



## 15 September 2014

*Greetings from the Office of Multicultural Programs (OMP)!*



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*Copies of this and past issues are available in our Study Center (Memorial Union 178) and at <http://www.ndsu.edu/multicultural/>. Please check prior issues for opportunities that may still be open/available, as items are not always repeated from issue to issue.*



## Latino Heritage Month

### **WEDNESDAY, SEPT. 17**

#### **Latino Heritage Month Event: “Help Wanted”**

6:30 – 7:45 p.m., Beckwith Recital Hall, Reineke Fine Arts Center

This satirical one-act play tells the story of impoverished immigrants who came to Minnesota to seek a better life and to help their family in Mexico.

*Sponsored by Office of Multicultural Programs and Campus Attractions Issues and Ideas.*

#### **Constitution Day – Naturalization Ceremony**

3 - 4 p.m., Plains room, Memorial Union

*Sponsored by Memorial Union*

### **THURSDAY, SEPT. 18**

#### **World iView: “Discover Mexico: Perception, Passion, Purpose”**

Deborah Maertens, assistant director of faculty immigration and political science lecturer, and Bradley Benton, assistant professor of history, philosophy, and religious studies

Noon – 1 p.m., Room of Nations, Memorial Union

Maertens, Benton and several students will discuss how the study abroad program combined a historical and cultural survey of Puebla and Mexico City with a three-day home stay where students took part in service learning projects in a rural community.

#### **Study Abroad Scholarship Workshop**

5 – 6 p.m., Room of Nations, Memorial Union

Learn about the many opportunities available for scholarships and how to put together a strong application quickly.

#### **Take Back the Night**

7 p.m., Century Theater, Memorial Union

A rally, march and candlelight vigil to prevent violence and support survivors of various forms of violence. All are invited to attend.

*Sponsored by Sexual Assault Prevention and Advocacy, Women and Gender Studies, Equity and Diversity Center,*

*Residence Life, and University Police.*



## Cultural Student Organizations

There are a variety of cultural student organizations that NDSU students can get involved in. Students can find more information regarding various student organizations at <http://ndsu.orgsync.com/>. A few of the organizations that are available are:

- African Students Union
- Association of Students from India
- Black Student Association
- Chinese Students & Scholars Association
- Hispanic Organization from Latin Americans
- International Student Association
- Korean Student Association

- Native American Student Association
- Sri Lankan Student Association
- Vietnamese Student Association
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### **FREE software available to improve reading, writing, studying skills**

NDSU students, faculty and staff have **free access** to Read & Write Gold, an innovative literacy software that supports reading fluency and comprehension, writing, studying and research. Users can access the software on Windows computers in instrumented classrooms and clusters, and they also have the option to install the software on NDSU-owned and personal computers. The software can be downloaded free for use on a Windows computer. It is also available as a self-contained mobile application for Mac or Windows. For more information about how to get the software, go to: <http://www.ndsu.edu/its/read-write-gold>



### **NDSU Counseling Center Workshops and Groups**

Fall 2014 WORKSHOPS, GROUPS and CLASSES Offered by the NDSU Counseling Center (Ceres Hall 212)

#### **“The Gifts of Imperfection”**

A book discussion group. Group discussion will meet weekly starting on Wednesday, October 1<sup>st</sup>, from 3:30pm to 5:00pm in the Counseling Center, and run through Wednesday, December 10th. Please contact Marlys at the Counseling Center, 231-7671, or by email, [Marlys.Borkhuis@ndsu.edu](mailto:Marlys.Borkhuis@ndsu.edu), with questions or to register.

#### **Meditation for Stress Management and Improved Focus**

This weekly group offers an opportunity to get together with other NDSU students, faculty, and staff to learn and practice mindfulness meditation for increased awareness, presence, and well-being--in an informal, friendly environment. Meets weekly at the Counseling Center on Mondays from 3:00-4:00.

#### **Study Space**

**Every Tuesday from 3:00-4:00pm at the Counseling Center in Ceres Hall 212, beginning on September 2, 2014**

This hour allows students to bring in whatever homework or thesis/dissertation work needs to be done. Contact Jaryn or Natalie if students have questions, at 701-231-7671.

