

The Social Buzz

School of Social Work

September 11- September 17, 2025

MESSAGE FROM DIRECTOR

Hello!

I hope the semester is progressing well. I find this is often the time when folks start to get sick... whether it's the interaction with new classmates and professors, a change in schedule (e.g. starting internship), or all the looming assignment deadlines. So, if you are starting to get a scratch in your throat, here are my top 5 recommendations (backed by research!!):

1. Drink plenty of liquids.
2. Get some rest (did you know good sleep hygiene is more correlated with good grades than studying??).
3. Get your flu shot (Covid shots won't be available until later this fall unless you have underlying health conditions).
4. Get outside (some doctors are starting to write "nature prescriptions").
5. Visit our Health and Wellness Center. You are already paying

for access to their services--from prescriptions to flu shots, counseling to birth control, they seem to have it all.

And while meeting new people may expose us to new germs, it also benefits us mentally and physically, so don't be shy--attend one of the MANY events highlighted in this newsletter and let us US support YOU to stay connected and in good health.



Dr. Mary Nienow, Director





Scholarship Opportunity!!!!

Live Your Dream Award application due Nov. 15

Undergraduate female students who are the primary wage earner/source of financial support for their families (including children, spouse, siblings and/or parents) are encouraged to apply for the Live Your Dream Award given by Soroptimist International of Las Cruces. Soroptimist International is a civic organization that seeks to improve the lives of women and girls through education and economic empowerment.

To be eligible, students must have at least one person besides themselves that they are financially supporting. Students from the Las Cruces campus as well as branch campuses may apply.

The award can be used for tuition, books, transportation, childcare or any expense associated with attaining an undergraduate degree. Nine awards ranging from \$1,500-\$2,500 will be given. The local winner will then be eligible for awards of up to \$5,000 at the district level and \$10,000 at the national level.

Applications are available at <https://www.soroptimist.org/our-work/live-your-dream-awards/apply-for-the-live-your-dream-awards.html>. The application form and reference form must be submitted by 11:59 p.m. on Nov. 15.

For more information, please contact Dr. Esther Devall at edevall@nmsu.edu or 575-642-3322.





Diversity and Social Justice Fellowship Application Review in Progress

Thank you to everyone who submitted an application to participate in the DSJ Student Fellowship!

Our review committee is currently working through the applications and has been impressed by the quality and thoughtfulness of the submissions. With so many strong applicants to consider, the selection process will be challenging, and we appreciate the time and effort each of you put into your materials.

We remain on track to notify all applicants of their status by September 15th.

Best of luck to all applicants - we'll be in touch soon with updates.

DSJ Committee
School Of Social Work





NM
STATE

COMPLETE RESPECTEDU FOR COLLEGE TRAINING BY OCT. 24

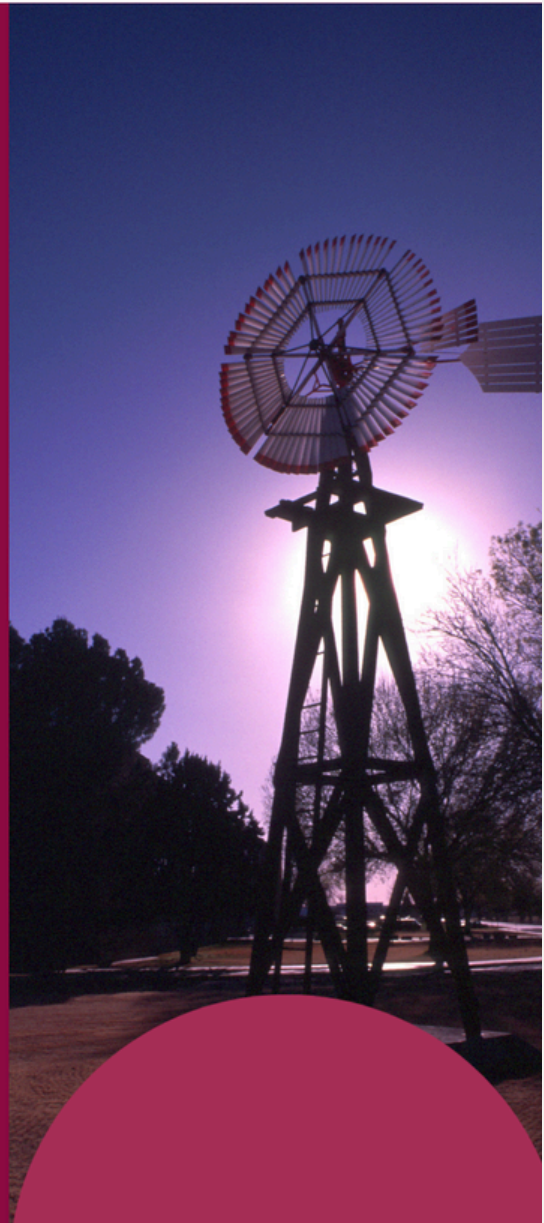
ALL NMSU STUDENTS MUST
FULFILL THIS IMPORTANT
REQUIREMENT

