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Tiger Daily: October 14, 2020

Fort Hays State University

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From: Tiger Daily
Sent: Wednesday, October 14, 2020 10:18 AM
To: Tiger Daily <TigerDaily@fhsu.edu>
Subject: Tiger Daily [October 14, 2020]



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- [The Role of Sexual Assault Examiners and the Sexual Response Team - Kimberly Cebula and Hays Med Nurse - October 19; 12:30-1:30pm](#)
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- [Let's Civil Discourse!](#) - **October 27; 6:00-7:00pm**
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ANNOUNCEMENTS

COVID-19 Updates

The [COVID-19 Response website](#) is where we post the latest information about the pandemic, including a new COVID-19 Dashboard that is updated every Tuesday.

Calendar: Upcoming Professional Development Opportunities

Check out upcoming professional development opportunities! The TILT TigerLearn event calendar is your go-to for professional development at FHSU! Check it out here: <http://tigerlearn.fhsu.edu/events/>.

To provide faculty and staff with one easy place to see all professional development at FHSU, we're happy to include your event on the TigerLearn calendar. We can include links to your registration site, contact persons for questions, etc. Just contact TILT-FacultyDev@fhsu.edu, and we'll add your event right away!

Practice German with the Department of Modern Languages

Do you want to practice your German? Join us at *Kaffeestunde* on the following dates from 3:00 pm to 4:00 pm:

September 3 and 17

October 1, 8 and 29

November 5 and 19

Contact Dr. Giovanni Lopez at g_lopezlopez@fhsu.edu to receive the direct link to this Zoom event organized by the Department of Modern Languages.

Flu Shots Available on Campus

Fort Hays State University will have flu shots available on campus beginning September 24th. Students, faculty and staff are encouraged to get vaccinated for the 2020-2021 flu season at one of the seven upcoming Flu Clinic Events.

These events have been organized through an joint initiative between the Human Resources Department, the Department of Nursing and the Student Health Center. The dates, times and location of the events are:

Thurs Sept 24th	9:00 am - 12:00 pm	MU Ballroom
Wed Sept 30th	3:00 pm - 6:00 pm	MU Ballroom
Tues Oct 6	7:30am - 10:30am	MU Stouffer Lounge
Tues Oct 6	3:00 pm - 5:30 pm	MU Stouffer Lounge
Mon Oct 19th	2:00 pm - 5:00 pm	MU Black & Gold Room
Wed Oct 28th	7:30am - 10:30am	MU Ballroom
Wed Nov 11th	2:00 pm - 5:00 pm	MU Black & Gold Room

Because of the pandemic, appointments for a flu shot must be scheduled. To schedule your appointment:

- Log into Tiger Tracks
- Select the Online Services tab
- Scroll down to **Student Health** and click *Schedule An Appointment*
- Follow the instructions to schedule your appointment.
- You will receive a confirmation email after you've scheduled the appointment.

Please be sure to complete the consent form, which will appear in a link immediately after you select your time slot.

The flu vaccine is offered at no cost to all FHSU students. However, most insurance plans pay for the vaccine. The Student Health Center may seek reimbursement for the vaccine from insurance plans to offset the significant cost of the vaccines.

University employees should email a photo of the front of their insurance card to healthcenter@fhsu.edu so an insurance claim can be submitted. To receive a text message reminder one hour before your appointment, complete the **Opt-in for Texting** form on the landing page of the patient portal.

Because of the pandemic, it is very important for everyone to receive a flu vaccine this year. If you are unable to attend one of the seven Flu Clinic events on campus, flu shots will be available at certain times in the Student Health Center. You can also participate in the flu shot drive-thru at HaysMed on September 27th, 9:00 am – 2:00 pm.

The Centers for Disease Control provides [comprehensive information](#) about the importance of getting a flu vaccine. The [Vaccine Information Statement](#) is also available for review prior to receiving your vaccine.

