Latinx Students COVID-19 Resource Package

Without You There is no Us
Sin Ustedes no Hay un Nosotros
Index

**Funding sources**  p.1 - 8
Emergency Aid Spring 2020/Summer 2020
Emergency Funds LARES
Scholarships/Summer Awards LARES
Food Pantry
Resources for Undocumented Students

**Mental Health and Wellbeing**  9 - 13
Counseling Center
Graduate College

**Dean of Students**  13
U & I Care resources
Student Legal Services
Bias Reporting Tool

**Graduate College**  15
Virtual meeting spaces
Check-ins
Newsletter
Writing workshops

Diversity / Centers for Cultural Understanding and Social Change  16
Additional Resources Vice Provost for Undergraduate Affairs and Academic Programs  17

**Career Services and Resources**  18 - 21
Latino Cultural Center Internship Program  22
Tips for Working/Studying From Home  23 - 25
Climate Justice  26
African American Student Town Hall  27
UIC cares about you.

These past few weeks have brought a great deal of changes as we endeavor to flatten the curve and limit the spread of COVID-19. These changes can cause stress, and you may have questions and need support. Your UIC family is here for you and is so proud of you.

Financial Aid office: https://financialaid.uic.edu/


There are many resources that UIC has available to support you during this time.

Here are a few highlights:

Need academic and other study help?
There are a number of academic and advising support services available to you.

Feeling isolated?
The Centers for Cultural Understanding and Social Change are coming up with all kinds of creative ways to stay connected during this time. Never visited a Center before? That is okay! They are excited to welcome you to one of their virtual communities.

The Counseling Center is meeting with students virtually and continues to offer after-hours crisis care.

UIC COVID-19 Emergency Grants:
Up to $1000 per semester (Deadline 5/8/20)
Support with financial aid Scholarships

Concerned about food insecurity?
The Wellness Center’s Pop-Up Food Pantry is open every Tue. and Wed. from 2-4pm.

Concerned about safety?
In the case of an emergency, please contact UIC Police or your local emergency services.

The Campus Advocacy Network is a confidential resource available to provide support and advocacy for students who have experienced interpersonal violence. Advocates are available to meet by phone, videoconference, and online chat.
Who qualifies for a UIC COVID-19 Emergency Grant?
To be eligible for a COVID-19 Emergency Grant, you must have:

- Filed a FAFSA prior to 3/13/2020;
- Submitted all required documentation to the Office of Student Financial Aid and Scholarships before 3/13/2020;
- Been enrolled in an in-person, degree seeking program prior to 3/13/2020 and remained enrolled through the semester;
- Been enrolled at half-time status or greater during Spring semester 2020, this means for:
  1. Undergraduate Students = 6 credits or above
  2. Graduate Students = 5 credits or above
  3. Professional Students = 6 credits or above

Is there a deadline for me to upload my application?
Yes, you must provide your application to the Office of Student Financial Aid and Scholarships via the Student Portal by 5/8/2020. Incomplete applications will be denied. Applications submitted after 5/8/2020 will not be considered.

If I am approved, will the COVID-19 Emergency Grant affect my other financial aid?
No, approval of your COVID-19 Emergency Grant will not affect the amount or eligibility for other financial aid that you have already received.

Please note that each student can receive ONLY ONE Emergency Grant per semester from UIC. If you have received a previous Emergency Grant from your department or another UIC source, we will review your eligibility to determine which grant provides the most assistance to you.

If I am approved, will the COVID-19 Emergency Grant count against my tuition and fees if I still owe a balance to UIC?
No, this grant will not be applied by the University towards any outstanding balance you may owe UIC. Nor will it decrease any payments owed against your payment plan, or the amount due. You can use it to cover any expenses of your choice that may have resulted due to impacts COVID-19. You will not need to report how you used this funding.

If I am approved, when can I expect to receive my $1,000 COVID-19 Emergency Grant?
We will begin making disbursements to student accounts after the 5/8/2020 deadline. Emergency Grants will be provided via direct deposit. You must be enrolled in direct deposit to receive a UIC Emergency Grant.
Will the UIC Emergency Grant be available for the Summer 2020 semester?
Yes, we plan to extend COVID-19 Emergency Grants during the Summer 2020 Semester but the amount of funding is limited.

Who will qualify for Summer COVID-19 Emergency Grants?
a). To be eligible for a Summer COVID-19 Emergency Grant, you must have:
   i. Filed a FAFSA prior to 3/13/2020;
   ii. Submitted all required documentation to the Office of Student Financial Aid Scholarships before 3/13/2020;
   iii. Be a continuing UIC student enrolled at half-time status or greater during the Summer semester after the add/drop period; half-time status for Summer = 5 credits or above.
   iv. Be Pell eligible.