This one-time requirement
covers key topics such as **Title
IX** and the Clery Act.

STUDENTS WHO MISS THE
DEADLINE WILL HAVE A HOLD
PLACED ON THEIR ACCOUNT,
BLOCKING SPRING 2026 CLASS
REGISTRATION

DON'T MISS THE DEADLINE!

**Check Your Email for
"Vector Training"**



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PARTICIPANTS NEEDED

TEACHERS' PERSPECTIVES
AND EXPERIENCES WITH
SCHOOL-BASED MENTAL
HEALTH AND STUDENT
SUPPORT SERVICES



DR. STACY GHERARDI

is conducting an international study on teachers' perspectives and experiences with school-based mental health and student support services.

This study is seeking NMSU graduate students in the college of HEST who are currently working or have worked as elementary school teachers.



Participation involves a one-on-one interview lasting approximately 45-60 minutes, conducted via Zoom.

If you meet the criteria above and are interested in participating, please reach out to Principal Investigator Stacy

Gherardi at sgherard@nmsu.edu to share your interest. Participants will receive a \$10 Amazon.com gift card, and your perspectives will contribute to a broader understanding of school-based mental health services and may inform future policies and practices.





SITH
conference

GUARDIANS OF THE SYSTEM

9-11 OCTOBER 2025 | MESILLA, NM

**Registration
Open!**

A New Hope
ACADEMY

A Conference for Mental Health Heroes

Join us for a 3-day training experience like no other — where counseling, play therapy, ethics, culture, and advocacy collide. Whether you're a clinician, supervisor, or systems-level superhero, SITH offers connection, creativity, and a call to action.

- ★ Courtroom simulations
- ★ Cultural humility workshops
- ★ Self-of-the-therapist reflection
- ★ An absolutely ridiculous game called Dodge the Subpoena

🍷 Save the date. Sharpen your lightsabers. Bring your ethical cape.

THIS IS NOT TO BE MISSED!!

Blue Door Venue
Mesilla, NM

What We Offer

Up to 17 CEs available ☒

Lunch included ☒

A conference like no other ☒

Learn More

Click Here



www.anewhopeacademy.org/sith25



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Te invitamos a nuestro segundo taller titulado:

El Cerebro, el Cuerpo y el Trauma: Una Mirada Profunda al Sistema Nervioso



Descripción del taller

Este taller profundiza en cómo el trauma se manifiesta en el cuerpo y cómo el sistema nervioso puede apoyar o bloquear el proceso de sanación. Exploraremos las respuestas al estrés (lucha, huida, congelamiento, complacencia), y cómo la exposición crónica a la adversidad impacta la salud y el comportamiento. A través de una neurociencia accesible, aprenderás a reconocer las huellas biológicas del trauma y aplicar este conocimiento en tu práctica profesional.

Fecha: Sábado 13 de septiembre
Horario: 9am-2pm
Formato: Virtual por Zoom

5 CEUS GRATUITOS

*Aprobados por la NMCBBHP y NM Counseling
y Therapy Practice Board*

Inscríbete aquí

CLICK HERE!



¡Escanéame!

Taller patrocinado por la Autoridad Médica de Nuevo México (HCA, por sus siglas en inglés)

Más información



505-550-3367



info@vocesdevida.com



HEALTH CARE
AUTHORITY



The Social Buzz



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Hi Future Social Workers!

