

unlv student wellness portal

UNLV Student Wellness Portal: Your Guide to a Thriving College Life

Feeling overwhelmed as an UNLV student? Juggling classes, social life, and personal responsibilities can be stressful. But what if I told you there's a centralized resource designed to support your overall well-being? This comprehensive guide dives deep into the UNLV Student Wellness Portal, exploring its features, benefits, and how it can help you navigate the challenges of college life and thrive academically and personally. We'll cover everything from accessing mental health resources to finding support for physical health and financial well-being. Let's unlock the potential of the UNLV Student Wellness Portal together.

Understanding the UNLV Student Wellness Portal: Your One-Stop Shop for Well-being

The UNLV Student Wellness Portal isn't just another website; it's your personalized hub for a healthier, happier college experience. It's a centralized location offering a wide range of services and resources, all designed to support your holistic well-being. Forget the frustration of searching across multiple websites – this portal consolidates everything you need in one convenient place. Think of it as your personal wellness concierge, guiding you towards the resources that best fit your individual needs.

Accessing Mental Health Resources Through the Portal

Mental health is paramount, especially during the demanding years of college. The UNLV Student Wellness Portal provides easy access to a variety of mental health services, including:

Counseling Services: Schedule appointments with licensed counselors who specialize in student concerns. The portal often provides information on counselor specialties, allowing you to find the best fit for your needs.

Crisis Support: In times of urgent need, the portal will direct you to immediate crisis resources, including emergency contact information and 24/7 hotlines.

Workshops and Events: Stay informed about upcoming workshops and events focusing on stress management, anxiety reduction, and building resilience. The portal will usually feature a calendar or listing of these events.

Self-Help Resources: Explore a library of self-help materials, articles, and videos offering practical strategies for improving mental well-being. This is often a great starting point for those seeking information and support.

Pro-Tip: Don't hesitate to reach out! Utilizing these mental health resources is a sign of strength, not weakness. Your well-being is a priority.

Physical Health and Wellness: Staying Fit and Healthy at UNLV

Beyond mental health, the UNLV Student Wellness Portal also addresses your physical well-being. Expect to find information and resources related to:

Health Services: Access information about the university's health center, including hours of operation, appointment scheduling, and available services.

Fitness and Recreation: Discover opportunities to engage in physical activity through the university's recreation center, intramural sports, and fitness classes. The portal often links directly to these facilities' websites and schedules.

Health Promotion Programs: Learn about health promotion initiatives focused on topics such as nutrition, sleep hygiene, and substance abuse prevention. These programs often include workshops, educational materials, and peer support groups.

Health Education Resources: Access reliable information on a wide range of health topics, helping you make informed decisions about your well-being.

Remember, taking care of your physical health is just as crucial as your mental health. The portal provides the tools to make healthy choices a part of your daily routine.

Financial Wellness and Support: Managing Your Finances as a Student

The financial pressures of college can be significant. The UNLV Student Wellness Portal recognizes this and offers resources to help you manage your finances effectively:

Budgeting Tools and Resources: Access tools and information to help you create and stick to a budget, ensuring you're making the most of your financial resources.

Financial Aid Information: Find updated information on financial aid opportunities, scholarships, and grants. The portal may also link to relevant university departments handling financial aid.

Debt Management Strategies: Learn about strategies for managing student loan debt and avoiding financial stress.

Career Services Integration: The portal might integrate links to career services, helping you secure employment opportunities and manage your finances more effectively.

Navigating the financial aspects of college can feel daunting, but the UNLV Student Wellness Portal provides the resources to empower you to make responsible financial decisions.

Beyond the Basics: Exploring Additional Support Services

The UNLV Student Wellness Portal is more than just mental, physical, and financial resources; it often expands to include:

Academic Support: Links to tutoring services, academic advising, and other resources to

help you succeed academically.

Disability Services: Information and support for students with disabilities, ensuring an inclusive and accessible learning environment.

Diversity and Inclusion Resources: Connecting students with resources promoting diversity, equity, and inclusion on campus.

Safety and Security: Information about campus safety, emergency procedures, and resources to support your safety and well-being.

