Lunar New Year - Year of the Tiger 2022

The Lunar New Year is a celebration surrounding the New Year and the beginning of Spring that is rich in traditions and customs. It is celebrated by several East and Southeast Asian countries including China, Vietnam, Korea, Indonesia, etc. and is considered the most important holiday in many of these countries. It is seen as a time of reunion and rebirth, not only as a person, but also in seasons as this would also mark a new harvesting and farming season. The Lunar New Year is based on the lunisolar cycle which is based off the cycles of the moon and sun, usually falling in either the end of January or early February (20-50 days ahead of the Gregorian calendar). Each year also corresponds to a zodiac animal which can differ slightly based on what country you are in, 2022 is the year of the tiger which embodies courage and bravery!

The Lunar New Year doesn’t last for only a day, it is typically a celebration that lasts 16 days as it begins with the first new moon and end on the first full moon (from New Year's eve to ending festivals like lantern festivals). Usually 10 days before the New Year, houses are cleaned in a custom called “sweeping of the grounds” to remove any bad luck that lingered in the past year, this is done early as it is considered bad luck to clean or wash your hair on New Years as you could sweep or wash your luck away for the New Year. New, red outfits are also typically worn on New Years as red is considered the color of luck and prosperity (white and black is avoided as those are funeral colors). It is also tradition to give gifts of red envelopes which symbolize good wishes and luck. These red envelopes are filled with money and typically surround adults giving them to children, but it can also be given to close friends, colleagues, and other family members (giving an amount of money that ends in the number 4 is considered bad luck, 8 is considered lucky!).

Written By Donna Than (Asian Student Association, President)
A civil rights activist, Lawyer and co-founder of the National organization for Woman. Dr. Pauline was the only woman enrolled at Howard Law in the 1940s. She had many writings, however, one of her biggest successes was her influence on the disbandment of segregation in schools.

The Lawyer wrote in her essay “The liberation of Black Woman” in 1970: “If anyone should ask a Negro woman what her greatest achievement in America is, her honest answer would be, “I survived!”. Dr. Anna Pauline faced adversity for not only being a woman but a woman of color. When we reflect on the triumph of men and woman from history it helps us to also reflect on our own triumph. We can learn from these heroes, leaders, and mentors of present and past how to face our own adversity.

The road we individually walk is not always paved with smooth asphalt; it is sometimes a dirt road with rocks, weeds, and mud. However, we are designed physically and mentally to trek through knowing we have the tools to pave the rest of the way.

Written by Ashley Miles (Native American Student Organization, President)

The CU Denver Black Student Alliance is an organization that extends far beyond the bounds of the Auraria campus. Something that’s very unique about this group is that the organization facilitates interactions between undergraduate, graduate, and even pre-collegiate Black students. This club strives to increase Black culture on campus and provide pathways for students to have a stronger and deeper understanding of Black student’s culture. In this wonderfully inclusive environment, Black students are welcome with open arms and are highly encouraged to express themselves openly and freely and to create a space that prompts discussion and questions about Black culture on campus. By joining this club, its members can expect to have professional, social, educational, and developmental opportunities.

Keep an eye out for this club as they meet weekly on Tuesdays from 5:30pm – 6:30pm at Student Commons Building Room 2018.

For more information, email Arcione Hubbart at arcione.hubbart@ucdenver.edu

Follow us on social media to learn more about our upcoming events!
Instagram and Facebook: @bsa.cudenver
During month of February we celebrated Black History Month with a number of partnerships across campus and tri-institutionally. We learned about the African diaspora, study abroad opportunities, and medical mistrust within the Black community. We had the pleasure of working with the Black student organizations to host a Kick Back event for students to connect and engage socially with games and snacks. The event was a complete success with over 60 people in attendance. On the last day of Black History Month we had a social media takeover with the Women’s Bean Project to discuss the importance of the month and how others can support Black students. One of the opportunities we mentioned was a crowdfunding campaign to support scholarships for Black students on campus.

