

September 7 - 12

HSC ROUNDS

Office of Student Life

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Find Your Zone: Build Resilience, Restore Balance, & Refill Your Tank

Students within health profession programs experience high physical, cognitive, and psychological demands, leading to occupational imbalance, which impacts their overall emotional health and well-being. Occupational imbalance occurs when there is insufficient time for one's own occupational interests and growth amongst the areas of activities of daily living, work/productive activity, leisure, rest, and social participation. Evidence supports that engaging in occupational balance restoring activities that also facilitate flow experiences can contribute to improved emotional and overall health. Flow describes an optimal emotional state that is experienced when fully engaged in an activity that is both challenging and deeply satisfying.

This series of Fall events provides TTUHSC students with specifically designed creative and leisure activities that facilitate a health-enhancing flow experiences and ultimately restore occupational balance once routinized over time. This first event, on September 23rd, will focus on mindful hand-lettering. All experience levels are welcome.

Limited to the first 20 students. Please RSVP for this event by emailing Laurie.Stelter@ttushc.edu with your name and associated program and campus.

HSC Librarians are Here for You!

If you need help with research, are looking for a specific article, or have any questions for the library, consider using our chat service! It's located in the upper right of the library website. Look for the "Chat Live" button and connect with a reference librarian in real time!

JCPenney Suit Up

The TTU Career Center is partnering with JCPenney to bring the JCP Suit-Up event to all students, staff, and faculty at TTU and TTUHSC. This year, deals are available both in-person and online. Save up to 60% on select careerwear, scrubs, shoes and accessories (scrubs available online only).

The in-person event will take place on September 19, 2021 from 6 - 9 pm at the Lubbock JCPenney store in the South Plains Mall (6002 Slide Road). For entry to the event and to receive your suit up coupon, please show your TTUHSC ID.

- 30% off Suit-Up coupon available at the event, or by texting RAIDER to 67292, for savings up to 60% off select careerwear, shoes, and accessories.
- Get professional headshots starting at just \$29.99. Schedule your session at jcpportraits.com.
- Get 20% off your service with a designer or senior designer at the salon.

Not in Lubbock or prefer to shop online, check out the Suit Up page at www.jcpenney.com/m/suit-up. Text RAIDER to 67292 to get your coupon.

For questions, please contact Toni Krebbs at toni.d.krebbs@ttu.edu.

Children's Book Drive

September is National Literacy Month and Wednesday, September 8th marks the celebration of International Literacy Day. This worldwide event's goal is to draw attention to the importance of literacy and build a more literate and healthy society. Each September, the Office of Interprofessional Education hosts an annual book drive to benefit TTUHSC programs and clinics for children, including the Interprofessional Toy Fair & Expo.

A book is a gift that a child can open again and again. Please donate to this important project and give a West Texas child the gift of literacy. Monetary and book donations are welcome - <https://tinyurl.com/avw9kx53>.

Drop off Locations:

- Abilene: Public Health 2100
- Amarillo: SOM/SHP 4708, SOP 114
- Dallas SW: 400
- Lubbock: Library (Elevator), Outside Synergistic Center, UC 235
- Midland: Faculty Hall Reception Area
- Odessa: Library, ACB 2nd Floor

Do No Harm: An Interprofessional Patient Safety Event

Registration is open for Do No Harm: An Interprofessional Patient Safety Event. The virtual event, hosted by the Office of Interprofessional Education, will be held on September 17, 2021, from 1:30 pm – 4:00 pm, coinciding with World Patient Safety Day.

The event will feature a keynote session followed by breakout rooms where interprofessional teams of students will watch a series of videos to identify errors in various care settings. Following the error identification activity, student teams will then work through a case study to determine the root cause of a medical error, practicing steps in error disclosure with the patient's family.

Registration is open through September 10th at <https://ttuhsc-ipe-donoharm-2021.eventbrite.com>. For more information, contact the Office of Interprofessional Education at ipe@ttuhsc.edu, or call (806) 743-2028

UPCOMING EVENTS

Red Raider Days

The Office of Student Life will be hosting Red Raider Days on each of the TTUHSC campuses in September. This is an opportunity to learn about the different campus resources available to students. There will be free food, t-shirts, and giveaways with participation in the event! Download the CORQ Campus Labs app and create your event pass. Resource information will be provided virtually to online students. See below when we will be on your campus.

- Lubbock: Tuesday, September 7th | 11:30 am - 1:30 pm | Academic Event Center
- Amarillo: Wednesday, September 8th | 12:00 - 2:00 pm | Between SOM & SOP Buildings
- Dallas: Monday, September 13th
- Abilene: Tuesday, September 14th | 11:30 am - 1:00 pm | Between SOP & SON Buildings
- Odessa: Thursday, September 16th | 11:30 am - 1:00 pm | Community Center in ACB
- Midland: Thursday, September 16th | 3:30 - 5 pm | Room B55

Coffee & Conversations: Afghanistan

Join the TTUHSC Veterans Resource Center and the TTU Military and Veterans Program for a series of conversations on the evolving situation in Afghanistan and how it may affect veterans of all eras and their families. Feel free to bring your lunch; coffee and bottled water will be available. This event will occur each Tuesday through the end of September.

- Tuesday, September 7th | 12:00 - 1:00 pm | TTU Museum - Memorial Room or join via Zoom: <https://ttuhsc.zoom.us/j/99139314392>

OPV Webinars

The Office of People and Values is offering webinars designed to provide you the knowledge you need for your own personal growth.

In this webinar, we will examine how we can develop trust in our teams through the lens of servant leadership.

- Thursday, September 2nd | 10 - 11 am| Zoom: <https://ttuhsc.zoom.us/j/93712436360>

STUDENT ORGS

Student Organization Trainings

The Office of Student Life will be hosting three trainings for student organization officers in September. These meetings will cover the policies and procedures for student organizations, as well as important updates on deadlines for spending and annual re-registration. Please visit HSC Net (<https://ttuhsc.campuslabs.com/engage>) to RSVP for a training. We ask that at least the President and Treasurer attend a training; Advisors are also welcome to attend as well.

- Thursday, September 9th at 5:30 pm
- Friday, September 10th at Noon
- Wednesday, September 15th at Noon

Lubbock Orgs - Senate Funds

The Senate fund allocations for the 2021-2022 academic year will be available starting September 15th. For any questions please contact the Office of Student Life at 806-743-2302 or Student.Life@ttuhsc.edu.

Connect with the Student Life Office



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