



October 19th - 25th

# HSC ROUNDS

Office of Student Life

## IN THIS ISSUE

### Announcements

- Submit Poster for LWBIWH/CIEH
- Printing at the Libraries
- Cybersecurity Awareness Month
- Student Life Focus Groups
- Pumpkin Decorating Contest
- IGNITE! Session for TTUHSC

### Events

- Counseling Access to Lethal Means
- OPD Webinars
- Global Health Perspectives Film Series
- Lessons Learned from the Military

## Submit Your Poster for the LWBIWH/CIEH Symposium

Do you have a recent (within the last year) poster that focuses on a topic related to 1) Women's Health, 2) Sex- or Gender-Differences in Health, or 3) Complementary or Integrative Medicine? If so, the Laura W. Bush Institute for Women's Health and the Center for Integrative Medicine would like to invite you to submit your abstract and upload your poster for a Virtual Poster Session to be held beginning October 23 in conjunction with the 9th Annual LWBIWH Symposium and the 3rd Annual Center of Excellence in Integrative Health.

Poster submission online form:

[https://tthsclubbock.col.qualtrics.com/jfe/form/SV\\_6y4NvqJCWnd67aJ](https://tthsclubbock.col.qualtrics.com/jfe/form/SV_6y4NvqJCWnd67aJ)

Posters that have been presented at other meetings ARE eligible to be included. Please upload your poster by Wednesday, October 21.

## Printing at the TTUHSC Libraries

TTUHSC students' PaperCut accounts are automatically created with an initial \$70.00 balance. On January 1st and July 1st of each year, any accounts with a balance below \$70.00 are automatically reset to \$70.00. For more information, please see the Libraries' webpage on Printing. <https://ttuhsc.libguides.com/papercut>

## Cybersecurity Awareness Month

October is Cybersecurity Awareness Month! The theme this year is “If you Connect it, Protect, it,” which is certainly in line with the message that we’ve been sharing for the last year. More than ever before, connected devices have been woven into society as an integral part of how people communicate and access services essential for daily living. Data collected from these devices can detail highly specific information about a person or business which can be exploited by bad actors for their personal gain. TTUHSC is registered as a participant group with the National Cyber Security Alliance and we support their efforts during Cybersecurity Awareness Month to shed light on security vulnerabilities, while offering guidance surrounding simple security measures to limit the susceptibility of threats for commonly used devices.

## Students Needed for Student Life Focus Groups

TTUHSC students are invited to attend a focus group hosted by Student Life where you will be able to give us your thoughts and ideas on what you need and want from our office. We have current programs and resources we offer and we have ideas for new opportunities but we want to make sure that they fit your needs. We are offering three opportunities to join us and we will have a drawing after each group to determine a winner of a bundle of our newly purchased swag. We will be recording the zoom meetings so that we can focus on the discussion and take the notes later. Students from all TTUHSC academic programs, campuses, and distance are welcome to participate.

Please register to attend the date and time that works for you. Once you register you will be given the zoom link to attend. Make sure to save it and add it to your calendar.

- **Tuesday, October 20 from 12:00 – 1:00 PM -**  
[https://ttuhsc.zoom.us/meeting/register/tJAsdeigpzwiG9Mv-c\\_Hwj2\\_u33Wu7R1aPbI](https://ttuhsc.zoom.us/meeting/register/tJAsdeigpzwiG9Mv-c_Hwj2_u33Wu7R1aPbI)
- **Thursday, October 22 from 5:00 – 6:00 PM -**  
<https://ttuhsc.zoom.us/meeting/register/tJUvdO2rpzsiGdL5ovgGnaXA7fIV0ji6OABf>

If you have any questions, please email [student.life@ttuhsc.edu](mailto:student.life@ttuhsc.edu).



## Pumpkin Decorating Contest

Students please join us on October 28th for some pumpkin decorating fun in the Synergistic Center! We have two sessions available that day: 12:00-1:00PM or 5:00-6:00PM. Please RSVP via HSC Net at <https://ttuhsc.campuslabs.com/engage>. Spaces are limited. Login with your eRaider credentials to view the event and find your session time. All pumpkins and supplies will be provided by Student Life.

If you are unable to attend or not in Lubbock, decorate your own pumpkin and snap and post a picture to social media by EOD October 29th using #TTUHSCStudentLife. Winners will be announced on Friday, October 30th.

