Twitter](#).
- They are always adding content to [Viking Resources](#), their online "library" of career development tools and resources, available 24/7. (Use their live chat to ask any questions you have!)
- Log into [Hire A Vike](#), their online job board, with your CSU ID and password.
- Continue to [check their website](#) for up to date information about how to contact them and to access their general resources.
- Visit their [landing page](#) for helpful, relevant resources to assist you in your job search RIGHT NOW.



[Please reach out to them](#)—they want to hear how you are doing and how they can be of help to you during this transition!



CARE Reminder!

There are many support services available for you including [CARE](#). If you or someone you know is struggling, looking for resources, or are uncertain about where to go for support, reach out to CARE by emailing magnusacts@csuohio.edu.

The email address is monitored by CARE Managers every business day from 8:00am – 5:00pm throughout the semester and summer. Even if you aren't enrolled in summer classes but have questions or concerns, CARE wants to help.

For more information, visit the CARE website at:

<https://www.csuohio.edu/care>

Make sure to visit [VikesConnect](#)!



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