



# First Generation Initiative

## News, Events & Updates

Hi everyone, as of recently we have received notice remote learning will extend to Spring and Summer 2021. We understand the mixed emotions our students may be feeling, and we are here to guide you towards any academic or emotional resources you may need.

[Visit Our Website](#)

## Employment Opportunity

apply to be hired as a

# STUDENT PODCASTER

ER Code: #15959

**We are looking for applicants that have:**

- Experience using recording and editing platforms and tools as YouTube, TikTok, etc.
- The ability to research podcast topics and develop content ideas and scripts.
- The ability to interview subjects for podcasts.
- Excellent written and oral communication skills.
- The ability to interact with people from diverse backgrounds.
- The ability to work independently and be self-initiated.
- An interest in media or journalism.

Division of Student Affairs & Success  
dsas@ucsc.edu

### Division of Student Affairs and Success

*The divisional office is hiring a new team of student podcasters to lead the implementation of a Student Affairs and Success podcast (funded by the CARES Act funding).*

**To apply, Career Center #ER 15959**

## Campus Events

THE QUARRY AMPHITHEATER PRESENTS:

# LIVE! FROM THE QUARRY

(VIRTUAL)

TWO EXCLUSIVE UCSC FREE EVENTS

A GUIDED MEDITATION 12  
6PM ON NOV. 12  
register at <https://tinyurl.com/umimeditation>

A LIVE CONCERT 4  
6PM ON DEC. 4  
registration TBA @ [quarry.ucsc.edu](https://quarry.ucsc.edu) or @quarryamp

FEATURING:



**umi**

UMI is a 21-year-old Seattle native pioneering a new sound rooted in R&B and neo-soul - Her artistry manifests itself through her honest lyrics and healing sonics, which gives listeners a personal connection to UMI and her music.

For accessibility accommodation information, please contact [quarry@ucsc.edu](mailto:quarry@ucsc.edu)

Brought to you by Colleges 9 & 10, Oakes College, Rachel Carson College, Educational Opportunity Programs, KZSC, the African American Resource & Cultural Center, the American Indian Resource Center, the Asian American/Pacific Islander Resource Center, the Chicana Latinx Resource Center (El Centro), the Lionel Cantú Gay Lesbian Bisexual Transgender Queer Intersex Resource Center, and the Women's Center.

Registration TBA check out [quarry.ucsc.edu](https://quarry.ucsc.edu) or @quarryamp for updates

## 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

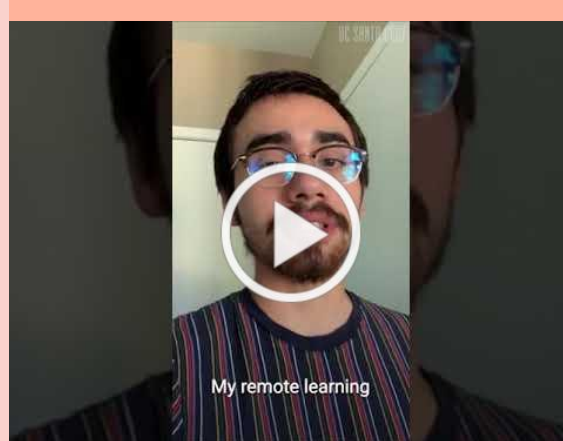
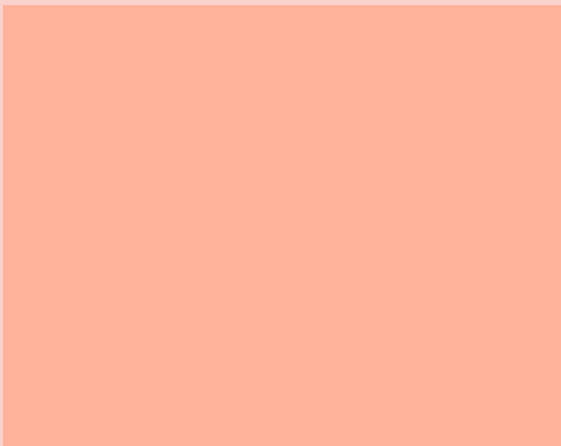
**BUILDING RELATIONSHIPS WITH OURSELVES AND THE LAND** WEDNESDAY NOVEMBER 25 7 - 8PM

*People of Color Sustainability Collective*

If you have any questions or require accommodations, please email [pocsc@ucsc.edu](mailto:pocsc@ucsc.edu)

## 2021 Remote Learning Resources

### UCSC is here for you!







*Need some motivational tips for online learning? Check out some short clips of what students advise*

**Click to see more!**

*Check out this site with resources to help you answer any concerns you may have regarding Canvas, Zoom, Internet Access, Tutoring, or even staying motivated! They even have a student-led network where you can receive help from a fellow slug!*

**Remote Learning Resources**

## Self-Care

*FGI intern, Samantha, shares guided meditations and mental health related podcasts have been a great source for her to practice self-care; and experience a sense of self-reflection and relaxation. Try it for yourself using the resources shared below!*

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 drop in).*

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



Follow on Spotify

## Brené with Emily and Amelia Nagoski on Burnout and How to Complete the Stress Cycle

*Brené Brown discusses what causes burnout, what it does to our bodies, and how we can move through the emotional exhaustion. Check out their podcast and follow on Spotify.*

Link to Podcast



Check out her website

## How are you? "Terrible, Thanks for Asking" by Nora McInerny

*Speaking about our well-being can be difficult, in this podcast Nora, writer and podcaster, talks honestly about the emotions that come with being human.*

Listen on Spotify

## First Generation Initiative

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