This holistic approach to wellness acknowledges that your overall well-being encompasses various facets of your life. The portal is designed to be a comprehensive resource catering to your diverse needs.

Conclusion: Embrace the UNLV Student Wellness Portal for a Thriving College Experience

The UNLV Student Wellness Portal is a powerful tool designed to enhance your college journey. By utilizing its resources, you're investing in your overall well-being – mentally, physically, and financially. Don't hesitate to explore the portal's offerings and discover the support available to help you thrive. Your success as a student is directly tied to your overall well-being, and this portal is your key to unlocking your full potential.

Frequently Asked Questions (FAQs)

1. How do I access the UNLV Student Wellness Portal? The portal's URL is typically found on the official UNLV website, usually under the "Student Services" or "Student Life" section. Look for a prominent link or search for "UNLV Student Wellness Portal."
1. Is the information on the portal confidential? Yes, the information you share on the portal is generally protected by privacy laws and university policies. However, it's always advisable to review the specific privacy policies outlined on the portal itself.
1. What if I don't see the service I need on the portal? The portal is constantly evolving. If you can't find a specific service, contact the UNLV Student Health and Wellness Center directly. Their contact information should be readily available on the portal or the main UNLV website.
1. Are there any costs associated with using the portal's resources? Many services offered through the portal are free to UNLV students. However, some specialized services might have associated fees. Details about costs will typically be provided within the descriptions of the individual services.

1. Can I access the portal from my mobile device? Yes, the UNLV Student Wellness Portal is designed to be responsive and accessible across various devices, including smartphones and tablets. You should be able to access it from any device with an internet connection.

unlv student wellness portal: Thriving in Graduate School Arielle Shanok, Nicole Benedicto Elden, 2021-08-02 Addresses the mental health challenges of graduate school and how students can succeed and thrive. With rates of depression and anxiety six times higher among graduate students than the general population, maintaining emotional wellbeing in graduate school is vital! Students must be prepared with skills that will not only help them perform well but also help them feel well. *Thriving in Graduate School: The Expert's Guide to Success and Wellness* is the first book on graduate student mental health written by mental health professionals. It promotes psychologically healthy approaches to navigating the graduate school experience and teaches students that they are not alone in their mental health struggles. The authors introduce students to unique perspectives that are key to positive mental health. Additionally, this is the only book of its type to explore issues routinely faced by historically marginalized graduate students. Special sections at the end of each chapter written for faculty, administrators, and mental health professionals augment the book by suggesting ways that each of these groups can help guide and support graduate students through their journey. Featuring vignettes and experiences from actual graduate students, *Thriving in Graduate School* sheds light on common—but hidden—truths to help students manage the many challenges they will face and even thrive during their graduate school years. Written with compassion and humor, this is a must read for prospective students and those who seek to support them.

unlv student wellness portal: Textbook for Transcultural Health Care: A Population Approach Larry D. Purnell, Eric A. Fenkl, 2020-09-05 This textbook is the new edition of Purnell's famous *Transcultural Health Care*, based on the Purnell twelve-step model and theory of cultural competence. This textbook, an extended version of the recently published *Handbook*, focuses on specific populations and provides the most recent research and evidence in the field. This new updated edition discusses individual competences and evidence-based practices as well as international standards, organizational cultural competence, and perspectives on health care in a global context. The individual chapters present selected populations, offering a balance of collectivistic and individualistic cultures. Featuring a uniquely comprehensive assessment guide, it is the only book that provides a complete profile of a population group across clinical practice settings. Further, it includes a personal understanding of the traditions and customs of society, offering all health professionals a unique perspective on the implications for patient care.

unlv student wellness portal: ACSM's Resources for the Personal Trainer American College of Sports Medicine, 2013-03-22 ACSM's *Resources for the Personal Trainer* provides a broad introduction to the field of personal training, covering both basic science topics and practical application. It was originally designed to help people prepare for the ACSM Personal Training Certification Exam. It continues to serve that function, but the market for it has expanded to practitioners in the field looking for an additional resource, as well as in an academic setting where the book is a core text for personal training programs.

