

NEWSLETTER OCT 5 - OCT 19

FOUNDERS NEWSLETTER

NATIONAL ARTS AND
HUMANITIES MONTH



WELCOME TO THE

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UPCOMING SCHOOL EVENTS

WEEK ONE

MONDAY

Reboot + Refocus

OCT 5 @ 10:00 AM - 10:30 AM

With Learning Resources

Shake off your day and share 15 minutes of guided meditation and relaxation. Email lrc@cca.edu for Zoom link

WEDNESDAY

Waffle Wednesday

OCT 7 @ 7 PM - 8 PM

With Student Life

Cooking demos! Email studentlife@cca.edu to register

THURSDAY

Growth Mindset

OCT 8 @ 7 PM - 8 PM

With Academic Advising & Counseling

Learn how to approach change in a positive way! Email academicadvising@cca.edu to register and get Zoom link.

FRIDAY

Photographing Your Work

OCT 9 @ 4 PM - 5 PM

With Career Development

Register on cca.joinhandshake.com

MONDAY

Sit + Breathe

OCT 12 @ 10:00 AM - 10:30 AM

With Learning Resources

Try Strategies that help you set aside distraction and return to work mindfully.
Email lrc@cca.edu for Zoom link!

MONDAY

Resume Drop Ins

OCT 12 @ 11- 12 PM & 4-5 PM

With Career Development

Register on cca.joinhandshake.com





UPCOMING SCHOOL EVENTS

WEEK TWO

TUESDAY

Portfolio Drop Ins

OCT 13 @ 11-12 PM & 4-5 PM

With Career Development

Register on cca.joinhandshake.com

WEDNESDAY

Mock Interview Drop Ins

OCT 14 @ 11-12 PM & 4-5PM

With Career Development

Virtual Mock Interview. Register on cca.joinhandshake.com

THURSDAY

Taboo Talks: Loneliness

OCT 15 @ 5-6PM

With Student Life

Join to gain some tools to manage loneliness and find ways to connect to others!

THURSDAY

Exploring Disciplines

OCT 15 @ 7-8PM

With Academic Advising

Email academicadvising@cca.edu to register and get Zoom link.

FRIDAY

Canvas Support Group

OCT 16 12:30 - 1:30 PM

With Counseling Services

A place for students in CANVAS to find support & community to discuss common challenges that emerge. Email gabbas@cca.edu for link.

MONDAY

Self Care For Writers+ Artists

OCT 19 @ 10:00 AM - 10:30 AM

With Learning Resources

Enjoy stress relieving techniques. Email lrc@cca.edu for Zoom link.



RA Iván Domínguez-Murillo

Celebrating National Arts & Humanities Month



Hi folks. October is the National Arts and Humanities Month, which is a coast to coast celebration and recognition of the importance of culture in the United States. It is celebrated from west to east and one of the main goals is to encourage everyone to explore and experiment with art, whether it's reading a book, watching a movie, drawing or painting, singing, or songwriting. Any artistic form of expression goes. Art is such a cool but also personal way of self-expression, and can be created and kept to oneself or exhibited. There is really no wrong way of making art, because it is a reflection of one's ideas. We are all unique and that is what makes our community awesome.

Some cool ways you can participate in this month's festivities include but not limited to:

- Reading a new book
- Listening to a new artist
- Donating used books to your local library for someone else to enjoy
- Following local artists on their social media
- Turn old handwritten notes into origami
- Go outside and take interesting pictures of the City
- Subscribe to art journal accounts on social media

The main idea is to get involved in new ways of making art, who knows, maybe after experimenting with a new medium inspiration will strike for your next project, after all, we are a community of creatives.





RA Liza Khrypko

Self Care and You


While you are students here at CCA, you are an individual first! With everything going on in the world, in your lives, it is important to realize the pace you are going at, and to stop and take a break once in a while! But besides treating yourself to a break once in a while, it is also important to keep up with your health as you go! Here are some tips on day to day self care you can implement into your daily routine!

