

March 4th - 10th

HSC ROUNDS

Office of Student Life

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SGA Virtual 5K

The TTUHSC Student Government Association (SGA) is hosting a Virtual 5K (3.1 miles) run, walk, or stroll in order to raise money for the TTUHSC SGA Double T Scholarships, and we would like to invite you to participate. Run or walk the 5K distance anywhere! You can run at your own pace, at any location (even on a treadmill!), alone or with a friend. Awards will be given for the top 3 for Men & Women and the Best Race Day Photo. This race is open to the entire community, so please feel free to encourage family, friends, and loved ones to participate. For questions please email ttuhsc.sga@ttuhsc.edu.

Registration is \$25 per person. The registration fee includes race-day T-shirts and prizes for award winners. The last day to register is Thursday, March 7th. Register at <http://tinyurl.com/acyvstwe>.

Peru Summer 2024 - Application Open

The application is open for the TTUHSC sponsored International Program in Peru this coming July. The application due date is Friday, March 15th at 4 pm. Further information about the program, including pre-departure requirements, trip dates and the application link can be found at <https://student.ttuhsc.edu/global-health/peru.aspx>. Contact the Office of Global Health for any questions at globalhealth@ttuhsc.edu.

Disaster Day 2024 - Lubbock

Lubbock on March 22nd Location: American Windmill Museum, 1701 Canyon Lake Drive, Lubbock, TX

Teams of interprofessional students will practice the basics of mass casualty triage and apply assessment, reasoning, and decision-making skills during an emergency to facilitate and optimize collaboration through teamwork, communication, values/ethics, and understanding of roles/responsibilities. Lunch will be provided. Register Here.

<https://app4.ttuhsc.edu/InterprofessionalEvents/> **Registration closes March 11th for Lubbock Disaster Day**

National Poetry Month in April

April is National Poetry Month! Join the TTUHSC Library and its Social Work Services in celebrating by submitting your own original poetry! Submissions are open to all TTUHSC students, staff, and faculty. Participants are encouraged to submit as many pieces as they wish, making sure to include their name or request to remain anonymous. All submissions will be posted to the library website. All submissions are due by April 7th to library.socialwork@ttuhsc.edu.

Student Life Watch Party

Join the Office of Student Life for their next social event of the semester. If the TTU Men's Basketball team is selected for March Madness, join us in the Synergistic Center for a Watch Party. Date and time will be announced once the schedules are set in mid-March. Want to receive updates on the event? Fill out a quick form on HSC Net at <https://tinyurl.com/dm8vzmmw>.

Mobile Apps at the Library

Many of the TTUHSC Libraries' resources have free mobile apps (including UpToDate) that you can install on your mobile devices. Some of the resources do require registration before installing. For more information on the resources that are available, please see our webpage:

<https://ttuhsc.libguides.com/apps>.



Veterans Resource Center Scholarship Fundraiser

The Veterans Resource Center at TTUHSC is celebrating 5 years! We've designed a t-shirt in celebration of our 5-year anniversary. Proceeds from t-shirt sales go toward scholarships for our military-connected students. Order online at <https://tinyurl.com/44xbw7r>. Thank you for your support!

UPCOMING EVENTS

Global Mindfulness Workshops

Immerse yourself in a unique and rejuvenating experience as we bring the ancient art of gong meditation to TTUHSC. This special offering is designed to provide a moment of respite from the demands of academic life. The resonant and rhythmic sounds of gongs have the potential to create a cleansing and transformative yet relaxing experience, for both your body and mind. Join us as we gather in community to rest, relax, and be moved in sound vibration!

- Monday, March 4th | 11 am - 12 pm | HSC 2B265

This workshop will combine yoga, stretching, breathing, and meditation techniques to elicit physical and mental re-alignment. allow yourself to embrace where you are in space and time, and permit yourself to move forward with intention. You'll be introduced to stress management meditation strategies that can be easily incorporated into your health and wellness routine.

- Wednesday, March 6th | 11 am - 12 pm | HSC 2B265



OPV Webinar

Join the Office of People and Values for their webinar series on a variety of topics. One of the most difficult transitions for leaders to make is the shift from doing to leading. As a new leader, you can get away with holding on to work. But as your responsibilities become more complex, you must learn how to delegate effectively.

- Tuesday, March 5th | 10 - 11 am | Zoom: <https://ttuhsc.zoom.us/j/94125217619>

Sound Sovereignty: A Healing Meditation with Gongs

Join the Office of Global Health and Office of Institutional Health & Wellness for an exciting collaboration event, a sound healing experience! Immerse yourself in a unique and rejuvenating experience as we bring the ancient art of gong meditation to TTUHSC. The resonant and rhythmic sounds of gongs have the potential to create a cleansing and transformative yet relaxing experience, for both your body and mind. Join us as we gather in community to rest, relax, and be moved in sound vibration!

- Thursday, March 7th | 2 - 3 pm | Academic Event Center



Disaster Day - Amarillo

Teams of interprofessional students will practice the basics of mass casualty triage and apply assessment, reasoning, and decision-making skills during an emergency to facilitate and optimize collaboration through teamwork, communication, values/ethics, and understanding of roles/responsibilities.

- Thursday, March 7th | 12:30 - 5:00 pm | TTU School of Veterinary Medicine (Amarillo)

STUDENT ORGS

Purchase Reminders

As a reminder for all student organizations, any purchase requests for the use of Senate funding must be submitted at least 2 weeks in advance. The Purchase Request is located under your organization's HSC Net Finance tool. You must be an officer in the group's Roster to access the purchase request system. For any questions, please contact the Office of Student Life at Student.Life@ttuhsc.edu or 806-743-2302.

If you are a Medicine student organization with an on-campus Agency account, please submit a spending requests for Agency funds using the Medicine form in HSC Net (<https://bit.ly/3McAu7u>).

Connect with the Student Life Office



Student.Life@ttuhsc.edu | (806) 743-2302 | www.ttuhsc.edu/student-life