

Handout

Cowell College
The Pursuit of Truth in the Company of Friends
February 2016
Cowell College Programs, Room 133, (831)459-2255
also online at cowell.ucsc.edu/activities

Cowell Let's Go! Dinner & MLK Jr. Convocation
Friday, February 12; Meet at 5 pm; Cowell Provost House
RSVP by 2/9 if you will eat dinner: crmarcus@ucsc.edu
Do you like Woodstock's pizza, greek salad, and Cinnabread? Join us for a dinner with Provost Faye before we catch a shuttle down to the Civic Auditorium. The Convocation features a keynote speech by Alicia Garza, co-creator of the **#BlackLivesMatter** movement! Enjoy dinner, conversation, and an excellent program. Bring your UCSC ID for the bus!

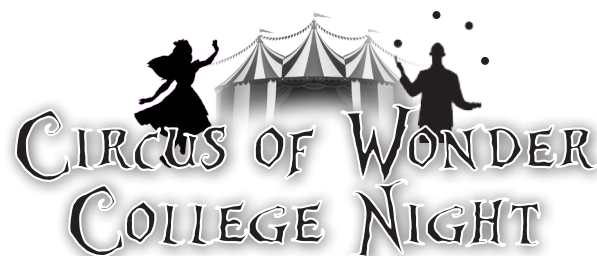
BLACK LIVES MATTER



Shameless Dance

Friday, Feb. 5; 9:30pm-12:30am; Cowell Dining Hall & Fireside Lounge
For more info: ijreynol@ucsc.edu

Come have some shameless fun! Join us for free food (cake pops!), photo booth, and lots of shameless dancing. This event aims to celebrate sex positivity and combat sex shaming. No matter what your sexuality, abstinent or sexually active, this event is for everyone. Let's stop judging each other for who we are and what we choose to do with our bodies. Check out the photobooth and activities in the Fireside Lounge. UCSC ID required to enter. This is a sober event. Non-UCSC guests welcome with a UCSC host. Co-sponsored by SHOP and the CARE office.




Wednesday, February 9
6 - 7:30 pm (doors at 5:45 pm)
Cowell Dining Hall

Don't be late for this very important date! Acrobats, aerialists, unicyclists, stilt walkers, a fire eater and more! This is one tea party you won't want to miss. So join us and we promise you will have a mad good time.

This event packs the house so come early to secure your spot. Just want to watch the show? Entrance will be open and free to all after dinner at 6:45pm so bring all of your friends!

TENTATIVE Menu: pork sliders with cole slaw, butternut squash ravioli (vegan), grilled BBQ chicken, kettle corn, thick cut fries, pretzel sticks, corn on the cob, spinach salad with apple, cranberry, and walnuts, lemon upside-down cake, cookies, hot tea, and cherry juice.

College Night Ticket Info: Cowell students with a meal plan: swipe your card at the door. Off-campus students without a meal plan: pay \$2 in advance at the Programs Office room 133. Faculty & staff contact Provost Assistant: cwprvstasst@ucsc.edu, 459-2251. Arrive on time.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	01 12:30-1:30p: Meditation, FSL 7-8:30p: Yoga Class, FSL	02 11:30a-1:30p: Grad Checks, Senior Commons	03 11:30a-1:30p: Grad Checks, Senior Commons 7-8:30p: Balloon Art Brigade, ACR	04 7-8p: Crafter's Club, ACR 8-9:30p: Cowell Senate, Conference Room 132	05 <i>Deadline: Major/Minor Declaration</i> 2:30-3:30p: Meditation, FSL 5-6p: Hula Hoop, CDH 9:30p-12:30a: Shameless Dance, CDH	06
SUNDAY	07	08 12:30-1:30p: Meditation, FSL 7-8:30p: Yoga Class, FSL	09 <i>RSVP by today for 2/12 MLK Jr. Event</i> 6-7:30p: Circus of Wonder College Night, CDH 8-10p: Photo Club, Conference Room 132	10 <i>Deadline: Change Mealplan</i> 7-8:30p: Balloon Art Brigade, ACR 8-10:30p: KPP Open Mic, FSL	11 <i>Deadline: CUIP Application</i> 7-8p: Crafter's Club, ACR 8-9:30p: Cowell Senate, Conference Room 132	12 2:30-3:30p: Meditation, FSL 5p: Let's Go! MLK Convocation, Provost House 5-6p: Hula Hoop, CDH
14	15  Presidents' Day: No Classes	16	17 7-8:30p: Balloon Art Brigade, ACR 8:30-10p: Open Mic, FSL	18 7-8p: Crafter's Club, ACR 8-9:30p: Cowell Senate, Conference Room 132	19 2:30-3:30p: Meditation, FSL 5-6p: Hula Hoop, CDH	20 1-3p: Sock Monkey Making, ACR
21 12-2p: Dine-In Advising, CDH 12:30-1:30p: Meditation, FSL 7-8:30p: Yoga Class, FSL	22	23 12-2p: Dine-In Advising, CDH 8-10p: Photo Club, Conference Room 132	24 7-8:30p: Balloon Art Brigade, ACR 8-10:30p: KPP Open Mic, FSL 9-10p: Groovy Smoothie, ACR	25 7-8p: Crafter's Club, ACR 8-9:30p: Cowell Senate, Conference Room 132	26 2:30-3:30p: Meditation, FSL 5-6p: Hula Hoop, CDH 9-10p: Sad Improv, FSL	27 Location Key ACR = Apartment Community Room CDH = Cowell Dining Hall FSL = Mary Holmes Fireside Lounge SEC = Stevenson Event Center
28 12:30-1:30p: Meditation, FSL 7-8:30p: Yoga Class, FSL	29					