Do I need to reapply for Summer 2020 consideration?
No additional application is required at this time; however, funding is limited and will be based on your FASFA received date.

How much is the COVID-19 Emergency Grant?
Up to $1,000 for Summer Semester

How will I know if I am approved?
You will receive a revised award letter listing the COVID-19 Emergency Grant Award in your financial aid information.

If I am approved, will the COVID-19 Emergency Grant affect my other financial aid?
No, approval of your COVID-19 Emergency Grant will not affect the amount or eligibility for other financial aid that you have already received.

Please note that each student can receive ONLY ONE Emergency Grant per semester from UIC. If you have received a previous Emergency Grant from your department or another UIC source, we will review your eligibility to determine which grant provides the most assistance to you.

If I am approved, will the COVID-19 Emergency Grant count against my tuition and fees if I still owe a balance to UIC?
No, this grant will not be applied by the University towards any outstanding balance you may owe UIC. Nor will it decrease any payments owed against your payment plan, or the amount due. You can use it to cover any expenses of your choice that may have resulted due to impacts COVID-19. You will not need to report how you used this funding.

If I am approved, when can I expect to receive my $1,000 Emergency Grant?
We will begin making disbursements to student accounts after the final add/drop period for Summer semester, 6/19/2020.
RETENTION

• Emergency Fund Scholarship
  • $20,000 in funds available
  • Open for Spring 2020

• Summer Session Scholarship
  • 5 - $2,500 Awarded
  • Deadline: May 8, 2020

• DESTINO Scholarship (Fall 2020)
  • 5 - $2,000 Awarded
  • Deadline: May 8, 2020

• Tuition Waivers (Fall 2020)
  • 5 Awarded
  • Deadline: May 29, 2020
RETENTION

• Book Vouchers (Fall 2020)
  • 20 - $100 to $500 Awarded
  • Deadline: Sept. 4, 2020

• TELACU Scholarship
  • Deadline: April 30, 2020

• UPPF Fellowships
  • 12 - $4,000 Awarded
  • Application Open

• Graduate Scholarships
  • Application opens May 1, 2020

• Graduate Assistantships (GA’s)
  • 2 positions for fall 2020
The LARES Summer Session Award is designed to assist current students who plan on enrolling for classes during UIC’s summer term. Award is intended to cover tuition and fees.

**ELIGIBILITY**

- Current UIC undergraduate students who have earned at least 12 UIC credit hours.
- Must be in good academic standing with a minimum GPA of 2.5.
- Must be eligible for in-state tuition.

**APPLICATION**

- Deadline: Friday, May 8, 2020
- For more information and to apply, visit: lares.uic.edu/scholarships

Questions?
E-mail LARES at lares@uic.edu
The UIC Pop-Up Pantry is for you!

- The Pantry was Co-founded by the Wellness Center in 2014
- Students can shop up to 2x a month
- 100% of Pantry food comes from donations.
- The Pantry is exclusively for registered UIC Students
- The Pantry helps students experiencing emergency life circumstances or financial difficulties
  
  Please register at Wellness Center’s front desk during non-pantry hours. (Check hours below)

- During COVID-19 new student users are encouraged to shop and registration will occur later
- **Open every Tuesday and Wednesday 2-4pm**
  (COVID-19 Hours)
  
  *Hours are subject to change for summer session*

For more information, visit our website: wellnesscenter.uic.edu
Email: wellnesscenter@uic.edu
Phone Number: 312-413-2120
For our undocumented immigrant community, we want to make sure you are aware of our internal and external resources available to support you during this time. For any additional questions, please contact Tanya Cabrera, Assistant Vice Provost for Student Inclusion at tcabrera@uic.edu or call (312) 355-0011.

