



Join Us for Winter Welcome 2021
January 23 – February 13, 2021

Whether you are arriving in Pittsburgh for the first time, returning to campus, or studying remotely, let's kick off the new semester with some fun! Winter Welcome is a three-week series of collaborative and celebratory events designed to connect students to each other and the campus community. It's a great way to meet new people, get involved with student organizations, learn about campus resources, build school spirit, participate in service projects, and practice wellness as you start the new semester.

Winter Welcome event highlights include:

- Jumpstart and Encompass Career Fairs
- Speed Friending, Escape Rooms, Paint Night and Interactive Zoom Hangouts
- Grab and Go: National Homemade Soup Day
- Volunteer Appreciation Day and Virtual Service Project
- The Virtual Fair, which showcases many of CMU's student and Greek organizations and Pittsburgh community partners

Some events like Paint Night and Escape Rooms, require advanced registration and have limited capacity. See the full schedule of events and register to attend at

<https://www.cmu.edu/winterwelcome>.

#VirtualCMU Events:

For a more complete listing of events and opportunities, please visit:

[Student Affairs Events Calendar](#) [University Events Calendar](#)

Strolling into 2021: A Panel Discussion with the Divine Nine Organizations, Monday, February 1st, 5:30-6:30 p.m. ET

Groundhog Day Trivia and Shadow Viewing, Tuesday, February 2nd, 7:25 a.m. ET

Student Org Experience and your Future Career, Join SLICE and the Alumni Association Board for a discussion about how student leadership experience can help jumpstart and further your career. *Tuesday, February 2nd, 8-9 p.m. ET*

Speed Friending, Are you finding it hard to connect with others through virtual college? Meet new people and get to know them through our virtual speed friending event!

You can choose to either meet people 1:1 or in groups of 4, and you will meet multiple people or groups of people throughout the event. You can play games, discuss common interests, talk through provided discussion prompts, or talk about whatever you want! Register for session via link above. *February 3rd, 8-9:30 p.m. ET*

Professional & Personal Development:



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

Beyond 101: Case Study Edition

Soup Cooking Demo: National Homemade Soup Day, February 4 is National Homemade Soup Day! Join Chef George from Chartwells for a soup cooking demonstration to learn how to make soup for this national soup day. He'll be making a Chicken & Toasted Brown Rice Soup: A twist on a classic chicken soup made with toasted brown rice, with celery, carrots, onions, and fresh herbs. *Thursday, February 4, 12-1 p.m. ET*

Soup Pick Up: Let's warm up and celebrate National Homemade Soup Day! After you've watched Chef George cook some soup during the soup cooking demonstration, stop by one of the dining locations on campus to pick up your free cup of soup between *11 a.m. to 3 p.m. ET, February 4th*

- *Cohen Center Marketplace*
- *The Exchange*
- *The Underground*

COVID-19, m-RNA, and the Future of Vaccines, Join faculty from the Mellon College of Science for a deeper dive into the world of vaccinology and how mRNA may be the start of a new era in virus and disease prevention. *February 4, 4:30-5:30 p.m. ET*

ELIZA BISHOP WITH
CARNEGIE MELLON
UNIVERSITY

PRESENTS

CaPS Student Town Hall, Thursday, *February 4th, 4:30-5:30 p.m.* Join the Center for Student Diversity and Inclusion on Thursday, February 4 at 4pm for a follow up to our special edition of our Diversity Inclusion Network meetings. The Center hosted the Hugh Lane Wellness Foundation for a presentation and discussion on bias, discrimination, and supporting our CMU community members of diverse genders and sexualities in December.

Reset your Mind for Optimal Success and Growth, *February 8th, 5:30-6:45 p.m.* Developing awareness of the mindsets inherent in the systems we inhabit is key to better understanding how and why we think the way we do. By identifying our mindsets, we can learn to challenge ourselves, step out of our comfort zones, and think more flexibly. A flexible mindset opens up new opportunities, enhances wellbeing, and reveals new doors to success.

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. *February 18th, 2-4 p.m.*

Tartan Allies, Session II: Friday, *February 26, 1-3 p.m.*

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!

Power of Rest Restorative Series

Last Two Weeks Remaining--Please join us by registered here and gaining access to recordings of all six sessions.

Thursdays, 1-1:45 p.m. ET (February 4, 11)
Registering will give you access to all six recorded sessions.

