In the Know

November 30, 2018

UNT Alumna Sarah Nowery Brings Disaster Relief to ThoseSuffering Around the World



When disasters strike, <u>UNT</u> alumna **Sarah Nowery** ('05, '07) responds. Nowery has worked on more than 22 responses to global emergencies, and UNT has played a major role in helping to prepare her for a challenging yet rewarding career.

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UNT Career Center Launches Quarterly Student Spotlight to Recognize Outstanding Students



The <u>UNT Career Center</u> has launched a new student recognition opportunity called the Quarterly Student Spotlight to highlight students who are doing big, exciting and often innovative jobs and services around their communities.

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DSA Departments Recognized at UNT Institutional

Effectiveness Awards Ceremony



Four UNT Division of Student
Affairs departments were presented awards at the Institutional
Effectiveness Awards
Ceremony hosted by University
Accreditation on November 28.

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UNT Welcomes Aly Raisman to Campus as DLS Speaker



Continuing with its theme of activism for the 2018-2019 season, the <u>UNT Distinguished Lecture</u>

<u>Series</u> (DLS) welcomed gold medal winning U.S. Olympic Gymnast **Aly Raisman** to the Coliseum on November 19.

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UNT Parent Association's Sweatshirts Available for Purchase

The <u>UNT Parent Association</u>'s annual **Holiday Sweatshirt** is available for purchase (order form here). The sweatshirts are \$22 for sizes S - XL, and \$25 for 2XL and 3XL. Accepted payment includes check, credit card or <u>IDT</u> if



departments wish to purchase for their staffs. The sweatshirts will be available starting Thursday, December 6, and individuals who place orders will be notified when their orders are ready.

For more information, email <u>James.Burks@unt.edu</u>



WORKSHOP Mental Health First Aid

Register today! mylearning.unt.edu

Select a session that fits your schedule!

Wednesday Class

Dec. 19, 2018, 9 a.m. – 3:30 p.m. Learning Portal #: UNT-MHFA18-1 Location: Chestnut Hall, Room 120A/B

Thursday Class

Jan. 10, 2019, 9 a.m.–3:30 p.m. Learning Portal #: UNT-MHFA18-2 Location: Chestnut Hall, Room 120A/B

Course Description • Lunch will be provided

This one-day course teaches you how to identify and help someone who is developing a mental-health problem or experiencing a mental-health crisis. The training helps you identify, understand, and respond to signs of addictions and mental illnesses. Topics covered include anxiety, depression, psychosis, and addictions. Includes full color 100+ page resource manual.

MENTAL HEALTH PIRST AID USA PRINCIPOL HORSES

Learning Objectives

Builds an understanding of the importance of early intervention.

Teaches participants how to offer initial help to a person experiencing a mental-health challenge.



Presenter: John Meredith, Program Manager Mental Health Projects Sponsored and facilitated by Denton County MHMR

For more information about UNT Mental Health Resources: speakout.unt.edu



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Save the Dates!

Directors Staff Meeting

December 5

University Holiday Party
December 6

DSA Holiday Party December 17

Division Meetings

January 30, 2019 March 4, 2019

Union Ballroom 8:30 - 10:30 a.m.

DSA Weekly Prize Drawing

This week's prize is a unisex UNT scarf, perfect to keep you warm while displaying your UNT pride.



Send your name and phone number to student.affairs@unt.edu by Monday at 5 p.m. to be entered into the drawing.

Good luck, and may the odds be ever in your favor!

In the Know is published by the Division of Student Affairs to keep staff informed with news and points of pride.

Have an idea for *In the Know*?
Send it to Ray Willhoft at raymond.willhoft@unt.edu

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