Next Handout published March 1!

Weekly at Cowell

Meditation Class for All

Mondays, 12:30-1:30 pm & Fridays, 2:30-3:30 pm; Fireside Lounge
For more info: telessar@ucsc.edu

Drop in to Meditation Class for All where you can learn basic meditation techniques to relax the body and mind. All levels of experience welcome.

Yoga Class

Mondays, 7-8:30 pm; Mary Holmes Fireside Lounge
For more info: klea@ucsc.com

Free yoga classes right here at Cowell! Mats provided.

SUA Representative's Office Hours

Wednesdays, 4-6 pm; Cowell Room 135

To schedule an appt please contact: bshaugen@ucsc.edu

Come talk to one of your SUA Reps, Bryna Haugen, about your queries and concerns around your representation in Student Government!

Balloon Art Brigade

Wednesdays, 7-8:30 pm; Apartment Community Room
For more info: slugballoons@gmail.com

Discover the unique skill of balloon art while making friends and serving your community! We entertain and volunteer at a variety of events. New members always welcome!

Cowell Crafter's Club

Thursdays, 7-8 pm; Apartment Community Room
For more info: shcarril@ucsc.edu

Love pinterest? Join the Crafter's Club every Thursday and create something beautiful to give as a gift or to decorate and proudly showcase in your room! Every week is something different and you can have input on what you want to see happen at the next meet up.

Cowell Senate

Thursdays; 8-9:30 pm; Cowell Conference Rm. 132
For more info: Tori_vvotino@ucsc.edu

Do you want to meet awesome people while having a say in how your money is spent? Come check out Cowell Senate and all the leadership opportunities it provides.

Hula Hoop Club

Fridays; 5-6 pm; Founders' Glen
For more info: mchayash@ucsc.edu

Come learn how to hoop dance and form your own flow! Bring a hoop or use the ones provided. All hoopers welcome, from beginner to advanced. This is the perfect place to learn or expand on hoop dance skills.

Entertainment Co-Op

Monday, Wednesday, & Friday · 6-8 pm
Cowell Senate Office, Room 135

For more info: cowellcoop@gmail.com

Bored and have nothing to do? Stop by the Co-Op it's a FREE rental service for all Cowell students! Video games, DVDs, glow in the dark Frisbee's and much more!

Important Housing & Academic Deadlines

Date	Event/Deadline
Feb 5	Apply for winter quarter graduation on student portal & declaration/change of major/minor deadline
Feb 10	Deadline for meal plan change for spring quarter
Feb 17	Deadline to withdraw from a class, deadline to credit by petition, deadline to add by petition, & deadline to withdraw from the university.
Feb 24	Priority enrollment begins
Feb 26	Deadline to petition for change of college

Meal Plan Change Filing Period for Spring Quarter

Submit change at studenthousing.ucsc.edu from February 1-10

Both upgrades and downgrades are allowed during the meal plan change filing period. Outside of the filing period, you may only upgrade your meal plan. Changes made during the filing period take effect at the beginning of the spring quarter and will be reflected on your spring quarter billing statement.

