



be well @ CMU

ELIZA BISHOP WITH
CARNEGIE MELLON
UNIVERSITY

PRESENTS

THE POWER OF REST

SPECIAL ONLINE
SERIES

JANUARY 7, 14, 21, 28
FEBRUARY 4, 11, 2021

1-1:45PM EST

JOIN THIS JOURNEY!

WHAT DOES IT MEAN TO OFFER SELF-COMPASSION
IN THIS TIME OF UNCERTAINTY AND CHALLENGE?
HOW DO WE REST AN OVERACTIVE MIND? HOW DO
WE RESIST THE CONSTANT PUSH TO "DO" AND
LEARN HOW TO "BE"? HOW DO WE SET BOUNDARIES
SO WE CAN FULLY SHOW UP? THESE SESSIONS
WILL INCLUDE BITESIZED TIPS TO OPTIMIZE YOUR
DAY, SUPPORT YOU IN MOVING THROUGH FEAR,
ANXIETY, AND LONELINESS, AND RECLAIM YOUR
POWER AND JOY. EVERYBODY IS WELCOME!

The Power of Rest: Six Week Restorative Series

Please complete the following [form](#) to register for this series. It is free and open to all CMU campuses, including students, faculty, staff, and alumni

*Sponsored by Student Affairs
Wellness Initiatives*



#VirtualCMU Events:

It's a LONG Winter Break: Feeling alone? Need to talk? This drop-in group for in-state, out-of-state and international Carnegie Mellon University students focuses on providing connection and support during these difficult times. This space will provide information about coping with stress and loneliness. The group will be held on Wednesdays at 2:00 p.m. ET for four weeks: *January 6th, 13th, 20th, and 27th*. Brought to you by CaPS. Click on [link](#) for zoom information.

Group Jigsaw Puzzle and Conversation:

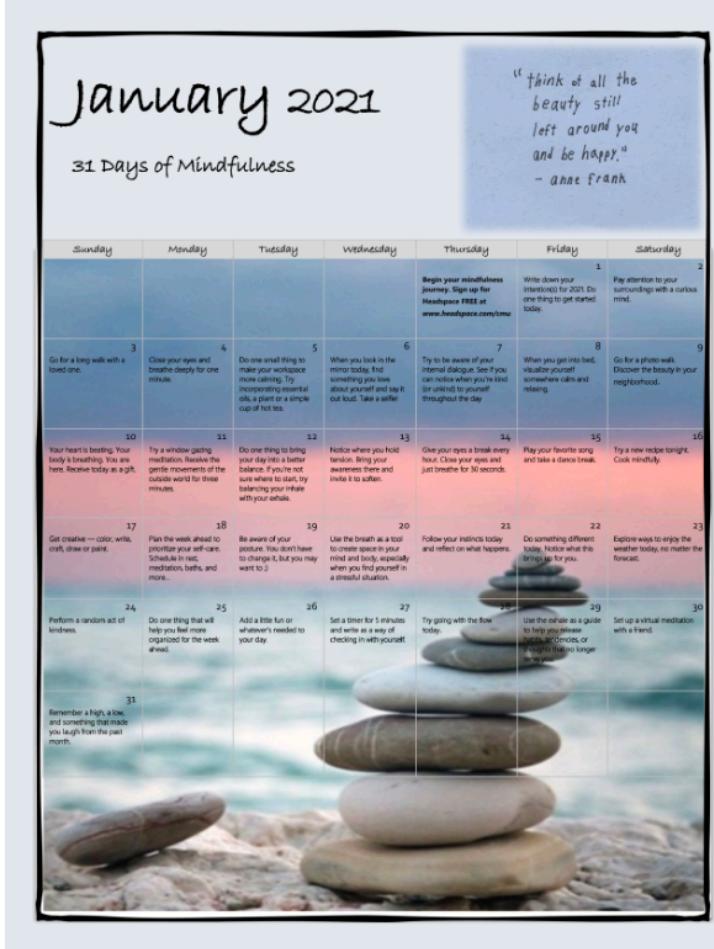
Join Residential Education staff for a group Jigsaw puzzle and conversation. If you join the zoom meeting, a link to a cooperative on-line puzzle will be shared. Participants will be able to talk about current happenings over the virtual zoom card table while working on a puzzle. The event will be a safe way to re-connect with classmates. Turning off your camera and just chatting while solving the puzzle will be encouraged. *January 7th at 3:30 p.m. ET*

