



TUESDAY, AUG. 18, 2026

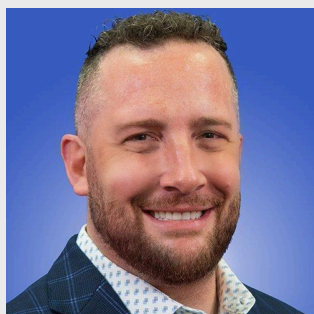
IN THE SPOTLIGHT

Thousands of students move into UT Arlington as college students return for classes:

Facilitated by the media relations team, [NBC5](#) came to campus last week as more than 2,700 students moved into UTA's five residence halls, producing this fun segment on Move-In Day. [FOX4](#) also chronicled the big day for students and parents alike.



EXPERT INSIGHTS



I work with athletes. Here's how I evaluate exercise gadgets and supplements.:

Facilitated by the media relations team, Adam Annaccone, clinical associate professor in the Department of Kinesiology, wrote a piece for [The Conversation](#) that first appeared in [The Washington Post](#) over the weekend. The article breaks down whether exercise gadgets and supplements offer a meaningful benefit. [MSN](#) shared the story.

School's back, stress doesn't have to be: Professor of Social Work Tanya Hansel, in an interview facilitated by the media relations team, joined [KLIF-AM](#) last week to discuss how best to jump back into a school routine and leave unwanted stress behind.



How to watch the meteor shower: Planetarium Director Levent Gurdemir provided his expertise of celestial events to [NBC5](#). In an interview facilitated by the media relations team, Gurdemir offered tips for viewing last week's meteor shower.

Some websites require registration or subscription before viewing the entire story.

This briefing is prepared by [UTA Media Relations](#). Send questions or comments to Jeff Caplan, director of media relations, at jeff.caplan@uta.edu.

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