unlv student wellness portal: Lincoln's Melancholy Joshua Wolf Shenk, 2006-10-02 A nuanced psychological portrait of Abraham Lincoln that finds his legendary political strengths rooted in his most personal struggles. Giving shape to the deep depression that pervaded Lincoln's

adult life, Joshua Wolf Shenk's *Lincoln's Melancholy* reveals how this illness influenced both the President's character and his leadership. Mired in personal suffering as a young man, Lincoln forged a hard path toward mental health. Shenk draws on seven years of research from historical record, interviews with Lincoln scholars, and contemporary research on depression to understand the nature of Lincoln's unhappiness. In the process, Shenk discovers that the President's coping strategies—among them, a rich sense of humor and a tendency toward quiet reflection—ultimately helped him to lead the nation through its greatest turmoil. A New York Times Book Review Editors' Choice SELECTED AS A BEST BOOK OF THE YEAR: Washington Post Book World, Atlanta Journal-Constitution, St. Louis Post-Dispatch, Pittsburgh Post-Gazette As Featured on the History Channel documentary *Lincoln* "Fresh, fascinating, provocative."—Sanford D. Horwitt, San Francisco Chronicle "Some extremely beautiful prose and fine political rhetoric and leaves one feeling close to Lincoln, a considerable accomplishment."—Andrew Solomon, New York Magazine "A profoundly human and psychologically important examination of the melancholy that so pervaded Lincoln's life."—Kay Redfield Jamison, Ph.D., author of *An Unquiet Mind*

unlv student wellness portal: *Frontiers in the Gilded Age* Andrew Offenburger, 2019-06-25 The surprising connections between the American frontier and empire in southern Africa, and the people who participated in both This book begins in an era when romantic notions of American frontiering overlapped with Gilded Age extractive capitalism. In the late nineteenth century, the U.S.-Mexican borderlands constituted one stop of many where Americans chased capitalist dreams beyond the United States. Crisscrossing the American West, southern Africa, and northern Mexico, Andrew Offenburger examines how these frontier spaces could glitter with grandiose visions, expose the flawed and immoral strategies of profiteers, and yet reveal the capacity for resistance and resilience that indigenous people summoned when threatened. Linking together a series of stories about Boer exiles who settled in Mexico, a global network of protestant missionaries, and adventurers involved in the parallel displacements of indigenous peoples in Rhodesia and the Yaqui Indians in Mexico, Offenburger situates the borderlands of the Mexican North and the American Southwest within a global system, bound by common actors who interpreted their lives through a shared frontier ideology.

unlv student wellness portal: *Inequality in U.S. Social Policy* Bryan Warde, 2021-09-26 In the second edition of *Inequality in U.S. Social Policy: An Historic Analysis*, Bryan Warde illuminates the pervasive and powerful role that social inequality based on race and ethnicity, gender, immigration status, sexual orientation, class, and disability plays and has historically played in informing social policy. Using critical race theory and other structural oppression theoretical frameworks, this book examines social inequalities as they relate to social welfare, education, housing, employment, health care, and child welfare, immigration, and criminal justice. With fully updated statistics throughout, and an examination of the impact of the COVID-19 pandemic on the United States, this new edition addresses the mammoth political and social changes which have affected inequality in the past few years. *Inequality in U.S. Social Policy* will help social work students better understand the origins of inequalities that their clients face, as well as providing an introduction for other social science students.

unlv student wellness portal: *The Aimless Life* Leonard Worcester, Jr., 2021-07 In early March of 1915 news broke in El Paso that Leonard Worcester Jr., a leading mining executive in the border region, was being held in a Chihuahua jail without trial or release on bond. Officials loyal to Francisco Pancho Villa had accused Worcester of defrauding a Mexican company related to a shipment of zinc, a charge without merit. While struggling to convince Mexican officials of his innocence, Worcester found himself in the middle of a maelstrom of economic interests, foreign diplomacy, and revolution that engulfed the U.S.-Mexico border region after 1910. Worcester's 1939 memoir of his aimless life describes an important period in U.S. and Mexican history from the perspective of an American miner, musician, and entrepreneur—running counter to the bombast of boosters promoting Manifest Destiny. Introduced, edited, and annotated by Andrew Offenburger, Worcester's first-person account details the expansion of the American West, mining and labor in

