

October 28th-November 10th

# HSC Rounds



*Happy Halloween!*

Office of Student Services | [Student.Services@ttuhsc.edu](mailto:Student.Services@ttuhsc.edu) | (806) 743-2300

## ANNOUNCEMENTS

### *General Announcements for Students*

#### **TTUHSC Ring Ceremony - Ring Order Deadline**

TTUHSC's Official Ring Ceremony is set for Saturday, February 22nd in the Academic Event Center. The ceremony allows for a wonderful occasion to not only celebrate receiving your class ring but time to socialize with your family, friends, classmates, and administration of TTUHSC. Please let us know if you would like to attend the Ring Ceremony by sending an email to [deidra.satterwhite@ttuhsc.edu](mailto:deidra.satterwhite@ttuhsc.edu) with your information (mailing address and email).

You can order rings by calling Balfour at 1-877-225-3687 or going online to [www.balfour.com/ttuhsc](http://www.balfour.com/ttuhsc). In order to have rings ready in time for the ceremony, the deadline for ordering your class ring is December 23, 2019. We have ring sizers and sample rings located in the Student Services office, on the Lubbock campus, which you are welcome to come and take a look at any time.

*Important Note:* Placing a ring order with Balfour does not act as your RSVP for the ceremony, please make sure to send us your information so we may send you an official invitation.

If you have any questions about the ceremony or the class rings, please contact Deidra Satterwhite, at 806-743-2300 or [deidra.satterwhite@ttuhsc.edu](mailto:deidra.satterwhite@ttuhsc.edu). We also have information available on the Ring Ceremony website.



### **But first, FAFSA**

We'll let you get back to studying. But first, FAFSA.

The 2020–21 FAFSA form is available—and now you can easily fill it out right from your phone. So please, before you hit the books, head off to clinicals, or settle in to watch your favorite shows, fill out the FAFSA form to apply for all types of financial aid such as these:

- Federal grants
- Federal student loans State loansState grants
- Institutional scholarships (all HSC schools require a FAFSA to be completed as part of their scholarship applications)
- Grants and scholarships from other organizations

If you don't fill out the FAFSA form, you could be missing out on valuable financial aid. The 2020-2021 FAFSA will be used to offer financial aid for the summer 2020, fall 2020 and spring 2021 TTUHSC semesters. Every year, there are a number of reasons students think they shouldn't complete the FAFSA form; however, the reality is that EVERYONE who's going to college should fill it out. So, are you ready to get started?

To fill out the FAFSA form, simply:

- download the myStudentAid mobile app (iOS or Android) and fill it out on a mobile device  
OR
- visit [fafsa.gov](https://fafsa.gov) and fill it out on a computer or mobile device
- as a reminder, our FAFSA school code is 016024

Your future is waiting. Download the app to get started today.

### **Halloween Giveaway - Harrington Library (Amarillo)**

Take a selfie with one of our backdrops to enter for a chance to win. Post it to social media with our hashtag (#HalloweenAtTheHarringtonLibrary) and get an extra entry. Come by in costume on October 31st and get three entry tickets! The drawing for prizes will be held on October 31st at 4 pm.

### **BMJ Case Reports**

Publishing as a student is a great addition to your CV and helps establish your reputation in the field.

The TTUHSC Libraries has an institutional fellowship subscription to BMJ Case Reports. This means TTUHSC students can submit case reports with the journal for free. For more information, please see our LibGuide: <https://ttuhsc.libguides.com/bmjcasereports>.

# UPCOMING EVENTS

## *Events & Opportunities for Students*

### **IPE Fall Symposium**

The 2019 IPE Fall Symposium will be held on Friday, November 1st. This year's theme is Building Resiliency for Interprofessional Practice: A Healthier Happier You and will feature keynotes from Susan Biali, MD and Dr. Michael Gomez.

Dr. Susan Biali is an award-winning medical doctor, health expert, coach, speaker, author, and flamenco dancer. She has studied the principles of wellness, nutrition, life balance, stress management, burnout, and psychology for over 20 years. Formerly clinically depressed and burned out, Dr. Biali has applied the very principles she teaches to her own life, transforming her circumstance and health. Her keynote title is, A Healthier, Happier You: Manage Stress, Prevent Burnout, and Live a Resilient Life.

