

# Residential Life Weekly

## Announcements

### Dining Menu



View the weekly menu & see what's open now!

[Menu](#)

### Spring Schedule



The spring class schedule is set to be released today.

[Spring Courses](#)

### Leaving at Semester?



Submit a Contract Release Request to Residential Life.

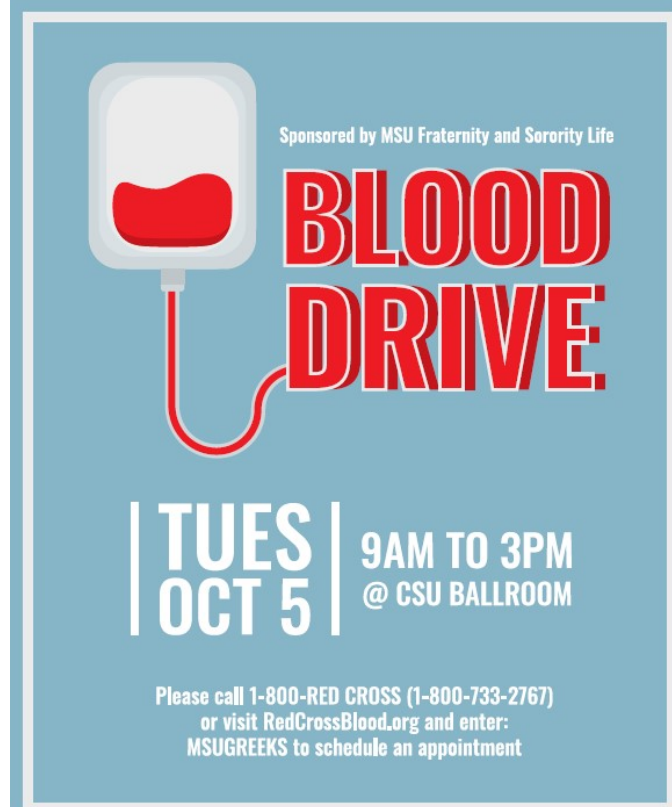
[Contract Release](#)

## Grab your Friends & Go!



### Blood Drive

Tuesday  
9 a.m. to 3 p.m.  
CSU Ballroom



[Schedule a Blood Donation](#)



### 5th Rated Maverick Hockey vs. St. Cloud State

Friday  
7:07 p.m.  
Mayo Events Center



### How to Get your Ticket

Did you Buy a FastPass? Pick it up in the Athletics Office in Myers Field House 135 between 8 a.m. and 4:30 p.m.

Claim a ticket in the CSU and University Dining Center (at the promotional table) on Wednesday between 11:30-1 p.m. Any tickets not claimed during this time can be picked up in the Athletics Office until supplies run out.

If all student tickets are claimed, students may show their MavCARD at the Mayo Clinic Event Center and receive a \$5 student ticket, based on availability.

[Buy a FastPass \(limited quantities available\)](#)

## Focus on Academics

### UNBE-Leaf-ABLY AWESOME CAMPUS RESOURCES

#### THE COUNSELING CENTER

Free counseling available to students!  
Call (507)-389-1455 or email  
counseling-center@mnsu.edu

#### STUDENT HEALTH SERVICES

With an accredited on-site clinic and a full-service pharmacy, SHS is available to take care of your health needs!  
Call (507)-389-5787 to make an appointment.

[Counseling Center](#)

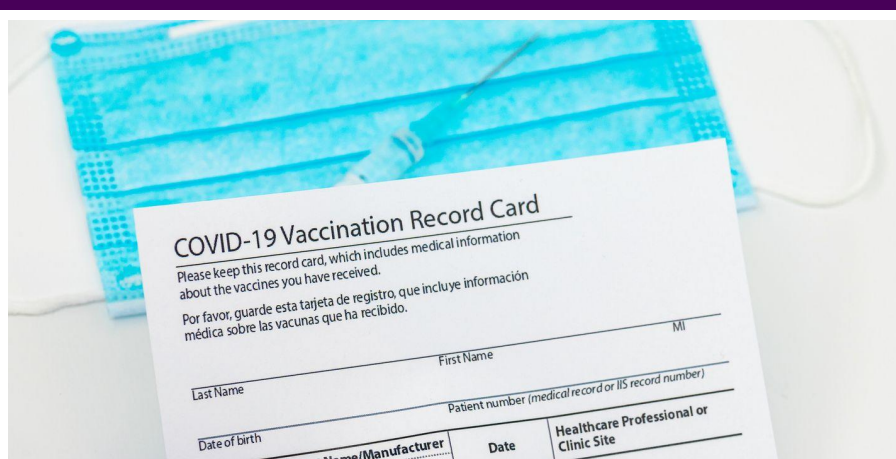
[Student Health Services](#)

## Newsworthy

### Submit your COVID Vaccine Record

If you have received the COVID vaccine, **upload it to the Student Health Services Patient Portal by October 4.**

If you have not received a vaccine and want one, schedule an appointment with Student Health Services.



[Instructions to Upload Document](#)

[Student Health Services Patient Portal](#)

[Schedule Appointment with Student Health](#)

### Apply Now to Join NRHH



The mission and purpose of NRHH is to recognize students living on campus for their contributions and to provide leadership training for students. [Learn more about NRHH.](#)

[Apply to Join NRHH](#)

### Mental Health Awareness Week Events

**Monday, October 4**  
Mental Health Demo & Stop the Stigma Cards  
Campus Mall (near fountain); 10 a.m. to 4 p.m.  
Free cookies & drinks.

**Tuesday, October 5**  
Therapy Dogs & Pigs  
Campus Mall (near fountain); 11-1 p.m.  
Snacks provided during event.

**Wednesday, October 6**  
Speaker **Nate Cannon**  
Ostrander Auditorium (CSU); 1-4 p.m.  
Food provided during event.

**Thursday, October 7**  
Mental Health Screening and Help Desk  
CSU Lincoln Lounge



[Sign the Stigma Free Pledge](#)

### Lower-Level Preska Laundry Room is For All

## ALL-RESIDENT Laundry Room

Multiple Machines

TV & Study Lounge

**YOU HAVE ACCESS TO THIS SPACE**

All residents have card access to the All-Resident Laundry Room in the lower-level of Preska. Use the convenient elevator to transport your laundry to get it done in one sitting. Utilize the TV and Study Lounge to hang out while using the facility. Vending and computers also available.

[View the Laundry Room](#)

**Volunteer @ CK**

Campus Kitchen needs help prepping meals. Located at Crossroads (by PA Bldg).

[Pick a Shift](#)

**Emergency Grants**

Grants available for low-income students facing financial emergency.

[Learn about Grants](#)

**Quiet Zones to Study**

The library is your friend. Utilize the Quiet Zones to work with minimal disturbance.

[Library Quiet Zones](#)

## [October is] NATIONAL CYBERSECURITY AWARENESS MONTH

Take time this month to learn more about cybersecurity with IT Solutions. We'll be sharing cybersecurity tips on social media – follow us on [Facebook](#), [Twitter](#), and [Mav Life](#).

Student experts on the Information Security Team will be hosting **Social Media Privacy Checks** in the Centennial Student Union every Wednesday from 9 am – 11:30 am throughout the month.

[Cyber Aware](#)