**INTERNAL**

**DACA Renewal Assistance and Legal Counsel**  We encourage students to renew their DACA and seek legal counsel through Student Legal Services. Limited financial scholarships available for DACA renewal application fee.
http://dos.uic.edu/student-legal/

**Emergency Funding** for currently enrolled students who are unable to meet essential expenses due to a temporary or unexpected hardship.
https://dos.uic.edu/student-assistance/uicareu-i-care-fund/

**Counseling**
Schedule an appointment or contact a counselor at 312-996-3490 from 9am-5pm. If calling after hours, press 2 to be connected to a crisis counselor.
https://counseling.uic.edu/

**UIC Pop-Up Pantry** hours at the Wellness Center Student Center East 238. Every Tuesday and Wednesday from 2:00 to 4:00pm.
https://wellnesscenter.uic.edu/resources-and-services/pop-up-pantry/

**Cultural Centers**
Connect virtually with the Centers for Cultural Understanding and Social Change.
https://diversity.uic.edu/events-2

**EXTERNAL**

**Understanding the pandemic and resources that are available in a diverse bilingual format for the State of IL.**
https://www2.illinois.gov/sites/coronavirus/Pages/default.aspx

**City of Chicago Resources**
https://www.chicago.gov/city/en/sites/covid-19/home/resources.html
Chicago Small Business Resiliency Fund:
https://somercor.com/2020/03/chicago-small-businessresiliency-fund/

Useful tools and information for immigrant families.
https://www.icirr.org/community-resources

The Coalition for Immigrant Mental Health provides links to resources and organizational websites that are disseminating critical public health information regarding the Coronavirus Disease (COVID-19) and updated frequently. https://ourcimh.org/covid19-resources

Access free health clinics in your area by zip code.
https://freeclinicdirectory.org/

**Food Pantry** Pick Up locations near campus:
https://www.chicagosfoodbank.org/find-food/
West Loop: www.fortyacresfreshmarket.com/order-delivery
UI Health Pantry in Pilsen: https://www.chicagosfoodbank.org/locations/ui-health-pilsen-food-pantry/

Immigrants Rising PPT on alternative employment options.
https://immigrantsrising.org/resources/?_sft_keyword=making-money

**NATIONAL:** Created by and for undocumented immigrants.
https://docs.google.com/spreadsheets/d/18p9...
UIC Counseling Center Resources

Staff available for virtual appointments

Weekly newsletters filled with tips & resources.
The most recent one explores “The Unique Grief of COVID-19”

Here is a link to upcoming workshops(some have already passed):
https://counseling.uic.edu/upcoming-workshops/

Here is information on Counseling Center Newsletter that we started at the end of March regarding Covid19: https://counseling.uic.edu/news-stories/introducing-counseling-center-e-newsletters/

Here is information about what students can expect: https://counseling.uic.edu/services/what-to-expect/

Here is information about our scope of practice: https://counseling.uic.edu/about-us/scope-of-practice/


For more information see: counseling.uic.edu
UIC MENTAL HEALTH RESOURSE GUIDE
by UIC Graduate College

WHAT TO EXPECT

The following resource guide seeks to inform UIC graduate students on the mental health resources available to them at UIC but also on other virtual platforms. Please pay careful attention to resources with active links as they will help navigate you to its resources.

UIC RESOURCES

This section of the resource guide will list the types of resources available to students at UIC. Some of which will include graduate college resources, wellness center resources, UIC counseling center and more.

HELPLINES

In addition to the resources offered to you online, we’ve also included an extensive list of hotlines if any student needs other folks to speak to on certain issues. Some of which include the disaster distress hotline, crisis textline, and NAMI.

ONLINE RESOURCES

These will be online resources that students can access in regards to wellness, folk-spaces, wellness websites and mental health guides.

ARTICLES

The following articles will support COVID-19 related concerns but also so that students stay informed on the changes and leverage how real-life circumstances impact folks who are housed with unsafe environments.

UIC GRADUATE COLLEGE VIRTUAL CHECK-IN
https://grad.uic.edu, IG @graduategcollege
These virtual sessions will be purposeful in holding space for UIC grad students to discuss questions, concerns, thoughts about anything and everything related to your educational journey here at UIC. We hope that these check-ins, although virtually, will provide consistent support for any academic, personal hardship you might be facing especially during this pandemic that affects everyone in varied ways.

UIC WELLNESS CENTER
https://wellnesscenter.uic.edu
We support student learning, academic success, and retention by providing wellness services that promote healthy attitudes and behaviors. Empower students to make informed choices and enhance holistic well-being. Weekly Online Wellness Workshops, COVID-19 Video Library, Stress Relief Information.

UIC COUNSELING CENTER
https://counseling.uic.edu
The Counseling Center provides diverse services to help students deal with stress, handle a crisis or trauma, cope with the transition to college, gain strength from gender and cultural identity, or manage serious mental illness and many other issues. Our counselors can help students increase resilience and positive well-being by developing effective coping and problem-solving skills. Initial consultations are being conducted by video, using Webex rather than in-person. All students should have access to Webex using their UIC login credentials. Call the Counseling Center at 312-996-3490 to schedule an initial consultation. Counselors are providing individual therapy services by video, and phone video is preferred.

