

November

Counselor Corner



SHW Counseling Services Javelina Thanks, and Good Vibes

Hello Javelinas!

As the semester winds down, November invites us to slow down, reflect, and focus on gratitude – the simple act of recognizing the good in our lives. Gratitude isn't just about saying "thank you." Research shows it boosts mood, strengthens relationships, and improves overall well-being. Even small moments of appreciation can shift our perspective and help us feel more connected to others.

The Power of Gratitude

National Gratitude Month is a perfect reminder that joy grows when we practice thankfulness. Here are a few ways to celebrate this month:

Personal Reflection

- Keep a Gratitude Journal: Write down three things you're thankful for each day.
- Practice Mindfulness: Take time for mindful walks, deep breaths, or quiet reflection.
- Reflect on Growth: Be grateful for lessons learned through challenges.

Express Gratitude to Others

- Send a Thank-You Note: A few heartfelt words can brighten someone's day.
- Perform Random Acts of Kindness: Hold a door, give a compliment, or listen with empathy.
- Share on Social Media: Post a gratitude moment using #JavelinaGratitude.

Community Connection

- Volunteer: Give back to a local cause or join a service event.
- Start a Gratitude Challenge: Encourage friends or classmates to share something positive each day.
- Join Campus Events: Participate in gratitude-inspired programs around campus.



Contact Us

Phone: 361-593-5080

Website: <https://www.tamuk.edu/shw/>



***Tune into our podcast Tuesdays and Thursdays at 4:45 PM on KTAI 91.1 FM!
- SHW Counseling Services Staff & Interns***



TAMUK's Commitment to the JED Campus & Caring Campus Mission

Texas A&M University-Kingsville is proud to be part of the JED Campus Initiative, a nationwide movement that supports student mental health, emotional wellness, and suicide prevention. Through this partnership, TAMUK and the JED Foundation are working to strengthen protective factors, improve access to care, and build a lasting culture of well-being on campus.

As a Caring Campus, we're putting these goals into action every day at Student Health & Wellness (SHW) Counseling Services – reaching students through connection, education, and community.

How We're Living the JED Mission:

-  **Javelina Wellness Podcast** – Real conversations about mental health, gratitude, and resilience.
-  **Let's Talk** – Free, drop-in consultations that make support easy and accessible.
-  **Monthly SHW Newsletter** – Sharing resources, awareness, and campus stories that inspire wellness.
-  **Campus & Community Partnerships** – Collaborating with departments and local organizations to promote a caring, connected Javelina Nation.

★ JED Campus Spotlight: Residence Life & Housing ★

As part of TAMUK's JED Campus and Caring Campus initiatives, Residence Life & Housing is helping Javelinas feel at home through gratitude and connection.

Take a Look at What They're Doing for Our Campus!

-  **Gratitude Board** – Residents share what they're thankful for, spreading positivity and reflection.
-  **Thankful Turkey Hands** – Students create messages of gratitude to display or send home.
-  **Taste of Home Cookie Contest** – Comfort, community, and a sweet reminder of home.
-  **Succulents & Success / Grocery Bingo** – Growth, connection, and learning about campus resources.

These creative programs remind us that wellness starts with belonging.

Together, we're creating a stronger, safer, and more connected campus, one conversation, one partnership, and one act of care at a time.

Because at Javelina Nation, we believe every voice matters, every story counts, and no one struggles alone.

SHW Resources

SHW Counseling Services – Free, confidential support for stress, relationships, academics, and more.

Disability Resource Center – Tools and accommodations to help every student succeed.

Javelina Health Clinic – Convenient on-campus care for check-ups, illnesses, and wellness needs.

Javelina Care Closet – Free hygiene items and school supplies—no questions asked.



DID YOU KNOW?



Join us for **Wellness Wherever You Are**, a series of online presentations designed to make health and wellness education more accessible to all our campus. From mental health to nutrition and everything in between, these interactive sessions bring expert advice and practical tips straight to your screen. Whether you're looking to enhance your well-being or learn new strategies to thrive, this series has something for everyone.



Scan the QR code for this week's location.



“Let’s Talk” is a free, confidential, drop-in consultation service offered by Counseling Services at TAMUK.

It’s open to students, staff, and faculty, providing easy access to brief support without appointments or paperwork.

What Happens:

- Consultations last about 15–20 minutes and are offered on a first-come, first-served basis. A Counseling Services clinician listens to concerns, offers perspective, and provides guidance or resources. Sessions are confidential, with exceptions as required by Texas law (e.g., safety concerns).