Stay Grateful: A Weekly Gratitude Practice

Practices in gratitude can help us regulate our mood, build our resilience, and cultivate increased happiness and satisfaction. Join us to learn some strategies on how to be more grateful throughout your day, and for a weekly opportunity to practice and to share your gratitude with our CMU community. *Tuesdays from 1:30-2 p.m. ET resuming January 12th*

DEI Entrepreneurship Panel: A panel discussion with alumni and industry experts, focused on the centralization of diversity, equity and inclusion frameworks as a foundational ingredient to building inclusive companies. This panel is intended to engage current and future entrepreneurs. A brief Q&A to follow. *January 14th, 12-1 p.m. ET*

Professional & Personal Development:



December Mindfulness Calendar created by Libby Rodriguez in the Finance Division and Co-Chair of [Staff Council's Wellness Committee](#)

Future of Work: Skills Development (Part I)

part one of the Career & Professional Development Center's (CPDC) two-part series focused on the skills needed to be successful in the workplace of tomorrow. This first session will bring together experts from across the CMU community to discuss which skills are needed to be successful in the future workplace, why they will be important and how to begin developing them. *January 12th, 12-1 p.m. ET*

Carnegie Mellon Chamber Series: An Evening with Vadim Gluzman

The Carnegie Mellon University Chamber Series brings together members of the CMU Faculty and Pittsburgh Symphony Orchestra for outstanding music making in an intimate space. Due to the pandemic, the 2020-2021 Chamber Series performances will be virtual only, livestreamed on the CMU School of Music YouTube Channel. There is no cost to watch these livestreamed performances.

January 18th, 7:30-8:30 p.m. ET

CAUSE, Heinz College Speaker Series on Racial Disparities in American Policing and Health Care Systems: Vanessa N. Gamble

Vanessa N. Gamble will discuss "Exploring Connections between the Current Impact of Covid-19 and Past Epidemics and Pandemics in African American and U.S. History." Dr. Gamble is University Professor of Medical Humanities at The George Washington University. She is the first woman and African American to hold this prestigious, endowed faculty position. She is also Professor of Health Policy in the Milken Institute School of Public Health and Professor of American Studies in the Columbian College of Arts and Sciences. Dr. Gamble is Adjunct Professor of Nursing at the University of Pennsylvania School of Nursing. Throughout her career she has worked to promote equity and justice in medicine and public health. *Friday, January 22nd, 4:30-6:30 p.m. ET*

Black Male Summit Dinner: Join us for an interactive dinner discussion leading up to this year's Black Male Summit. This event is open to all individuals, regardless of gender, race, or national origin, who support the advancement of Black men in the Carnegie Mellon community, including students staff, faculty, administrators, and alumni. Dinner will be provided to the first 30 attendants. *January 25th, 6-8 p.m.*

Free, On-Going Resources for the Campus Community:

Group X on Demand

Future of Work: Skills in Action

(Part II) part two of the Career & Professional Development Center's (CPDC) series focusing on the skills needed to be successful in the workplace of tomorrow. This session will bring CMU alumni and recruiting partners together on a panel to discuss how these future skills are already being applied in today's workplace. *January 14th, 12-1 p.m. ET*

Tartan Allies: Session I Tartan Allies is a series of sessions offered to CMU faculty, staff, and students to foster a network of people who are committed to working toward an affirming environment for all at CMU. In particular, the series focuses on being an ally to those in the LGBTQ+ community. *January 15th, 1-3 p.m. ET*

