

RC Newsletter

2/29-3/4

Winter 2016

RC Counseling Team

Scholarships & Paid Opportunities:

- **Mortar Board Alumni/Tolo Foundation** is seeking qualified candidates to receive merit scholarships for the 2016-2017 academic year. The Foundation awards over \$30,000 in total scholarships at UW each year. The program annually recognizes UW sophomores, juniors, seniors, and graduate students (class status based on 2016-17) based on distinguished achievement in scholarship, leadership and service to the campus and community. Applicants are encouraged from all UW academic levels and from all fields of study, including those students who have not yet declared a major. Membership in Mortar Board is NOT required. The Mortar Board Alumni/Tolo Foundation will award scholarships on an objective and non-discriminatory basis.

Eligibility & Requirements:

- ❑ Applicants must be a sophomore, junior, senior, or graduate student of the University of Washington, including branch campuses, throughout the 2016-2017 academic year.
- ❑ If selected as a semifinalist, applicants must be available for a personal interview to be scheduled with the Mortar Board Alumni/Tolo Foundation Scholarship Committee during spring quarter.
- ❑ Applicants must not be related to a past or present director and/or employee of the Mortar Board Alumni/Tolo Foundation.
- ❑ An awarded scholarship can be used only for tuition and other eligible education expenses.

Details and application materials are available on the [Office of Merit Scholarships, Fellowships & Awards website](#). Deadline for applications is April 4.

For questions, please contact: Mortar Board Alumni/Tolo Foundation Scholarship Committee, mortarboardalumni.tolo@gmail.com.

- **Plan2GO Exchange Scholarship**

The Plan2Go is an exciting opportunity for University of Washington undergraduate students who are committed to studying abroad on an exchange program. Students awarded a Plan2GO will have up to 3 years to use their scholarship toward a qualified [university exchange program](#). As a Plan2GO scholar, you will join a cohort of students who will engage in study abroad advising and scholarship activities leading up to your exchange program. Our first cohort will be selected at the end of spring quarter 2016.

Application opens 3/15/2016

More Info:

<http://expd.uw.edu/globalopportunities/go-content/new-plan2go-exchange-scholarship.html>

- The **iSchool Inclusion Institute (i3) at UPitt** is an undergraduate research and leadership development program that prepares students from underrepresented populations for graduate study and careers in the information sciences (e.g. UW Information School MLIS, MSIM and PhD programs!) www.ischool-inclusion.org

Full funding for expenses AND stipend! Deadline March 25, 2016.

Learning & Leadership Opportunities:

- The Fall 2016 **Bachelor of Arts in Social Welfare (BASW)** departmental application is now available online, with an April 1 deadline to apply. Students are only admitted into the BASW program for Fall quarter of each academic year. Please see [this website](#) for prerequisites and application instructions (Seattle campus). Prospective applicants are also encouraged to [register here](#) for our BASW info session on Thursday, March 17th from 12:30-1:20 p.m. in HUB 307.

- **Tent City 3 Moving Day Work Party**

Ever wonder what it takes to move 60 people from Tukwila to Seattle in a day? Come find out this SATURDAY (March 5) by joining Tent City Collective for a volunteer work party!*

Volunteers will do things like unload trucks, lay out tent structures, and set up flooring. We'll be meeting outside the main entrance of the BURKE MUSEUM on Memorial Way at 10 AM for a

quick orientation. Then, we'll just hop across the street to University Congregational United Church of Christ and jump into work! Will it be rainy? Probably. But all the more reason to come through and help make the process go quicker. They will be moving all day, so feel free to stick around after noon!

Saturday March 5th // 10 AM // Meet at the Burke Museum

WEAR YOUR (WORK) PARTY PANTS

Questions? Call TCC rep Leigh Friedman at (202) 854-8368.

*Just to clarify, this is different from Tent City Collective's initiative to bring TC3 to UW campus in winter 2017. UCUC is not on campus, nor is it affiliated with UW. TC3 will only be at the church for a couple months, and this doesn't change how hard TCC and TC3 are working to secure UW as a host site next winter. Learn more about our work at tentcitycollective.org

Facebook Event Page: <https://www.facebook.com/events/958316710918374/>

● **Mindfulness for Healthy Living Group**

Group content:

Group sessions will focus primarily on mindfulness, meditation, and yoga practices aimed at learning and practicing skills for healthy everyday living.

