

October 4 - 17

HSC ROUNDS

Office of Student Life

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Grant Funds Available for Promoting Student Wellness

Well Beyond, the TTUHSC QEP, has grant funds available for faculty, staff, or students who want to create a project or program to enhance the emotional wellness of TTUHSC students. Up to \$1,000 per grant is available. The grant application can be accessed at <https://bit.ly/2XTVB9E>. November 15 is the deadline for submitting a grant application for the Spring 2022 semester. For more information regarding this opportunity, please check out the grant application and/or contact Dr. Alan Korinek, QEP Co-Director (806-743-6175; alan.korinek@ttuhsc.edu).

2022-2023 FAFSA Now Available

The 2022-2023 FAFSA application opened on October 1st. Use your 2020 tax information to submit your FAFSA application today at <https://studentaid.gov/h/apply-for-aid/fafsa>. For any questions contact the Student Financial Aid Office at 806-743-3025 or financial.aid@ttuhsc.edu.

Need a place to collaborate?

The TTUHSC Libraries in Odessa and Lubbock have wireless displays in several of its study rooms. Contact each campus (806-743-2200 in Lubbock and 432-703-5036 in Odessa) for more information about reservations and policies.

Standing Desk Risers

The Preston Smith Library in Lubbock has three portable standing desk risers that are available for check out at the circulation desk. Stop by the Circ desk to borrow one today!

Find Your Zone: Build Resilience, Restore Balance, & Refill Your Tank - Event 2

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. 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 second event, on October 20th, will focus on dot painting mandalas. 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.

Read Out Loud Functionality

Did you know that Adobe Acrobat offers a free built in read out loud feature, which will do the work of reading your PDFs to you while you're on-the-go tackling other tasks? Almost all newer PDFs can be read out loud by Acrobat, so long as they have been properly formatted as text-based documents beforehand.

Most PDFs that are downloaded from the library or a research database will have already been formatted to allow for text-to-speech functionality. Occasionally, however, a PDF may contain only a scanned image of text, instead of actual, readable text. In that case, a text-to-speech application cannot read the document since the program only sees an image, not actual text for reading. Luckily, Acrobat has a work around for that type of situation.

When an image based PDF file is first opened in Acrobat, a pop-up window will appear asking users if they would like to run a scan that will convert scanned text images to readable text. Selecting yes will convert the file to text so that Acrobat can read it out loud via its text-to-speech function.

One of the obvious limitations of Adobe Acrobat is that it only opens and reads PDF files, so if you wanted to hear your Word essay read out loud to you before turning it in, you will have to use another text-to-speech application. Fortunately, there are many other applications on the market that will read PDFs, Word, and other types of text-based documents to users.

ezPDF Reader Pro, for example, is a great application for either Windows and Mac mobile platforms. For approximately \$4 on Google Play, it comes packed with features that will make students' reading workloads a lot easier to manage.

* View > Read Out Loud > Activate Read Out Loud > View > Read Out Loud > Read To End of Document

Register for the Gender-Specific Medicine & Women's Health Symposium

The Laura W. Bush Institute for Women's Health is proud to announce that Dr. Deborah J. Clegg, VP for Research at the Paul L. Foster School of Medicine in El Paso will join other TTUHSC faculty for the 10th annual symposium Oct. 22 from 10:00 am to 2:00 pm. The topic will be, "What a Difference an "X" Makes: the Role of Sex Hormones and Sex Chromosomes in all Aspects of Life!"

This virtual event is free, but please register beforehand. To register please visit <https://tinyurl.com/lwbsymposium21>.

Poster Submission Deadline is Oct. 13. To submit a poster please visit <https://tinyurl.com/lwbposter>.



In Case You Missed Us - Resources for Students

If you were unable to attend the Red Raider Days events in September, we've compiled a list of departments that attended the resource fairs. The list includes institutional and campus specific resources that we hope you'll utilize. These resources are available to all students.

Resources for Students: <https://bit.ly/39WCGxA>

If you have any questions please reach out to Student.Life@ttuhsc.edu.

