

# *Teach to set up value problems* Transitioning at Mac

PRESENTED BY  
THE GENDER AND SEXUALITY RESOURCE CENTER

**\* THIS GUIDE IS IN NO WAY A COMPLETE AND ORDERED LIST. IT IS MERELY A COLLECTION OF OPTIONS AVAILABLE TO YOU. \***

## **THINGS TO DO AT MAC**

- To change your name within Macalester: Email Addy Free (Registrar Department) to change your name with Macalester and get a new email address. Your old address will just reroute to your new one, so anything sent to the old one you will still receive.
- Talk to your adviser/professors about your name and pronouns. Send them an email, or go meet with them in person, whichever feels like the best choice.
- The Health and Wellness Center has trans specific health services, including hormone prescriptions and surgery recommendations and referrals.
- You can change your gender marker AFTER you graduation, just contact the Alumni Engagement Office ([alumnioffice@macalester.edu](mailto:alumnioffice@macalester.edu)).
- Get a new student ID! Card printing is now located in Document Services in the lower level of the Campus Center.
- A new card/picture can be gotten free of charge for trans students who need to update their name/appearance. Just mention that you are getting a "DML Replacement" when at Document Services
- Contact Tegra Myanna ([tmyanna@macalester.edu](mailto:tmyanna@macalester.edu)) if you would like to be added to our Trans Identity Collective!
- Family Tree Clinic (on Marshall and Snelling, just a twelve minute walk from campus) offers free walk-in counseling hours from 5-7 on Mondays and Wednesdays.

## Other Things to Think About

- You can legally change your name! Check out <http://www.mncourts.gov/Help-Topics/Name-Change.aspx> for how to start.
- If you get a MN ID/license, you can put your gender marker as an X. No paperwork is needed at all. Check out: <https://transequality.org/documents/state/minnesota> for more info.
- Check out the Clothing Swap where you can get free used clothes. Find it on the first floor of Kagin in the back behind the Sustainability Desk.
- There are lots of thrift stores in the Twin Cities, most of them also accept your old clothes and you can get store credit for them!
- Join queer-centered Facebook groups like “trans and gender nonconforming survival at/after mac” and “Trans/Nonbinary Queer Exchange Mpls-St. Paul” for more suggestions and to connect with other trans people at Mac and in the Twin Cities.
- You can get a new haircut! The Great Clips near campus has a student discount.
- Hormones - There are clinics in the Twin Cities that can help you get hormones, regardless of insurance. Try the Family Tree Clinic by Mac!

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### **Trans Identity Collective**

[trans-collective@macalester.edu](mailto:trans-collective@macalester.edu)

### **Minnesota Trans Health Coalition -**

<http://www.mntranshealth.org/>  
The Minnesota Transgender Health Coalition is committed to improving health care access and the quality of health care received by trans and gender non-conforming people through education, resources, and advocacy.

**Reclaim** - <https://www.reclaim.care/>  
Reclaim partners with youth ages 13 - 25 who are marginalized because of their gender identity, gender expression and/or sexual orientation.

### **Family Tree Clinic -**

<https://www.familytreeclinic.org>  
FTC is committed to providing accessible health care, including drop in counseling and trans health services.