



## Sponsor a summer intern!

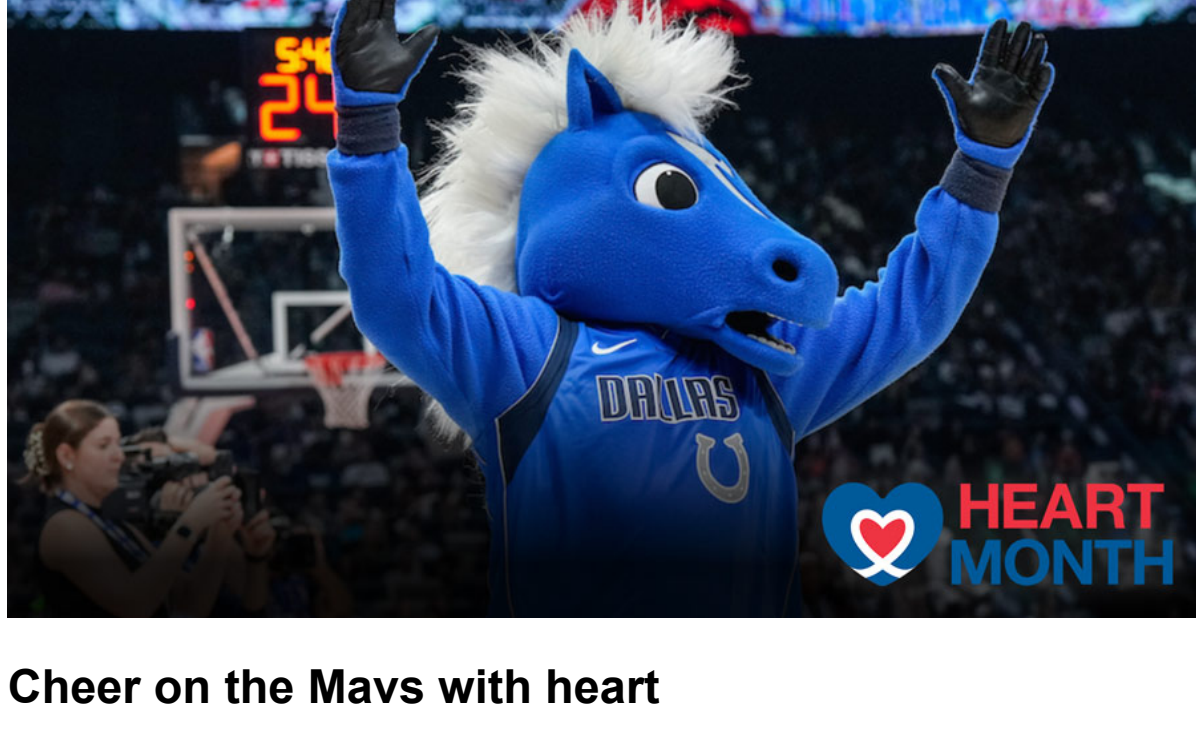
Could your department, clinic, or lab use a helping hand? If so, the Office for Institutional Opportunity (OIO) invites you to sponsor a student through the UT Southwestern Healthcare Summer Internship Program.

This immersive summer program is designed for undergraduate and graduate students interested in health care or research careers to gain clinical, administrative, or research experience. Interns will be placed in clinical/patient care, administrative, and research positions for 9-10 weeks beginning in June.

The deadline to apply is Feb. 28.

For more information about the internship program or to host an intern, click the button below or contact the [OIO](#).

Details



## Cheer on the Mavs with heart

If you're planning to attend a Dallas Mavericks game this season, we've got three great reasons to show up for the Feb. 13 game against the Miami Heat:

- It's Heart Health Awareness Night, which our Cardiovascular Services team is hosting as part of our Heart Month campaign.
- UT Southwestern faculty, staff, and learners can score [discounted tickets](#).
- Throughout the game, some of our colleagues will be on treadmills overlooking the court, racing against each other in a relay marathon to raise awareness of heart-healthy lifestyles.

Keep an eye on the [Campus Update page](#) for upcoming Heart Month events, employee spotlights, and more!

Discounted tickets



## Social Scoop: New Year, New You series

If you're looking to elevate your health, wellness, or career in 2025, the UTSW Social Media team's *New Year, New You* series has you covered.

Explore expert tips on enhancing work-life balance, revitalizing your skincare routine, and discovering fun ways to stay active. Plus, get inspired with fresh ideas for healthy eating. No matter your goals, this series has something to support your journey to a better you.