Registration Open for IPE Fall Symposium

Registration is open for the 2021 IPE Fall Symposium that will be held on November 5, 2021. The 2021 symposium will be offered in an online format for all students, faculty, and staff across all TTUHSC campuses. This year's symposium is titled: Difference Matters: Valuing Diversity, Equity, and Inclusion in Interprofessional Teamwork. Oluwaferanmi Okanlami, MD, will kick off the IPE Fall Symposium with his keynote addressing the importance of identity and inclusion of all people of color and the disproportional impact and health inequalities faced by our patients.

Students interested in serving in a leadership role for the event are encouraged to contact the Office of Interprofessional Education. Approximately 150 students are needed to serve as student peer facilitators for small group discussion. For more information about facilitating or monitoring a student group, please contact the IPE Office.

Registration for the event can be accessed at: <https://bit.ly/2Y0VMjn>. For more information on the symposium, please contact the Office of Interprofessional Education at (806) 743-2028, email us at ipe@ttuhsc.edu, or visit our website www.ttuhsc.edu/interprofessional-education.

UPCOMING EVENTS

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 explore each of the 5 Languages of Appreciation.

- Tuesday, October 5th | 10 - 11 am | Zoom: <https://ttuhsc.zoom.us/j/92536665688>

In this webinar, we will explore practices for dealing with frustration in our team.

- Thursday, October 7th | 10 - 11 am | Zoom: <https://ttuhsc.zoom.us/j/97221446284>

In this webinar we will discuss a new trend around the idea of how toxic positivity can impact your team.

- Tuesday, October 12th | 10 - 11 am | Zoom: <https://ttuhsc.zoom.us/j/92205519973>

In this webinar, we will discuss strategies for staying balanced when everything around us is in chaos.

- Thursday, October 14th | 10 - 11 am | Zoom: <https://ttuhsc.zoom.us/j/91570898889>

HSC Huddle

Join the Office of the President to stay up to date with what is happening at TTUHSC with the monthly HSC Huddle.

- Thursday, October 7th | 12 - 1 pm | Zoom: <https://ttuhsc.zoom.us/j/95619943206>

Alzheimer's Disease Research Seminar

Join the monthly Alzheimer's Disease Research Seminar as they discuss articles with various speakers. This month's article will be "Healthy Aging, Healthy Lifestyle, and Reduced Risk of Dementia" featuring P. Henachandra Reddy, Ph.D., Tenured Professor in the Department of Internal Medicine and Vice Chair of Basic and Translational Research.

- Tuesday, October 12th | 12 - 1 pm| ACB 1C110A or Zoom: <https://ttuhsc.zoom.us/j/8624844206?pwd=WHAzNU80MjFMaktZFNBM3ZRQUk4QT09>

Human Sex Trafficking Symposium

The 1st Annual Human Sex Trafficking Symposium will be hosted virtually on Saturday, October 16th. The keynote speaker will be Jordan Greenbaum, MD, medical director of the International Centre for Missing and Exploited Children. Other speakers for the Symposium include several TTUHSC faculty, law enforcement and a trafficking survivor. Register by October 8th at <https://bit.ly/3uDb0ra>.

- Saturday, October 16th | 9 am - 1 pm | Virtual

Lubbock Medication Cleanout

Prevent poisonings, misuse and abuse while protecting the environment. Lubbock's Medication Cleanout will be on October 16th. Safely and correctly dispose of unwanted medications (both prescription and over the counter - no clinic loads please).

Staff and Faculty from all areas are welcome to volunteer. This is an IPE activity. Sign up at www.medicationcleanout.com.

- Saturday, October 16th | 10 am - 2 pm | Medical Pavilion, Outside Drive Thru (3601 4th Street)

STUDENT ORGS

Student Organization Resources

The Office of Student Life hosted trainings for student organizations to cover policies and procedures for the use of Senate funds. You can view this training, as well as other resources, including the Funding Regulations Handbook on the Student Life website at the following link: <https://www.ttuhsc.edu/student-life/student-organizations.aspx>.

For any questions regarding student organizations, please let us know at Student.Life@ttuhsc.edu or 806-743-2302.

Connect with the Student Life Office



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