Kansas Small Business Development Center Tax Workshops

Nov 4

Small Business Tax Workshop - 9:00am-12noon

Register at: https://zoom.us/webinar/register/WN_NmMaRUE_Q_6XEfNOHS0v0w

Labor: Understanding Regulations forms & Reports - 12:15pm- 1:15pm

Register at: https://zoom.us/webinar/register/WN_bgW-UFxsRZapYanXF0WXng

Contractor's Tax Workshop - 1:30pm- 4:30pm

Register at: https://zoom.us/webinar/register/WN_fZXsYxHgRE-L_4gNo1TYCO

Nov 5

Agricultural Sales & Use Tax Workshop - 9:00am- 12noon

register at: https://zoom.us/webinar/register/WN_ZCSSHnMyTCOKNifkW3Rc-w

All workshops will be VIRTUAL

Attendance cost: No Cost

Pre-registration is required links are provided in the flyer next to the individual workshops

Contact Office Assistant at sbdcasst@fhsu.edu or call 785-628-5615 for any questions or concerns.

Monthly Mindfulness Minutes!

This semester has been stressful. But stress doesn't have to take over our lives. Simple yet intentional steps can go a long way as we prioritize self-care.

The Kelly Center invites you to join us for a brief mindfulness meditation on the last Wednesday of every month, Monthly Mindfulness Minutes (MMM). Join us as an individual, an office, a class, or a department. All you'll need is a quiet space and a willingness to pause your busy schedule for a few moments a month.

MMM will be held on the last Wednesday of every month, starting September 30th, at 8:15am. The meditation will last around 20-30 minutes, but please stay as long or as little as you're able. You can access the live meditation via our recurring zoom link, or listen to the recorded sessions at a later time. The recordings will be posted to the Kelly Center website.

Here is the recurring zoom link: <https://zoom.us/j/96561480413>

We hope many departments and offices will chose to incorporate MMM as a tool for decreasing the impact of stress, depression, and anxiety on our campus. Mindfulness meditation is an excellent way to mitigate the risk of overstress, prevent burnout, and increase productivity. And the benefits aren't only momentary, research has shown meditation to "conclusively and positively change your brain structure." Still not convinced? Check out the following article on the specific benefits companies like Google, Nike, and Apple have seen after incorporating mindfulness meditation:

<https://www.inc.com/marissa-levin/why-google-nike-and-apple-love-mindfulness-training-and-how-you-can-easily-love-.html>

Tigers, let's lead our students by example as we make our mental & emotional health, and our overall wellness, a priority. Please direct any questions to Amanda Brown (amanda.brown@fhsu.edu) or Jessica Albin (jkalbin@fhsu.edu). Finally, if you would like to receive a recurring Outlook invitation for MMM, please let Jessica know.

Virtual Figure Drawing Session – Every Friday 1-3 pm

Are you having a stressful semester? Come and join Friday virtual figure drawing session.

Every Friday 1 pm-3 pm, the zoom session will provide high quality figurative video and photo references.

Open to all FHSU students, faculties, and local artists. All levels are welcomed.

Contact Professor Jee Hwang (jhhwang@fhsu.mail.fhsu.edu) to receive an event link with a passcode. Prior registration required but there is no registration fee.

“2020 Art & Design Faculty Exhibition” Currently on Display

The Moss- Thorns Gallery of art will be showcasing this beautiful exhibition until October 23rd. Interested parties can view the works Monday-Friday from 9:00am until 4:00pm.

Position Open for Chief Financial Officer

Francine Hestermann, our current Chief Financial Officer of the FHSU Foundation is retiring after a 23-year tenure. Over the years, Francine has built an organized and stable accounting team of six. The candidate will work, learn, and train alongside Francine for a number of months to build upon her expertise and longevity. This position is perfect for someone looking for a career defining opportunity or new leadership role.

Position Summary

The Chief Financial Officer will be responsible for providing leadership and vision for all financial operations, financial management services, and reporting for both internal and external constituencies. In addition, this individual will be accountable for administration of the endowment, financial analysis, and the implementation of financial policies and all accounting practices.

A bachelor's degree in accounting, finance, or a related field is required. An MBA, MAcc, or related advanced degree or certification (e.g. CPA, CIA, etc.) is also required. It is preferred that the candidate has experience in public higher education and foundation environments.

This position includes a comprehensive benefit package and competitive salary commensurate with experience.

