The TSLC Program, together with Thompson Scholars United (TSU), will host a TSLC Alumni Panel presentation on Wednesday, March 27th in NSU Ponderosa Room E from 7:00-8:00 PM. This presentation is a required event for 1st-year students, but all TSLC students are welcome to attend.

The focus of the alumni panel presentation will be “looking back” on their college experience to share ideas and provide inspiration for your undergraduate years, and “focusing ahead” to help scholars prepare for the future. Information about the TSLC alumni has been shared in advance of the event on TSLC Facebook groups. They TSU will host an ice cream social following the event to give scholars a chance to network with the alumni and one another. If you have an academic conflict or questions about the event, please contact Yao Zheng at the TSLC Office.

Alumni scheduled to attend the event include:
- César Durán: Gear Up Site Coordinator for Grand Island Public Schools
- Colton Stuhr: Purchasing Agent for Parker Hannifin
- Deysy Zamora: Staff Assistant and Support Staff Supervisor for the Nebraska Department of Health & Human Services
- Janeth Barocio: Social Service Worker for the Nebraska Department of Health & Human Services
- Jesse Sutton: Occupational Therapist for Mary Lanning Healthcare
- Jorge Vera Chavez: Spanish Education for Grand Island Public Schools
- Stephanie Novoa: Workforce Education Coordinator for Dawson Area Economic Development
- Rebecca Duran: Social Worker for Grand Island Public Schools
- Tad Fuchs: Operating Room Nurse for Good Samaritan Hospital

### TSLC Outstanding Student Awards: Due by this Friday, March 29th!

The TSLC program is requesting nominations for our 1st-Year and 2nd-Year Thompson Scholars for TSLC Outstanding Student Awards. Faculty, TSLC staff, and fellow Thompson Scholars will be able to submit nominations electronically until Friday, March 29th at 5:00 PM. These awards are an opportunity for students to be recognized who are contributing above what is expected of them as members of the community, in the classroom, and beyond. Nominees should have demonstrated actions which embody our TSLC Vision of “Live-Learn-Connect-Succeed” in ways that caught your attention and/or exceeded your expectations this academic year.

Please complete your nominations at the following link for consideration by Friday, March 29th at 5:00 PM: [https://goo.gl/forms/U5PRVkJ4jtbA2mQxg2](https://goo.gl/forms/U5PRVkJ4jtbA2mQxg2)
How to Help a Friend

- My friend just seems different. They are not acting like they usually do.
- Why is my friend skipping class again?
- I can’t believe my friend is drinking so much!
- I’m not sure where my roommate is spending the night.
- My friend seems really worried about money and works all the time!
- My friend isn’t taking care of themselves like they used to.
- Why does my roommate ignore me?
- My friend jokes about driving drunk.
- It feels like I’m more of a “personal counselor” than a friend.
- My roommate cries everyday, and seems to be trying to hide it.
- My friend jokes around about killing themselves.
- My friend doesn’t care about keeping grades up for their scholarship.
- My friend seems scared about having to move home this summer.
- I think my friend is buying and using pills.
- I can’t keep up with my academics & take care of my friend anymore!

If you can relate to any of the questions or comments above, it may indicate that you have a friend who is struggling and needs resources. As we learned in bystander intervention training, if someone seems unsafe or may engage in unsafe behavior, you should take action. Here are some ideas about what you can do:

BE SPECIFIC – Tell the friend that you are concerned and want to be supportive in getting help. Back up your concern with examples of ways in which his or her behavior has caused problems. Remember there is a difference between being kind versus nice.

CHOOSE A GOOD TIME – Timing is everything for college students! It may be best to let your friend know that you have a concern and that you would like to schedule a time to meet. Meet in a non-threatening location and have a plan of what you wish to discuss so that your time together can be effective.

USE YOUR RESOURCES – TSLC staff, mentors and PALs are available for your questions or concerns. We truly care about the well-being of our Thompson Scholars. Sometimes it’s just helpful to get a second opinion. If you live in the halls, you can always contact hall staff. If needed, UNK Student Counseling or University Police are on call 24 hours a day with professionals who can respond.

YOU ARE NOT ALONE – Chances are you are not the first one to worry about your friend; however, it may feel like a lot of pressure if you are helping a friend in crisis. Talk to the TSLC staff if you are really worried about a friend, as it is best to intervene earlier than later. We have excellent campus resources available to help students succeed.