Hi Everyone, we hope you are well! This can be a concerning and difficult time but we are here for you, sharing resources, and opportunities to help us collectively get through this time.

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**We are hiring! SSEE-PAR internship**

**Paid Research Assistant positions available**

In partnership with the Student Success Equity Research Center (SSERC), the First Generation Initiative is hiring six research assistants to lead the Student Success Educational Equity Participatory Action Research (SSEE-PAR) pilot project.

$15/hour. 20 hours/week. Winter and spring quarters. Either Workstudy or Non-Workstudy.

For inquiries, please contact Gwynn Benner at firstgen@ucsc.edu.

*corrected ER # below*

To apply, Career Center #ER 15945

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**Campus Events & Opportunities**

The People of Color Sustainability Collective:
Meet & Gr(eats)!

The People of Color Sustainability Collective (PoCSC) is hosting three Meet and Gr(eats) this quarter for students across campus to discuss various themes related to health, society, and the environment.

The theme of this week’s Meet and Gr(eat) is: "Navigating Eco-Grief and Prioritizing Self-Care. They will have two more informal meetings every other Wednesday this quarter.

Zoom ID: 687 450 5573
Passcode: 655957

Visit website

Post–Election Support

CAPS is here for you!

If your Stressed about the Election and need support...

CAPS is offering drop-ins from now until November 6th.

Please see the CAPS calendar for available times...

CAPS Drop-in Group:

CAPS is offering a new drop-in program designed to provide immediate relief and practical skills!

The skills are based in the latest scientific research and will help students manage the stressors and traumatic events that we are all experiencing. (Although targeted for students, anyone can
Join Virtual Post-Election Event!

Building Community and Strengthening Connections with Silvia Austerlic

TODAY!
Thursday November 5th, 2020
4:00pm - 5:30pm
Registration:
bit.ly/buildingcommunity1105

Self-Care

Some Tips for Self-Care

There are so many ways you can relax and take time for yourself.

Something as minimal to lighting a candle, starting or continuing hobbies, listening to music, staying off social media, to writing a journal.

Self-care is necessary in this stressful time.

Find what works for you to take care of yourself!
Another Self-Care Tip: Coloring Books

There are so many coloring books that can help you focus your creative attention, create beauty, and calm! Only takes 30 minutes.

First-gen intern, Yesenia say, "This is one of my favorite self-care strategies. Marotta's Tropical World is one of my most used coloring books."

First Generation Initiative

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