Finish Strong... Ace your Finals!

Finals week (December 5-9) is quickly approaching. Use the tips below so you are ready for your best academic performance.

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#fall 2016

6. **AVOID THE ALL-NIGHTER:** All-nighters impair reasoning and memory for as long as four days. As a result, you will receive lower grades. But that’s not all; you would then be forced to wake up earlier than expected—and that’s bad too. Get a good night’s sleep and expect to perform better on tests. (Quick tip: Review the toughest material right before going to bed the night before the test. It makes it easier to recall the material later.)

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**Spotlight: Student Conferences**

**Winter Break Planning**

**Res Hall Recipes**

**Upcoming Dates**

**Campus Events**

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**Pancake Breakfast**

Tuesday, December 6
9 PM - 11 PM

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University Housing

southeastern.edu/liveoncampus
2016 Equipping Resident Assistance Conference

Six Resident Assistants representing Southeastern Louisiana University, attended the Louisiana Association of Housing Officers’ Equipping Resident Assistants Conference held November 11-12, 2016 at Tall Timbers Conference Center in Lake Forrest, LA. The students attended educational sessions, networked with resident assistants from institutions throughout Louisiana and competed in spirit filled competitions. The delegation brought home the following awards: Overall Spirit Award, Roll Call, Banner, Community Building Program of the Year. DeQuaz Humphries presented a program session at the conference on “Ways to avoid burnout.”

Southeastern delegates included: Ali Gonzales, Tamara White, Skylar Thibodeaux, Shirley Mier, Kristen Calfee, DeQuaz Humphries and Advisor Amanda Robbins.
The Lion’s Tales

Returning to your room for Spring 2017?

Students who plan to return to their room for Spring 2017 may leave their belongings in their room during the winter break. Complete the following to “Winter Break Exit” of your room:

- Remove food and defrost refrigerator.
- Leave air conditioner on 75 degrees (no heat).
- Remove all trash in room and bathroom.
- Remove valuables; secure windows and door.
- Remove any items from above the AC unit and window sill.
- Complete the “Winter Break Exit Form” which will be emailed to your university account.

Please note all South Campus Halls except Taylor Hall will be closed December 16–January 4 for Winter Break. Due to lengthy maintenance projects planned December 12-16, students are encouraged to return to their off campus homes after finals.

Not returning to live on campus for Spring 2017?

Students living on campus are in a binding Housing agreement with Southeastern Louisiana University. If the student wishes to request termination of that binding agreement, the student must complete an Agreement Buy-Out Form found at southeastern.edu/liveoncampus.

Process:

- Complete the Agreement Buy-Out Form by Friday, December 2, 2016.
- Allow 5-10 business days for the paperwork to be processed. You will receive further instructions via your Southeastern webmail.
- ALL students not returning for the Spring 2017 semester must be checked out of their room by noon on Friday, December 9, 2016 by scheduling an appointment and meeting with their RA to return their keys. Students not correctly checked out by this date will be charged a $250 improper check-out fee (no exceptions), including students submitting the Agreement Buy-Out Form after this date.
- Students who are not properly checked out will also be assessed a daily room rate based on the price of their room for each day after the December 9th deadline, unless prior arrangements have been made with University Housing. Students completing the Agreement Buy-Out Form will be assessed a $750 buy-out fee unless they meet one of the following exceptions: Graduation at end of the Fall 2016 semester, Marriage, Medical/Serious illness, Active military induction, Withdrawal from Southeastern (classes), Academic suspension

Use the link below to learn more about Spring 2017 Financial Aid News at Southeastern.
southeastern.edu/admin/admissions/topsfaq/
November/December 2016

November 30
Exclusive tour of Snoezelen 11 AM–4 PM for Education Majors, @ TEC

November 30
RHA Meeting, SU 2207

December 2
Lion Pride Preview

December 5-9
Finals Week

December 6
Late Night Pancake Breakfast

December 9-15
Health & Safety Inspections

December 10
Graduation

December 16-January 4
All South Campus Halls except Taylor Hall close for Winter Break

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.