



January 27, 2021



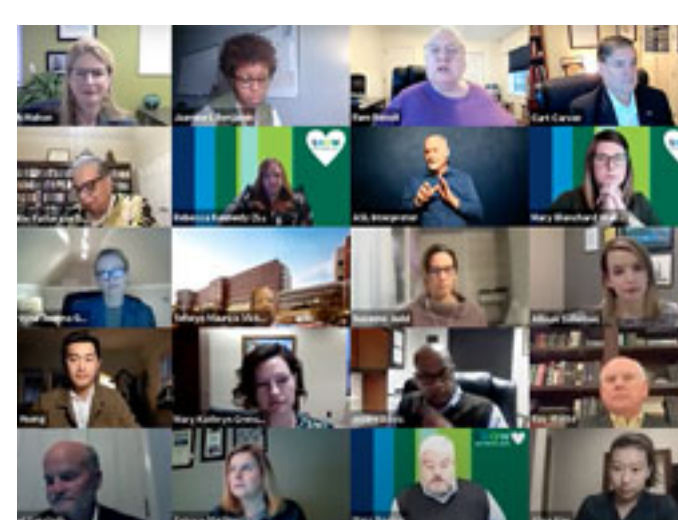
**Multicultural curriculum grants spark fresh perspectives**

Dean Kecia Thomas, Ph.D., and four faculty explain how new and revised courses made possible by a new grant program will help students become better leaders, practitioners and citizens — and further UAB's strategic goals.



**Education Abroad to offer more inclusive programming**

Director Ashley Neyer plans to provide more cross-campus partnerships, improve faculty-led programs, enhance health and safety protocols and better promote diversity and inclusion to guide the continued growth of UAB Education Abroad.



**Your questions answered from Jan. 20 student town hall**

Senior leaders respond to student questions on vaccines, in-person commencement, meal plans and more.

**Get your news and information reported**

Complete the [online publicity request form](#), and we'll see what we can do to help you spread the word.

**Coping with COVID-19**



**Five lies keeping you awake at night**

Behavioral sleep medicine specialist S. Justin Thomas, Ph.D., answers one of Google's most-searched questions of 2020: "Why can't I fall asleep?"



**Form a pod and socialize safely**

A pod is a group fewer than 10 people with similar risk exposures and social tolerances to you — the best and safest way to socialize during the COVID-19 pandemic. Use this flowchart to help you form your pod.

**Wellness days: What are they and what should you expect?**

Wellness Days, scheduled March 16 and April 14, will provide students, instructors and instructional support staff an opportunity to refresh and rejuvenate, given there will be no Spring Break. While there is no guarantee that faculty will cancel instruction on those days, the goal is to reduce stress associated with class expectations by faculty not scheduling tests, quizzes and high-stakes assessments. [Read more.](#)

**Information**



**Creed Week kicks off Feb. 1**

Join in a week of virtual activities highlighting the university's creed, The Blazer Way. All students, faculty, staff and alumni are invited to participate.

**See the Global Health Case Competition final round Feb. 6**

UAB students form multidisciplinary teams and propose innovative recommendations to a global health issue during this virtual competition 1:30-4 p.m. Feb. 6.

**UAB Passport Office is open — by appointment only**

UAB's Passport Office, an official U.S. Department of State Passport Acceptance Facility, is accepting appointments. In-person visits are resuming, but walk-ins are not permitted. [Book an appointment online.](#)

**Climbing wall open in Campus Rec Center**

Check the hours and availability and make a [reservation](#) online or using the mobile app. There is no additional fee to climb. All equipment, including shoes and harnesses are provided free of charge to members and their guests.

**Learn to use Turnitin**

See how to use Assignment InBox, submit a paper, view a similarity report and access instructor feedback 5:30-6:30 p.m. Jan. 27.

**Deadlines ahead**



**Order Valentine cupcakes by Feb. 9**

Purchase Dreamcakes cupcakes for your loved ones, friends, students or co-workers for Valentine's Day and support UAB scholarships. Choose from five cupcake packages; each costs \$20. On-campus delivery will be made to the residence halls' package room Feb. 12; all others must pick up packages at the Alumni House Feb. 12-13.



**Literary review is accepting submissions**

Aura Literary Arts Review is seeking pieces that focus on harmony, diversity and the unique talents of our city. Established and emerging voices are both welcome. Submissions due by March 5.

**Apply for NAS scholarships**

The UAB National Alumni Society awards scholarships based on financial need, personal backgrounds, academic achievement, service to UAB and the community, leadership skills and more. Submit applications through BSMART by March 19.

**One more thing**



**Hear Shackelford's award-winning serial drama podcast**

"Relativity," a sci-fi audio drama created by and starring Theatre UAB's Lee Shackelford, is a serialized adventure about a man alone on a badly damaged spaceship hurtling toward a planet and a woman at mission control who fights to keep him alive. Listen to all 60 episodes (10-15 minutes each) at [relativitypodcast.com](#) and on all major podcast platforms.

**Check the campus calendar for events**

<a href="#">Arts</a>	<a href="#">Athletics</a>	<a href="#">Lectures</a>
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