CAN CAMPUS ADVOCACY NETWORK
https://can.uic.edu
The Campus Advocacy Network (CAN) is an on-campus service center dedicated to providing confidential, anonymous, free services to UIC students, staff and faculty who have experienced sexual assault, domestic/dating violence, stalking, and hate crimes. In addition to direct victim services we also offer education and training on these topics as well as programming about prevention, education, bystander intervention, and more. Initiatives, the Campus Advocacy Network will continue to serve UIC students, faculty, and staff. Our confidential advocate is available for virtual appointments. To schedule a meeting or request more information, please email can-appointment@uic.edu The network can also be reached at Chicago Rape Crisis 24 Hour Hotline 888.995.5500; Chicago Domestic Violence 24 Hour Hotline 312.341.0200; Illinois Coalition Against Sexual Assault, Illinois Coalition Against Sexual Assault, IL Coalition Against Sexual Assault, 800-826-6316; Rape Abuse & Incest National Network (RAIN): 800.656.4673.
**Helplines**

**CRISIS TEXTLINE**
Text HOME to 741741 from anywhere in the US to text with a trained. Crisis Counselor
https://www.crisistextline.org

**NATIONAL SUICIDE PREVENTION LIFELINE**
1-800-273-8255 (TALK)

**DISASTER DISTRESS HELPLINE**
1-800-985-5990

**NATIONAL DOMESTIC VIOLENCE HOTLINE**
Call 1-800-799-7233 and
TTY 1-800-787-3224

**NAMI (NATIONAL ALLIANCE ON MENTAL ILLNESS)**
HelpLine Call 1-800-950-6264 10-6 EST

**Online Resources**

**NAMI (NATIONAL ALLIANCE ON MENTAL ILLNESS)**
COVID 19 Resource Guide

**CDC: CORONAVIRUS STRESS AND COPING**

**TALKSPACE**
Coronavirus Facebook Support Group: For both Talkspace users and non-users, we have created free therapist-led Facebook support groups, where anyone can see guidance and receive tips and resources about their mental health as it relates to the coronavirus outbreak — directly from a licensed therapist. Coronavirus Resource Hub: On the Talkspace Voice we’re creating a compendium of content and resources that address your COVID-19 concerns, specifically from a mental health perspective.

**7CUPS**
www.7cups.com
Free online text chat with a trained listener for emotional support and counseling. Also offers fee- for-service online therapy with a licensed mental health professional. Service/webpage also offered in Spanish.

**EMOTIONS ANONYMOUS**
An international fellowship of people who desire to have a better sense of emotional well-being. EA members have in-person and online weekly meetings available in more than 50 countries with 600 active groups worldwide. The EA is nonprofessional and can be a complement to therapy.
www.emotionsanonymous.org
THE TRIBE WELLNESS COMMUNITY

www.supporttherapystyle.com

Support group offering members facing mental health challenges and/or difficult family dynamics a safe place to connect. Support groups include Addiction, Anxiety, Depression, HIV/AIDS, LGBT, Marital/Family, OCD and Teens.

SUPPORT GROUP CENTRAL

www.supportgroupcentral.com

Offers virtual support groups on numerous mental health conditions - free or low-cost. Website also offered in Spanish.

18PERCENT

https://online.supportgroups.com

Website featuring 200+ online support groups.

www.18percent.org Offers a free, peer-to-peer online support community for those struggling with a wide range of mental health issues.

FOR LIKE MINDS

www.7cups.com

Online mental health support network that allows for individuals to connect with others who are living with or supporting someone with mental health conditions, substance use disorders, and stressful life events.

www.talktakeminds.com

PSYCH CENTRAL

www.psycent.com Offers online mental health resources, quizzes, news, an “Ask the Therapist” function, and online support communities.

Articles

HOW TO GET PAST THE CORONAVIRUS WITHOUT LOSING YOUR MENTAL HEALTH

“Plenty of apps and podcasts provide opportunities for guided meditation, yoga, or even just a minute of calming breaths. Levine recommends an app called Unwinding Anxiety, and another called Headspace. Sacramento clinical psychologist Amy Al-Heli also recommends a podcast by Dr. Rick Hanson called ‘Being Well.’” https://calmaters.org/health/coronavirus/2020/03/coronavirus-mental-health-tips-therapists-california/

COPING WITH STRESS RELATED TO COVID-19

JIC Counseling Center, March 27, 2020

“Social media and other online resources have no shortage of ideas for how to handle stress in the era of COVID-19. While this is positive in many ways, we are aware that integrating these suggestions can be overwhelming. The Counseling Center staff has compiled the following list of both general ideas for coping, as well as situation-specific suggestions.”