Did you know that VOTING is recognized as a social determinant of health and that every election is a health care election!!

Why is it important for social workers to become civically engaged? An article by UCONN Today explains it nicely, but if you don't have the time to read it, let me break it down for you. Social Workers have the means to reach non-voters and those least likely to vote. We are working directly with impacted communities and populations, so who better to encourage civic engagement?!

Now you know WHY social workers need to be civically engaged, but what do we do next?

September 16th is National Voter Registration Day!! It's more important than ever to help your community stay informed and prepared to vote. Overwhelmingly, the reason most people do not vote is because they did not make a clear plan, and the opportunity passed them by. Check out the Voting Plan Checklist and be sure to share with friends, family, neighbors, Sprouts clerk, and that person you always see out walking their dog.

Not sure if you are registered? You can check your voter registration, register to vote and learn about upcoming elections here: <https://vote.health/nmsuphs>

Want to learn more about the 2025 Healthy Democracy Campaign and join NMSU's team in building a healthier democracy? Contact Leslie Konesheck @ lhkone@nmsu.edu





Welcome back students! Last Spring we launched a **Faculty Recognition program**. We are excited to continue recognizing faculty this year. If there is an instructor/advisor/administrator who has helped you during your time at NMSU, consider nominating them for this honor. Please scan the QR code or click link below to vote!

CLICK HERE

Outstanding Faculty Recognition Form





How SW Student Peer Support can Help!



Emotional Support

With the most current events and changes, we are here to listen to your concerns, provide a safe space for all thoughts and feelings, and offer coping strategies. You are not alone, and we are in this together!



Academic Support

We are students too, and we want to share our knowledge and tips to help you all succeed as you navigate the Social Work Program and develop the skills and confidence throughout your journey



Professional Development

We can help you with all inquiries regarding resume building, filling out applications, interview preparation, career planning, skill development, and networking opportunities



Community Building

We strive to create an inclusive and welcoming environment where students can build meaningful connections with their peers through social events, meet & greets, and collaborative learning experiences



Scan here to make an appointment with us:

We hope to connect with you!





OFFICE HOURS

Monday
5 PM - 7 PM

Tuesday
7 AM - 9 AM / 5 PM - 8 PM

Wednesday
7 AM - 9 AM

Thursday
7 AM - 9 AM / 5 PM - 8 PM

Friday
7 AM - 9 AM / 1 PM - 7 PM

Can't meet at these times? Schedule
an appointment using our QR code!

Office Location:

HSS Building, 2nd floor, room 201

Zoom Link:

[https://nmsu.zoom.us/j/831912592
21#success](https://nmsu.zoom.us/j/83191259221#success)



nmsu_socialworkpeersupport





Careers & Opportunities webpage dedicated to connecting you with meaningful job openings. From roles within NMSU to opportunities in the broader community, this page is designed to help you find positions that align with your passion and expertise. Visit the page to explore the latest listings and take the next step in your career!

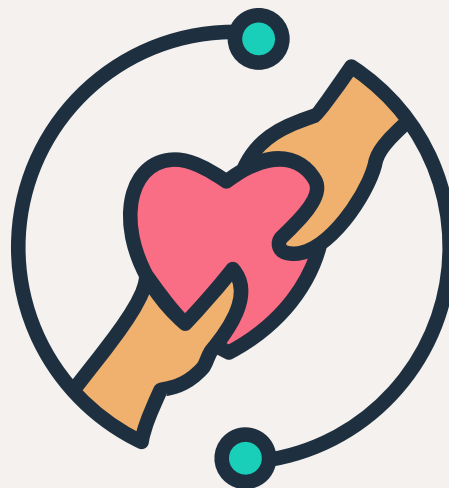


Careers & Opportunities



CONNECT WITH US

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Stay tuned for the latest updates, stories, and highlights from the School of Social Work!

In next week's edition, we'll bring you:

- Spotlights on Recent Achievements
- Upcoming Events and Workshops
- Student and Faculty Features
- Useful Resources and Tips

Got something to share or a question to ask?

Feel free to reach out to us:

✉ socwork@nmsu.edu

☎ Phone: 575-646-2143

🏢 Office: HSS 210

We'd love to hear from you and feature your news in our next issue!