Please provide a donation, if you are able to or share this link out to gain broader reach for the scholarship fund.

All of these components support our students academically, socially, and financially to expand their knowledge of Black history and support Black students within our UCD community.

Written by Precious Palmer (Black Student Services, Director)
Mixtape (Netflix)
A Story about Grief, Punk Rock, and a Touch of Nostalgia

Mixtape is the perfect easy-going movie to watch with friends or family to celebrate Women’s History Month this March! This film does a great job highlighting powerful women and is rife with real, open conversations capturing difficult subjects such as the social adversity of menstruation, emotional growth, and self-advocacy. The main characters (below), may at times fall into common tropes, but Mixtape is filled with genuine and believable moments about these loveable characters going through middle school in the 90’s.

Here are some questions to think about when watching:
1) How does this film portray women in power?
2) How does the social context in this film influence understandings of race, class, and gender?
3) How does Mixtape explore the national theme of Women’s History Month 2022: “Providing Healing, Promoting Hope?”

Stop by the Women and Gender Center located on the 3rd Floor of the Tivoli Student Union to discuss the film with us and pick up free WGC Swag!

Written by Jesse Feingold (Student Equity Officer, Women and Gender Center)
Internships & Job Opportunities

- **Accounting Assistant** – Last Day to Apply: March 30, 2022
  Description: Denver Accounting office near Alameda / Federal Blvd is looking to hire an office assistant that is detail-oriented, organized, punctual and self-motivated. Office assistants will be responsible for processing payrolls, sales tax returns, and data entry. Training will be provided. Prior experience is not necessary. Applicants are preferably bi-lingual (English & Vietnamese).
  More Information: Please email 615tax@gmail.com or call (303) 845-0095

- **Disability Resources and Services Peer Note Taker** – DRS will select a note-taker on a first come first serve basis
  Description: Disability Resources and Services (DRS) is looking for a peer note-taker for CHEM-2061-002 (General Chemistry II). A peer note-taker shares their notes with a student in the class who has a documented disability. The note-taker is expected to type well organized and detailed notes that are uploaded within 48 hours from the class session. Directions on how to upload notes will be sent to you once matched with a student. You can choose to be a volunteer or an employee for the semester. If you choose to volunteer, you can receive a volunteer letter at the end of your term upon request. If you choose to be paid, you will receive $15 per credit hour. Payment may be prorated if you do not complete the full semester and/or delay uploading notes.
  More Information: Please email Lindsay.LaBalle@ucdenver.edu with the course name and number, who the professor is and if you would like to volunteer or be paid for the semester.

- **Jupiter Intelligenc – Rolling Applications (currently accepting)**
  Description: Jupiter located in Boulder, CO is the global market leader in analytics for resilience planning and enterprise climate risk management, especially in financial services, industrial, the public sector, and NGOs. 2-3 Month Paid internships over Summer 2022 for Data Scientists, Ocean and Hydrological Scientists and Scientific Software Developer
  More Information: https://jobs.lever.co/jupiterintelligence/ce75ca6b-144a-462f-9e31-4bc8b47981a7

- **Denver Children’s Advocacy Center - Rolling Applications (currently accepting)**
  Description: Internship roles for Prevention Team Interns (Undergraduate) and Clinical Interns (Graduate). Two positions available.
  More Information: https://www.denvercac.org/get-involved/intern

- **History Colorado, African American History and Cultural Heritage - Rolling Applications (currently accepting)**
  Description: Join the Associate Curator of African American History and Cultural Heritage as a Regional Ambassador for History Colorado! Your assistance in establishing contacts, partners, and content will highlight the important contributions African-American’s have played and continue to play in Colorado’s history. Sixteen Regional Ambassadors will be selected, four from each region.

