

Office of Student Affairs

HAWK TALK

— THIS WEEK ON THE BAYOU – FALL 10.21.2024 —

FOLLOW @ULMSTUDENTAFFAIRS



Vice President for Student Affairs

DR. FIELDS' NOTE

Hello, Warhawks!

Before Fall Break, we focused on the importance of self-care. This week brings new opportunities to enhance your well-being through communication, fitness, stress management, and time spent socializing or giving back.

From building interpersonal communication skills to taking on our Fall Fitness challenge and learning effective stress management, these events are designed to support your holistic wellness.

Take care and take flight!

Valerie S. Fields

Dr. Valerie S. Fields
Vice President for Student Affairs

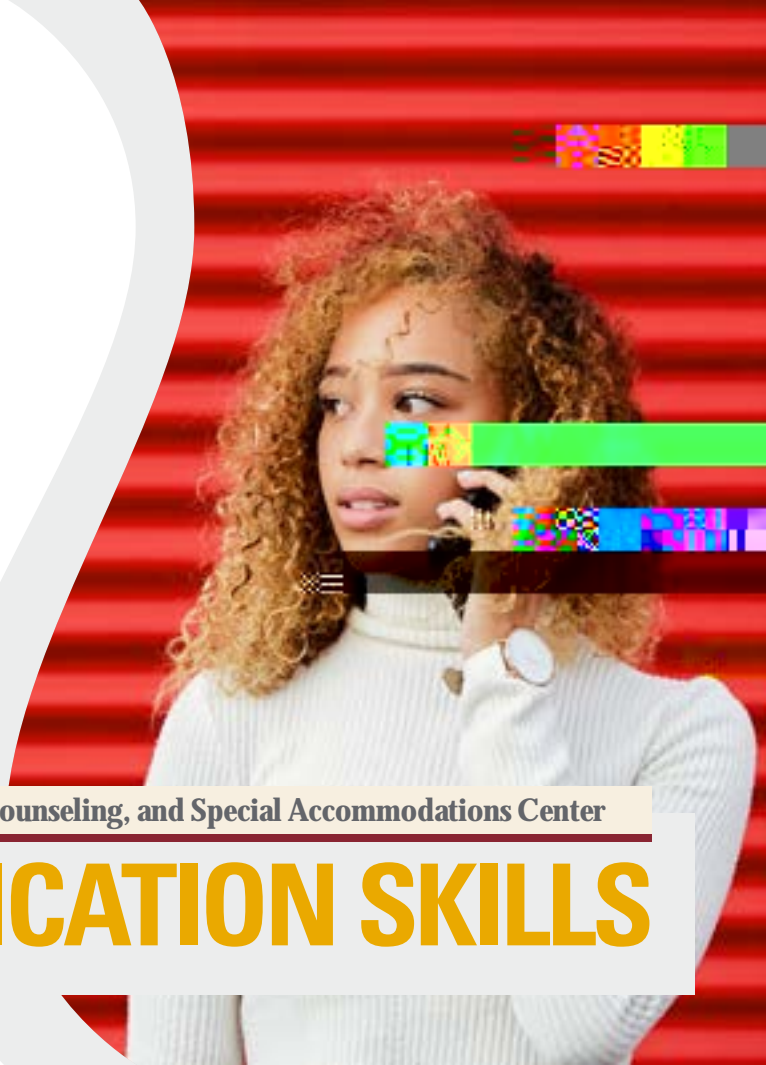
WANT TO COMMUNICATE WITH CONFIDENCE?

Whether it's for personal growth or professional development, this session will help you communicate more effectively and build stronger relationships.

Wednesday, October 23, 2024
3-4 pm
ULM Library 3-C

Self-Development, Counseling, and Special Accommodations Center

COMMUNICATION SKILLS





Thursday, October 24, 2024
3:30 - 4:30 pm



FALL FITNESS CHALLENGE



School of Education

SER ICE LEARNING

NEEDS SER ICE CREDITS?

Are you looking to make a difference while earning service credits? Join us for an information session about an impactful service-learning project in partnership with the Center for Children and Families. This opportunity focuses on building awareness and supporting NELA children and families in need.

Thursday, October 24, 2024
5 pm
Walker 2-50



HAWKtoberfest



OCTOBER 24, 2024