WHY YOU SHOULD IGNORE ALL THAT CORONAVIRUS-INSPIRED PRODUCTIVITY PRESSURE

by Aisha S. Ahmad, The Chronicle of Higher Education, March 27, 2020

“Let go of all the profoundly dumb ideas you have about what you should be doing right now. Instead, focus intensely on your physical and psychological security.”

THAT DISCOMFORT YOU’RE FEELING IS GRIEF

by Scott Berinato, Harvard Business Review, March 25, 2020 https://hbr.org/2020/03/that-discomfort-youre-feeling-is-grief?fbclid=IwAR0XxyEGLmMxGzaO5XZKXVY7wJWbLQp7xvA0OGwns75b3dOYmY7cWJFxc

“Understanding the stages of grief is a start. But whenever I talk about the stages of grief, I have to remind people that the stages aren’t linear and may not happen in this order. It’s not a map but it provides some scaffolding for this unknown world.”

WHAT TO DO IF YOU ARE QUARANTINED WITH AN ABUSER

by Lindsay Tigar, Blood + Milk, Mental Health, March 27, 2020

For some people, home is not a haven or a harbor against the storm. Rather, it feels much more dangerous than a pandemic if you’re a victim of domestic violence... If you are on lockdown with a partner you fear, here are the most effective ways to cope, free yourself, and survive.”
UIC Office of the Dean of Students

The U & I Care Student Assistance program is available to identify resources and provide assistance for students dealing with personal hardship.

*TIP: If you apply, make sure to include supporting documentation*

Student Legal Services is available for virtual appointments.

For more information see: dos.uic.edu

We recently released a Bias Reporting Tool for you to share experiences with bias, harassment, and discrimination so that we can support you and better understand the complex needs and challenges facing our campus community. You can learn more about the tool here.

Questions? Contact Jess Joslin,
VIRTUAL TOWN HALL

African American Students and COVID-19

Don’t let anything stop you. These are tough times, but you can succeed. We are here to help.

**When:** Wednesday, May 6, 2020

**Time:** 3 – 4:30pm

**Virtually:** Zoom

**RSVP:** go.uic.edu/AATH

PRESENTED BY

UIC Student organizations African Student Union, Black Student Union, Black Graduate Student Association, Undergraduate Student Government, and by the UIC African American Academic Network, African American Cultural Center, African American Recruitment, Enrollment, and Retention Initiative, Career Center, CHANCE Program, Chancellor’s Committee on the Status of Blacks, Counseling Center, Department of African American Studies, Institute for Health Research and Policy, Institute for Research on Race and Public Policy, Minority Engineering Recruitment and Retention Program, Office for Advising Development, Office of the Dean of Students, Office of Vice Chancellor for Student Affairs, Office of the Vice Provost for Diversity, Social Justice Initiative, Student Financial Aid and Scholarships, Urban Health Program
UIC Graduate College Weekly Virtual Check-Ins
These sessions are purposeful in holding space for graduate students to discuss questions, concerns, thoughts about anything and everything related to their educational journey at UIC. We hope that these check ins will provide consistent support for any academic, personal hardship students may be facing especially during this pandemic that affects everyone in a variety of ways. Previous sessions have included Ask Anything with the Graduate College Deans, Resource Sharing Session, Parenting and Graduate School, and Stress Management. For more information follow us on Instagram @uicgraduatecollege

UIC Graduate College Café con Chisme Social Hours
a Bi-Monthly fun social virtual community space for Graduate Students to debrief on anything and everything. For more info follow us on Instagram @uicgraduatecollege

Weekly Graduate College Newsletter
A way to be informed about resources available to UIC Graduate Students, topics change on a weekly basis based on Grad Student needs. We hope that the newsletter offers insight into a hopeful future of virtual learning and communication between the Graduate College and students. Topics include Campus and Community Resources, Health and Wellness Resources, Policies Affecting Graduate Students, Career and Professional Development Resources and Webinars, Tips for Web Based Platforms, Relevant Graduate Education Articles, Tips for Online Teaching and Learning and Inspirational Art and Positive Messages. https://grad.uic.edu

Mental Health Resource Guide for Graduate Students
A resource guide to inform UIC Graduate Students about the Mental Health Resources at UIC and on other virtual platforms. https://grad.uic.edu

WriteON Daily Writing Progress Check In
Graduate College Daily writing progress check ins at 9:00 AM with WriteON https://grad.uic.edu/academic-support/student-resources/writeon/