Dr. Michael Gomez is a Licensed Psychologist (in both the states of Texas and Oklahoma) and Assistant Professor in the Pediatrics Department of Texas Tech University Health Sciences Center. Dr. Gomez's research interests are child maltreatment, foster children, autism spectrum disorders, and children/adolescents with sexual behavior problems. He is also one of only a handful of people in the United States trained to assess and differentiate traumatic stress and autism spectrum disorders (ASD) in a formal psychological evaluation. Dr. Gomez's keynote title is: Beyond "Self-Care": Reducing Secondary Trauma by Enhancing Wellness.

The morning session will be broadcast to all TTUHSC campuses.

**Friday, November 1st | 9:00 am - 3:00 pm | Lubbock Memorial Civic Center**

### **TTU Celebrate Diversity Banquet**

The annual Celebrate Diversity Awards Banquet will on Wednesday, November 6th, featuring sex trafficking survivor, author and criminal justice reform advocate Cyntoia Brown-Long. Cyntoia Brown-Long became a victim of sex trafficking and at the age of 16 was arrested for killing a man who had solicited her for sex. She was tried as an adult and was sentenced to life in prison without chance of parole. In prison, her life took a dramatic turn when the prison education principal took her under her wing and introduced her to a spiritual path. In August she was granted clemency after serving 15 years. Her newly released book, "Free Cyntoia" chronicles her journey from being a sex-traffic survivor to becoming an advocate for criminal justice reform.

Proceeds from the banquet benefit student scholarships.

Individual tickets for the event are \$100 (VIP), \$75. For more information or to purchase ticket(s) or table(s), visit <https://www.depts.ttu.edu/diversity/banquet.php> or call 806-742-7025.

**Wednesday, November 6th | 7:00 pm | Frazier Alumni Pavilion**

### **Mental Health First Aid - Free Student Training**

University students have unique stress and risk factors related to the demands of school; balancing academic, social, and employment responsibilities while being independent and away from family, friends, and other supports – often for the first time. Statistics show that 75% of mental illnesses develop before age 25, making colleges ideal locations for early identification. However, the number one reason students say they do not use mental health resources is lack of knowledge that those resources even exist.

Mental Health First Aid USA is a training – like regular First Aid or CPR – designed to give people the skills to help someone who is developing a mental health problem or experiencing a mental health crisis. The course uses role-playing and simulations to demonstrate how to recognize and respond to the warning signs of specific illnesses.

Students who successfully complete the training will earn a certification in Mental Health First Aid that is recognized nationally and internationally. Please note, students are required to attend the full training in order to earn the certification.

Register online at <https://form.jotform.com/92795712523160>.

**Thursday, November 7th | 8:00 am - 5:00 pm | TTU Library Room 309**

### **Veteran's Day Activities**

Join us as we celebrate Veteran's Day on Monday, November 11th. There will be a resource fair with representatives from several veteran focused agencies, TTUHSC Student Disability Services and the Veterans Resource Center. The ceremony will start with the presentation of colors and the singing of the National Anthem by MusiCare's Serotonins. Veterans Day will also be the kick off for the annual Toys for Tots drive. New, unwrapped toys will be collected until December 11th.

**Monday, November 11 | 11:00 am - 1:45 pm | Academic Event Center**

### **Student Government Association - Give Back Night**

Join the TTUHSC SGA for a give back night at Chipotle (Glenna Goodacre location) on Tuesday, November 12th. Make sure to mention you are supporting the TTUHSC SGA when you checkout.

**Tuesday, November 12 | 5-9 pm | Chipotle (2411 Glenna Goodacre Blvd)**

### **Queue for a Cause Charity Gala**

Advocates for Special Needs Athletes is an interdisciplinary organization and our mission is to improve interactions between future health care providers and individuals with special needs along with providing financial support to West Texas special needs athletes.

The 7th Annual Queue for a Cause Charity Gala is set for November 22nd. This year we are benefiting High Point Village, a non-profit organization developed to enrich the lives of individuals with special needs by providing resources and support here in Lubbock.

Tickets are available for purchase at <https://bit.ly/2YJe47n>.

**Friday, November 22nd | 6:00 - 11:00 pm | Academic Event Center**