1. Sleep. Remember, your body needs 6-8 hours of sleep to function properly. Sleep offers natural healing for your body and it allows your brain to actively work while you're sleeping. One great tip to increase better sleeping habits is to turn off all electronics at least 30 minutes prior to bedtime. Download a phone app if you need help tracking your sleeping schedule (if you have an iphone, there's a sleep schedule function in the clock app)

2. Eat! Make sure to have three meals a day, and as best as you can afford to, incorporate the needed nutrients your body needs to thrive! Try to incorporate more fruits and vegetables into your daily intake. And make sure to drink water! Things to avoid: fried foods, refined sugar, alcohol and caffeine.

3. Exercise. Exercising can really help to decrease stress levels! You don't need a full blown routine, just an occasional jumping jack, push up, and stretches should do the job! And if you are really into it, you can always make a whole routine! Download an app to track your fitness goal if you need guidance! Or ask a sporty friend/RA for help!

4. Take breaks to refuel. Take period breaks while studying/doing homework! Give yourself sufficient time to do your papers/projects, and schedule breaks to replenish your energy. Change the environment and go for a quick walk before returning back to work!





RA Liza Khrypko

Self Care and You (continuation)

5. **Journal.** Journaling is a great way to write out your thoughts and feelings. You can also create a list in your journal to write out the good things you experienced, or moments that made you feel a positive emotion! This will help to shift your mind from the negatives of the day! If Journaling doesn't work, reach out to the counseling services or those close to you!

6. **Meditate and practice relaxation techniques.** Meditation is a great way to slow down and relax. Don't feel intimidated by meditation though! It's not all white lotus and downward dogs! You can practice meditation and relaxation techniques by finding a quiet space to take deep breaths in a relaxed position, or listen to relaxing music! Always remember to turn off your electronic devices to decrease distractions.

7. **Set realistic goals for yourself.** Set short-term and long-term goals for yourself! You can write out your goals on a sticky note, and place them in an area where you can see it daily to stay motivated. I also found that having a to do list helps! Don't forget to reward yourself when accomplishing your goals!

8. **Reach out to those around you.** Reach out to your friends and family and peers! And always ask before you vent, because someone else might be going through their own troubles. You can always reach out to your RAs! Even by just talking about your problems, and having someone listen to you, can help tremendously! It helps to not bottle up your feelings, and often voicing your problems helps you approach them more effectively and come up with solutions that work for you!





RA Quinn Dideon

Hosting Events



One of the great ways to stay connected with the community here in Founder's Hall is events! Residential Advisors host events to connect the community, learn, and engage in fun activities with residents in the residential halls. RA's aren't the only ones who can host these events, **residents can as well**, and we encourage you to do so! We know many of you have wonderful ideas to bring to the community, and we want to support you in doing so. If you have any ideas for events or are interested in holding an event please reach out to one of the RA's. We would be more than happy to support you and work with you to help you host an event!





RA Aamirah Khafre

Compost Capitalizing

HI residents!


This month is Natural Arts and Humanities Month. So I wanted to give some fun ideas of where you could go with your compost practice!

Compost Breakdown:

Aerobic Composting - Air is introduced to help break down materials quickly. you need to leave lots of air space in the composter.

Anaerobic Composting - Tossing scraps into the composter without it being touched for a year or more, hold your nose! This process requires zero access to oxygen and produces methane. Methane is a greenhouse gas that is required to stay in house due to its harsh impact on the environment.

Vermicomposting - This process requires oxygen and moisture to create a safe breakdown down of the organic materials with little odors. Worms are a large component that allows bacteria for the bacteria in its quality.



RA Aamirah Khafre

Compost Capitalizing (Continuation)

Natural Art Ideas with compost

Natural dyeing



Starting a garden



Get Creative with your compost practice to keep up with the practice!



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THANK YOU!

Tune in every other week for our newsletter!
Every other week will include a calendar of
activities in addition to some tips and tricks from
your RA's at Founders Hall!