Let’s Talk About Research

**Big 10 Alliance - Deadlines vary**
Description: Each year, Summer Research Opportunity Program (SROP) applications are accepted during the Spring semester. The single application allows students to apply to up to nine widely-recognized summer research programs that participate in the Big Ten Academic Alliance. Only one transcript and central location are needed, and faculty recommenders only require to submit on letter of recommendation (TWO LETTERS required in total). Upon completion, faculty from nine top research universities will be able to access and view the single application.
Details and deadlines for each university can be found on their individual websites: University of Illinois at Urbana-Champaign University of Iowa University of Maryland University of Michigan Michigan State University University of Nebraska-Lincoln Northwestern University The Ohio State University Penn State University Purdue University Rutgers University-New Brunswick University of Wisconsin-Madison
More Information: https://btaa.org/resources-for/students/srop/campus-profiles

**McNair Scholars - Deadlines vary**
Description: Interested in research? Thinking about pursuing graduate education? The Ronald E. McNair Post-baccalaurate Achievement Program prepares first-gen and underrepresented undergraduate students for doctoral studies. McNair scholars learn about academic career opportunities and prepare for the graduate school application process through: Weekly academic seminars, Professionalization opportunities, Individualized advising. A paid, faculty-led 8-week summer research internship. And more!
More Information: To learn more about the program send an email to Jessica.A.Luna@ucdenver.edu or apply via the following link: https://ucdenver.coi.qualtrics.com//ife/form/SV_01xO4jihYznMOMG

**Undergraduate Research and Creativity Activities Symposium Presenter – Last day to apply April 1st, 2022**
Description: The Annual Research and Creative Activities Symposium is back, in person, to celebrate CU Denver's student researchers! Each year over 200 presenters share the research and creative projects they’ve worked on throughout the academic year. For this 25th annual event, we are excited to host student presentations in a hybrid format. Apply to present today!
More Information: https://ucdenver.coi.qualtrics.com//ife/form/SV_3xQuZ5ifvN0w8tG

**Research Study Participant – Deadlines Vary**
Description: Researchers are looking for candidates to participate in their studies. Requirements differ from study to study. A great way to be involved in clinical trials.
More Information: https://researchstudies.cuanschutz.edu/
Hot Topic - Mental Health Matters

Welcome to the Spring 2022 semester! We hope you had a relaxing and rejuvenating winter break. Now that the two weeks of remote learning is over, we understand how transitioning back to in-person learning can be a bit of a challenge. With that, we want to provide a few tips on how to look after your mental health as a college student.

1) Make time for self-care

Amidst the fast-paced environment that accompanies college, it is crucial to dedicate some time to yourself and your well-being. Self-care may look different for everyone, and there are many ways to practice it. Below are a few ideas for self-care that are practical and beneficial for someone with a busy schedule.

- Practice breathing exercises: If you are feeling stressed and/or anxious, give breathing exercises like box breathing and coherent breathing a try. Breathing exercises are helpful when you need to relieve tension in a small amount of time.
- Take a nap: A short 30-minute nap can do wonders by helping you recharge for the rest of the day.
- Exercise: This can be something as simple and time-efficient as a 15-minute walk or a quick run. However, if you do have a bit more time, check out the Lola & Rob Salazar Student Wellness Center on campus. This recreation center offers a wide variety of options to get you moving!
- Take a mental health day: Allow yourself one day to just decompress both mentally and physically. For this day, you can sleep in, journal, take a long bath, catch up with friends, and do any other activity you may not get to do on a regular basis.

2) Establish good organization habits

Research studies have shown that staying organized leads to a significant decrease in cortisol levels, which is the primary stress hormone. PERTaining to school, organization helps you stay on top of your tasks and assignments. Some common methods of organization are maintaining a planner, creating to-do lists, and setting up a calendar. A planner with future due dates is a great way to help you plan accordingly. For some people, a physical planner is more efficient. For others, a digital planner is preferred. A free and functional app available on both iOS and Android for this purpose is the myHomework Student Planner.

