UC Santa Cruz First Generation Initiative Newsletter



Check out upcoming events including our virtual open house and cool skill building workshops. If you haven't checked out our website, click the button down below to explore who we are and what we do!

-The First Generation Initiative Team

Visit our Website

First Generation Initiative Events



Reminder Join us for our first Virtual Open House...

We are having our first Virtual Event with games, music, fun activities!

We are also going to be answering your questions and sharing resources.

Get to know the team and hang out with us this Friday October 30th at 3pm!

To take part in the event click to register down below!

Registration Link

First Generation Celebration Day Is Coming Up...



Want to be a part of this nationwide celebration?

To celebrate on Nov. 8th we want to highlight our first-gen community.

Share a picture with us and tell us: What does it mean to be first-gen and in college?

Share your thoughts and photos and we will post these before and on November 8th to the FGI social media accounts and website.

Register below!

Google Form

WE ARE HIRING for WINTER/SPRING QUARTER

FGI and SSERC are partnering for a participatory action research project and are searching for research interns

One of the goals of the Student Success Educational Equity Participatory Action Research pilot project is to promote social and healing justice for UCSC students.

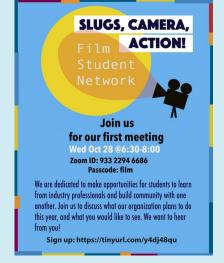
Position requires a 20hr/week commitment for the winter and spring guarters.

For more information and to apply go to the <u>UCSC ER system</u> and search #15945

Career Center ER System



Upcoming Events



Are you interested in film? Check out a new Film Student Network: Slugs, Camera, Action!

They host professional events where you can meet film professionals, they've even had guests from Pixar Studios!

*Folx do not have to be a film major in order to join!

Sign up for their first meeting! Wednesday, Oct. 28th from 6:30 -8:00. Zoom ID: 933 2294 6686

Passcode: film

Click to Register



Are you seeking funding for programming or professional



UCSC Resource Centers are hosting Virtual Election Events Attend for a safe space to build community and engage in healing justice

A Healing Justice Movement: Rethinking Self and Community Care with in Stormy Times with Silvia Austerlic

> Thursday October 29th, 2020 12pm-1:30pm

Registration: <u>bit.ly/healingjusticemoment10</u> 29

Election Night with the Resource Centers

Tuesday November 3, 2020 4pm-10pm

Registration: <u>bit.ly/resourcecenterselection</u>

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Building Community and Strengthening Connections with Silvia Austerlic

Thursday November 5th, 2020 4pm - 5:30pm

Registration: <u>bit.ly/buildingcommunity1105</u>



Check out this coding bootcamp hosted by UC Berkeley

development?

The Division of Student Affairs would like to remind you all about this program.

Click the link below for more information on eligibility and other considerations.

Register Here

Attend both or choose one! Python 101 | Saturday, Nov 7th 10 am-1 pm (Zoom)

[data types & structures]
*Beginner-friendly; no prior coding experience needed.

Python 102 | Sunday, Nov 8th 10 am-1 pm (Zoom)

[functions, loops, & visualizations]
*If you have minor coding experience in any language, we suggest that you solve the Python 101 Notebook on your own and join us for Python 102.

For those who completed Python 101 and want more exposure to coding, register for Python 102.

Click to Register

Self-Care Tips

Yoga poses to take care of your mental and physical well-being



Hold these poses for 60 seconds and then alternate sides Remember to take deep breaths throughout.



Try these when you need to re-energize yourself or just want to stretch after a long day of working.



Hold these poses for 30 seconds and then alternate sides.

Great poses to take care of your muscles.

Taking care of yourself can be done in many ways...

Here I shared yoga as my favorite way to be at peace and calm myself before or after busy days. Check in and practice kindness with yourself today and every day.

--Samantha, FGI/PCDP intern

First Generation initiative

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Join our initiative: https://tinyurl.com/y5aj7jsp