Volunteer Love



Thanks to our Cowell Events Crew and Photographers who signed up to help at January events such as We Love Our Animals College Night and Open Mic! Who helped? Alexandra, Hannah, Siria, Cassidy, Alice, and Jewel! How about you? Sign up with Briana, our Volunteer Coordinator, by emailing: volunteercowell@gmail.com.

Graduation Checks!

Tues. & Wed., Feb. 2 & 3; 11:30am-1:30pm; Senior Commons Rm 225
For more info: cowell@ucsc.edu or 831-459-2253

Juniors and Seniors check in with an adviser to make sure you are on track to graduate.



Photo Club

Tuesdays, February 9 & 23; 8-10 pm; Cowell Conference Room 132
For more info: Cowellphotoclub@gmail.com

Are you interested in photography? Cowell photo club is a group of photographers of all skill levels who love and appreciate the art of photography! We have workshops, contests, showcases and more!

Kinetic Poetics Project's Open Mic

Wednesdays, February 10 & 24; 8-10:30 pm; Fireside Lounge
For more info: amoskow@ucsc.edu

Are you hungry for words? Come through with your poems to share, or just attend as an audience member! Music and other forms of expression welcome as well. This show is completely free. Sign-ups at 7:30pm.

Advising Week

Wednesday, February 17 - Tuesday, February 23
For more info: cowell@ucsc.edu or 831-459-2253
Prepare for Spring 2016 enrollment!

Cowell Open Mic

Wednesday, February 17; 8:30-10 pm; Cowell Fireside Lounge
For more info: jvanover@ucsc.edu

Are you a comedian? A slam poet? Do you own a guitar? Then come to the Cowell Fireside and share your talent with us! Sign-ups start at 8:15pm!

Sock Monkey Making

Saturday, February 20; 1-3 pm; Apartment Community Room
For more info: shcarril@ucsc.edu

Want to make something worth bragging about? Come learn how to make a sock monkey and several other cute stuffed animals for your room or to gift to someone else!

Dine-In Advising

Monday, Feb. 22 & Tuesday, Feb. 23; 12-2 pm; Cowell Dining Hall
For more info: cowell@ucsc.edu or (831) 459-2253

Get ready for priority enrollment. Talk to your advisers about your courses for Spring 2016.

Groovy Smoothies



Wednesday, February 24; 9-10 pm; Apartment Community Room
For more info: smuniz@ucsc.edu

It's week 8, exhausted yet? Re-energize with a real fruit smoothy! There will be plenty to choose from, so bring your friends and lets get groovy!

Someone Always Dies Free Improv Show!

Friday, February 26; 9-10 pm; Mary Holmes Fireside Lounge
For more info: memoorhe@ucsc.edu

Do you like free things? Do you like to laugh? Do you like ice cream? If you answered yes to any of these, come to the Someone Always Dies Free Free Free Improv Show!

Around Campus....

Apply to the Chancellor's Undergraduate Internship Program (CUIP) for 2016-2017!

Deadline: February 11

For more info: careers.ucsc.edu/intern/cuip/

CUIP provides on-campus internships in programs and departments throughout the campus. Interns work with a mentor to develop personal and professional skills, and take a leading role in producing project in their internship. Interns take part in a 2 unit leadership seminar class for fall, winter, and spring quarters. A stipend of 8,200 dollars is paid towards the intern's registration fees for the academic year!

32nd Annual MLK Jr. Convocation ft. Alicia Garza

Friday, February 12; 7 pm; Santa Cruz Civic Auditorium

For more info: ucsc.edu/mlk

Social activist Alicia Garza prompted activism nationwide when she introduced the world to the Twitter hashtag #BlackLivesMatter along with movement cofounders Opal Tometi and Patrisse Cullors. Delivering powerful perspective on the adversities inflicted by social injustice and discrimination, Garza educates and inspires audiences to organize and stand together to transform society into a world where the lives and contributions of all individuals are recognized equally. This event is free and open to the public.

Commencement Countdown!

19
Weeks Left

cowell.ucsc.edu/commencement

If you're a Cowell student who plans to graduate between now and winter 2017 then you're eligible to be in Cowell's Commencement on Saturday, 6/11/16. Read the comprehensive "Info for Cowell Grads" pages today... NOW is the time to register to be in the ceremony, make sure your majors and minor are correct, nominate student speakers, and/or get involved in event planning.

Cowell Commencement: **Sat., June 11, 1:30pm, East Field**