Goals/outcomes:

- ❑ Develop awareness of stressors and emotions and learn new ways to respond rather than react to them.
- ❑ Learn how to tolerate discomfort and practice skills for relating to challenging emotional and physical experiences.
- ❑ Engage a mindful approach toward yourself and your experiences and learn tools that support healthy living.
- ❑ Experience greater self-compassion, health and overall well-being.

Target audience:

- ❑ For people who are interested in learning tools to manage life stressors and improve life balance

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- ❑ For people who want to change maladaptive behavior patterns and are living with issues related to stress, anxiety, physical health, substance use, sleep, eating and compulsive behaviors.

Logistics:

Location: Hall Health Center

April 14 – June 2, 2016 // Thursdays, 1:00- 3:00 p.m.

Frequency/duration: Weekly, 8-week series

****Insurance accepted****

If interested in this group, please contact either Ryli Webster or Carey DeMartini by phone at 206-543-5030 or email at ryliw@uw.edu OR careyd4@uw.edu

Group screening is required prior to attendance.

● **Mindfulness Meditation for Beginners**

Mindfulness meditation is a practice that involves cultivating attention to the present moment in a nonjudgmental manner. The benefits of mindfulness meditation have been widely studied and include alleviating symptoms of depression and anxiety, increasing capacity for attention and concentration, improving self-esteem, and enhancing resilience to stress. This group offered at Hall Health will introduce key concepts and provide instruction in the practice of mindfulness meditation. No prior knowledge or experience is required. Participants will be provided with materials, instruction and support for building and sustaining a meditation practice.

Spring quarter sections:

Tuesdays 9:30-11am, April 5th – May 31st

Wednesdays 4- 5:30pm, April 6th – June 1st

If you would like to enroll, please contact the Karin Rogers, LICSW, at 206-221-2444 or korogers@uw.edu to set up a brief initial assessment appointment. If you have questions about the content or material covered, e-mail or phone the group leader, Meghann Gerber, PsyD, at (206) 221-7941 or meghanng@uw.edu.

● **Native Plant Nursery Internships**

The UW student chapter of the Society for Ecological Restoration's (SER-UW) native plant nursery is seeking two undergraduate student interns for spring quarter!

In conjunction with the co-managers, interns will develop learning objectives based on individual interests and strengths, receiving credit for ESRM 399 or their school's equivalent.

Time will be split between routine plant maintenance, plant propagation, nursery infrastructure projects, helping with weekly volunteer work parties, and individual projects.

Click [HERE](#) to learn more and apply.

Applying

To apply, send a resume and a 300-500 word description of why you are interested. Please indicate which role(s) you would like to be considered for, what you want to learn, and how your previous work experience and/or coursework apply to this position. Contact the nursery co-managers, Courtney Bobsin and Mary-Margaret Greene, at sernursery@gmail.com with questions, for more information, or to submit your application.

Applications are due by Monday, March 7, so act swiftly!

- We are looking for volunteers for the upcoming **2016 Spring Career Fair** on Thursday, April 14th from 3-7pm in HUB Ballrooms. We have shifts available from 8am-8pm, with a minimum time commitment of 2 hours.

Why volunteer?

- ☐ This is the perfect networking opportunity with recruiters. As a volunteer, you'll have unparalleled access to the employers in attendance- YES, they're all hiring! It's the best way to connect with recruiters.
- ☐ If you need to fulfill volunteer hour requirements, look no further! Complete your hours with flexible shifts at this high-energy event.
- ☐ Interested in Event Planning? As a volunteer, you'll have the chance to work closely with the UW Career Center's Events Team. Learn the ins and outs about planning events, then put it on your resume!
- ☐ It's FUN and a great way to be involved on campus.
- ☐ FREE FOOD!!

Interested? Please Shoot Donna Chen an email at ccsevent@uw.edu with the following information:

- ☐ Your name
- ☐ Your email address
- ☐ Your hours of availability on the day of 4/14/16 (Thursday) - We will be in touch with your schedule and event responsibility about 5 days before the event

Thank you for considering volunteering at the Spring Fair! If you have any questions, please feel free to contact Donna Chen at ccsevent@uw.edu or call 206-543-0535. We look forward to hearing from you!

- **Future Women In Government**, a leadership program developed by Women In Government (WIG), a non-profit, non-partisan organization of women state legislators based in Washington, DC, in 2013 takes place at each of our regional conferences. This year, our *19th Annual Western Conference* is taking place from May 20th in Seattle, Washington!

