

NSULA Gail Metoyer Jones Center



"The more I accept myself as a genderless human being, in a way, the more I'm loving my body."
— Sam Smith



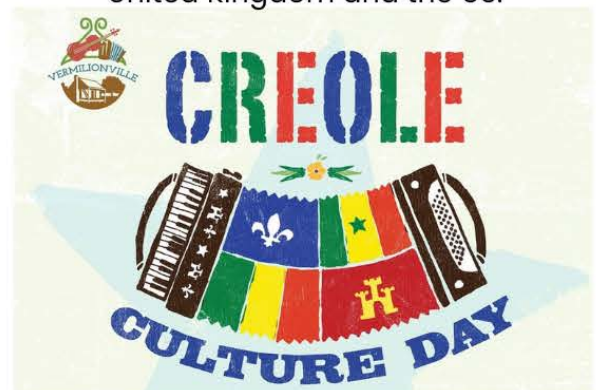
October is Creole Heritage Month

October is a significant month for celebrating Creole Heritage, particularly in the Caribbean and Louisiana, with events like Saint Lucia's Creole Month leading up to Jounen Kwéyòl (Creole Day) on the last Sunday of the month. It is the rich history, culture, music, and culinary traditions of Creole communities, recognizing their unique ethnic and cultural heritage through performances, festivals, and educational events.



October is LGBTQ History Month

LGBTQ History Month is an annual month-long observance of lesbian, gay, bisexual, transgender and queer history, and the history of the gay rights and related civil rights movements. LGBTQ History Month was founded in 1994 by Rodney Wilson. It provides role models, builds community, and represents a statement about the contributions of the LGBTQ community. As of 2022, it is celebrated in Australia, Canada, Cuba, Finland, Germany, Hungary, Italy, the United Kingdom and the US.



Upcoming Event

Creole Heritage Celebration

Join us as we celebrate Creole Heritage Month. There will be traditional Creole music, dance lessons, and beignets.

October 23 in Student Union Hendrick Room at 5:00pm

Upcoming Events

National Coming Out Day w/ Cultural Bridge Builders

We are celebrating National Coming Out Day by making bracelets! Join us to make a bracelet that matches your flag or identity.

October 7 from 11:00am – 1:00pm

Student Union Lobby (closest to Vics)

NICSS Supporting International Students [Faculty/Staff]

Presenter Valentina Herazo Alvarez will be teaching how to navigate visa systems, language barriers, cultural shock, classroom dynamics, and inclusive pedagogy for global learners.

October 13 at 5:00pm

Student Union Ballroom

Game Night w/ Spanish Club, HSJA, & ISRC

We are celebrating National Coming Out Day by making bracelets! Join us to make a bracelet that matches your flag or identity.

October 15 at 5:30 pm

Student Union Ballroom

First Gen Graduate Student Workshop: Life in Transition

Join us as we discuss the difficulties of transitioning to graduate school and how to navigate this big life change.

October 29 at 5:00pm

Via Microsoft Teams

World Mental Health Day

Mental Health Yoga

Dr. Neeru Deep will be guiding us through yoga positions while focusing on mental health. Bring yoga mats, towels, and water!

October 14 at 9:00am

Student Union Ballroom

Positive Thinking w/ NSU Counseling Center

Counselors will be teaching the importance of using positive thinking in our everyday life and how to use it.

October 14 at 12:00pm

Student Union President's Room

Mental Wellbeing: A Multicultural Approach

Join Addiction studies, Psychology Club, and Psi Chi to learn how difficult cultures from around the world manage their mental health.

September 29 at 5:00pm

Student Union Lucile Hendrick Room

Last Month

Students gathered to learn everyday signs in American Sign Language.



Dates to Know

- **October 1-31 – Breast Cancer Awareness Month**
- **October 1-31 – Filipino American History Month**
- **October 1-31 – National Disability Employment Awareness Month**
- **October 1– International Day of Older Persons**
- **October 2 – Yom Kippur**
- **October 3-11 – Navratri**
- **October 6 – Sukkot**
- **October 10 – World Mental Health Day**
- **October 11 – National Coming Out Day**
- **October 13 – Indigenous Peoples Day**
- **October 15 – Hispanic Heritage Month ends**
- **October 19 – 25 – Invisible Disabilities Week**
- **October 20-26 – Asexual Visibility Week**
- **October 20 – Diwali**
- **October 26 – Intersex Awareness Day**
- **October 31 – Halloween**