



November Issue: 11/04/2024

Hey, Pioneers!

With the semester in full swing, we're here to provide you with updates to help you thrive at Cal State East Bay! This issue highlights wellness and academic resources, important dates, and engaging community events. Take a moment to explore all the ways to stay supported, connected, and prepared for the rest of the fall semester!

Show Your #PioneerPride with ASI!



Hello Pioneers!

This is your ASI President, Nolan Calara, popping in to share about **Pioneer Pride Tuesdays!**

Every Tuesday, we invite you to show off your school spirit by wearing **red** and **black** or any EB merchandise!

Here's the best part: when you visit the ASI Suite (North UU 314), you'll **earn a prize ticket for each item you wear**. Every Thursday, we'll draw a winner for fantastic ASI prizes!

But wait—there's more! Each weekly winner will be entered into an end-of-semester drawing for a **\$1,000 scholarship!**

To qualify for the scholarship, you must be enrolled for the upcoming term, and the award will be included in your financial aid package. For more details, check out the [ASI website](#).



Let's demonstrate our Pioneer Pride at East Bay, All Day!
-Nolan Calara, ASI President

Important Reminders

Upcoming Events



Now: Spring Registration Period is Open!

Registration for **Spring 2025** is currently open. Be sure to check MyCSUEB for specific appointment dates and times.

[Go to MyCSUEB](#)

Now: Spring & Fall 2025 Graduate Applications are Open!

Ready to take a step further in your academic journey? Consider pursuing a **graduate degree** to deepen your expertise and open doors to new career opportunities.

[Is grad school right for me?](#)

11/5: Election Night Coverage

Join us in the Union with **games, food, crafts** and live election returns.

Then, head to the residence halls for **late-night snacks**, updates and meaningful dialogue.

11/6: Election Hangover & Rejuvenation

Recharge the next morning with calming crafts, community support and **more food** in the Union.

End the day with **free Zumba or Yoga** at the RAW to close this election feeling balanced and refreshed.

[More info & RSVP](#)

Campus Spotlight: Explore the RAW Center



More than just fitness! Did you know the **RAW Center** offers a range of well-being services? Find tranquility in the **relaxation room**, unwind in the **massage chairs**, or de-stress with Nintendo Switch and Wii games in the **wellness lounge**.

Or, if recharging with a furry friend is more your style, don't miss the **Pause for Paws** events this semester! Learn more and reserve your spot today.

[Sign into RAW Portal](#)

More Wellness Resources

Academic Resources



Your well-being matters.

Whether you're feeling stressed, need someone to talk to, or just want to stay on top of your mental and physical health, our campus offers **services to support you**:

The SHCS clinic offers health services, confidential counseling, and more, with **online wellness resources** like self-care videos and tips for managing election and holiday stress. [Quick links](#)

Pioneers for H.O.P.E. provides **basic needs** resources for students, such as access to a **food pantry**, clothing closet, and emergency housing.

Looking for extra support?

Check out these resources to help you succeed:

The SCAA offers **same-day** one-on-one appointments with subject tutors, writing tutors, and peer academic coaches. Both **in-person** and **virtual** options are available!

The STEM Lab provides **drop-in tutoring** for math and science! Come study with peers in our **group space** with computers, couches, and whiteboards. **Need tech?** Borrow iPads, graphing calculators, or textbooks—just bring your Bay Card.

Feature: ASI CLASS Photo Contest

Scenic Snapshot Winners

Check out the winning shots from ASI's **Scenic Snapshot Photo Contest**, where talented CLASS students shared their best campus and community scenes.

Here are two of the standout entries capturing the beauty of Cal State East Bay.



Credit to **Priyanka Ayyagari** for the photograph of a student enjoying the view around the Music building.



Credit to **Charles Abraham** for the photograph of the beautiful sunset setting over the Library building.