A full job description is available by visiting <https://foundation.fhsu.edu/about/careers>

Application Details

To be considered for this position, please submit a cover letter, resume, and three professional references in a single pdf file to foundation@fhsu.edu. The priority deadline to apply is November 1, 2020.

Please call 785-628-5624 with questions.

President's Distinguished Scholar Presentation

Please join the University in recognizing this year's President's Distinguished Scholar, Dr. Rick Edgeman. The presentation will be on Thursday, **November 5** at 3 pm by Zoom using the link: <https://fhsu.zoom.us/j/94725229384>.

Join The Modern Language Department for Tertulia!

Tertulia (fall 2020) from 3:30-4:30 pm on the Zoom ID <https://fhsu.zoom.us/j/5130052352> on **Thursdays September 17, October 15, October 29, and November 19, 2020**. Bring your own beverage (coffee, tea, or favorite drink).

Sponsored by the Modern Languages Department.

FHSU Staff Senate Meeting

We invite staff members to attend the October Staff Senate meeting. You do not need to be a member of Staff Senate to attend any of our meetings. The October meeting is on Tuesday, October 13th at 1:30pm via Zoom <https://fhsu.zoom.us/j/99460220997?pwd=K21RRzRsbWx4cTE2ZzhBVmNDRFpQQT09>

The agenda is available on our website: www.fhsu.edu/staff-senate.

We encourage any staff member to ask questions and we look forward seeing new faces at our next meeting!

If you have any questions, feel free to reach out to us at staffsenate@fhsu.edu or contact a senator in any of these areas:

Academic, Student & Research Services
Nicole Frank
Pam Groff
Stephanie Johnson
Accounting, Finance & Budgets
Jan Schmidtberger
Administrative Support
Jennifer Whitmer
Jenna Niblock
Staci DeWild
Falynn Rogers
Liz Atwater
Diana Staab
Athletics, Sports, Fitness & Recreation Activities
OPEN
Campus Operations & Services
Donna Augustine

Debbie Allen
Mark Grieve
Lisa Morgan
Community Programs & Human Services/Health Care/Law Enforcement & Security
Bob Duffy
Communications, Marketing & University Advancement/Information Technology/Library/Museum
Lisa Lang
Lacey Wegner

Hispanic Dance Sessions Fall 2020

On Wednesday October 14, we have a flamenco session from 6:30 - 9:00 PM. Join us for some more Alegria moves and basic flamenco steps and moves. Bring shoes with a hard heel or cowboy boots. Plan to stay for one hour and 25 minutes at least (warm up and cool down sessions). Sessions will all be streamed live on ZOOM to avoid spreading the coronavirus and to keep everybody as safe as possible <https://fhsu.zoom.us/j/5130052352>

Spread the word!

Sponsored by the Spanish Club and Modern Languages Department! :)

University Photo November Studio Dates

University Relations and Marketing will be offering open studio times for those faculty and staff who have not yet had a university photo taken or need an updated picture. Upcoming dates are November 4th and 5th.

Sign up for your photo time through the Google form below. Time slots are limited to ensure low traffic and social distancing. Masks will be required until instructed by the photographer. For the safety of all, drop-ins will not be taken.

Where: Hammond Hall 114

When: <https://forms.gle/HbjQHSBDJSjqR9w6>

Questions? Please email Angie Stieben.

La Mesa Española

Come join the Modern Languages Department for LA MESA ESPAÑOLA. This student-led conversation table welcomes all Spanish language levels. It is open to students and faculty who are eager to meet other language learners and improve their Spanish speaking skills. The Spanish Table will be held from 3:00-4:00pm via Zoom on October 16, October 30, and November 13. <https://fhsu.zoom.us/j/99593329779>

Free Virtual Yoga Class Beginning on October 14th on Wednesday Afternoons

The Tiger Wellness Center is excited to announce that we will be offering a FREE virtual yoga class to be held on Wednesdays at 4:45, beginning October 14th. If you would like to join, please email the Tiger Wellness Center at wellness@mail.fhsu.edu to receive the zoom link and password.

These will be geared towards a more relaxing, gentle and refreshing yoga session!

