CELEBRATE SPRING AT SOUTHEASTEN

Take advantage of the beautiful spring Top 5 spring-time activities in Hammond, America.

1. **Enjoy Spring Events on Campus...** Such as Late Night at the Rec on April 24 and RHA Waffle Event on May 4. Check out page 4 for amazing Southeastern Events such as Swamp Bowl, Fais Do Do and Strawberry Jubilee.

2. **Batter Up for Spring Sports ...** Cheer on Southeastern Baseball, Softball, Golf, Tennis, Track & Field at their next event. Check out schedules at lionsports.net

3. **Work on your Summer Bod...**
   Take advantage of walking paths for running/ jogging/ walking during our beautiful spring days. Check out Rec Sports for pool schedules, group fitness classes and more.

4. **Outdoor Fairs and Festivals...** check out local fairs and festivals at LouisianaTravel.com

5. **Window Shop Downtown Hammond...** Visit local merchants and enjoy the sights of downtown Hammond including a Farmer’s Market each Saturday. Check out DDDHammond.com for upcoming events.

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The Lion’s Tales

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Spotlight: Graduating Resident Assistants

Planning your Check-Out

Res Hall Recipes

Upcoming Dates

Campus Events

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**Fais do do**

**Italian FEST**

**Come and Enjoy**

Games!  
Music!  
Fun!  
Crawfish!!!!

First 100 students with a wristband receive a free t-shirt!

**OVER AT THE QUAD**

STUDENT UNION  
SOUTHEASTERN  
TUESDAY  
MAY 2ND  
EVENT STARTS AT 4 O’CLOCK  
Make a $5 Input

In order to participate, students must use either one meal from their meal plan, or pay $10 with Lioniapp/Lion Cash or pay $12 using cash, credit, or debit.

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University Housing

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SOUTHEASTERN.EDU/LIVEONCAMPUS
Graduating RA Spotlight

John Collum
Next Step: Law Enforcement
Significant collegiate moment: Meeting so many new people! I cherish my friends, they will always be my family.
Advice for new Lions: Get Involved & take advantage of every opportunity at Southeastern.
“Must Do” Southeastern Event: Fais Do Do Crawfish Boil
How have you prepped for your next step? My experience working with Housing has helped me grow!
Dream Career: State or Federal Emergency Management
Louisiana Hall Resident Assistant 2014-2017

Brandi Hodge
Next Step: Kindergarten Teacher
Significant collegiate moment: Student teaching... the experience helped me grow into a better educator and I feel prepared for my own classroom.
Advice for new Lions: Enjoy the experience, meet new people, have fun! Don’t forget to focus on your own development.
“Must Do” Southeastern Event: RHA’s Paint Party
How have you prepped for your next step? All my education courses have prepared me. I’m so blessed by SLU’s Education Program
Dream Career: Own my own daycare center or be an Education Professor.
St. Tammany Hall Resident Assistant 2014-2017

Janae Hall Resident Assistant
Next Steps: Position with a CPA firm and return to SLU for my MBA.
Significant collegiate moment: Being an RA. I’ve met people I never would’ve met.
Advice for new Lions: Your college experience is what YOU make it to be. Get involved!
“Must Do” Southeastern Event: Fais Do Do... I love crawfish!
How have you prepped for your next step? Developing multitasking and time management skills has helped me to juggle school, working and things outside of school.
Dream Career: Forensic Accountant with the FBI.
St. Tammany Hall Resident Assistant 2015-2017

Scott Cooper
Next Step: Graduate School at Southeastern
Significant collegiate moment: Getting involved in University Housing… it lead to involvement in other areas of campus & made Southeastern my school!
Advice for new Lions: Get Involved... Class is important but college is about more than just class.... The experience really happens when you are involved.
“Must Do” Southeastern Event: RHA Paint Party during Welcome Week.
How have you prepped for your next step? The History Department has well prepared me. I would say my organizations and RA position prepared me professionally. Dream Career: Museum Curator
Southeastern Oaks Resident Assistant 2015-2017

Kyle Delhom
Next Step: M.A. in History from Brock University in Ontario, Canada.
Significant collegiate moment: Being an RA– I’ve had the opportunity to explain myself in communication, leadership and other key skills essential for post-grad.
Advice for new Lions: Make a detailed schedule, set times for activities and explore your surroundings.
“Must Do” Southeastern Event: Fais Do Do Crawfish Boil
How have you prepped for your next step? Southeastern has provided me with all necessary tools– especially critical writing skills in History. Dream Career: History Professor so I can share my interests.
St. Tammany Hall Resident Assistant 2015-2017

Sydney Morris
Next Step: UT, Arlington for Social Work M.A.
Significant collegiate moment: Upperclassmen social work courses with Mrs. Jamie Magee and time as a Resident Assistant.
Advice for new Lions: Give 100% every day even if it is only worth 20% that day. Be the best version of yourself each day.
“Must Do” Southeastern Event: Fais Do Do! Music, crayfish and games...
How have you prepped for your next step? My classes and RA experiences: I have learned how to work on a team, lead, communicate and be successful.
Dream Career: A life coach/ spiritual guide for the mentally ill and a stay at home wife/ mother.
Pride Hall Resident Assistant 2015-2017