Online Career Development Resources
Check out the Graduate College Website for links to numerous virtual career and professional development resources that offer hundreds of webinars, short courses, and career planning tools. Resources include Versatile PhD, the National Center For Faculty Development and Diversity, IMAGINE PhD, My IDP and more. https://grad.uic.edu/academic-support/student-resources/
CCUSC Virtual Communities
Connect virtually with the Centers for Cultural Understanding and Social Change.
Visit [diversity.uic.edu/events](https://diversity.uic.edu/events)

**UIC African American Cultural Center**
Everyday we will explore a theme designed to support us throughout the week, offering a creative space for sharing, strengthening community, and staying healthy.
[go.uic.edu/eacc_v](https://go.uic.edu/eacc_v)

**UIC Arab American Cultural Center**
Ailan Waslahlan! In the Arab region and its diasporas, people are Ailan Waslahlan to welcome guests or visitors.
[go.uic.edu/arabamcc_v](https://go.uic.edu/arabamcc_v)

**UIC Asian American Resource and Cultural Center**
Come and join the community and see what we’ve been up to!
[amrc.uic.edu](https://amrc.uic.edu)

**UIC Disability Cultural Center**
We will continue to hold events; offer check-ins and support (about “anything”; connect folks to resources; and continue our collective conversations about disability, ableism, and disability culture.
[dc.uc.edu](https://dc.uc.edu)

**UIC Gender and Sexuality Center**
While most of campus is operating remotely we have created the GSC Virtual Community Lounge to keep our students in community. The GSC community agreements apply to this space.
[go.uic.edu/gsc_v](https://go.uic.edu/gsc_v)

**UIC Latino Cultural Center**
Join our LCC Virtual Community as we stay in solidarity with one another. Participate in our weekly Community In Solidarity Check-ins and share your story in our Storming COVID-19 with Moments of Joy & Reflection.
[go.uic.edu/lcc_v](https://go.uic.edu/lcc_v)

**UIC Women’s Leadership and Resource Center**
Join us in the Breathing Room, a place to unwind and find community. We’ll be sharing reflections, creative and scholarly endeavors, and activity ideas on WLRC’s website and social media and in a weekly Zoom session.
[go.uic.edu/wlrc_v](https://go.uic.edu/wlrc_v)
**ADDITIONAL RESOURCES**

- **Office of the Vice Provost for Undergraduate Affairs and Academic Programs**
  - Academic policies & updates
  - Tips for Online Learning
  - Collection of UIC & Community Resources
  - For more information OVPUAAP Programs visit their Office and Programs web page.
- **UIC Today COVID-19**
Career & Employment Resources and Services

Jaime Velasquez – jaimev@uic.edu
Associate Director for Employer Relations

CareerServices.uic.edu – uiccareers.com
Great advices from recruiters who hire from UIC!

Take advantage of the free digital training courses and resources being offered through social sites like LinkedIn and NETWORK! Many employers are using this time to build their candidate connections and want to help people find employment, even if it isn’t with their direct organization.

Continue to visit employer websites to review and/or apply to vacancy announcements. Employers are reaching out to students via LinkedIn. If you’re interested in an organization, be sure to reply to InMails with any questions you may have. Also, employers have long-standing relationships with UIC’s Career Services/Employer Relations team. Be sure to connect with them as an additional resource to connect with employers for employment opportunities.

Be open and use your network! Do not be afraid to reach out to potential employers. Recruiters and managers are going through a big change as well and this is new to all of us!

Download the Special Edition Recruiter Career Search Advising Guide here:

https://files.webservices.illinois.edu/9106/finaladvisingguide.pdf
Questions??

UIC Career Services
Careerservices.uic.edu

Phone: 312-996-2300
Email: Careerservices@uic.edu
Hours: M-F: 8:30am - 5:00pm
By the end of their internship, interns will:

- Deepen their understanding of Latinx communities, issues affecting their lives, and creative solutions they are using to improve community life;
- Demonstrate intercultural skills and understanding of their role in civic life; and
- Develop professional skills to be better prepared for a future career.

Through project-based assignments and activities, interns:

- Participate in our Arts-Based Civic Dialogues and Tours;
- Attend our public program presentations;
- Visit all the Centers for Cultural Understanding and Social Change to expand their intercultural skills;
- Assist with the organizational logistics of our public programs; and
- Complete a specific project to support LCC’s needs.