Research Participants Needed

“Hello folks,

My name is Nuchelle L. Chance and I am a faculty member from the Department of Psychology at Fort Hays State University. As the faculty lead for the Take A Chance SSRL I am writing to invite you to play a This or That game. This activity is delivered as a Google survey form. If you agree to play you will start by answering six demographic questions and then proceed through 35 categories to select between two options based on personal preference and identity. It should not take longer than 15 minutes to complete the game. Anyone 18 and older is eligible to play this game. Remember, this is completely voluntary and all responses are 100% anonymous. You can choose to play or not and there are no consequences if you choose to withdraw from the game at any point. Upon completion of the game you will be awarded with a virtual badge of completion. If you have any questions about this activity please email or contact me via email at nlchance@fhsu.edu. Once you complete the game please share the link to your friends, family, colleagues, peers and other constituents to increase exposure. If you have any questions about the game and/or would like more information about the study before making a decision to play, please contact me. Thank you very much.”

PHASE I: [HTTPS://FORMS.GLE/VWNYJIB1QLODCKSK6](https://forms.gle/VWNYJIB1QLODCKSK6)

PHASE II: <https://forms.gle/XLjg6ouSFVxd291P7>

PLEASE TAKE AND SHARE BOTH SURVEYS.

Sincerely,
Nuchelle L. Chance, PhD
nlchance@fhsu.edu
785-628-4063

EVENTS

Time Saving Research Tips: Fall 2020 Workshop Series

Wednesdays at 3:30 PM

Online

In *Time Saving Research Tips*, you will have an opportunity to meet your [liaison librarian](#), and receive key tips for researching within your subject area, database recommendations, tutorials for library research, and additional online resources.

Fall 2020 Workshops:

Werth College of Science, Technology and Mathematics

9/16 at 3:30 PM

Join: <http://bit.ly/ResearchWCSTM>

College of Health and Behavioral Science

9/23 at 3:30 PM

Join: <http://bit.ly/ResearchCHBS>

Robbins College of Business and Entrepreneurship

9/30 at 3:30 PM

Join: <http://bit.ly/ResearchRCOBE>

College of Education

10/7 at 3:30 PM

Join: <http://bit.ly/ResearchCOE>

College of Arts, Humanities and Social Sciences

10/14 at 3:30 PM

Join: <http://bit.ly/ResearchCAHSS>

All students, faculty, and staff are welcome to attend! Participants are eligible for a prize drawing at the end of the session.

Can't make a session? Video recordings will be available on YouTube at FHSU Forsyth Library. Like us on Facebook @fhsulibrary to learn more about upcoming events and resources.

MDC Workshop – Leadercast Hays: Positive Disruption

MDC Virtual Event

Disturbance. Disorder. Disarrangement. Many people think these are negatives in the workplace, but Leadercast will show why disruption is the best way to make positive, lasting change in your organization and beyond.

By popular demand, Leadercast is returning virtually this October! Hear from some of the world's most influential leaders in this 3-week, combination live/on-demand event. Each week will feature three nationally known Leadercast speakers – including Magic Johnson, Amy Jo Martin, & Matt Wallaert. In addition, you will be able to dive into deeper discussion of the content with your peers in two virtual sessions, led by an experienced MDC facilitator.

For more info, visit <https://www.fhsu.edu/cob/mdc/leadercast-2020/index>.

As FHSU faculty and staff, your registration fee is complimentary, thanks to your FHSU Vice President. **Limited funding is available annually per division.** For those in Academic Affairs: your registration fees are complimentary for up to two workshops per year.

Registration can be completed online at <https://webapps.fhsu.edu/MDC2.0/Default.aspx> or by calling Hannah Hilker at (785) 628-4121.

Celebrate Earth Science Week

Sunday, October 11th – Saturday, October 17th

The Department of Geosciences will be hosting several events in celebration of Earth Science Week 2020. This year the national theme is “Earth Materials in Our Lives” aimed at promoting the ways Earth

materials impact us and how our activity impacts earth materials. Join us as we explore earth materials in our lives through guest presentations, videos, challenges, virtual tours, FAQ posts, and MORE. To keep everyone as safe as possible we are hosting most of our events via sharing activities on-line and social media posts

Check out our activities as well as other nationally hosted activities at <https://fhsu.edu/geo/events/ESW/> or follow us on social media.