How It Differs from Counseling:

- Let’s Talk offers informal, one-time consultations.
- Regular counseling through Counseling Services involves ongoing sessions (45–50 minutes) and a longer-term commitment.
- Let’s Talk does not make you a Counseling Services client or require follow-up sessions.

Who It Helps:

- Those wanting quick guidance or perspective.
- Individuals with a specific concern or question.
- People seeking help for a friend or guidance on supporting others.
- Faculty or staff concerned about a student.

QPR

Question, Persuade, Refer. Suicide Prevention Training

Choose one of these dates
1 hour virtual workshop

SEPT 19 FRIDAY 3 P.M.	OCT 16 THURSDAY 4 P.M.	NOV 12 WEDNESDAY 1 P.M.
SEPT 22 MONDAY 10 A.M.	OCT 24 FRIDAY 10 A.M.	NOV 20 THURSDAY 11 A.M.
SEPT 30 TUESDAY 1 P.M.	OCT 27 MONDAY 2 P.M.	NOV 26 WEDNESDAY 3:30 P.M.
OCT 8 WEDNESDAY 9 A.M.	NOV 4 TUESDAY 9 A.M.	DEC 5 FRIDAY 9 A.M.

FALL 2025

Participate virtually at <https://tinyurl.com/y2dwp6cm>

JAVELINA SUPPORT NETWORK... SAVING LIVES DAILY.

For more information, call Counseling Services 361.593.5080



Grief Support GROUP



- Date: October 23 - November 20
- Time: 3:30 - 5:00 pm
- Location: 1210 N. Retama Street
- Student Health and Welless Group Room
- Snacks Provided

A grief support group is a compassionate space where individuals who have experienced loss can come together to share their feelings, experiences, and coping strategies. These groups offer a sense of community and understanding, providing members with the opportunity to connect with others who truly empathize with their situation.

November & December

THURSDAY, NOVEMBER 6

Grief Journey:
Support Systems & Memorialization
3:30PM | Student Health & Wellness

FRIDAY, NOVEMBER 7

CAB's Food Truck Fest
6 - 9PM | JSEC

SATURDAY, NOVEMBER 8

Hog Pen Tailgate
4PM | Tailgate Area
Javelina Football Game
7PM | Javelina Stadium

WEDNESDAY, NOVEMBER 12

Miss TAMUK Informational
12 - 1PM | JSEC
QPR Suicide Prevention Training
1PM | <https://tinyurl.com/y2dwp6cm>
Hats Off to CAB

6:30 - 9PM | Hatter's Beverage Co.

THURSDAY, NOVEMBER 13

Grief Journey: Moving Forward
3:30PM | Student Health & Wellness

TUESDAY, NOVEMBER 18

Javelina Engineering Open House
9AM - 2PM | J.K. Northway Expo Center

WEDNESDAY, NOVEMBER 19

Thanksgiving Lunch & Hand Turkeys
with CAB
11AM - 1PM | JSEC
JLA Org Workshop:
Transitioning Org Officers or E-Board
5 - 7PM | JSEC

NOVEMBER 18 - JANUARY 3

5th Annual Holidays at the
Conner Museum

THURSDAY, NOVEMBER 20

SHW Great American Smokeout
10AM - 1PM | MSUB Pavilion
QPR Suicide Prevention Training
11AM | <https://tinyurl.com/y2dwp6cm>
Grief Journey: Our Shared Journey
3:30PM | Student Health & Wellness
Miss TAMUK Informational
5 - 6PM | JSEC

MONDAY, NOVEMBER 24

Holly Jolly Holiday Bash
8PM | JSEC

WEDNESDAY, NOVEMBER 26

QPR Suicide Prevention Training
11AM | <https://tinyurl.com/y2dwp6cm>

NOVEMBER 27-28

Thanksgiving Break

SATURDAY, NOVEMBER 29

Thanksgiving Opening
at the Conner Museum
10AM - 2PM

MONDAY, DECEMBER 1

CAB's Hug in a Mug
10AM - 1PM | MSUB Pavilion
Campus Tree Lighting Ceremony
5:30 PM | Javelina Statues

FRIDAY, DECEMBER 5

QPR Suicide Prevention Training
9AM | <https://tinyurl.com/y2dwp6cm>

FRIDAY, DECEMBER 12

Commencement



Please have your Student ID to check in.
Questions? Contact SECL at 361-593-2760.

THANK
YOU!

THANKS FOR READING! WE'LL SEE YOU IN NEXT MONTH'S COUNSELOR'S CORNER WITH MORE SHW UPDATES AND RESOURCES. UNTIL THEN, TAKE CARE OF YOURSELF AND EACH OTHER, THE JAVELINA WAY.