

Black Resource Center

March 2023 Newsletter



The Black Resource Center (BRC), located in Gleeson Library 234, will be open during library business hours. Come by to study, take a breather between classes, and connect with fellow Black students!

Stay engaged with BASE! Follow us on **Facebook**, **Instagram**, and **Twitter**. If you have comments, questions, ideas for programming, or would like to feature your event in our newsletter, please contact us at base@usfca.edu or **(415) 422-2503**.

March 2023 Events

Brother Connection

LinkedIn Workshop

March 7 | 7–9 p.m. | Fromm Hall, Berman Room



Join Brother Connection for a LinkedIn workshop featuring Damon Wiley, a first-generation college graduate and LinkedIn employee. Learn how to find and land internships and full-time jobs using your network, resume, and LinkedIn! This session is open to all undergrad and graduate students.

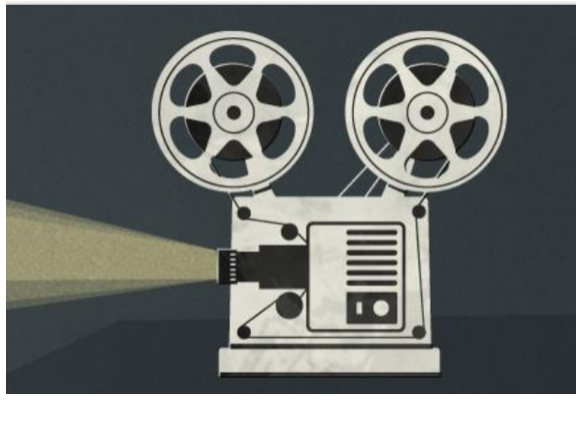
Melanin Detox

March 21 | Cultural Center | 6–7 p.m.

Relax your beautiful melanin by creating your own DIY body scrub with essential oils, and other fun variables of self-care that we know and love.



[RSVP Here »](#)



BRC Movie Night:

House Party

March 23 | McLaren 251 | 7:30–9 p.m.

Join BRC staff for a movie night featuring *House Party*, the new, star-studded reboot of Kid 'N Play's 1990 comedy classic. Fresh pretzels and popcorn will be provided. Feel free to invite your peers.

[RSVP Here »](#)

Congressional Black Caucus Foundation Scholarships



Congressional Black Caucus Foundation

For more than three decades, the Congressional Black Caucus Foundation in partnership with CBC Spouses has awarded scholarships to talented and deserving students. Each year, CBCF awards more than 300 scholarships to students that demonstrate leadership ability through exemplary community service and academic talent. The scholarship programs support current or upcoming college students across a variety of disciplines.

[Apply Here »](#)

University Resources



Counseling and Psychological Services (CAPS): Group Therapy for students

Glow and Grow

Featuring Dr. Jevon Rice and Hedieh Hakakian MA

Thursdays | 1:15–2:45 p.m. | Zoom

Glow and Grow is a six-week healing space for students who identify as a member of the **global majority** and "who experience life through the lens of womxn in body, spirit, identity—past, present, future, and fluid." In this space, we focus on building community and empowerment.

Transitions Group

Featuring Dr. Jevon Rice and Sanil Mayikunnel MS

Thursdays | 1:15–2:45 p.m. | Zoom (starting on March 22)

A six-week group for students experiencing emotional distress related to life transitions, where students not only connect with others but learn skills to help with their life changes. Through a culture-first lens, participants will learn and discuss mental health and general wellness strategies to address the impact of change. Topics include transitioning to USF, reestablishing a self-care routine (e.g., sleep, exercise, nutrition), readjusting thinking patterns and mood around change, information about building healthy connections within the USF and Bay Area community, tips for engaging in new environments and cultures, supporting the growth of resiliency, and more.

Register here or by calling CAPS at **(415) 422-6352**.

[Sign Up for CAPS Services »](#)

Center for Academic and Student Achievement (CASA)

The Center for Academic and Student Achievement (CASA) is your home for compassionate academic and personal support that promotes holistic student development. Each USF undergraduate student is assigned to an academic success coach. You can find out who your coach is in your **Student Hub** under "My Success Team." You may **make an appointment** with your coach, or you can visit any coach during their regular **drop-in hours** without an appointment.

Learning, Writing, and Speaking Centers

The LWSC offers academic assistance to all students. Services are available at no additional cost to USF students and include subject-specific tutoring, writing assistance, and communications-related support.

[Request an Appointment »](#)

Join the conversation **#USFCA**



UNIVERSITY OF SAN FRANCISCO
Black Achievement Success
and Engagement Initiative

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