CHALLENGE: What is the average number of different ore minerals in components of common mobile devices? Email your guess to geosciences@fhsu.edu with 'Mobile Minerals' in the subject line. You have until noon Oct. 12th, Minerals Day, to make your guess. The answer will be revealed on Minerals Day, Monday Oct. 12th at noon at which time we will also draw a name from all guesses for a small treat goodie bag. Good luck!

For additional information or questions please email geosciences@fhsu.edu

International Day for the Reduction of Poverty

Monday, October 19th at 6:00-7:00pm

Via Zoom

This is a virtual event discussing poverty in the US and how Covid-19 has exacerbated these situations. Please join the Center For Civic Leadership in this event as part of the International Day for the Reduction of Poverty!

<https://us02web.zoom.us/j/88522443918?pwd=bDcvVGJmK210UjVtNC9oZkRuWnpIdz09>

Meeting ID: 885 2244 3918

Passcode: FHSU

Online Science Café Presents: “Climate Change: What Do We Really Know?”

Monday, October 19th at 7:00pm

Climate change has become a “political football” where anti-science, misinformation, and confirmation bias are regularly used to undermine progress. What do we know, what is uncertain, why are counterarguments so silly, and what can we do as citizens?

Presenter: Dr. P. Grady Dixon, Professor and Dean, Werth College of Science, Technology, and Mathematics, Fort Hays State University

Go to Science Café Facebook <https://fb.me/e/5FNsfydw>

www.fhsu.edu/smei

www.twitter.com/FHSUScienceCafe

www.facebook.com/FHSUScienceCafe

Sponsored by Science and Mathematics Education Institute
Free and open to public.

The Role of Sexual Assault Examiners and the Sexual Response Team – Kimberly Cebula and Hays Med Nurse

Monday, October 19th at 12:30-1:30pm

Via Zoom

Join The American Democracy Project to learn the entailing details of how sexual assault examiner handles the victims of sexual assault, as well as the role of the sexual assault response team at Fort Hays State University and the greater community. Register here via Zoom:

https://fhsu.zoom.us/meeting/register/tJAqdO2gpj0qGtzTYehkB6YaPji_NNloTxY

WKHRMA Annual Seminar – Register Today!

Monday, October 19th AND Monday, October 26th at 9:00am – noon, both days

Virtual via Zoom

The Western Kansas Human Resource Management Association (WKHRMA) welcomes the Tiger Family to our annual October Seminar. Hear from attorneys Melody Rayl & Lauren Sobaski of Fisher & Phillips LLP on some of the most pressing matters facing the workplace today. We will discuss COVID related issues impacting employers, dealing with unseen disabilities, wage & hour issues, and a legal update including U.S. Supreme Court Decisions and EEOC updates.

The WKHRMA seminar will be held via Zoom on Oct. 19 & Oct. 26 from 9:00 a.m. – noon both days. If you're a WKHRMA member, the cost to register is \$45 for both sessions; \$60 for non-members.

Register here: <https://wkhurma.shrm.org/events/2020/10/annual-wkhurma-seminar-2020>

Questions? Contact Hannah Hilker, hehilker@fhsu.edu

National Bullying Prevention Unity Day

Wednesday, October 21st at 10:00-12:00 pm

On the Quad

Join the Center for Civic Leadership to help raise awareness for bullying. On this day students and faculty are asked to wear orange throughout the day and come out to the quad to sign a banner against bullying and choose to spread kindness. We ask that you practice social distancing and wear a mask if you will be attending this event.

Red Flag Awareness Day

Monday, October 26th at 7:00-8:00pm

Via Zoom

Join the Center For Civic Leadership and Jana's Campaign to take part in National Domestic Violence Awareness Month. This event will focus on how to identify the red flags in relationships, what to do if you find yourself in an abusive relationship, and ways you can be an advocate for somebody in a harmful relationship.