The Latino Cultural Center (LCC)’s Lead. Create. Change. Internship Program is designed to expand students’ academic and professional growth through project-based assignments and work-based learning with a focus on environmental and social justice. Interns can receive a compensation of $500 in the Fall 2020 semester and academic credit. Interns who complete their internship semester(s) in good standing might be given the opportunity to transition to become paid Student Educators. We hope students can take advantage of this unique and successful program!

**For more information please contact:**

**Mario Lucero** (He /Him/His)
Associate Director
UIC Latino Cultural Center - Lecture Center B2
mlucer3@uic.edu | (312) 355.2503

To apply please visit our website:
latinocultural.uic.edu/programs/internships/
lcc-internships
Tips for Working / Studying from Home

Create an Office Space

- Find a place in your home that is not in the center of all the commotion and distractions of your family's activities and offers some privacy. For example, not a kitchen counter but perhaps don't stay in your bed the whole day.
- Consider whether the chair and desk you'll be working from are comfortable enough to use for several hours.
- Consider what background will be visible behind you when in online class session.
- Consider asking your professor if you can call into class if video may cause you challenges.
- Think about what you are wearing, i.e. don't stay in your jammies all day.
- Consider using a headset to lessen distraction.

Communicate with Your Family/Housemates

- Consider letting those you live with know what your schedule is like each day. Some people like calendars or charts or use a dry erase small board. That can help your mom/housemates remember that you are in class right now and not barge into your room/office space for example.
- Articulate to your family/ housemates when you would have time to spend with them or helping them run errands.
- Articulate what you can and cannot contribute to the household's wellbeing (can cook, or clean on these days, etc.)

Connect with your Classmates

- Be sure to connect with classmates or co-workers frequently by email, phone, or video chat. That means having an up-to-date contact list on hand, in case you have trouble accessing your class or assignments.
- Check-in on how your friends and colleagues are doing and share your experiences and challenges.
- Organize online study groups if studying in groups was a preferred method for your learning.
- Don’t hesitate to reach out to your professor if you are not sure or unclear about how to proceed with your work.
- Be sure to have Tech contact for the University.
Have a Schedule

- Try to replicate some of the things you were used to doing in your own schedule prior to being confined to the home and modifying them; the routine could help keep us grounded.
- Establish one or two steps that signal you’re about to start your workday such as brewing a pot of coffee or turning off the TV, and schedule time for your work breaks to make sure they don’t take over your day.
- It’s also important to have a routine to signal your workday has ended, such as shutting down any computer programs you use for school/work or maybe going for a short walk. That can help signal to those around you when it is appropriate to make requests of you/your time.

Listen to Your Body

- Create an exercise routine on a daily basis if you can, even if for 10-15 minutes. This can include stretching, aerobics, etc.
- Try to talk a walk, run, or bike ride outside while keeping your 6ft distance from others.
- Work in your backyard if possible, planting season is almost here.
- Take an online class of dance, Zumba, yoga, etc.
- Acknowledge that this situation is hard and stressful
- Validate different feelings you might experience (e.g. stress, loneliness, fear, sadness over losses personal or collective, or confusion).
- Consider finding support if these feelings are new or overwhelming, and you need to process to better understand them (e.g. virtual support from UIC counseling center).

Be Mindful of What You Read or Hear

- Rely on RELIABLE sources of information and news
- Take breaks from reading or watching news, or social media
- Set limit or boundaries for how much time you spend on news as getting exposed to multiple sources of news for an extended period of time might be overwhelming.

It is okay to not feel positive all the time.
It is okay to feel overwhelmed.
It is okay not to be super productive at this time.

Try to remember that it is possible to seek help and support.
We are apart but, you don’t have to be alone.
Try to replicate some of the things you were used to doing in your own schedule prior to being confined to the home and modifying them; the routine could help keep us grounded.

Establish one or two steps that signal you’re about to start your workday such as brewing a pot of coffee or turning off the TV, and schedule time for your work breaks to make sure they don’t take over your day.

It’s also important to have a routine to signal your workday has ended, such as shutting down any computer programs you use for school/work or maybe going for a short walk. That can help signal to those around you when it is appropriate to make requests of you/your time.

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Have a Schedule

Listen to Your Body

Be Mindful of What You Read or Hear

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Find a couple of things you really enjoy doing and try to incorporate them into your week.

**Bake, cook, do various art projects, play with your siblings or cousins, garden, play musical instruments, etc.**

Find joyful and hopeful stories and share them with your family and friends.

Go on virtual tours to museums, zoos, exhibitions, etc.

Help others in your community meet their needs.

Find ways to connect with nature.

