

Office of Student Affairs

HAWK TALK

— THIS WEEK ON THE BAYOU – FALL 11.18.2024 —

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Vice President for Student Affairs

DR. FIELDS' NOTE

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!

A handwritten signature in black ink that reads "Valerie S. Fields".

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.

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



Student Affairs

SEASONAL DEPRESSION



Hawklime

FUNDRAISER

LADIES NIGHT OUT

Join ULM Hawklime for a special fundraiser to support ULM Hawklime's trip to Nationals in April 2025! Dance the night away with the talented Hawklime 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.

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



SIPPING TEA WITH
THE VP

Student Affairs

YOUR VOICE MATTERS



VAPA

MOVEMENT

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.



Student Affairs

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

MISTER & MISS ULM



Google Developer Student Club

TECH XPO

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