

First Generation Initiative

News, Events & Updates

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.

Visit Our Website

We are hiring! SSEE-PAR internship

GET RESEARCH EXPERIENCE
& share your insights on Educational Equity at UCSC

THE FIRST GENERATION INITIATIVE & SSERC INVITE YOU TO APPLY FOR THE SSEE-PAR PILOT PROJECT

The Student Success Educational Equity Participatory Action Research pilot project (SSEE-PAR)

- directly involves a team of students in defining and studying a pressing issue related to student success and educational equity
- requires 20 hr/week commitment for Winter and Spring (pays \$15/hr)
- provides internship and research experience under the mentorship of a graduate student, faculty member, and director

For more information and to apply use the UCSC ER System #15945
[Click here for the Employment Resource System](#)

For inquiries, please contact Gwynn Benner at firstgensuccsc.edu

SSERC Student Success Equity Research Center
Actionable Research for Student Success

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

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](#)

JOIN POCS
FOR OUR UPCOMING VIRTUAL MEET AND GR(EAT)S. BRING YOUR DINNER AND LET'S CREATE DIALOGUE!

Zoom ID
687 450 5573
Passcode
655957

NAVIGATING ECO-GRIEF AND PRIORITIZING SELF-CARE
WEDNESDAY
OCTOBER 28
7 - 8PM

HEALING THE NATURE/HUMAN DIVIDE
TUESDAY
NOVEMBER 10
7 - 8PM

BUILDING RELATIONSHIPS WITH OURSELVES AND THE LAND
WEDNESDAY
NOVEMBER 25
7 - 8PM

People of Color Sustainability Collective

If you have any questions or require accommodations, please email pocsc@ucsc.edu

Post-Election Support

CAPS is here for you!

Election Support

Stressed about the election? CAPS is here to offer extra support to students in the time leading up to, during, and after this year's election.

Please drop in virtually:

- To talk about what's on your mind about this year's election
- To learn skills to manage distress, reduce anxiety, and engage in self-care during these stressful times.

When: October 28-November 6.
Please see the [CAPS Calendar](#) for times to talk with a CAPS Therapist for Election Support.

Please let us know at (831) 459-2628 if you require a disability accommodation.

CAPS Counseling & Psychological Services | UCSC

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...

MONDAYS
WEDNESDAYS
THURSDAYS

12-12:30PM

30-Minute
Guided Relaxation

Are you feeling stressed about...

- > New changes
- > Online learning
- > Upcoming elections
- > Ongoing racialized violence
- > Wildfires
- > Covid

-Come Join Us-

- > Pause to relax the mind and body
- > Learn how we respond to stress
- > Improve focus and concentration.

[CLICK HERE](#) For the CAPS Calendar & Links

CAPS Counseling & Psychological Services | UCSC

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

CAPS
Calendar

drop in).

They will be held on Mondays,
Wednesdays, and Thursdays from
12pm-12:30pm.

CAPS
Calendar

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

UCSC RESOURCE CENTERS
AARCC AIRC AA/PIRC CANTU QUEER CENTER EL CENTRO WOMXN'S CENTER

JOIN US FOR THESE VIRTUAL ELECTION EVENTS!

THURSDAY OCTOBER 29
12 pm - 1:30 pm

A Healing Justice Moment. Rethinking Self and Community Care in Stormy Times with Silvia Austerlic
We'll read and discuss the Healing Justice Manifesto as a framework for understanding how self and community care work hand in hand.
bit.ly/healingjusticemoment1029

TUESDAY NOVEMBER 3
4 pm - 10 pm

Election Night with the Resource Centers
Join us as we gather in community, follow the election results, have a space for study and provide support from a CAPS counselor who will be available in a break out room from 6-9 pm.
bit.ly/resourcecenterselectionnight

THURSDAY NOVEMBER 5
4 pm - 5:30 pm

Building Community and Strengthening Connections with Silvia Austerlic
We will explore and practice listening as a form of self-care and the cultural humility skills of "Listening Presence," learning to be present for others in mindful, supportive and healthy ways.
bit.ly/buildingcommunity1105

Silvia Austerlic is an intercultural educator and consultant @ Senti-Pensante Connections (senti-pensante.com). A lecturer at UCSC Oakes College and working member of UCSC Radical Resilience Initiative, she facilitates campus-wide learning events surrounding critical interculturality, self-leadership, healing justice, and fostering resilience and care in the community.



Self-Care

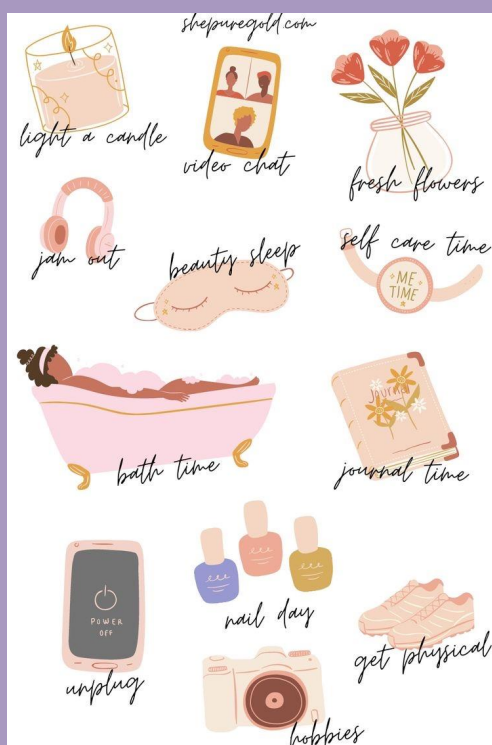
Some Tips for Self-Care

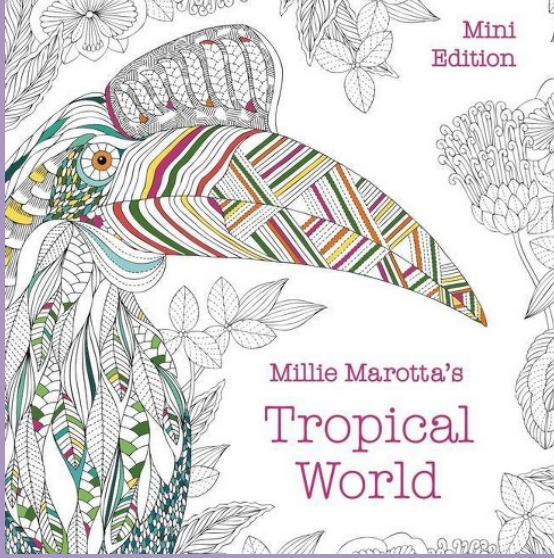
There are so many ways you can relax and take time for yourself.

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

UC Santa Cruz | Kresge College Academic West Building, Suite 153

Santa Cruz, 95064

Email: firstgen@ucsc.edu

Join our initiative: <https://tinyurl.com/y5aj7jzp>