Colorado, the formation of reservations in Indian Territory, the Great Depression, and the everyday nature of the Mexican Revolution in Chihuahua. Worcester's memoir, one of the few written by an American living in the Mexican borderlands during this important historical era, provides a snapshot of the capitalist development of the American West and borderlands regions in the second half of the nineteenth century and the early twentieth century. Published in cooperation with the William P. Clements Center for Southwest Studies, Southern Methodist University.

unlv student wellness portal: *The Triumph of Nancy Reagan* Karen Tumulty, 2022-04-12 The made-in-Hollywood marriage of Ronald and Nancy Reagan was the partnership that made him president. Nancy understood how to foster his strengths and compensate for his weaknesses-- and made herself a place in history. Tumulty shows how Nancy's confidence developed, and reveals new details surrounding Reagan's tumultuous presidency that shows how Nancy became one of the most influential first ladies in history. -- adapted from jacket

unlv student wellness portal: *Institutional Review Board* Elizabeth A. Bankert, Robert J. Amdur, 2006 This comprehensive reference covers three separate areas related to IRBs: administration, daily management; and ethical issues. This instructional manual provides IRB members and administrators with the information they need to run an efficient and effective system of protecting human research subjects, while remaining in compliance with federal research regulations. The text includes case studies, sample forms, and sample policy documents. The updated Second Edition includes seven new chapters: IRB Closure of Study Files, Internet Research, Research in Public Schools, Phase I Clinical Trials in Healthy Volunteers, Vulnerability in Research, Balancing the Risks and Potential Benefits, and HIPAA.

unlv student wellness portal: *When We Were Colored* Eva Rutland, 2007 The African American novelist looks back at her day-to-day life raising her children in a racially segregated America.

unlv student wellness portal: *Essentials of Health Care Marketing* Berkowitz, 2016-08-15 *Essentials of Health Care Marketing*, Fourth Edition will provide your students with a foundational knowledge of the principles of marketing and their particular application in health care. Moreover, the text offers a perspective on how these principles must shift in response to the changing environmental forces that are unique to this market.

unlv student wellness portal: *Let's Be Reasonable* Jonathan Marks, 2023-01-31 A conservative college professor's compelling defense of liberal education Not so long ago, conservative intellectuals such as William F. Buckley Jr. believed universities were worth fighting for. Today, conservatives seem more inclined to burn them down. In *Let's Be Reasonable*, conservative political theorist and professor Jonathan Marks finds in liberal education an antidote to this despair, arguing that the true purpose of college is to encourage people to be reasonable—and revealing why the health of our democracy is at stake. Drawing on the ideas of John Locke and other thinkers, Marks presents the case for why, now more than ever, conservatives must not give up on higher education. He recognizes that professors and administrators frequently adopt the language and priorities of the left, but he explains why conservative nightmare visions of liberal persecution and indoctrination bear little resemblance to what actually goes on in college classrooms. Marks examines why advocates for liberal education struggle to offer a coherent defense of themselves against their conservative critics, and demonstrates why such a defense must rest on the cultivation of reason and of pride in being reasonable. More than just a campus battlefield guide, *Let's Be Reasonable* recovers what is truly liberal about liberal education—the ability to reason for oneself and with others—and shows why the liberally educated person considers reason to be more than just a tool for scoring political points.

unlv student wellness portal: *Wills, Trusts, and Estates* DANAYA C. WRIGHT, Michael Higdon, Bridget Crawford, 2021-03-19 CasebookPlus Hardbound - New, hardbound print book includes lifetime digital access to an eBook, with the ability to highlight and take notes, and 12-month access to a digital Learning Library that includes self-assessment quizzes tied to this book, leading study aids, an outline starter, and Gilbert Law Dictionary.