Lunar New Year Celebration,
February 6th, 9-10:30 p.m. ET

Eat and Greet at the New Cohon Center Marketplace: *February 8th, 11 a.m.*

LGBTQ+ Mixer, *February 8th, 4:30-5:30 p.m. ET*

those in the LGBTQ+ community. *February 10th, 2-4 p.m.*

Tartan Allies, Session II: Friday, *February 26, 1-3 p.m.*

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. February 25th from 12-5 p.m.

Weekly:
BIPOC Connection Hour
Immigrant Connection Hour

CaPS Spring Virtual Drop In Groups, Support Groups, and Skills Clinics

Announcements:

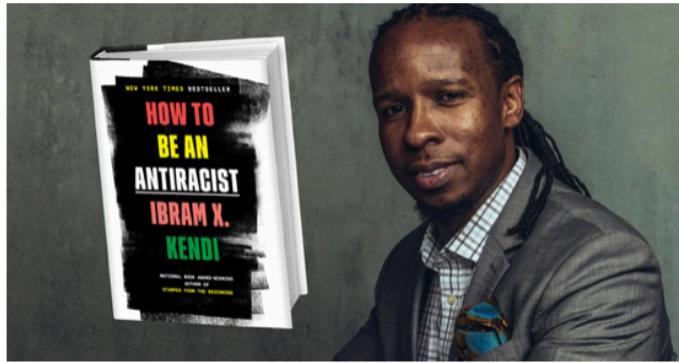
NEW: Covid-19 Asymptomatic Testing Program

Orientations Counselors (OCs) are important student leaders as they help incoming students with their intellectual

Lunar New Year Celebration,
February 6th, 9-10:30 p.m. ET

Eat and Greet at the New Cohon Center Marketplace: February 8th, 11 a.m.

LGBTQ+ Mixer, February 8th, 4:30-5:30 p.m. ET



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.

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!

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!](#)

ULS Speaker Series Presents

Ibram X. Kendi

Bestselling Author, Historian, Antiracism Researcher, 2021 MLK Keynote Lecture Wednesday, February 10 at 5 p.m. ET Virtual Program. Register [here](#).

the Virtual FAIR, February 11th, 4:30-6 p.m. ET

A Conversation on Diversity and Inclusion with Chief Carmen Best

The Center for International Relations and Politics presents Carmen Best for a conversation about diversity and inclusion. The first African-American woman to hold the top policing job in Seattle, Washington, Chief Best (Ret.) served with the Seattle Police Department for 28 years. In 2018, Best was promoted to Chief of Police, a job she called "a dream of a lifetime," managing approximately 2,000 sworn and civilian employees. Best quickly began efforts to diversify the police force, which had long been less diverse than the city, recruiting more than 40 new officers of color.

Intersex 101: History, Activism, Binaries, Spectrums, The Center for Student Diversity and Inclusion brings you an Intersex 101 presentation focusing on what is Intersex, history, being an ally / better ally, and current events impacting the Intersex community. Join on Thursday, February 18 at 4:30 p.m. ET to learn more from an intersex activist.

Free, On-Going Resources for the Campus Community:

Group X on Demand

The College Community

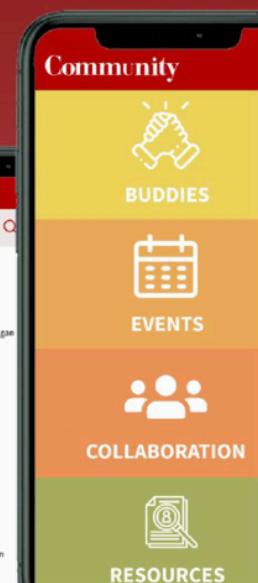
Tired of online classes? Miss campus life?

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



Videos, Resources and Links:

101 Things White People Can Do for Racial Justice

What is Loneliness with Andi Putticcombe, founder of Headspace

Our Stories Matter Podcast, a podcast celebrating the lived experiences of activists and healers by sharing their stories

Self Compassion Will Make You a Better Leader via Harvard Business Review

Self Directed Wellness Resources

Free, On-Going Resources for the Campus Community:

Group X on Demand



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

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!

[Self Compassion Will Make You a Better Leader](#) via Harvard Business Review

Self Directed Wellness Resources

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](https://twitter.com/leanonme.cmu)

