UTA Student Newsletter

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SOCIAL JUSTICE Spotlight

Tuan Tuan, Mediator

The Tuan Tuan Mediation Program at UTA aims to provide a safe space for students to discuss their concerns and feelings in a confidential setting. Students can be referred to the program by a professor or staff member, or they can self-refer.

The Mediation is a 3-step process that is facilitated by the Mediation Coordinator. The Mediation Coordinator will meet with each individual to discuss their concerns and feelings. The Mediation Coordinator will then facilitate a mediation session between the two individuals.

The TUAN Tuan Mediation Program is intended to help students resolve interpersonal relationships.

Read more about Mediation Tuan Mediation

Event Spotlight

Important Dates

- **June 19th** - Juneteenth Celebration
- **June 19th** - Deadline to register for Summer Session
- **June 24th** - Graduate Assistant Training
- **June 24th** - Deadline to register for FALL Internship
- **June 24th** - FTSD Conference
- **July 4th** - Deadline to register for Summer Session

Student Spotlight

Jeffrey Mitchell, UTA President

Jeffrey Mitchell is the 12th President of the University of Texas at Arlington. He is a native of Arlington, Texas and a graduate of Arlington Heights High School. Mitchell earned his undergraduate degree from Texas Christian University, a master's degree from the University of Texas at Arlington, and a doctorate from the University of Texas at Austin. Prior to his appointment as president, he was a member of the UTA faculty for 25 years, teaching in the College of Business. He also served as the University's Faculty Senate President and as the president of the Faculty Council. Mitchell is married to Kathy and they have two sons, Ryan and Matthew.

YOU MATTER!

Post-Traumatic Stress Disorder (PTSD) Awareness

According to the National Center for Posttraumatic Stress Disorder, approximately 7.8 million people have experienced symptoms and the diagnosis of Posttraumatic Stress Disorder (PTSD) at some point in their lives. Posttraumatic Stress Disorder (PTSD) is a mental health problem that some people develop after experiencing or witnessing a life-threatening event, such as military combat, a natural disaster, a terrorist incident, serious accident, or violent personal assault, such as rape, mugging, or kidnapping. Most people with trauma will have some symptoms of PTSD, but not all. Some people with PTSD have symptoms for years, and it can affect their relationships and daily life. Symptoms can be very different from person to person. Some people with PTSD have trouble remembering the event that caused the problem, and they may have nightmares and think about the event over and over. They may also feel numb and may have trouble feeling any emotion. Some people with PTSD may also have problems with their memory, have difficulty concentrating, or be very jumpy. They may also have problems with their relationships, such as being unable to trust others or feeling isolated and alone. Some people with PTSD may also have other problems, such as drug or alcohol addiction, depression, and other mental health problems. Most people who experience a traumatic event do not develop PTSD. Some people who do develop PTSD may have had other mental health problems before the event. Others who have had a traumatic event may be more vulnerable to PTSD because they have had other stressful events in their lives, such as being in an abusive relationship or being in a dangerous occupation. Some people