unlv student wellness portal: Sparking Student Motivation Eric M. Anderman, 2020-08-06 Be the change that lights the learning fire. Facing a classroom of attentive, focused, and ready-to-learn students is a teacher's dream. Nevertheless, this is not always the reality, and pulling students along when they don't seem interested is frustrating. Too often, a teacher's daily experience does not align with the dream. This book is here to show how you, as a classroom teacher, can generate enthusiasm, confidence, and joy in your students. You can affect motivation and make a difference in their lives. Delve into the what, why, and how by reflecting on your own experiences and unpacking multiple factors that affect motivation. Then, learn how to spark motivation using practical, research-informed strategies that address how to Hone student grouping, rewards, technology, and competition for positive impact Confront and disarm testing conflicts to make assessments a pleasant student experience Examine and empower teacher-student relationships Rethink rules and procedures to improve behavioral outcomes Read this book and you'll come away prepared to implement strategies that rekindle a love for learning.

unlv student wellness portal: NASM Essentials of Personal Fitness Training , 2008 Developed by the National Academy of Sports Medicine (NASM), this book is designed to help people prepare for the NASM Certified Personal Trainer (CPT) Certification exam or learn the basic principles of personal training using NASM's Optimum Performance Training (OPT) model. The OPT model presents NASM's protocols for building stabilization, strength, and power. More than 600 full-color illustrations and photographs demonstrate concepts and techniques. Exercise color coding maps each exercise movement to a specific phase on the OPT model. Exercise boxes demonstrate core exercises and detail the necessary preparation and movement. Other features include research notes, memory joggers, safety tips, and review questions.

unlv student wellness portal: Social and Sustainability Marketing Jishnu Bhattacharyya, Manoj Kumar Dash, Chandana Hewege, M.S. Balaji, Weng Marc Lim, 2021-09-26 ... an important intervention in the conversation around social and ecological sustainability that draws on both micromarketing and macromarketing scholarship to help the reader understand the challenges with illustrations from insightful cases both from emerging and developed economies. This compilation should be essential reading for the discerning student of sustainable consumption and production. -- Professor Pierre McDonagh, Associate Editor, Journal of Macromarketing (USA); Professor of Critical Marketing & Society, University of Bath, UK Experts in the field of economics, management science, and particularly in the marketing domain have always been interested in and acknowledged the importance of sustaining profitable businesses while incorporating societal and environmental concerns; however, the level of existing literature and availability of teaching cases reflect a dearth of real case studies, especially those focused on marketing for social good. This book of actual case studies will address that need. In addition, this book is important and timely in providing a case book for instructors (those in both industry and academia) to help them in teaching and training the next generation of leaders through corporate training and universities. Currently, marketing for social good is increasingly becoming a part of most curriculums under the umbrella of different titles, such as social marketing, green marketing, and sustainability marketing. The relevance of these studies is increasing across the globe. This book is composed of long and short real cases with varying complexity in different sectors. This case book will also cover some review articles for an overview of the recent developments in the study area. With these case studies, collections of questions, teaching materials, and real-life marketing scenarios, this book offers a unique source of knowledge to marketing professionals, students, and educators across the world. The main objective of this case book is to understand the applicability of marketing science (marketing for social good context, such as social marketing and sustainability marketing) in internet marketing related to e-buying behavior and e-WOM. In addition, it illustrates the various types of existing marketing practices that are relevant from both theoretical and practical points of view in this electronic era, as well as discussing other non-electronic marketing practices and focusing on consumer buying behavior. As a result, marketing managers can treat their customers according to their desired value. This book particularly explores the possibilities and advantages created by social marketing and sustainability

marketing through the presentation of thorough review articles and case studies. This case book helps corporate training centers and universities with compact teaching reference materials in their relevant courses.

unlv student wellness portal: Non-Traditional Stable Isotopes Fang-Zhen Teng, James Watkins, Nicolas Dauphas, 2017-03-06 The development of multi-collector inductively coupled plasma mass spectrometry (MC-ICPMS) makes it possible to precisely measure non-traditional stable isotopes. This volume reviews the current status of non-traditional isotope geochemistry from analytical, theoretical, and experimental approaches to analysis of natural samples. In particular, important applications to cosmochemistry, high-temperature geochemistry, low-temperature geochemistry, and geobiology are discussed. This volume provides the most comprehensive review on non-traditional isotope geochemistry for students and researchers who are interested in both the theory and applications of non-traditional stable isotope geochemistry.