## **IGNITE! Allyship is Not an Identity; It's a Practice!**

TTU's Office of LGBTQIA Education & Engagement will host an IGNITE! session for the TTUHSC community on Wednesday, November 11th. Students, faculty and staff are invited to participate. This session focuses on foundational information relevant to the LGBTQIA community, with an emphasis on cultural competence, structural competence and methods for putting Allyship into practice. Participants will learn about the LGBTQIA communities and practices of Allyship. This is the primary introductory session offered within the IGNITE! Program.

Please RSVP at <https://ttuhsc.campuslabs.com/engage/event/6481452>. Contact [diversity@ttuhsc.edu](mailto:diversity@ttuhsc.edu) if you have any questions.

# UPCOMING EVENTS

## **Counseling Access to Lethal Means Training**

Join Erin McGann, Justice-Involved Veterans Coordinator from the Texas Veterans Commission for this free CALM training worth 3 CEUs for mental health practitioners. Reducing access to lethal means, such as firearms and medication, can determine whether a person at risk for suicide lives or dies. This free course focuses on how to reduce access to the methods people use to kill themselves. It covers how to: 1) identify people who could benefit from lethal means counseling, 2) ask about their access to lethal methods, and 3) work with them, and their families, to reduce access.

- Tuesday, October 20th | 1:00 - 4:00 pm | Zoom: <https://ttuhsc.zoom.us/j/96951759354>

## **OPD Webinars**

In this session, we will discuss the benefits teams realize when they are committed to improving. We will explore different methods and understandings around what it means to fall forward.

- Tuesday, October 20th | 10:00 - 11:00 am | Zoom: <https://ttuhsc.zoom.us/j/98292142746>

Transformative change takes a brave organization. So how do you build an organization like that? During this one hour webinar, we will explore ways to build a brave organization by creating a culture that embraces courage.

- Wednesday, October 21st | 10:00 - 11:00 am | Zoom: <https://ttuhsc.zoom.us/j/93295258364>

## Global Perspectives Film Series: The Truth About Fat

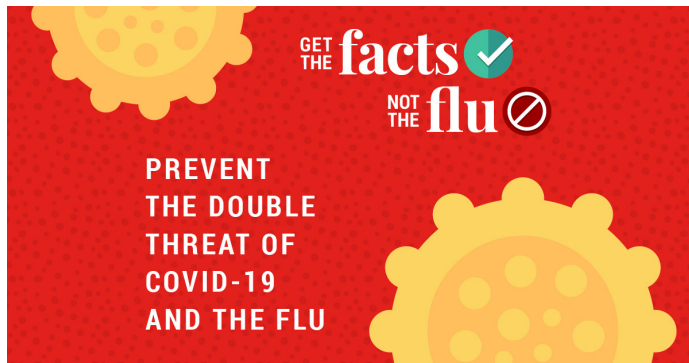
Join the Office of Global Health for their monthly Global Perspectives Film Series, this month's film is The Truth About Fat. Do we control our fat, or does it control us? For generations, overweight individuals have been stigmatized and cast as lazy. But scientists are coming to understand fat as a fascinating and dynamic organ—one whose size has more to do with biological processes than personal choices. Through real-life stories of hunter-gatherers, sumo wrestlers, and supermodels, NOVA explores the complex functions of fat and the role it plays in controlling hunger, hormones, and even reproduction.

- Tuesday, October 20th | 12:00 - 1:00 pm | Zoom:  
[https://ttuhsc.zoom.us/meeting/register/tJ0sde2hrD4oHdHOrhmGaeZz\\_gDo\\_LqJOKH9](https://ttuhsc.zoom.us/meeting/register/tJ0sde2hrD4oHdHOrhmGaeZz_gDo_LqJOKH9)

## Lessons Learned from the Military: Coming Home

Join us for the final part of this webinar series as Lt. Gen. Dorothy Hogg, Surgeon General, U.S. Air Force and Dr. Joyce Batcheller discuss practices/lessons learned from the military related to training and responding to a pandemic/emergency.

- Thursday, October 22nd | 10:00 - 11:30 am | Zoom:  
[https://ttuhscson.zoom.us/webinar/register/WN\\_2di2rKw2SIWV1l6hfP5\\_Xw](https://ttuhscson.zoom.us/webinar/register/WN_2di2rKw2SIWV1l6hfP5_Xw)



Prevent the double thread of COVID19 and the flu. Visit the TTUHSC Flu site ([www.ttuhsc.edu/flu/](http://www.ttuhsc.edu/flu/)) for facts about the flu and locations where you can receive the vaccination.

Submit an Announcement  
Request

Connect with the Student Life Office



[Student.Life@ttuhsc.edu](mailto:Student.Life@ttuhsc.edu) | (806) 743-2302 | [www.ttuhsc.edu/student-life](http://www.ttuhsc.edu/student-life)