Check out these expert tips from some of our UTSW community and faculty members:

- [Three tips for building community in the workplace](#)
- [Four skincare tips to refresh your routine](#)
- [Do you need 10,000 steps a day?](#)
- [Tips for a healthy new year](#)

Follow us on Instagram [@utswmedcenter](#) for more expert advice!

## Insider survey: Are you planning to wear red this Friday for National Wear Red Day?

Yes No



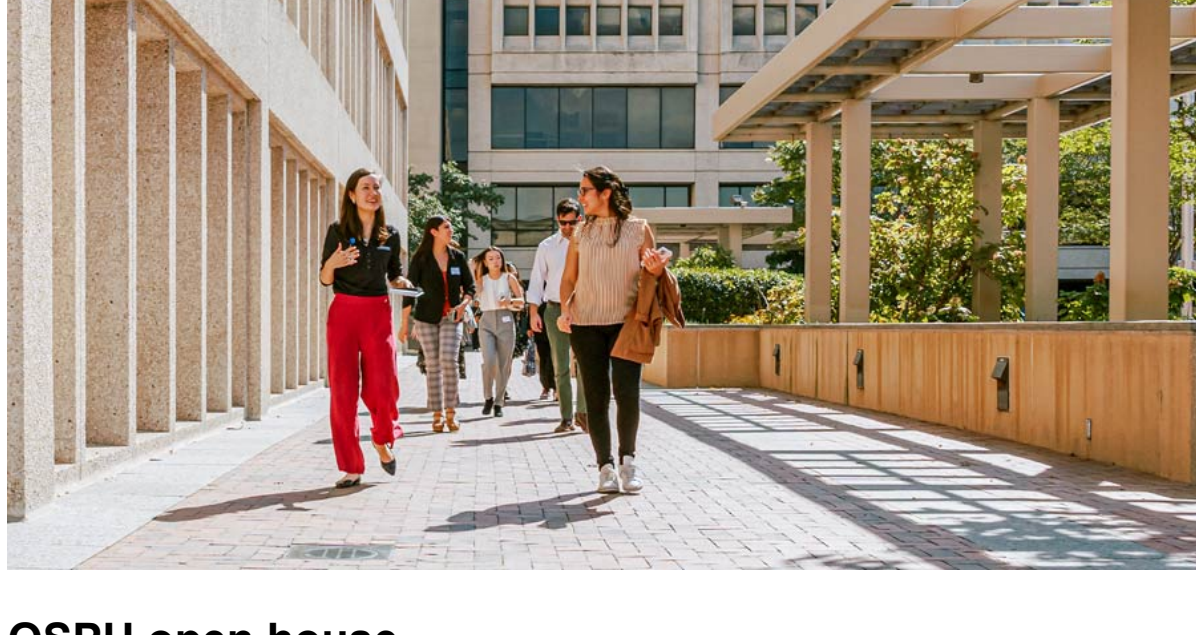
## Register for the SIM Forum today

The UT Southwestern Simulation (SIM) Center is excited to announce registration is now open for this year's [Charles Morris Ginsburg Simulation-Based Quality Improvement and Research Forum](#) on May 21.

This all-day, hybrid event features **Paul Barach, M.D., M.P.H.**, as the keynote speaker. Dr. Barach is a board-certified anesthesiologist, critical care physician-scientist, and public health researcher. As a lecturer and senior adviser to the Dean at Thomas Jefferson University in Philadelphia, he is deeply committed to advancing patient safety, health protection, and disease prevention through evidence-based strategies.

Register to join other health care professionals, educators, and students for a day of insightful discussions, research presentations, and hands-on learning experiences focused on the latest innovations in medical simulation.

Register



## OSPH open house

The [O'Donnell School of Public Health](#) (OSPH) invites the UTSW community to an Open House on Feb. 12, from 4-6 p.m. Discover the school's innovative programs, take a campus tour, and connect with the OSPH community.

The night will include:

- Welcome and introduction to public health by our faculty
- Breakout sessions highlighting specific programs (M.P.H., M.D./M.P.H., M.S.C.I., Ph.D., and certificate programs)
- Networking opportunities with faculty, staff, and current students
- Insights into financial aid, admissions, and student services
- Light refreshments and snacks

Don't miss this opportunity to explore all OSPH has to offer. Registration is required.

Register



## UTSW Events Calendar

Looking for your daily dose of happenings?  
The UTSW Events Calendar is updated every day.

Click to view upcoming or trending events

Share your *Insider* suggestions by sending them to [utswinsider@utsouthwestern.edu](mailto:utswinsider@utsouthwestern.edu). Looking for an item in a past edition of this newsletter? Check out our [Insider archive](#).

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