

November 1 - 7

HSC ROUNDS

Office of Student Life

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Daylight Savings Time Ends

Daylight savings time ends this weekend. Don't forget to set your clocks back 1 hour at 2 am on Sunday, November 7th.

Find Your Zone - 3rd Event

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.

This series of Fall events provides students with specifically designed creative and leisure activities that facilitate a health-enhancing flow experiences and ultimately restore occupational balance once routinized over time. The third event on November 17th will focus on Resilience and Paper Quilling. Paper quilling is an ancient art form that involves manipulating and arranging small strips of paper into detailed designs. RSVP by emailing Laurie.Stetler@ttuhsc.edu (limited to 20 students).

Veteran & Military Scholarship Opportunity

The HSC Veterans Resource Center (VRC), in partnership with the Texas Tech Military and Veteran Alumni Network (MVN), will award two \$500 Veterans Day scholarships. Student veterans, active duty, active reserves, or National Guard members currently enrolled at least half-time and in Good Academic Standing are eligible. Please see other requirements and apply for the scholarship at the following address: <https://bit.ly/3jN8WZj>. The application will be open October 27-November 5. The recipients will be named and contacted by November 11.



Recharge at the TTUHSC Libraries

The TTUHSC Libraries have charging lockers and stations at the Amarillo, Odessa, and Lubbock Libraries. While your mobile device recharges, study or sit and relax with a cup of coffee. Each library provides a selection of free K-Cup style coffees, teas, and hot chocolate.

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).

TTUHSC Helping Hands Food Pantry

The TTUHSC Helping Hands Food Pantry is an ongoing endeavor of the TTUHSC community working together to fight and end food insecurity for the members of the TTUHSC family (students, staff and faculty). The Helping Hands Food Pantry has established Kindness Kits to battle against food insecurity within our community. Any member of the TTUHSC family may submit a request for a Kindness Kit for themselves or another TTUHSC family member. All requests are confidential. The requestor will be contacted within three hours of submitting the application Monday through Friday between 8-5. The kit can be picked up at the Preston Smith Library in Lubbock or a scheduled location within any of our HSC campus's located in Abilene, Amarillo, Dallas and Odessa.

To Request a Kindness Kit for yourself or someone else, please submit a form at our website at: <https://hscweb.ttuhsc.edu/helpinghands/>. To make monetary donations please visit: <https://donate.give2tech.com//?fid=H251099>. For questions please contact us at helpinghands@ttuhsc.edu.

UPCOMING EVENTS

Alzheimer's Disease Awareness Month

November is Alzheimer's Disease Awareness Month. Join the Garrison Institute on Aging for a series of events. Starting with a kick-off event on November 1st, featuring Tam Cummings, PhD to discuss the 9 Dementias.

- Monday, November 1st | 12 - 1 pm | Zoom: <https://ttuhsc.zoom.us/j/93712419544>

A research presentation featuring guest speaker, Jeannie Chin, Ph.D. an Associate Professor at the Baylor College of Medicine to discuss "Circuit and network mechanisms of cognitive deficits in Alzheimer's disease."

- Wednesday, November 3rd | 1 - 2 pm | Zoom: <https://ttuhsc.zoom.us/j/93712419544>

Vice President for Diversity, Equity & Inclusion Candidate Townhall

We are excited to announce Ms. Jody Randall as one of the final candidates for the Vice President of Diversity, Equity, and Inclusion. This position will cultivate a learning and working environment that encourages and supports diversity, equity, and inclusion throughout the TTUHSC community in alignment with our values-based culture.

Ms. Randall currently serves as the Director of the Office of LGBTQIA Education and Engagement at Texas Tech University. Prior to her role at TTU, she was the founder of the Office of LGBT for Murray State University. Ms. Randall has an extensive background in higher education that includes roles in academic affairs, student affairs, and diversity, equity, and inclusion. As part of her onsite interview, Ms. Randall will host a town hall on November 3rd.

- Wednesday, November 3rd | 12:30 - 1:30 pm | Zoom: <https://ttuhsc.zoom.us/j/98475972530>

Workshop on Accessibility

In the field of health sciences education, the conveyance of visual data in either table, graph or chart form is ubiquitous. For individuals with visual or learning disabilities, navigating and understanding the structure and significance of tabular information can present a serious challenge. In addressing the issue of inaccessible tables, Student Disability Services is offering a one-hour follow-along workshop, beginning on November 3rd. During this session, instructions for creating accessible spreadsheets, tables, and charts will be demonstrated. Bring your laptop or ask us to have one reserved for you. Coffee provided. RSVP your intention to attend to <mailto:mary.mailler@ttuhsc.edu>.

- Wednesday, November 3rd | 3 - 4 pm | ACB 260J

State of the University & Faculty Award Convocation

TTUHSC President Dr. Lori Rice-Spearman invites you to the virtual State of the University & Faculty Award Convocation!

- Thursday, November 4th | 12 - 1 pm | Zoom: <https://ttuhsc.zoom.us/j/98981094118>

Culture In...Music & Life

Please join the Office of Global Health for their series Culture In. This series focuses on bringing cultural education to the TTUHSC community in the form of microlearning events. The Medical Spanish Club will co-host this event as we celebrate Dia de los Muertos! Dia de los Muertos is a holiday celebrated on the 1st and 2nd of November. It originated and is mostly observed in Mexico but also in other places, especially by people of Mexican heritage elsewhere.

To commemorate the holiday, an Ofrenda will be displayed in the ACB lobby on November 1st and 2nd, which will allow the TTUHSC community to honor loved ones. You may bring a photo of your loved one (No larger than 4x6). You may place it on the display around the ofrenda. If you'd like to place your loved ones photo on the ofrenda itself you must bring a frame.

- Thursday, November 4th | 3 - 4 pm | Zoom:
https://ttuhsc.zoom.us/webinar/register/WN_Z4Bf_NGcRpe3dxNbmGdjLw

IPE Fall Symposium

The IPE Fall Symposium is an annual event hosted by the Office of Interprofessional Education that provides an opportunity to learn about, from, and with one another to enable effective collaboration and improve health outcomes.

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.

- Friday, November 5th | 9 am - 3 pm | Zoom

Connect with the Student Life Office



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