#### **Graduate Student Support Group**

Open to any NDSU graduate student. Group focus is to provide a safe place for students to meet one another, discuss challenges and struggles they may be experiencing while working in their graduate program or within the personal life, and to be able to build friendships and offer support to fellow graduate students across academic disciplines. This fall the group will meet on Fridays from 12pm-

1:30pm in the Counseling Center group room. If interested, please contact Amber Bach-Gorman at 231-7671 or by email at [amber.bach@ndsu.edu](mailto:amber.bach@ndsu.edu).

### **Introduction to Mindfulness Workshop**

The goal of the workshop will be to plant seeds from which participants can grow their own mindfulness practice and start to apply mindfulness in their daily lives. This *free* 8-week workshop will meet weekly on Thursdays from 2:30-4:00 p.m. September 25<sup>th</sup> through November 13<sup>th</sup> at the Counseling Center (212 Ceres Hall) group room. Advance sign-up (by calling the Counseling Center, 701-231-7671) is necessary *before 5:00 p.m. Friday, September 19<sup>th</sup>* in order to plan appropriately for the number of participants.

### **LIFE!**

**Mondays, beginning on September 8, 2014**

**1:00-2:30pm**

**Counseling Center (Ceres 212)**

This group focuses on skills to manage the ups and downs of life. Group is free and open to all NDSU students. Contact Natalie or Jaryn if students have questions, at 701-231-7671.

### **Career Workshops**

The workshops are free and open to any NDSU student. Starts late October to mid-November. Days and times to be announced; please check the web site [www.ndsu.edu/counseling](http://www.ndsu.edu/counseling), and/or feel free to call the Counseling Center for updates.

### **Academic Skills Workshop**

Not earning the grades you had hoped?? Well, come brush up on your study skills and hopefully raise your grades! This Workshop will run **every Thursday of the Fall Semester** from **12:00-12:50pm** at the NDSU Counseling Center (Ceres Hall 212), beginning on August 28, 2014. The Workshop is free and open to any NDSU student. Questions? Email [jaryn.allen@ndsu.edu](mailto:jaryn.allen@ndsu.edu) or call 231-7671 and ask for Jaryn.

**OCT. 9:** Time Management & Organization

**SEPT. 11 and NOV. 13:** Effective Note-Taking & Textbook Reading

**SEPT. 4 and NOV. 20:** Learning Styles

**SEPT. 18:** Concentration & Memory

**SEPT. 25 and NOV. 6:** Stress Management

**OCT. 2:** Effective Writing

**OCT. 16 & 23 and DEC. 4, 12, & 18:** Test Prep & Taking

**OCT. 30:** Motivation & Procrastination



### **Big Brother Big Sister**

Do you like working with children? Would you like to make a huge impact in their life? The Big Brother Big Sister Organization can give students that opportunity. They are in need of Big Brothers. If you would like to make an impact today please contact Julie Diede 701.451-4877 \* [jdiede@thevillagefamily.org](mailto:jdiede@thevillagefamily.org) \* [www.bbbsfargo.org](http://www.bbbsfargo.org)



### Tutoring

Students looking for help with their classes can check the tutoring schedule in the Office of Multicultural Programs. Subjects that are available by appointment throughout the week are: English Composition, Writing, English Literature, Literary Analysis, Math, Physics, Biology, Chemistry, Computer Science, Electrical and Computer Engineering, and Electrical Engineering.

Students can check the binder in the office to sign up (at least one day in advance) for a tutoring session. Students who are interested in tutoring are encouraged to volunteer. Contact the Office of Multicultural Programs for more information, at [ndsuhm@ndsu.edu](mailto:ndsuhm@ndsu.edu).



**EVENT CALENDAR:** Check out the monthly Diversity Events Calendar, the Diversity Community Calendar & the NDSU Diversity Calendar

[http://www.ndsu.edu/fileadmin/multicultural/EDGO\\_Spring\\_2014\\_Diversity\\_Events.pdf](http://www.ndsu.edu/fileadmin/multicultural/EDGO_Spring_2014_Diversity_Events.pdf)

Also check out the Interfaith Calendar at [www.interfaithcalendar.org/](http://www.interfaithcalendar.org/)

Please “like” NDSU Multicultural Programs on **Facebook!** We regularly post event updates and items of interest. We are at [www.facebook.com/NDSUMulticultural](https://www.facebook.com/NDSUMulticultural).



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