



CHES Student Newsletter “The Weekly Tea”

MARCH 29 – APRIL 2

IMPORTANT DATES AND DEADLINES

- **March 31, 2021** – Last day to withdraw from a Spring 2 course with a “W”
- **April 9, 2021** – Honors day, classes dismissed
- **April 23, 2021** – Last day of classes; Last day to withdraw from the term
- **April 26-30, 2021** – Final Exams
- **May 1, 2021** – CHES Commencement ceremony, 7:00 pm CDT

ACADEMIC ADVISING

Do you need to be cleared to register for summer and fall classes?

Please schedule an advising appointment by logging into our [online scheduling system](#).

Please remember to check your Crimson e-mail often.

If you have advising questions, e-mail your assigned academic advisor directly or e-mail Student Services at hesstudentservices@ches.ua.edu.

Please visit our [website](#) for advising information related to specific majors.

[Click here](#) to find your registration time assignment.

PRIDE OF TUSCALOOSA VIRTUAL SCAVENGER HUNT

UA STUDENTS:
JOIN P.R.I.D.E. OF TUSCALOOSA FOR AN

INTERNET SCAVENGER HUNT

This scavenger hunt will focus on topics such as underage drinking, binge drinking, and other various drugs that can negatively effect college students.

March 31st @7:00pm	THE FIRST PERSON TO COMPLETE AND SUBMIT THEIR ANSWERS TO OUR EMAIL WILL RECIEVE A \$25 GIFT CARD
	FIRST 15 PEOPLE TO SUBMIT THEIR ANSWERS TO OUR EMAIL WILL AUTOMATICALLY WIN WIRELESS-BLUE TOOTH HEADPHONES!!!!

ONCE STUDENTS HAVE REGISTERED EXPECT AN EMAIL TWO DAYS BEFORE WITH FURTHER INSTRUCTIONS.

REGISTER FOR OUR VIRTUAL EVENT ON EVENTBITE

<https://www.eventbrite.com/e/internet-scamenger-hunt-tickets-146989362139>

#howarechampionsmade

Join PRIDE of Tuscaloosa for a virtual scavenger hunt on **Wednesday, March 31st at 7:00 pm.**

PRIDE of Tuscaloosa is a 501(c)(3) organization that is dedicated to creating substance abuse awareness and prevention throughout Tuscaloosa and the West Alabama Area.

[Click here](https://www.eventbrite.com/e/internet-scamenger-hunt-tickets-146989362139) to register!

HES DIVERSITY, EQUITY & INCLUSION NEEDS ASSESSMENT SURVEY

Students in HHE 480 have developed an anonymous [needs assessment survey](#) regarding diversity, equity, and inclusion within the College of Human Environmental Sciences.

The CHES Committee on Diversity & Inclusivity is committed to creating and sustaining a diverse, inclusive, and welcoming campus community in which every student, faculty, and staff can thrive. This survey is important for us to hear from a range of CHES students about their experiences. The survey should take 5-10 minutes. The deadline to participate is **Monday, April 5th**.

Participate in the survey here:

<https://docs.google.com/forms/d/e/1FAIpQLSe5eskP5h7Mp2RAbCCGcrPpbvq3IIT-2F0dkD5uZNdGneNiug/viewform>

For more information on the CHES Committee on Diversity and Inclusivity (CDI), please visit <http://www.ches.ua.edu/diversity.html>.

LINKEDIN: PERSONAL BRANDING FOR PROFESSIONAL SUCCESS

THE UNIVERSITY OF
ALABAMA®

College of
Human Environmental Sciences
Department of Consumer Sciences

LinkedIn: Personal Branding for Professional Success



Gregg Burkhalter
Personal Branding | LinkedIn Training | Speaker

Gregg Burkhalter is a recognized authority on Personal Branding and LinkedIn. He has helped countless professionals across the US and abroad define and grow their Personal Brand using LinkedIn.

Gregg spent the first part of his professional career behind the microphone at radio stations in Savannah, Jacksonville, Charleston, and Atlanta. Following his radio years, Gregg worked in national marketing and distribution.

Today, Gregg is known by many as "The LinkedIn Guy". He provides Personal Branding Coaching and LinkedIn Training via one-on-one and group training sessions, corporate presentations and webinars.

Today's "professional toolbox" is vastly different from a decade ago. You have two new "power tools" that can change your life and your career. One is a strong personal brand. The other is an engaged professional network.

