Office of Student Affairs

# HAWK TALK

— THIS WEEK ON THE BAYOU - FALL 11.18.2024 —

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Hello Warhawks,

This week is all about empowerment and expression—encouraging you to express your talents, share your voices, and support each other through creativity, connection, and resilience.

Let's lift each other up and take flight together!

Vali Stulk

Dr. Valerie S. Fields
Vice President for Student Affairs

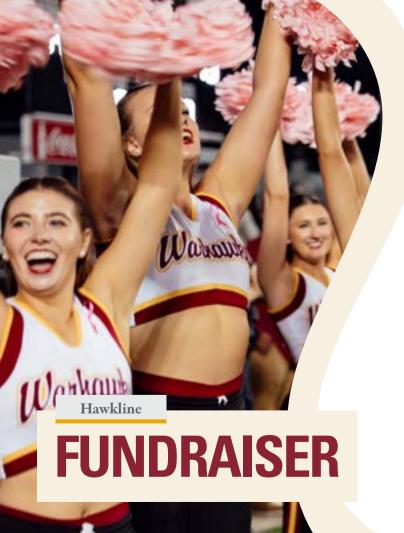
### **LEADING YOUR MENTAL HEALTH**

Learn how the changing seasons can affect your mood and discover strategies to thrive. Hear from a panel of experts and peers sharing insights, tips, and support on how to battle seasonal depression.



**Student Affairs** 

Tuesday, November 19, 2024 3:30-4:30 PM Sandel Hall 236 **SEASONAL DEPRESSION** 



#### **LADIES NIGHT OUT**

Join ULM Hawkline for a special fundraiser to support ULM Hawkline's trip to Nationals in April 2025! Dance the night away with the talented Hawkline in a workout-style, upbeat dance session! Open to college-age and up — everyone's welcome!

Tuesday, November 19, 2024 | 6-7 PM | Spirit Hall \$10 (all proceeds go towards trip to Nationals) Click to reserve your spot.

#### **NAVIGATING UNCERTAINTY**

Join an interactive panel exploring the power of your voice in challenging times. Engage in meaningful discussions on identity, resilience, and finding strength even in unfavorable conditions. Your voice matters—let it be heard.



**Student Affairs** 

Thursday, November 21, 2024 3:30-4:30 PM Sandel Hall 236

**YOUR VOICE MATTERS** 



### **ARTIST TALK**

Memphis-based artist Carl Moore, originally from Canton, MS, presents MOVEMENT, a captivating collection of paintings offering a glimpse into moments of work and activity. These stunning pieces are a must-see!

Thursday, November 21, 2024 5:30 PM Sandel Hall 238

### **ULM TITLEHOLDERS**

Experience an evening of elegance, talent, and Warhawk pride as we crown the next Mister and Miss ULM and bid farewell to Gabrelle McLeod (Miss ULM), Jonathan DeCou (Mister ULM), and Bella Fontana (Miss ULM's Teen). Don't miss this ULM tradition.

Mister ULM: Friday, November 22 | 7 PM Miss ULM: Saturday, November 23 | 7 PM Brown Auditorium **Student Affairs** 

**MISTER & MISS ULM** 



#### **INNOVATIVE PROJECT SHOWCASE**

TechXpo ULM is an exciting event that showcases innovative student projects from all majors. It's your opportunity to demonstrate how technology enhances your field of study and share your ideas with peers, faculty, and industry professionals.

Friday, November 22, 2024 10-1:30 PM The Hangar

**Community Event** 

## **DOWNTOWN PEP RALLY**

#### **GET READY TO RALLY AND ROAR!**

The City of Monroe and ULM are teaming up for a Warhawk Pep Rally in Downtown Monroe. Join ULM Cheerleading and Hawkline to show our Warhawk pride as we gear up for our last home game vs. the Ragin' Cajuns.

Monday, November 25, 2024 5 PM RiverMarket, 316 S Grand Street