unlv student wellness portal: Senate Joint Resolutions Ohio. General Assembly. Senate, 1925

unlv student wellness portal: Economics of Industrial Organization Arthur Beacham, N. J. Cunningham, 1970

unlv student wellness portal: *Integrating Behavioral Health and Primary Care* Robert E. Feinstein, Joseph V. Connelly, Marilyn S. Feinstein, 2017 Integrated care incorporates behavioral and physical health services into primary care and specialty medical environments. These models of care are patient-centered, population focused, and delivered by a multidisciplinary team of medical professionals. This book is practical, office-based, comfortably accessible, and intended for mental health professionals, primary care and medical specialists, and professional health students, residents, and other professionals working in integrated care environments.

unlv student wellness portal: *Perspectives in Health Care* Yvonne Bradshaw, Nancy North, 1997-11-11 Britain's health service has seen a period of unprecedented change over the last decade. It is small wonder therefore that today's nursing and healthcare students (as well as their teachers) find it difficult to understand the organisation in which they work. A team of authors from Portsmouth University have tackled this problem head on. In *Perspectives in Health Care* they have produced a straightforward introduction to social policy for nurses, nursing students and other health care professionals.

unlv student wellness portal: *Orofacial Pain and Headache* Yair Sharav, Rafael Benoliel, 2008-01-01 OROFACIAL PAIN AND HEADACHE is a timely, comprehensive and instructive addition to the pain literature; in particular the important and truly multidisciplinary area of orofacial pain. Based on their extensive clinical experience and a thorough understanding of pain mechanisms specific to the trigeminal system, the editors, Yair Sharav and Rafael Benoliel, have integrated knowledge from the areas of headache and orofacial pain and have succinctly explained common mechanisms involved in the two phenomena, with important implications for pain diagnosis and management. Internationally renowned editors and contributor team Integrated approach to the diagnosis and treatment of oral and facial pain syndromes as well as common primary headaches A thorough review of the four major clinical entities of orofacial pain: acute dental, neurovascular, musculoskeletal and neuropathic Comprehensive coverage of the pharmacotherapy of acute and chronic pain Chapters on the psychological, neurosurgical and otolaryngological aspects of orofacial pain An in depth discussion of facial pain and headaches secondary to medical co-morbidities Exploration of complementary and alternative methods of pain control including acupuncture, food additives and hypnosis

unlv student wellness portal: *The Olympian of Phi Delta Theta* Walter Benjamin Palmer, 1912

unlv student wellness portal: *Forgotten California Murders* David Alexander Kulczyk, 2021-07-19 *Forgotten California Murders* 1915 to 1968 chronicles homicides that happened so long ago they have been forgotten even by the families of the killers and the victims. Their crimes are no less shocking than the murders that have had books and films made about them.

unlv student wellness portal: *Marketing the Sports Organisation* Alain Ferrand, Scott McCarthy, 2008-08-27 Marketing and the world of sport overlap in two main ways: in the marketing

of sports related products and services, and in the use of sports events to market a broader range of products and services. Marketing the Sports Organisation introduces the most effective marketing methods and tools available to sports organizations, and offers practical,

unlv student wellness portal: ACSM's Certification Review American College of Sports Medicine, 2010 This is a review manual for candidates wanting an ACSM credential. It combines content from 'ACSM's Health and Fitness Certification Review' and 'ACSM's Clinical Certification Review' into one resource.

unlv student wellness portal: *LatinX Voices* Katie Coronado, Erica Kight, 2018-07-16 *LatinX Voices* is the first undergraduate textbook that includes an overview of Hispanic/LatinX Media in the U.S. and gives readers an understanding of how media in the United States has transformed around this audience. Based on the authors' professional and research experience, and teaching broadcast media courses in the classroom, this text covers the evolving industry and offers perspective on topics related to Latin-American areas of interest. With professional testimonials from those who have left their mark in print, radio, television, film and new media, this collection of chapters brings together expert voices in Hispanic/LatinX media from across the U.S., and explains the impact of this population on the media industry today.

