Feeling low? Overwhelmed? Just need to talk to someone? Call our Counseling Center Call: 662-915-3784

The More You Know

ABOUT US

George Hall
915-1448
https://fastrack.olemiss.edu/

FOLLOW US ON INSTAGRAM @FASTRACKUM
Peer Leader Spotlights

This is Ahlaeya Judon. She is a 19 year old Sophomore from New Albany, MS. A fun fact about Ahlaeya is that she is a fitness trainer. Ahlaeya says that to her "being a leader means to move with boldness and resilience in order to make change or to achieve a goal."

This is Dominic Lopez. Dominic is a sophomore, biology major from Pearl, MS. Dominic says his piece of advice he would lend is to “Just keep swimming.” - Dory He believes that a leader is like everyone else except the difference is that a leader can impact everyone else through their action.

This is Gabrielle Wells a 19 year old Sophomore. She is an IMC major with a fashion emphasis and a professional Writing minor. She is a native of Annapolis, MD. A fun fact about Gabrielle is at one point she had 11 dogs after her dog had pups. To Gabrielle, being a leader means being open, proactive, and empathetic to the challenges and needs of others. She says, "Leaders are people who lead a life that others want to emulate."
"Being a peer leader has been one of the most rewarding experiences I have had in college. I learned how to have personal and professional relationships, and I also learned how to effectively communicate with my mentees. As a peer coordinator, I feel like my leadership skills are constantly developing. I get to work with a team of four other people, and we help each other grow in different areas. If you’re thinking about applying to be a peer leader or peer coordinator, my best piece of advice is to go in with an open mind. Have expectations, but don’t be too hard on yourself if things don’t go according to plan." - Zaquiriya Patterson
Mindful Monday

Each Monday @ 9 a.m.

Join us each Monday via Zoom to set our intentions for the week with a 10 minute meditation led by FASTrack's Camp Best, some mindful journaling (led by Amber Nichols-Buckley & Tyler Gillespie), and some conversation & fellowship!

All UM students, faculty, and staff are invited!

9 AM, ZOOM

Join us each Monday morning at 9:00 via ZOOM to set intentions in a 10 minute meditation led by FASTrack's Camp Best. Also included: Mindfulness Journaling with Amber Nichols-Bukley. Come converse and fellowship with us!
UPCOMING EVENTS

Thursday October 1, 2020
Hispanic & Latinx Heritage Month Keynote
5:30 - 7:00 PM (Virtual)

Tuesday October 6, 2020
The Queen's Cartoonist
7:30 PM at the Ford Performing Arts Center

Thursday October 8, 2020
Kayak Polo
6:00 PM - 7:00 PM
Turner Center
FASTrack Fridays

We have put together a line up of amazing events for you all to partake in. Your FASTrack family awaits. Come and join us and your fellow FASTrack students for our fantastic FASTrack Fridays! We cannot wait to see you!
FASTrack Events

October 1st
Voting Registration Event 7:00pm- Zoom
Come learn about voting in Mississippi, how to apply for an absent or mail-in ballot, and get registered to vote in this November election.

October 7th
FASTrack Fitness 7:00pm- Zoom
Campus Rec will lead us in fun and high energy Cardio Kickboxing class via Zoom
FASTrack Events

October 23rd

**FASTrack Friday** 11:00-2:00- The Grove
Come spend time with other FASTrack Students and Staff in the grove playing games and enjoying the fall weather

October 28th

**FASTrack Movie Night** 7:00 pm- Zoom
Grab some popcorn and a blanket while we virtually join to watch a Holiday movie

October 30th

**FASTrack Friday** 11:00-3:00- The Grove
Come spend time with other FASTrack Students and Staff in the grove playing games and enjoying the fall weather