<https://us02web.zoom.us/j/87440682153?pwd=cmpaU254U2JBRjF2NEI5aDFlZW85dz09>

Meeting ID: 874 4068 2153

Passcode: FHSU

MDC Online Course – Maximize Organizational Performance: Workplace Communication

Monday, October 26th – Monday, November 16th

Price: \$219

This series is a profoundly intuitive workshop intended for those who need to develop their leadership skills. This leadership training will cover best-practices in organizational management to help leaders effectively communicate in the workplace. The strategies provided will help leaders to motivate subordinates to reach new heights within their organizations.

Learning Objectives

- Participants will learn three communication strategies to employ in the workplace in order to work more effectively with others.
- Participants will develop skills to better manage working in a group; i.e., conflict resolution, engaging various personalities on a team, and bringing together teammates to work towards a common goal.
- Participants will learn project-management skills, including organization, setting goals, and planning.
- Participants will place these new skills/strategies in the context of ethical and professional issues that are relevant to the current work environment.

This 4-week online course features a blend of live meetings and content to be completed on your own time. The live meetings will be on Mondays at 1 p.m. All workshop content will be accessible online through FHSU's Blackboard learning management system.

Live Sessions

1. October 26 @ 1 p.m.
2. November 2 @ 1 p.m.
3. November 9 @ 1 p.m.
4. November 16 @ 1 p.m.

For more info, visit <https://www.fhsu.edu/cob/mdc/maximize-organizational-performance/index>

As FHSU faculty and staff, your registration fee is complimentary, thanks to your FHSU Vice President. **Limited funding is available annually per division.** For those in Academic Affairs: your registration fees are complimentary for up to two workshops per year.

Registration can be completed online at <https://webapps.fhsu.edu/MDC2.0/Default.aspx> or by calling Hannah Hilker at (785) 628-4121.

Let's Civil Discourse!

Tuesday, October 27th at 6:00-7:00pm

Via Zoom

Let's Civil Discourse is an opportunity for students, faculty and staff, and others to address and debate issues in a civil manner. It will also be a place where proper decorum as well as common ground building will happen and will be reminded of throughout the entirety of the session. Keep posted for more guidelines as well as general rules on our social as the dates come about.

Register for the event here:

https://fhsu.zoom.us/meeting/register/tJMqdO6qqTwuHNRjb8_1RPWNTqbMUoEZZ4tU

TILTed Tech Mini-Conference: Working Effectively and Efficiently Online

Tuesday, October 27th at 1:00-4:00pm

Online via Zoom

Register: <http://bit.ly/TILTedOct27>

With a blend of people working on campus and remotely, we are presented with new challenges to communicate effectively. Safely setting up your technology at home, collaborating with virtual based teams, and organizing your work can create additional stress. Learn strategies and tips for a more efficient online working environment.

TILTed Tech is a series of mini-conferences to inspire teaching, technology and scholarship. The event series is a collaboration between Forsyth Library, Teaching Innovation and Learning Technologies, and Technology Services.

Questions? Contact Brittney Squire at bmsquire@fhsu.edu

SHARE WITH STUDENTS

Free Flu Shot Event for Students

Student Health Center is holding a FREE Flu Shot Event for all students on the following dates:

- Thursday, Sept. 24, 9-12 pm MU Ballroom
- Wednesday, Sept. 30, 3-6 pm MU Ballroom
- Tuesday, Oct. 6, 7:30 – 10:30 am & 3-5 pm MU Stouffer Lounge
- Monday, Oct. 19, 2-5 pm MU Black & Gold Room
- Wednesday, Oct. 28, 7:30-10:30 am MU Ballroom
- Wednesday, Nov. 11, 2-5 pm MU Black & Gold Room

Students must first schedule a time on the following link <https://fhsu.medicatconnect.com/home.aspx>

For more information visit www.fhsu.edu/student-health

Educational Opportunity Fund

Student Government Association Fund

The purpose of the Educational Opportunity Fund is to provide a student-controlled funding source to fund programs which serve to increase and enhance the educational opportunities of students at Fort Hays State University, during the upcoming fiscal year.

What can be funded?

Requests from qualified entities must meet one or more of the following criteria:

- New, innovative idea that will improve a department, an organization, or the university at large.
- Student employment opportunity that provides an educational benefit to a/may student(s).
- Student-led project that expands the reach of the university.
- Student-led project that increases the betterment of the campus community.