- To-do lists provide you with structure and allow you to prioritize your tasks from most important to least important. And as a bonus, crossing off a task will give you a sense of accomplishment!

3) Reach out for help

Last but not least, it is encouraged to reach out for help when your mental health is suffering. Seeking help can be a multitude of things. It can be communicating with your professors that you need an extension of an assignment. It can also be coming to trusted family members and friends for emotional support. In addition to those approaches, the Counseling Center at CU Denver is available, free, and ready for you to book an appointment. Please know it is completely okay to put your mental health first and to ask for help. So, never hesitate to use the resources around you.

Written by Thy Luong (Student Diversity Officer, CII)

Scholarships

National Black MBA Association Undergraduate Scholarships – Deadlines Vary
Description: Financially active members of the National Black MBA Association who are U.S. citizens may apply for undergraduate scholarships. In order to apply, applicants must be a student in their first, second, third, or fourth year enrolled full-time at a participating accredited college or university at the time of award. Additional qualifications may be required for individual scholarships. More Information: [https://nbbmbaa.org/scholarships/](https://nbbmbaa.org/scholarships/)

Shui Kuen and Allen Chin Scholarship – Last Day to Apply: March 12, 2022
Description: Incoming freshman or current, full-time undergraduate at a four-year college/university in the upcoming academic year are eligible to apply for the Shui Kuen and Allen Chin Scholarship. Applicants must be a student or parent currently/formerly employed at an Asian-owned or Asian cuisine restaurant and demonstrate community advocacy and social justice work on behalf of Asian American, immigrant, gay and/or gender, queer or an active ally of the LGBTQ community. One scholarship will go to an undergraduate student, and one will go to a graduate/professional level student. More Information: [https://www.tfaforms.com/494939](https://www.tfaforms.com/494939)

Morgan Stanley Richard B. Fisher Scholarship Program – Deadline Varies
Description: The Richard B. Fisher Scholarship program is a competitive undergraduate scholarship program established to provide outstanding black, Hispanic, Native American, and LGBT students with a financial award for exceptional academic achievement and a summer internship the summer prior to their junior or senior year in college. In order to apply, you must be currently enrolled as a sophomore or junior at an undergraduate institution. More Information: [https://www.morganstanley.com/people-opportunities/insight-program/north-america/morgan-stanley-richard-b-fisher-scholarship-program-north-america](https://www.morganstanley.com/people-opportunities/insight-program/north-america/morgan-stanley-richard-b-fisher-scholarship-program-north-america)

Out To Innovate Scholarships for LGBTQ+STEM Students – Last Day to Apply: June 6, 2022
NOGLSTP established the Out To Innovate Scholarships for LGBTQ STEM students which are intended for undergraduate and graduate students pursuing degrees in science, technology, engineering, or mathematics (STEM) programs who are either lesbian, gay, bisexual, transgender, queer or an active ally of the LGBTQ community. One scholarship will go to an undergraduate student, and one will go to a graduate/professional level student. Applicants must have successfully completed a minimum of two years of post-high school education at an accredited college or university, have a minimum 3.0 GPA, a declared major in an accredited STEM or STEM-related teaching field and be an active supporter of and participant in programs or organizations that promote LGBTQ inclusion and visibility. More Information: [https://noglstp.org/projects/scholarships/](https://noglstp.org/projects/scholarships/)
Let us hear from and honor the families that were displaced to create the space which we study on today. Join us on Saturday, March 10th to learn about the history of Auraria Campus.

The Environmental Stewardship of Indigenous Lands Program invites you to join them for a wisdom driven workshop about Lakota Star Knowledge from our elders.

Are you looking for research opportunities for Summer 2022? Apply for this paid opportunity on the Anschutz campus.

Inviting all displaced Aurarians to share their stories

Displaced Aurarians Memory Project

Your memories of living in and being displaced from Auraria are important to the history of Denver and the history of Colorado.

