### Academic Help and Professional Development

#### Academic Help
- CSUN Tutoring Center
- CSUN Writing Center
- CSUN Disability Services
- CSUN Office of Graduate Studies

#### Professional Development
- AGU Bridge Program
- CSUN-UCLA Bridges to Stem Cell Research Program
- Geological Society of America GeoCorps Internships
- GSA Mentoring365
- GSA On To the Future
- NSF Research Experiences for Undergraduates (REUs)
- ORISE Internships and Fellowships
- ORISE Research Participation Programs at the EPA
- SEEDS Partnerships for Undergraduate Research (SPUR) Fellowship
- Significant Opportunities in Atmospheric Research and Science (SOARS)
- Undergraduate Research Training Initiative for Student Enhancement (U-RISE)

### Financial Resources

#### Scholarships
- AIPG National Scholarship Program
- AWG Awards
- AWG's Crawford Field Camp Scholarships
- CSUN Scholarships
- CSUN Department of Biology Scholarships
- CSUN Graduate Equity Program
- GSA Field Camp Awards & Scholarships
- GSA Grants and Scholarships
- Scholarships for BIPOC and Marginalized students
- Out to Innovate™ Scholarships

#### Transportation Options
- Biking
- Public transportation:
  - LA Metro
  - LADOT Transit (DASH)
- Scooter rentals
  - Bird
  - Uber scooters
  - Lyft scooters
  - Lime
- Zipcar

#### Other Resources
- California’s Low Cost Auto Insurance Program
- Covered California Health Insurance

#### Grants and Fellowships
- AAUS Grants
- American Association for the Advancement of Science (AAAS) Science and Technology Policy Fellowships
- American Association of Hispanics in Higher Education
- GSA Graduate Student Research Grant
- International Women’s Fishing Association Marine Research Grant
- NASA Fellowships
- NRC Research Associateship Programs (RAP)
- NSF Graduate Research Fellowship Program
- PADI Foundation
- Smith Fellows
- Switzer Environmental Fellowship
- USGS Mendenhall Research Fellowship Program
- Women Divers Hall of Fame Grant

#### Food Assistance
- CSUN Food Pantry: csunfoodpantry@csun.edu, (818) 677-2730
- CSUN CalFresh Outreach: calfreshcsun1@gmail.com, (818) 677-2704
### On-Campus Resources
- CSUN Groups / Clubs
- Division of Student Affairs
- DREAM Center
- Improving the Geological Experience for Minority Students (GEMS)
- Matador Involvement Center
- Pride Center
- Project Rebound
- Research Opportunities for CSUN Students (LA ROCS)
- The Black House
- Veterans Resource Center

### Local Spiritual Resources
- CSUN Religious Clubs
- Yellow Pages - Places of worship near Northridge, CA

### Businesses in/near Northridge
- Barber Shops
- Beauty Salons
- Clothing Stores
- Grocery Stores

### Black Owned Businesses in/near Northridge
- Restaurants
- Beauty Salons
- Barber Shops
- Businesses

### Cuisine
- Latin American Restaurants and Bakeries

### Opportunities for Community Training
- GSA Webinar Library
- Supporting Black Wellness Trainings — BEAM
- QPR Institute | Practical and Proven Suicide Prevention Training

### Off-Campus Organizations
- Asian Americans and Pacific Islanders in Geosciences (AAPiG)
- American Geophysical Union (AGU)
- American Indian Science and Engineering Society (AISES)
- American Institute of Biological Sciences (AIBS)
- Association of Women Geoscientists (AWG)
- BIMS: Black in Marine Sciences
- Botanical Society of America
- Diverse Geologists
- Ecological Society of America (ESA)
- GeoLatinas
- Geological Society of America (GSA)
- GirlTrek
- International Association for Geoscience Diversity
- Latinos in Science and Engineering (MAES)
- Long Term Ecological Research Network (LTER)
- National Association of Black Geoscientists (NABG)
- National Association of Black Scuba Divers (NABS)
- Organization of Biological Field Stations (OBFS)
- American Geosciences Institute
- Society for Advancement of Chicanos/Hispanics and Native Americans in Science (SACNAS)
- Society of Conservation Biology
- Society of Wetland Scientists (SWS)
- Women Divers Hall of Fame

### Social Media Accounts
- Asian Mental Health Collective
  - Instagram
- BlackInGeoscience
  - Twitter
  - Instagram
- Black in Marine Sciences (BIMs)
  - Twitter
  - Instagram
- CSUN Revolutionary Scholars
  - Instagram
- Disabled & Outdoors
  - Instagram
- Diverse Geologists
  - Twitter
  - Instagram
- GeoLatinas
  - Twitter
  - Instagram
- Headspace
  - Website
  - Instagram
  - Twitter
- Hikeclerb
  - Instagram
- Indigenous Women Hike
  - Instagram
- Intersectional Environmentalist
  - Instagram
- JED Foundation
  - Website
  - Instagram
  - Twitter
- Nap Ministry
  - Instagram
- Seeding Sovereignty
  - Twitter
  - Instagram
- Somos Familia Valle
  - Instagram
- The Hidden Opponent
  - Website
  - Instagram
  - Twitter
### Resources for Emotional Health

#### On-Campus Emotional Health Resources
- CSUN Counseling Center
- CSUN Counseling Services Information
- CSUN Self-Help Library
- CSU Northridge: YOU

#### Off-Campus Emotional Health Resources
- Asian Mental Health Collective
- Black Emotional and Mental Health Collective BEAM
- LA LGBT Center

#### Podcasts
- AFFIRM Podcast (for women of color)
- Brown Girl Self-Care (on Spotify)
- Latinx Mental Health
- Latinx Therapy
- Mental Health in the Black community
- Nothing Much Happens: bedtime stories to help you sleep
- Ologies (science podcast)
- Stories of Stigma: South Asian Mental Health
- The Indigenous Futures Podcast

#### Apps for Emotional Health
- Calm
- BetterHelp
- FREE Headspace for LA County

### Resources for Physical Health

#### Physical Health Resources
- CSUN Health Center
- CSUN Student Recreation Center (SRC)
- Headspace (yoga and exercise videos)
- Oasis Wellness Center
- Yoga with Adriene – YouTube yoga videos

#### Access to Nature
- AllTrails App
- American Hiking Society
- Audubon Society
- Black Girls Trekkin
- CSUN Nature Walk
- Disabled Hikers
- Inclusive Outdoors Project
- Latino Outdoors
- National Park Service
- Native Women’s Wilderness
- Outdoor Afro
- Outdoor Asian
- Rising Routes
- Seek by iNaturalist
- US Fish and Wildlife Service