Internship Showcase: You'll have an opportunity to learn about a broad range of internships and research experiences while also gaining insight into how to acquire these types of experiences. Students that have worked with top companies, government agencies, university labs, and startups will discuss their experiences and answer your questions! *January 21st, 2-5 p.m. ET*

Mental Health First Aid 2.0 Mental Health First Aid (MHFA) is an evidence-based, nationally-recognized training that teaches participants how to identify, understand, and support individuals struggling with mental health or substance use challenges. While this training was previously only offered in-person, MHFA 2.0 is an entirely virtual training consisting of 2 hours of self-paced instruction followed by 5 hours of live instructor-led training via Zoom. This training will be available to all CMU community members regardless of their physical location. Live instructor-led Zoom trainings are facilitated by representatives from Counseling and Psychological Services (CaPS) and University Health Services (Health Promotion). Registration is required for this event and is limited to 20 participants per training. *January 25, 12-5 p.m. ET*

Encompass: January 26 & 27

Jumpstart: January 26 & 27

Free, On-Going Resources for the Campus Community:

Group X on Demand



HEADSPACE®

Headspace

Anytime, Anywhere. Free access to 900 hours of content with Andrew ID to enroll.

The Pantry check here for updated hours/service over the December and January months

Recreation Facilities Schedule

Graduate Student Community Events Calendar

**Need someone
to talk to?**

We're here for you. Send us a text!

(412)-530-4700



a non-crisis support hotline

leanOn.me/cmu
@leanonme.cmu

event and is limited to 20 participants per training. *January 25, 12-5 p.m. ET*

Encompass: January 26 & 27

Jumpstart: January 26 & 27

Announcements:

**NEW: Covid-19 Asymptomatic
Testing Program**

Orientation Counselors (OCs) are important student leaders as they help incoming students with their intellectual, social emotional, and cultural transitions to the Carnegie Mellon community. The Orientation Counselor position is open to all full-time undergraduate students at Carnegie Mellon who have completed at least one semester on campus and who are returning to Carnegie Mellon's Pittsburgh campus as a full time undergraduate or first-year graduate student in the fall of 2021. For more information about the position and selection timeline and to apply, please login into [Handshake](#) and search for job # 4246580.

Pre-College Programs is hiring Resident Advisors: Interested students can apply through Handshake beginning in January. Hiring to (hopefully) be finalized before mini-Spring-Breaks. Employment dates: June 24 – August 15, 2021 Rate: \$2500 per summer Free On-Campus Housing and Dining (on-campus housing is required) For more information see [here](#)

Have you downloaded NOVID?

NOVID is uniquely designed to help track the spread of COVID-19. The free app gives users a heads-up when someone in their anonymous network has tested positive for COVID-19. Enter code "**TARTANS**" in the settings page to join the CMU Community today!

Lean On Me is an online community support hotline where students can text in and talk anonymously to trained supporters, who are also CMU students. A small but important note: this service does not attempt to and cannot replace therapy services such as CaPS or crisis hotlines such as Samaritans. While we acknowledge that talking with a licensed therapist is very valuable for many students, we also recognize that there is immense value in our community supporting each other day-to-day. Our hope is that this service can do a great amount of good for students who just want a peer to talk to. Feel free to reach out to us with any questions or concerns as well!



CMU Strangers Project (for all CMU students/faculty/staff)

Inspired by The Strangers Project (Instagram: @strangersproj), the **CMU Strangers Project** (Instagram: @cmustrangersproject) is collecting anonymous handwritten stories on our campus to allow students, staff, faculty, and alumni to tell their CMU stories and to demonstrate not only how diverse our campus is, but how similar and connected we are through our shared experiences as a part of the CMU community and, more broadly, as humans. Read more and submit a story [here!](#)

Winter Break Programming and Resources

The College Community

Tired of online classes? Miss campus life?

Join The College Community and stay connected with your peers, attend CMU events and have access to all the resources you need!

Available on Android and iOS
DOWNLOAD NOW



VISIT:
thecollegecommunity.com



Only for CMU students

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