Please help us to preserve the stories of your community and your family by joining us on Saturday, March 5 at 10 am at St. Caelainn's, Auraria Campus.

Bring your memories, and we will give you the tools to record your stories!

We need your help!

What: Memory recording workshop
Who: Displaced residents of Auraria and their descendants
When: Saturday, March 5, 10 am to Noon
Where: St. Caelainn’s on Auraria Campus
Cost: FREE
FREE parking to all who attend
Breakfast Burritos + Coffee
Masks HIGHLY PREFERRED in respect of community
RSVP at h.co.org/AurariaRSVP or contact Marissa Volpe at 443-844-3633 marissa.volpe@state.co.us

Let us hear from and honor the families that were displaced to create the space which we study on today. Join us on Saturday, March 10th to learn about the history of Auraria Campus.
The Pulse - Survey

We want to hear from you!

In this section of the CII Newsletter, you have the chance to engage with our staff and provide your feedback and opinions.

Every month we’ll have a few questions that you’ll be able to anonymously respond to via an electronic survey.

Scan the QR code and let your voice be heard!

Campus Resource Spotlight

The LGBTQ Student Resource Center is just what it sounds like – a resource center for individuals on the Auraria campus that identify as LGBTQIA+. This office is located in the Tivoli Student Union #213 (near IPic).

Operating since 1992 and the LGBTQ Student Resource center offers students opportunities for community building, advocacy and support, resources (such as therapy, suicide and violence prevention, sexual health education, and civil rights), and education.

This resource is extremely significant as it facilitates a space of learning about problems that the LGBTQ+ community faces, as well as the history that the community has faced through its classroom trainings, discussions, and library of over 2000 books and videos. Addition to being a fantastic place to learn, it’s a great way to also make lifelong friends and build a strong community. And for LGBTQIA+ students that are struggling for any reason at all, this is one of the best places to seek out help and get connected with campus and community resources.

This resource is one that students should definitely use as it is the opportune place to socialize, relax, and study with your LGBTQIA+ peers.

Follow on Instagram @lgbtq_src_auraria and check out website to stay up to date on the latest events at www.lgbtq-auraria.org

Written By Joshua Caraballo (Student Diversity Officer, CII)

Don’t Forget - Important Reminders!

- **March 1st - March 16th**: Registration for Summer classes begins. Check UCDAccess for your specific registration date and time assignment. For best course selection, register as soon as possible after your registration time assignment.
- **March 17th**: Open Enrollment for Summer classes starts.
- **March 20th - 26th**: Spring Break! No classes, campus open.
- **April 1st - April 18th**: Registration for Fall 2022 semester begins via UCDAccess. Check on UCDAccess for your specific registration date and time assignment. For best course selection, register as soon as possible after your registration time assignment.
## March 2022
### National Women's History Month

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<td>5pm-6pm Careers in International Affairs Panel</td>
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<td>5:30pm Mardi Gras Dinner @ City Heights</td>
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<td>11pm-1pm LSA Mujeres Unidas Drive Up @ ACAD #1000</td>
<td>1pm-2pm Stress Management Workshop</td>
<td>5pm-8pm VSA Mgt @ ACAD #2600</td>
<td>5pm-8pm ASU Mgt @ NC #1603</td>
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<td>Follow Us On Social Media</td>
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<td>5pm-6pm Games &amp; Friends @ ACAD #1500</td>
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<td>1pm-3:15pm Speak Out</td>
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<td>Click to Learn More About #TVOD</td>
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10am-10pm Denver March Pow Wow @Denver Coliseum

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**Spring Break! No classes, campus still open but please check with offices to verify holiday hours.**

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**Transgender Day of Visibility (March 31)**

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Follow Us On Social Media

- [@CU Denver CII](https://www.instagram.com/cudenver_cii/)
- [@CUDenverCII](https://www.facebook.com/CU-Denver-CII/)
- [@CUDenverCII](https://twitter.com/cudenver_cii)