unlv student wellness portal: *Threshold Concepts in Women's and Gender Studies* Christie Launius, Holly Hassel, 2022 *Threshold Concepts in Women's and Gender Studies: Ways of Seeing, Thinking, and Knowing* is a textbook designed primarily for introduction to Women's and Gender Studies courses with the intent of providing both a skill- and concept-based foundation in the field. The third edition includes fully revised and expanded case studies and updated statistics; in addition, the content has been updated throughout to reflect significant news stories and cultural developments. The text is driven by a single key question: What are the ways of thinking, seeing, and knowing that characterize Women's and Gender Studies and are valued by its practitioners?. This book illustrates four of the most critical concepts in Women's and Gender Studies—the social construction of gender, privilege and oppression, intersectionality, and feminist praxis—and grounds these concepts in multiple illustrations. *Threshold Concepts* develops the key concepts and ways of thinking that students need to develop a deep understanding and to approach material like feminist scholars do, across disciplines--

unlv student wellness portal: *The Deeper the Roots* Michael Tubbs, 2021-11-16 “Insightful, emotional, and enraging. By sharing his story in gripping detail, Michael Tubbs embodies an old feminist tradition whereby the personal is political. He empowers us to fight for equal opportunities for our communities, and encourages us to amass the courage to overcome loss and injustice.” —Ibram X. Kendi, National Book Award-winning author of *Stamped from the Beginning* and *How to Be an Antiracist* The making of a visionary political leader—and a blueprint for a more equitable country “Don’t tell nobody our business,” Michael Tubbs’s mother often told him growing up. For Michael, that meant a lot of things: don’t tell anyone about the day-to-day struggle of being Black and broke in Stockton, CA. Don’t tell anyone the pain of having a father incarcerated for 25 years to life. Don’t tell anyone about living two lives, the brainy bookworm and the kid with the newest Jordans. And also don’t tell anyone about the particular joys of growing up with three “moms”—a Nana who never let him miss church, an Auntie who’d take him to the library any time, and a mother, “She-Daddy”, who schooled him in the wisdom of hip-hop and taught him never to take no for an answer. So for a long time Michael didn’t tell anyone his story, but as he went on to a scholarship at Stanford and an internship in the Obama White House, he began to realize the power of his experience, the need for his perspective in the halls of power. By the time he returned to Stockton to become, in 2016 at age 26, its first Black mayor and the youngest-ever mayor of a major American city, he knew his story meant something. *The Deeper the Roots* is a memoir astonishing in its candor, voice, and clarity of vision. Tubbs shares with us the city that raised him, his family of badass women, his life-changing encounters with Oprah Winfrey and Barack Obama, the challenges of governing in the 21st century and everything in between—en route to unveiling his compelling vision for America rooted in his experiences in his hometown.

unlv student wellness portal: *General Pathology and Internal Medicine for Physical Therapists* Gabriele Steffers, Susanne Credner, 2012-05-23 Written by physicians, *General Medicine for Physical Therapists* introduces the basic principles of internal medicine and general pathology clearly and comprehensively for physical therapy (PT) students and practitioners that are essential for understanding disease patterns and symptoms as well as diagnostic procedures and medical therapies. With this user-friendly book at hand, students and PT practitioners will have the knowledge to identify underlying medical conditions, develop individualized treatment plans that take these factors into account, achieve sound therapeutic goals, and refer patients to other resources where necessary. Special Features: The only general medicine book for physical therapists written with the in-depth knowledge and experience of practicing MDs Organized in two logical sections: the first, *General Pathology*, provides a basic foundation in the origin and course of diseases, cardinal signs and symptoms, and diagnostic and therapeutic procedures; the second, *Internal Medicine*, focuses on anatomy, physiology, and diagnosis of pathologies found in different organ systems, with a concentration on diseases that are treated with physical therapy Presents the information in concise summary form but with enough detail to enable PTs to accurately screen and diagnose patients Offers nearly 300 full-color, didactic illustrations that serve as a superb visual aid to learning Includes numerous tables, chapter summaries, a glossary of medical terminology, and dozens of case studies that make every concept clear and accessible Assists in exam preparation by furnishing dozens of study questions and answers Now a major part of the curriculum in undergraduate and graduate physical therapy programs, internal medicine and general pathology are part of the basic equipment of the physical therapist. For PT students, this book will be a training guide throughout their studies and a valuable review as they prepare for examinations. For practitioners of physical therapy, exercise physiology, massage therapy, and other allied health disciplines, it is a reliable and easy-to-use reference that will help them fully understand their patients medical conditions and provide the highest levels of care.