LinkedIn is the digital home of your personal brand. Gregg will show you how to build your personal brand and what you should be doing daily on LinkedIn to build relationships, expand your network, and advance your career.

WHEN: Thursday, April 8, 2021

TIME: 2:00 PM to 3:30 PM (CDT)

WHERE: Online via Zoom



Register for the LinkedIn Training Session on Zoom:

<https://uasystem.zoom.us/meeting/register/tJYrc-ytrDsoEtDK2idKST7aWjfv9mmEZEH8>.

ORMAN-HARRIS LECTURE



Orman-Harris LECTURE

April 8, 2021, 2-3:15 P.M. CT



Presenting
**Catharine
Ross, PhD**

Dorothy Foehr Huck Chair
Department of Nutritional
Sciences
Pennsylvania State
University

Title:
**Dietary Reference
Intakes - Past,
Present and Future**

Join through Zoom:
[https://uasystem.zoom.us/
j/96909428093](https://uasystem.zoom.us/j/96909428093)

Meeting ID:
96909428093

Dr. Catharine Ross received her undergraduate education at the University of California at Davis (zoology, 1970), and master's in nutrition and Ph.D. degree in biochemistry from Cornell University, Ithaca, NY (1976). She also completed postdoctoral training in the Department of Medicine, Columbia University, 1976-78.

Currently, she is professor of nutritional sciences and physiology, head of the department, and occupant of the Dorothy Foehr Huck Chair in the department of nutritional sciences, Pennsylvania State University.

Dr. Ross has conducted research on vitamin A nutrition and metabolism and on nutrition and immune function for four decades. She has served as editor-in-chief of *The Journal of Nutrition* and as senior editor for *Modern Nutrition in Health and Disease* (11 ed). She is a Fellow of the American Association for the Advancement of Science and the American Society for Nutrition, member of the National Academy of Science (USA), and has served on the Food Advisory Committee of the FDA, Food and Nutrition Board of NASEM, and Board of Scientific Counselors for NIH NIDDK. She chaired the Institute of Medicine committee to develop the DRI for Calcium and Vitamin D during 2009-2011.

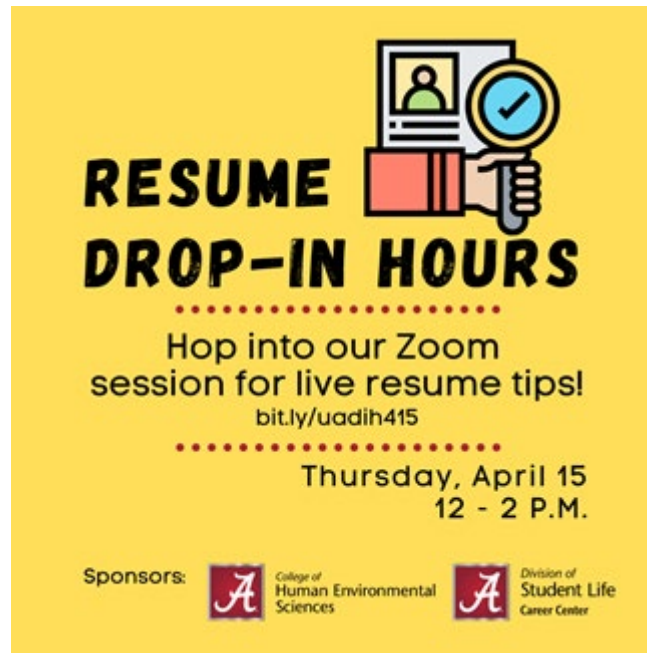
The University of Alabama

Dr. A. Catharine Ross from Pennsylvania State University will give a lecture titled "Dietary Reference Intakes - Past, Present, and Future" on **Thursday, April 8th at 2:00 pm**. Dr. Ross is Professor of Nutritional Sciences and Physiology and Chair of the Department of Nutritional Sciences. She is a Fellow of the American Society for Nutrition and member of the National Academy of Science (USA). She chaired the Institute of Medicine committee to develop the DRI for Calcium and Vitamin D during 2009-2011.