The FHSU Poet Laureate

Announcing a new experiential learning opportunity for full-time, FHSU undergraduates in any major:

Applications accepted: Oct. 1—Nov. 02, 2020; Interviews in November;
FHSU Poet Laureate Announced in December

Eligible students: Full-time, FHSU undergraduates in any major

Core Requirement: Candidate must write and read poetry and have the desire to promote knowledge and appreciation of poetry and the spoken word during a 2-semester program that may include campus and community events, poetry readings, and opportunities to publish.

Appointment: 1 year, renewable

Application details available at <https://www.fhsu.edu/english/Academic-Programs/index>

Please forward questions about the FHSU Poet Laureate position to Linda Smith <LSmith@fhsu.edu> or Linda McHenry <lmchenry@fhsu.edu>

Kelly Center Student Workshops

October 15th at 2:00PM Student Engagement will be partnering with the Kelly Center to talk about Mental Health Awareness and Self-Care for success! This session is open to all students, faculty and staff! The session will be hosted via Zoom using this link: <https://fhsu.zoom.us/j/97634778795v>. Additional information can be found on TigerLink: Student Workshop Mental Health Awareness and Self-Care for Success in the events section.

If you have any additional questions please reach out to Heidi Pearson, hmpearson@fhsu.edu, 785-628-4664.

Free Legal Counseling for Students

Mark your calendar for October 27th! FHSU Student Government Association is offering Free Legal Counseling for students! Please fill out the form, which can be found on TigerLink as 2020-2021 Free Legal Counseling. If you have any questions, please contact LAD Crystal Rojas at sga.lad@fhsu.edu.

First Year Institute

First Year Institute event is for first-year college students to come together and discover how to have success as a first-year student with informative breakout sessions, speakers and more all discussing how to get involved, navigate the college campus, and gain important leadership skills. To sign up click [here](#).

For more questions contact: e_irigoyenaguirre.se@fhsu.edu

Intercession Course for Students Majoring in a Healthcare Profession

Attention students majoring in pre-med, nursing, social work, psychology, or simply interested in learning more about corrections. The Department of Criminal Justice is offering *CRJ 100 VB Workshop in Criminal Justice: Health Professions in Corrections* during the intercession. This is a one credit hour

course to familiarize students with the role of healthcare professionals in correctional facilities. A variety of healthcare professionals, including but not limited to medical doctors, nurses, psychiatrists, therapists, and social workers, are hired to work in these facilities, often with little to no knowledge of correctional operations. This course is a great opportunity to be informed. Contact Dr. Tamara Lynn at 785-628-5668 or tjlynn@fhsu.edu for more information.

Suit-Up with JCPenney

All FHSU students are invited to attend the online JCPenney Suit-Up Event between **October 21-23**. This is a great opportunity for those needing professional attire for an interview, class presentation, internship, or new job. For more information, please visit https://fhsu.joinhandshake.com/events/582494/share_preview or contact Career Services at careers@fhsu.edu.

Join Student Engagement in Learning Racial Awareness!

10/19 @ 7pm LGBTQIA+ Speaker Zaylore Stout: How “Woke” Are You? Identify Your Blind Spots and Create a Better Campus Culture

Link to Virtual Speaker: <http://bit.ly/FORTHAYSspeak>

Visit Tigerlink for more info <https://tigerlink.fhsu.edu/event/6536735>

11/18 @ 5p.m. Novels for Hope Book Discussion of *How to be an Antiracist* by Ibram X. Kendi
Sign up today! <https://tigerlink.fhsu.edu/submitter/form/start/448434> First 30 participants get a free copy of the book.

To submit an article for Tiger Daily, please create a **new** message and email it to tigerdaily@fhsu.edu before **10:00 a.m.** Items received after 10:00 a.m. will run the next business day. Submissions will be accepted only from FHSU faculty, staff, and student organizations. **Submissions must include** a headline, body text, and contact information only. **Attachments, graphics and images will not be published (including signature line graphics)**, but links to web pages may be included. Submitter is responsible for quality of content, which will be copied/pasted directly. **Replies to this message will not be responded to. Please send any inquiries regarding a Tiger Daily article directly to the submitter.** Only one Tiger Daily message will be sent per day.