Paul Haddican
Next Step: Attend graduate school for History Master’s Degree.
Significant collegiate moment: Building relationships with my professors.
Advice for new Lions: Get involved, and get involved early!
“Must Do” Southeastern Event: Any CAB event.
How have you prepped for your next step? Be a part of many organizations has given my different perspectives and experiences to apply to life.
Dream Career: Museum Curator
Cardinal Newman Hall Resident Assistant 2015-2017
**Healthy Finals Trail Mix**

Raw Nuts such as peanuts, almonds, pecans, or cashews

Raw seeds such as sunflower, pumpkin, etc.

Unsweetened dried fruit

Chopped dark chocolate

 Pretzels

A pinch of spice (sea salt, cinnamon, or nutmeg, for example.)

**Directions:**
Mix and store in a zip lock bag for up to one month. Use this trail mix for a pre-exam pick me up!

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**Planning your check out...**

Follow the Guidelines below to avoid fines and delays in checking out of your Residence Hall Room during Finals Week (May 8-12).

- Schedule your check-out with your Resident Assistant (available times will be marked on your RA’s check-out sign up sheets.)
- Remove food and defrost refrigerator. Defrost your refrigerator in your tub to avoid leaks as your refrigerator defrosts.
- Remove all belongings from your room.
- Remove any items from outside your door; do not leave items in hallways or commons areas.
- Complete your check-out with your Resident Assistant.
- Have a Mailbox? Check for mail and return your Mailbox key.
- Return any University Housing property: bunk bed pegs, dehumidifiers, etc.
- Return your textbooks to Textbook Rental by 6 p.m. Monday, May 15.

Students failing to check-out by Friday, May 12 at noon (excluding graduating seniors) will be charged a $250 improper check out fee.

**Living in one of the halls below?** You have the option to “express check-out” by returning your room keys to the University Housing Office in Pride Hall during regular office hours. ***Note: students forfeit the right to contest damage charges should they chose to “express check out.”

<table>
<thead>
<tr>
<th>Louisiana</th>
<th>Livingston</th>
<th>Hammond</th>
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<tbody>
<tr>
<td>Pride</td>
<td>St. Tammany</td>
<td>Tangipahoa</td>
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<tr>
<td>Taylor</td>
<td>Washington</td>
<td>Zachary Taylor</td>
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</tbody>
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**Returning to live on campus for 2017-2018?**

Submit your applications before checking out of your room to avoid additional application fees.

1. Login to the Housing Portal at southeastern.edu/liveoncampus.
2. Complete your 2017-2018 Housing application with $300 prepayment.
3. Participate in roommate matching April 3-21 and room selection on April 25-27.

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**Use the Tips Below to Plan Finals Week (May 8-12)**

1. **SAY NO TO CRAMMING:** Instead of studying the same material for hours, try to study in 20-50 minute increments and giving yourself 5-10 minutes in between.
2. **SAY YES TO CARDIO:** Whether you’re dancing, jogging or busting a sweat by walking, exercise will increase your energy level, help your memory and reduce the effects of stress.
3. **EAT SUPERFOODS/ANTIOXIDANTS:** Research suggests that high-carb, high-fiber, slow-digesting foods like oatmeal are best. Eating a healthy snack is very beneficial and can make a significant difference (almonds, fruit, and yogurt are good choices).
4. **ALTERNATE STUDY SPOTS:** Spending all night in the library can be draining. Alternating the room where a person studies improves retention. Try alternating your study spots between the library, a study room, and a quiet coffee house.
5. **TIME MANAGEMENT:** By creating a balanced study plan and schedule, you will be able to study each subject in its entirety and ultimately boost your test performance.

Check out the finals schedule here: southeastern.edu/admin/ rec_reg/exam_sch/index.html#spring2017

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**Pancake Breakfast**

**TUESDAY, MAY 9**

@ MANE DISH

9 PM – 11 PM
April/ May

2017

April 14 – 23
Spring Break

April 20
Roommate Matching for Academic Year 2017-2018 Housing Ends

April 24-27
Health & Safety Inspections

April 25-27
Room selection for Academic Year 2017-2018 Housing

April 26
Strawberry Jubilee

April 28
Swamp Bowl

May 2
Fais Do Do Crawfish Boil

May 8-12
Finals Week and Check-outs of your Residence Hall Room

For a maintenance concern, call the FIXX line at 985.549.3499 or submit the request at southeastern.edu/admin/phys_plant/fixxit/

Call 985.340.8324 to report a problem with your Internet Connection. (Please leave a voicemail).

Report pests, cleaning issues and cable problems to the University Housing Office at 985.549.2118.

Report Maintenance Concerns