The purpose of the program is to demonstrate hands-on leadership and mentoring for the next generation of women civic and political leaders. Impetus for this program came from the “Teach a Girl to Lead” project sponsored by the Center for American Women and Politics at Rutgers University and the goals of the White House Council on Women and Girls Leadership. This program will give student participants a chance to connect with state legislators from across the country and leaders in the private sector to facilitate a deeper discussion on women in leadership.

Participants are invited to join us for our programming all day Friday, May 20, including breakfast and dinner. Participants’ conference costs will be underwritten by WIG (e.g., registration, parking, and meals). We recommend that students be located in the Seattle area since WIG will not provide overnight hotel accommodations.

We have room for seven participants, and we hope to have young women who are engaged and passionate about leadership. We will need to receive completed applications by 11:59 pm EST on April 4, 2016. Late applications will not be considered.

Completed applications, as well as any questions or concerns, can be sent via email: klanzarotto@womeningovernment.org

We look forward to forging leadership connections and providing students with an exciting opportunity to network with strong women leaders. You can visit our Future Women In Government webpage, where the application is also available: <http://www.womeningovernment.org/about/FutureWIG>

- **Spend Fall Quarter 2016 in Friday Harbor!**

Join English professor and award-winning poet [Richard Kenney](#) and a band of writers, artists, scientists and naturalists in the San Juan Islands for an intensive, inspiring course in literature,

creative writing, and marine biology. No experience is required -- just bring your curiosity and imagination.

This fall, live by the sea and enroll in courses that explore the beautiful and varied marine environment at the University of Washington's Friday Harbor campus. Read, write, and explore the sea and the seashore through literature, creative writing, marine biology, ocean, and fisheries courses (12-17 credits) that take full advantage of the San Juan Island setting. What better place to read works of sea-faring literature, or to take a marine biology course where you can actually interact with the marine life you are studying? Writers, artists, scientists, and researchers have long been drawn to the sea -- come and experience it for yourself while earning UW credit.

Costs include room, board (three delicious meals per day), and course/lab fees. Just bring your ferry fare and pocket money.

More information (and application) at <http://depts.washington.edu/engl/cw/poetryfh16.php>

Like Friday Harbor Creative Writing on Facebook at
<https://www.facebook.com/FridayHarborCreativeWriting/>

Events:

● The Early Entrance Drama Society Presents Our 22nd Annual Production

"The Foreigner" a play by Larry Shue

Awkward, shy, and painfully introverted Charlie Baker isn't sure what to expect when he agrees to take a trip with his old army buddy, Froggy LeSueur, to Mrs. Meek's Guest House and Fishing Lodge. Deep in the heart Georgia and far away his grey little proof reader's desk and dying wife in London, Charlie is way out of his element. And to make matters worse, he has to spend the whole weekend talking to strangers! So Froggy fixes it for him -- as far as anyone knows, Charlie (or Chaa-oo-lee, in his native language) is a foreigner from an exotic land, and "don't understand no English, not even when it's REAL LOUD". But Froggy's "fix" causes more problems than it solves. Within moments of settling down in a battered old armchair, Charlie is thrown headfirst into the drama of Tilghman County. Between antics, intrigue and a run-in with the KKK, Charlie begins to wonder if he really does speak a stranger's language.

April 21st - 24th, 2016 @ the Ethnic Cultural Theater, UW Seattle

Tickets Available at the door, \$5 Students, \$10 General

● **UTS Presents “The Language Archive”** a play by Julia Cho

Enamored with the beauty of words, George is consumed with the task of documenting dying languages from far away places. But in his own home, words fail him. His wife is threatening to leave, tiring of his inability to express his true feelings. Meanwhile, his assistant, Emma, conceals her own affections from him. With all sorts of dialects, this whimsical, passionate play explores how we find the right words to keep the language of love alive.

March 3-13th at the Cabaret Theater, Hutchinson Hall

More Info and Tickets: <http://www.brownpapertickets.com/event/2505464>

● **Dance Majors Concert**

March 4th & 5th @ 7:30pm, March 6th @ 2:00pm, (Preview March 2nd @ 7:30)

[Meany Studio Theatre](#)

Experience Contemporary Dance from a fresh and youthful perspective! Enjoy the exuberance as UW Dance Majors express their creative voices through every aspect of dance—from choreography to production and design. These adventurous and innovative young artists revel in creating original work, and in celebrating master choreographers from today as well as yesterday. This concert is sure to grab your attention and be highly entertaining.

