



October 2021

Dear Student Leaders,

Happy Fall! We know this time of year not only brings beautiful colors to the Rochester landscape, but also mid-term papers, exams, and other academic priorities. It can be stressful, especially as we are all still adjusting to the hectic pace of in-person classes and activities. Please remember to practice self-care and take advantage of the many resources UR offers, including some of which are listed in this edition. A quick walk in the crisp autumn air can be the study break you never thought you needed!

What's Inside:

1. [Accolades and Awards](#)
 2. [Equipment and Event Supplies](#)
 3. [Club Rochester](#)
 4. [Advanced Reservations](#)
 5. [CCC Activity Registration Resubmission](#)
 6. [Medallion Program Workshops](#)
 7. [CCC Office Hours & Service Request Form](#)
 8. [UCC Drop-In Sessions](#)
 9. [International Education Week Grant](#)
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Accolades and Awards

Do you have something exciting to share about your Organization? Submit an [Accolades and Awards form](#) to have your exciting news shared in our next edition of the Insider!

- Pre-Season Rankings were announced by USA Rugby, and our **Women's Rugby** team has been **ranked as #8 in the Nation!**
 - **Cycling** member, **Becca Penczer**, finished 2nd in a Short Track Cross-Country and 2nd in Cross-Country. **Erika Newcomb** finished 1st in Short Track Cross-Country and 2nd in Downhill. **Dan Baumel** finished 2nd in Downhill. Cycling is also currently **ranked #1 in the Eastern Collegiate Cycling Conference**. This puts them ahead of the US Military Academy, as well as, University of Vermont - both highly recognized programs.
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Equipment and Event Supplies

Did you know Wilson Commons Student Activities has programming equipment and supplies available for Student Organization events and activities at no cost? Items such as balloons,

As a reminder, similar to Activity Registration, please keep a close eye on your CCC chats as communication regarding your submission will occur there.

All requests must be submitted a minimum of seven (7) days prior to your activity date.

Additionally, Common Connection (201 Wilson Commons) is offering COVID Kits to Organizations who are in need of extra masks, gloves, band-aids, and disinfectant wipes for their activities. Simply stop by the desk to sign one out!

Club Rochester

Is your Organization interested in co-hosting the next Club Rochester? The theme of our upcoming event on November 5th is: **Celebramos!** As a co-host your Organization would be responsible for creating a flyer, promoting the event, assisting with event set-up, scheduling volunteers to table for the duration of the event at your own station, picking the music and menu options, and more!

Upcoming Club Rochester Dates:

Events are held on select Fridays from 3:30 to 5 p.m. in the Feldman Ballroom.

- Friday, November 5th - *theme: Celebramos!*
- Friday, February 4th
- Friday, April 1st

Speak with your advisor to see if hosting a Club Rochester is a good fit for your Organization, then [reach out to us!](#)

Advanced Reservations

Reservation requests for Spring 2022 major events will be accepted starting Wednesday, October 13th through Sunday, October 31st. More information about reservation timelines for

If you do not have a VEMS contact identified, please have an Officer of your Organization complete the [Change Virtual EMS Contact form](#).

CCC Activity Registration Resubmission

Has something changed for your activity? Was it placed in "Requires Modifications" mode? Our [Activity Registration Resubmission Guide](#) can help you make sure your Activity Registration gets back on track. If you have additional questions or need support, please submit a [CCC Service Request](#).

Medallion Program Workshops

As an initiative of the Office of the Dean of Students, the Medallion Program is a flexible three-tiered program which provides workshops, interactive activities, and personal reflection to develop leadership capabilities. Student Organizations can request any workshop for their Organization [here](#). Most workshops will be held in-person, with a quarter of workshops conducted through Zoom. Register on CCC for access to attend. You do not need to be enrolled in the Medallion Program to attend. Email the [Medallion Program](#) if your Organization is interested in co-sponsoring one of these workshops!

Workshop	Date	Time	Location
Understanding Leadership	Wed 10/6	6-7pm	Genesee 325
Safe Zone Training	Fri 10/8	3-4:30pm	Douglass 401
Understanding Privilege & Taking Action	Tues 10/12	5-6pm	Douglass 401
Membership Retention	Wed 10/13	6-7pm	Genesee 325
Emotional Intelligence - Part 1	Thurs 10/14	6-7pm	Virtual - Register on CCC

Badass Bystander	Fri 10/15	3-5:30pm	Havens Lounge
Leadership	Sat 10/16	4-5pm	Genesee 325
Voice of Customer/Customer Discovery	Tues 10/19	5-6pm	Virtual - Register on CCC
Building Time Management Habits & Strategies	Tues 10/19	5-6pm	Virtual - Register on CCC
Values	Tues 10/26	5-6pm	Douglass 401

CCC Office Hours & Service Request Form

Want to give feedback? Are you or your Organization looking for personalized training? Are you experiencing an issue with CCC? Submit a [CCC Service Request Form](#). The Service Request form is the most direct way to get training, help, and your questions answered about CCC.

Do you have questions about using CCC? Want to learn how to register an activity? Update your roster? Join us for CCC Office Hours on Fridays from 10 a.m. to 12 p.m. in the Graphic Arts Suite (Wilson Commons Room 103a) or via Zoom.

UCC Drop-In Sessions

Starting Thursday, October 7th, UCC will offer drop-in sessions for all UR students during the month of October, focusing on the following themes:

Drop-In Theme	Date & Time	Zoom Meeting ID
Emotional Wellness	Mondays @ 5pm	946 5888 1031
International Student Support	Tuesdays @ 2pm	912 9403 3796
Test Anxiety/Panic Management	Thursdays @ 2pm	997 0631 5524
Our Healing Breath*	Thursdays @ 6pm	918 4800 2486

International Education Week Grant

The Office for Global Engagement IEW Grant funds programming during the month of November that celebrates the benefits of international education. This includes lectures and programs which highlight international academic programs and research, in addition to those that encourage the integration of our domestic and international student body. This grant is open to all Student Organizations. Deadline to [apply](#) is **October 15th**.

This publication is brought to you by Wilson Commons Student Activities: The Student Organization Insider is WCSA's monthly e-newsletter for student organization executive boards and advisors. The Student Organization Insider (SOI) is intended to keep student leaders informed on opportunities and updates from their areas of advisement: Students' Association, Athletics, the Interfaith Chapel, Fraternity and Sorority Affairs, Residential Life, Rochester Center for Community Leadership, the Hajim School, and Wilson Commons Student Activities. The SOI will not focus on information available to students through The Report or Weekend Highlights, and it will not be used to advertise student organization events. Instead, this newsletter is a unique and specialized publication with information and opportunities that are relevant to you as student leaders.

Wilson Commons Student Activities

University of Rochester

Email sent by wcsa@rochester.edu to [Recipient email here]

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