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CULTURAL AND
COMMUNITY CENTERS
VIRGINIA TECH.

CCC Weekly News & Updates

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SOAR SIT-DOWNS

NEW TOPIC EVERY FRIDAY

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FRIDAYS AT 12PM

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LIVE!

SOAR
STUDENT OPPORTUNITIES & ACHIEVEMENT RESOURCES PROGRAM
an initiative of the

PHOTO: A collage of students holding signs that say "I Won't Quit!", "Together We Stand!", and "Hokies Hokies".



STUDENT AFFAIRS
COOK COUNSELING CENTER
VIRGINIA TECH.

Improve Your Relationship with Yourself

You don't have to stop working on your relationships while self-isolating, work on **your most important one – the one you have with yourself.**

Scan the QR code to sign up!



Who: Any current VT student

When: May 6, 6-7pm

Where: A Zoom link will be sent out to registered participants



The most important relationship in your life is the relationship you have with yourself. – Diane Von Furstenberg



Q*mmunity Group is going online!

Join us on Monday's from
3:30-5:00 on Zoom!

Co-facilitated by:

Dr. Jordan Harrison (Cook Counseling)
Swathi Prabhu (Hokie Wellness)
and Dr. Bing (LGBTQ+ RC)

Registration is required at:

<http://ow.ly/8q1Q50zcxhF>

Scan me:



ACEC & AASU PRESENT VIRTUAL TRIVIA NIGHT

Stressed about finals? Know people with big brain energy?
Come get a team together and join us for Virtual Trivia Night
to take a break from studying!

May 7th, 2020 at 7 PM

Questions? Contact Dr. Nina Ha at nha@vt.edu
Zoom Link: <https://virginiatech.zoom.us/j/98362074971>

ASIAN
CULTURAL
ENGAGEMENT
CENTER



THE LGBTQ+ RESOURCE CENTER PRESENTS:

VIRTUAL WORKROOM

MONDAY, WEDNESDAY, & FRIDAY 12-2PM

HERE'S HOW IT WORKS:

- Send "I'm in." to LGBTQ@VT.edu from your VT account to receive the link
- Join & leave whenever you'd like
- Cameras optional but microphones off
- Write in the chat what you're hoping to get done each day
- When you leave, update us on how you did!

IT'S OKAY IF YOU DON'T REACH YOUR GOAL.
WE'RE ALL JUST TRYING TO DO OUR BEST.



Want to make the most of your break?

HOKIE MENTORSHIP CONNECT IS AT YOUR DISPOSAL!

connect with a mentor

get help with your major

find your career path

discuss different career topics

get educated about graduate school, medical school, etc.

pick an alum's brain

ask quick questions about interviews & career advice in flash mentorship

look for your next mentor



mentoring.career.vt.edu



CHANGE OF SUMMER PLANS DUE TO

SOCIAL DISTANCING?



Hop onto Hokie Mentorship Connect to connect with alums, faculty, staff, and other students regarding...

#1	FINDING YOUR IDEAL CAREER PATH
#2	DISCUSSING VARIOUS CAREER TOPICS
#3	CONNECTING WITH AN EXPERIENCED MENTOR
#4	LEARNING MORE ABOUT A CLASS YOU'RE INTERESTED IN TAKING
#5	ASKING ABOUT INTERVIEWS, CAREER ADVICE, AND MORE
#6	EXPLORING MAJORS

Explore the limitless options available at mentoring.career.vt.edu to see how Hokie Mentorship Connect can work for you.



HOKIE Mentorship Connect

Black Career Connections

GET CONNECTED!



GROUP DISCUSSION BOARD

- Black/African American Undergraduate Students and Alum Participants
- Industry Experts with Unique Minority Perspectives
- Ask Questions and View Comments
- Actively Engage by Career-Related Interest
- Networking
- Conduct Informational Interviews
- Ask Questions about your Resume, Job Search and more

Creating relationships between multiple generations of Hokies!

mentoring.career.vt.edu



Contact us at:
cpdmentorship@vt.edu

Career and Professional Development
Smith Career Center
870 Washington St, SW • Blacksburg, VA 24061
career.vt.edu • 540-231-6241

Kwame Ture Leadership Academy **2020-2021**

Welcome:

Kwame Ture Leadership Academy (KTLA) invites you to become part of its inaugural cohort! Our leadership education program is specifically designed to meet the needs of student advocates and justice-centered organizations. On behalf of the program director and the advisory council, we invite you to apply for admission to our program. We know you'll love the experience!

Purpose:

KTLA will prepare a select group of students for current and future leadership and organizing roles on campus and in their broader communities by providing a structured program for skill building, access to culturally-centered and holistic knowledge on critical leadership and organizing, meaningful community engagement, and professional development.

Program Goals:

1. To identify students with potential to become Sema Leaders and to invest in their growth and development
2. To increase the capacity for leading effective change at Virginia Tech and other communities that students represent
3. To connect students to a culturally appropriate framework for leadership and community work

Benefits to Participants:

1. Develop a transferrable skill set that can be used personally, civically, and professionally
2. Team-based learning as well as one-on-one coaching
3. Access to intellectual resources and training materials
4. Community building with a strong cohort of passionate leaders

Due to the nature of this program, admission is limited to 15 students. Applications are due MAY 15 by 11:59pm. Email bfaulkne@vt.edu for eligibility requirements or to request the application link. If the university isn't open for Fall 2020 semester, then the program will be delayed.

KTLA is sponsored by the Gloria D. Smith Professorship in Africana Studies.



Wake Up With Cook

* Are you struggling to work on assignments or study for exams?

Is the lack of structure that comes with online learning making it hard to feel motivated?

Join us for Wake Up With Cook and build some structure into your day. Connect with peers and learn what they are doing to manage distractions and stay motivated through the end of the semester.



Scan to RSVP

Every Monday and Wednesday 9 — 9:30am

April 20 — May 11, 2020



To have your event included in the CCC Newsletter, email Sandy Martin at sypack@vt.edu with information and files by Thursday of each week.