



Research Experiences for Community College Students

October 2022

RECCS is a summer student research program for Colorado community college students funded by the National Science Foundation and coordinated by CIRES Education Outreach, Niwot Ridge LTER and INSTAAR.

*Welcome to the new monthly RECCS newsletter where you will find helpful academic and career tips, and a selection of current internships, entry-level job openings, and graduate positions. **This month's topic offers tips and reminders on taking care of yourself and mental health resources. You can find professional development resources and job listings at the bottom of the newsletter.***

Happy Fall from the RECCS Team!

It is officially fall, and for those of you continuing your academic journey, this could mean midterms or other responsibilities amplifying stress. The middle of the semester is a good time to check in on your well-being and make sure you're taking care of yourself. As it gets cooler and darker out, you may find your mood or motivation changing. October 10th was also [World Mental Health Awareness Day](#), so here are some reminders for taking care of yourself.



Varsity Pond, CU Boulder. Photo by Karla Pineda

Reminders for Taking Care of Yourself

Take Care of Yourself

This includes staying active, [sleeping well](#), and [eating healthy](#) and intuitively. Drink water!

Join active groups, find people with the same interests, or pick a new hobby. Try [Meetup](#) to connect with others in your area.

Practice good [time management](#) to achieve your workload. Take time to evaluate if your current routine and habits allow you to be productive and successful.

Check out the weekly podcast, "[Hello Monday with Jessi Hempel](#)" – a show where LinkedIn's Jessi Hempel explores the changing nature of work, and how that work is changing us."

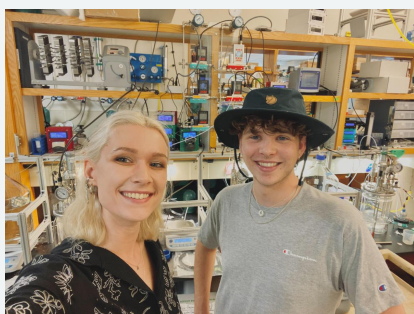


Photo by Lex Emond, RECCS 2022

Types of Health & Wellness Resources

Learn your organization's mental health and wellness resources. Check out: [CU Boulder Health and Wellness Services](#).

Active minds is a nonprofit organization with mental health resources. [Read more](#).

A collection of resources on mental health & wellness: [Colorado Mental Wellness Network](#)

[Mental Health Colorado](#) Resources and Help Hotlines



Falling in Love With Fall

Prepare for daylight savings. (Sun, Nov 6)

- The days are getting shorter and you may feel busier.
- Adjust your routine to feel productive and healthy despite the dark, colder days.

Embrace the season - here are some fall staples to enjoy:

- Baking - try a [fall recipe](#).
- Go to a pumpkin patch or fall harvest. [Read more](#).
- Go for a hike while it's still nice out - enjoy the colorful scenery!
- Have a fun and safe Halloween!

Be wary of cold-weather sickness and seasonal depression effects.

- Boost your immunity by getting your flu shot. Go to your local [Walgreens](#) or [CVS](#) for a free flu shot.
- Here are [some ways](#) to deal with the 'winter blues'.



Resource Highlight - [Pathways to STEM](#)

"My classes showed me a few websites to find summer research, but none of them was as helpful or organized as PathwaysToScience. This website has changed the way I look for research opportunities." — student survey respondent, 2017

Explore [undergraduate](#), [graduate](#), and [postdoctoral](#) opportunities on the pathways to STEM website. [Watch a video on Youtube](#) on how to use Pathways to Science's advanced search functions to find funding opportunities.

Current Job Openings

- [2023 William M. Lapenta Student Internship Program](#) (NOAA)
- [AGU Bridge Program Internship, Fall Full-Time Sep-Dec](#) Washington, D.C.
- [Arborist Trainee Internship | Fort Collins, CO | Summer 2023](#) Fort Collins, CO
- [Graduate Year-Round Internship: International Clean Energy Transitions](#) Golden, CO
- [Environmental Scientist - Emissions Testing](#) Golden, CO
- [Environmental Scientist/Engineer](#) Salt Lake City, UT
- [Wetland Biologist](#) Denver, CO
- [CIRES/ NOAA PSL Research Scientist in Hydroclimatic Predictions, Predictability and Projections](#) Boulder, CO
- [Environmental Public Health Investigator I - Denver International Airport](#) Denver, CO
- [Lab Assistant I](#) Mead, CO
- [General Engineer/Scientist, GG- 7/9 FPL 13](#) Lisle, IL (Closes Oct 13, 2022)
- [SCIENTIST/ENGINEER](#) Indian Head, MD (Closes Oct 21, 2022)
- [Physical Scientist \(Land Surveyor\)](#) Concord, MA (Closes Oct 18, 2022)
- [Staff Biologist](#) Statewide, Wyoming (Closes Oct 28, 2022)
- [11+ graduate student opportunities in climate-related science at Colorado School of Mines](#) (Closes Nov 2, 2022)
- [Research Fellow \(Spring 2023\)](#) Remote (Closes Dec 1, 2022)
- [General Engineer/Scientist, GG-0801 & 1301- 7/9 FPL 13](#) Various Locations (Closes

Jan 9, 2023)

- [Research Soil Scientist/Agricultural Engineer/Physical Scientist \(Research Associate\)](#) Saint Paul, MN (Closes March 21, 2023)

Join RECCS on LinkedIn!

1. Create or update your LinkedIn profile ([view the how-to video](#))
2. Connect with us on [LinkedIn](#)!

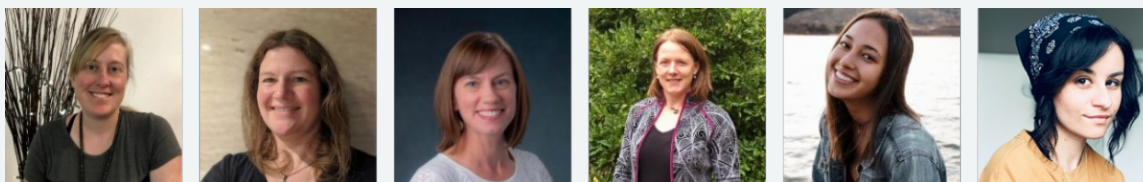
We post job listings or other opportunities on our page weekly.

What is going on with RECCS?

10 students submitted abstracts to present at AGU in December 2022! If you plan to be at AGU this year, drop by the undergraduate research symposium and come say hi!

RECCS Team

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Contact us at reccs@colorado.edu or visit our program page at cires.colorado.edu/outreach/reccs

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