unlv student wellness portal: *Building Drexel* Richardson Dilworth, Scott Gabriel Knowles, 2016-12-12 Published in conjunction with Drexel University's 125th anniversary, *Building Drexel* chronicles the founding of the university by Anthony J. Drexel through to the present day. The editors and contributors create a prismatic discussion of the university and its evolution. Richly illustrated chapters cover the architectural history of notable Drexel buildings; the role of Drexel in Philadelphia's modern history; its Greek life; sports—particularly Drexel's history in the Big 5; and each of the university's schools and colleges. There is a history of the medical college and law school, plus the creation of new schools such as those of biomedical engineering, science and health systems. *Building Drexel* also documents the civil rights history of Drexel and its urban planning history in relation to the racially diverse Powelton Village and Mantua neighborhoods it borders. This commemorative volume shows the development of the university both in the city and in the world. Contributors include: Lloyd Ackert, Cordelia Frances Biddle, Paula Marantz Cohen, Donna Marie De Carolis, Roger Dennis, Gloria Donnelly, Kevin D. Egan, Alissa Falcone, David Fenske, John A. Fry, Stephen F. Gambescia, Marla J. Gold, Charles Haas, Kathy Harvatt, Daniel Johnson, Jeannine Keefer, Larry Keiser, Michael Kelley, Jason Ludwig, Jonson Miller, Julie Mostov, Danuta A. Nitecki, Anthony M. Noce, Steven J. Peitzman, David Raizman, Tiago Saraiva, Amy E. Slaton, Nathaniel Stanton, Virginia Theerman, Laura Valenti, James Wolfinger, Eric A. Zillmer, and the editors.

unlv student wellness portal: *Introduction to Systems Thinking* Daniel H. Kim, 1999

unlv student wellness portal: *Learning C#* Bruce Schurter, 2015

unlv student wellness portal: *Power System Stability and Control* Leonard L. Grigsby, 2007-05-30 Updated with the latest developments and advances, the second edition of *The Electric Power Engineering Handbook* has grown so much that it is now presented as a set of five books. Now this authoritative coverage is available in easily digestible portions that are tightly focused and conveniently sized. Completing the set, *Power System Stability and Control* outlines the dynamics, operational aspects, and protection issues of power systems related to stability and control. In addition to updates and revisions throughout the chapters, it includes new sections in the areas of

small signal stabilit.

unlv student wellness portal: *Advanced Digital Communication Systems* Niit, 2005

unlv student wellness portal: Black Surgeons and Surgery in America Don K. Nakayama, Peter J. Kernahan, Edward E. Cornwell, 2021-10-22

unlv student wellness portal: Student Wellness and Academic Libraries Sara Holder, 2020

Post secondary institutions are high stress environments for many students: Undergraduates may be living on their own for the first time, coping with demanding academic requirements, and experimenting with drugs, alcohol, and new social relationships and identities. Advanced degree students tend to have a high level of job insecurity and are also more likely than other students to be juggling family obligations on top of their studies, research, and teaching. Mental health disorders have their peak onset during the university and college years, and severe anxiety is on the rise. Many university libraries across North America are expanding their service offerings to include student wellness initiatives or are making their space available to other campus entities to provide wellness support as mental health issues and awareness of mental health challenges on campus have increased. Student Wellness and Academic Libraries gathers multiple perspectives on wellness programming and discussions of current activities, with case studies, commentary, and research on student wellness initiatives in academic libraries. Some chapters explore one initiative in detail, and others look at a variety of activities and how they fit within a strategy; some focus on a particular aspect of wellness, and others on a particular at-risk group. Academic libraries have always promoted student success through teaching and research support and through instruction in information literacy, a skill that is understood to be useful not just for academic success but also for life success. For college and university students, learning to live well and attend to their mental health are life skills they can and should develop during this time, and academic libraries are increasingly playing a role in this part of the student experience. Student Wellness and Academic Libraries can help those charged with leading these efforts gain valuable insight into ideas and directions the library can take in pursuit of that goal -- Publisher's description.

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