You may register ahead of the event on Zoom:

<https://uasystem.zoom.us/j/96909428093>



UA CAREER CENTER VIRTUAL RESUME REVIEW SESSION

A yellow rectangular graphic with a hand holding a magnifying glass over a resume icon. The text reads: "RESUME DROP-IN HOURS", "Hop into our Zoom session for live resume tips!", "bit.ly/uadih415", "Thursday, April 15", "12 - 2 P.M.", and "Sponsors: College of Human Environmental Sciences, Division of Student Life Career Center".

**RESUME
DROP-IN HOURS**

Hop into our Zoom
session for live resume tips!
bit.ly/uadih415

Thursday, April 15
12 - 2 P.M.

Sponsors:  College of
Human Environmental
Sciences  Division of
Student Life
Career Center

The Career Center is hosting a Zoom drop-in resume review session for CHES Students on **Thursday, April 15th from 12:00 – 2:00 pm**. Please have an electronic copy of your resume ready.

For more information, please visit [Handshake](#).

HIRED IN ALABAMA VIRTUAL CAREER FAIR

HIRED in
Alabama

**VIRTUAL PANEL SERIES
AND CAREER FAIR
APRIL 1 - 12**

**MAKE ALABAMA YOUR HOME AFTER GRADUATION:
A LOOK INTO ALABAMA'S TOP CITIES**

FOR REGISTRATION INFORMATION, VISIT:
[HTTPS://CAREER.SA.UA.EDU/CONNECT/CAREER-FAIRS/](https://career.sa.ua.edu/connect/career-fairs/)

THE UNIVERSITY OF
ALABAMA | Division of
Student Life
Career Center

HIRED in
Alabama

DATES

APRIL 1 - TUSCALOOSA PANEL
APRIL 5 - HUNTSVILLE PANEL
APRIL 6 - BIRMINGHAM PANEL
APRIL 7 - MONTGOMERY PANEL
APRIL 8 - MOBILE PANEL
APRIL 12 - CAREER FAIR

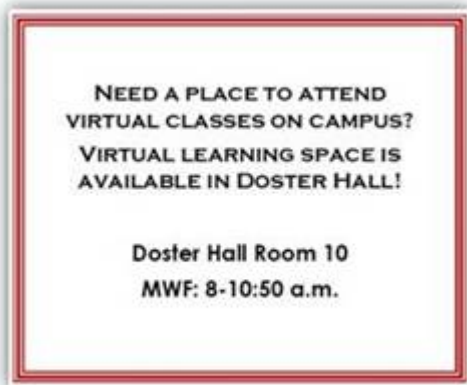
THE UNIVERSITY OF
ALABAMA | Division of
Student Life
Career Center

The UA Career Center is hosting the Hired in Alabama virtual Career Fair on **Monday, April 12th from 1:00 – 5:00 pm**. Forty-five companies from Alabama will be in attendance to meet with students who are interested in working or interning in Alabama.

Additionally, a series of virtual panel presentations will be held on **April 1 – 8** from industry professionals in various cities across Alabama.

For more information on the panels and fair, please visit the Career Center website:
<https://career.sa.ua.edu/connect/career-fairs/>

ROOMS AVAILABLE FOR VIRTUAL CLASSES



UA has designated several classrooms and meeting rooms as virtual learning spaces for students who need a quiet place to participate in virtual learning while on campus. These rooms are across campus with schedules that vary by room. A complete list of rooms and times will become available this week on the [Center for Instructional Technology's website](#). Virtual learning spaces are subject to change at any time during the semester based on classroom space availability needs.

Students are asked to follow rules outlined on signage and exercise patience with UA staff who may need to come into the room for maintenance. Disinfecting wipes are available to clean the work surface. Masks and social distancing are required and students in the room must use earbuds or headphones.

TIDE TOGETHER SUPPORT FUND

The Tide Together Student Support Fund is an assistance program administered through the Division of Student Life that provides students with access to short term financial help in times of need. Due to the current public health crisis, many students lack the financial resources needed to travel home, to find alternate housing arrangements, or to simply afford food. Some may even lack the technical and digital access to take classes online. The Tide Together Support Fund provides a lifeline for these students.

To learn more about the Tide Together Student Support Fund, please visit <https://bamacares.sa.ua.edu/student-assistance/emergency-assistance/>.

If you are interested in helping, please visit <https://give.ua.edu/tidetoegether>.



College of Human Environmental Sciences

The University of Alabama, Box 870158, Tuscaloosa, AL 35487

For more information, contact hesstudentservices@ches.ua.edu.

Student Services | HES Student Services

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