Find ways to Soothe Yourself in the Moment if you are Feeling Stressed, Worried, or Afraid

- **Belly breathing** can help you feel calmer. Place one hand on your chest and one on your belly. Your belly should rise higher when inhaling.
- Notice what you see, hear, touch, taste, and smell in your environment. This can gently help you return to the present moment.
- Find comfort for your five senses. Look at old pictures, drink your favorite tea, wrap yourself in a fluffy blanket, light a candle, have a tasty snack, or listen to relaxing music.
- Make a list of things you have control over. This can help calm you when you feel overwhelmed by matters out of your control.
- Express yourself in art. You don’t have to be an “expert” artist! Draw, write, color, sing, or dance what you are feeling.
- Try to have self-compassion for what you are feeling. A Youtube guided meditation can help if you experience difficulty with self-compassion.
- When you cannot resolve a problem, distract yourself temporarily by focusing on something else, and then return to the problem and try again.

ArabAmCC is here for YOU
Email: arabamcc@uic.edu
Phone: 312-413-3253
This forum will bring together stakeholders that focus on the climate justice dimensions of climate change (environmental and economic justice with an ethical/political dimensions) and global public health (health conditions related to injury, non-communicable disease, communicable diseases) and identify intersections as they relate to issues of equity, justice, risk reduction and making cities resilient. The forum will tackle the following issues:

1. The health impacts of climate change with an emphasis on disparities in the burdens for disadvantaged populations - the climate justice aspect. While much of current discourse has been focused on the sea level rise, this forum will broaden the conversation to highlight issues of heat and drought, forced migration and associated public health impacts. The forum will pay particular attention to COVID-19 and how the spread of the viral pandemics, including this one, is related to climate change.

2. What this means for public health organizations and services in areas that are directly impacted by these events. This issue is compounded by the lack of resources in the parts of the globe where the problems are most severe.

3. What are the global impacts because of climate migration, or the demand for regional or national resources to meet needs related to climate impacts?

4. What this means for participatory processes, be it for public health planning or broader democratic processes, in identifying priorities, appropriate representation and national sovereignty issues. What is the role, for example, of advanced nations and other stakeholders, including environmental justice organizations, in shaping public policies to address these issues?

5. With climate change induced drought and increasing pressures on fresh potable water, the importance of the Chicago region requires public policy preparation. What role do we all have in bringing attention to these critical issues? What might UIC, as the major research public university in the largest city in a clean water rich area, be doing to drive research and the discourse on action related to the intersection of climate justice and global health, particularly given its current prominence in the area of global health.

Keynote Speaker
Jonathan Patz, MD, MPH
climate change health scientist
Director, Global Health Institute
University of Wisconsin-Madison

Panelists
Juliana Pino, MPP, MS
environmental and social justice policy organizer
Policy Director,
Little Village Environmental Justice Organization

Warren Lavey, MS, JD
environmental lawyer
Adjunct Associate Professor of Environmental Law and Policy,
University of Illinois Urbana-Champaign

Jerry Krishnan, MD, PhD
asthma and pulmonary specialist
Professor of Pulmonary Care, UIC;
Associate Vice President for Population Health Services, UI Health

Rachel Havrelock, PhD
author and founder of the Freshwater Lab
Associate Professor of English, UIC;
Founder and Director, UIC Freshwater Lab

Dallas Goldtooth
environmental and climate justice organizer
Keep It in the Ground Campaign Organizer,
Indigenous Environmental Network

Moderators
Janet Lin, MD, MPH, MBA
Director of Health Systems Development,
UIC Center for Global Health

Teresa Córdova, PhD
Director and Professor, UIC Great Cities Institute
VIRTUAL TOWN HALL
African American Students and COVID-19

Don’t let anything stop you. These are tough times, but you can succeed. We are here to help.

When: Wednesday, May 6, 2020
Time: 3 – 4:30pm
Virtually: Zoom
RSVP: go.uic.edu/AATH

PRESENTED BY
UIC Student organizations African Student Union, Black Student Union, Black Graduate Student Association, Undergraduate Student Government, and by the UIC African American Academic Network, African American Cultural Center, African American Recruitment, Enrollment, and Retention Initiative, Career Center, CHANCE Program, Chancellor’s Committee on the Status of Blacks, Counseling Center, Department of African American Studies, Institute for Health Research and Policy, Institute for Research on Race and Public Policy, Minority Engineering Recruitment and Retention Program, Office for Advising Development, Office of the Dean of Students, Office of Vice Chancellor for Student Affairs, Office of the Vice Provost for Diversity, Social Justice Initiative, Student Financial Aid and Scholarships, Urban Health Program