Event Page: <https://dance.washington.edu/events/2016-03-02/dance-majors-concert>

● **Faculty Chamber Music Concert**

Sunday, March 6, 2016 - 7:30pm // [Meany Theater](#)

Newly appointed faculty artist Sæunn Thorsteinsdóttir (cello), artist-in-residence Cristina Valdés (piano) and associate professor Melia Watras (viola) are joined by Pacific Northwest Ballet Concertmaster Michael Jinsoo Lim (violin) in an evening of high-voltage chamber music, including works by Haydn, Kodály, and Dvořák.

See Event Page:

<https://music.washington.edu/events/2016-03-06/faculty-chamber-music-concert>

● **From Survival to Healing: The Multicultural Music of the Vietnam War**

Monday, March 7 @4:00-5:00pm // Intellectual House

In [We Gotta Get Out of This Place](#), Doug Bradley and Craig Werner explore how and why U.S. troops turned to music as a way of coping with the complexities of the war they had been sent to fight. The personal reflections of the Vietnam veterans--black and white, Latino and Native American, men and women, officers and "grunts"--drive this book's powerful narrative.

Doug Bradley, a Vietnam veteran, teaches a course on the war with Craig Werner, professor of Afro-American studies at the University of Wisconsin-Madison and author of [Higher Ground: Stevie Wonder, Aretha Franklin, Curtis Mayfield, and The Rise and Fall of American Soul](#).

More details [HERE](#).

● **March Castalia**

Wednesday, March 9th @ 7:30pm // Hugo House 1634 11th Ave, Seattle, Washington 98122

Castalia is a monthly reading series at the Richard Hugo House featuring graduate students, faculty, and alumni from the University of Washington MFA program. This evening features first-year prose candidate Jane Youngberg, second-year poetry candidate Erin L McCoy, second-year prose candidate Patrick Runyan, alumnus Elizabeth Cooperman, and poetry faculty Andrew Feld.

Facebook Event Page: <https://www.facebook.com/events/588757701276232/>

● **Take Back The Night**

March 10th @ 7PM

Join us for a powerful evening to commemorate survivors and victims of sexual assault and relationship violence. Take Back the Night is an open mic during which people may share their own stories and feelings about violence. Hosted by ASUW Sexual Assault and Relationship Violence Activists.

Facebook Event Page: <https://www.facebook.com/events/554835328026988/>

● **FREE Yoga & Meditation for ALL UW Students before finals**

UW Mindfulness is opening up some of our yoga and meditation classes to ALL UW STUDENTS during the week before finals. This can often be a stressful time and we hope you're able to join us to take some time to take care of you. Please note we will NOT have yoga mats available to loan out, if you attend a yoga class, please be sure to bring your own mat.

Events happening Monday-Friday of finals week!

More info available on our website: <http://www.uwmindfulness.org/pre-finals-week-events>

Facebook Event Page: <https://www.facebook.com/events/1036415139762839/>

● **Paul McCarthy: White Snow, Wood Sculptures**

Henry Art Gallery // March 05, 2016 — September 11, 2016

The Henry presents an exhibition of black walnut sculptures by American artist Paul McCarthy (born 1945). Ranging in height from four to fourteen feet, the works that occupy the museum's lower level gallery are the product of the artist's interest in the nineteenth-century German folktale Schneewittchen (Snow White) and Walt Disney's beloved 1937 animated classic film.

For these works, the artist turned to computer mapping to digitally scale, shape, and manipulate the final wood sculptures. The resulting pieces are recomposed, and sometimes grotesque, variations of familiar characters from the classic tale, such as the Prince, Dopey, and Snow White herself. The centerpiece of the exhibition, *White Snow, Bookends* (2013), is a two-part monumental sculpture weighing a total of 36,000 pounds. The giant "tchotchkes" are entangled and dislocated representations of the Prince and White Snow on horseback that recall the elaborate compositions of Baroque sculpture, but that instead court truncated narratives and abstraction.

In his protean and unbound work McCarthy has sought to violently question conventions. Poking fun at and providing a biting critique of society's most beloved symbols and deeply held beliefs, McCarthy is intent and insistent on stretching and subverting the widely accepted notions of moral, social and artistic order.

- Next week is the **QPOCA potluck and movie/game night**, so bring friends! Thursday, March 10th, 5:30pm-whenever. <https://www.facebook.com/qpoca/>