Fall In Love with Hammond, America!

Your fall to do list to fully enjoy the Fall season in Hammond includes:

1. Check out a fantastic Fanfare Event: Information is listed on columbiaetheatre.org

2. Celebrate Homecoming with your fellow Lions (Events on pg 4; visit southeastern.edu/homecoming)

3. Attend Oktoberfest on October 25, hosted by University Housing and Dining Services

4. Enjoy the Hammond Horror Festival: October 14 & 15 Full Listing of events at HammondHorrorfest.org

5. Savor local flavors at a near by festival such as the NOLA Beignet Festival October 8. For a complete list of festivals, visit LouisianaTravel.com

Register to vote at rockthevote.com

@sluhousing
@sla_housing
@slu_housing
/southeasternuniversityhousing

University Housing

southeastern.edu/liveoncampus
The Lion’s Tales

Alexis Taylor, Zachary Taylor Hall, 3.97 GPA

Successful habits: I complete each assignment on time, never miss class, make study guides and keep up with to-do lists. Every class day, I make a to-do list for each class so I don’t miss anything. As notes progress, I make study guides so I will be ready for exams. To study, I type my notes, ask friends to quiz me and read the textbook. I try to sit up front in class and stay off my phone so I am focused. I feel a 4.0 is attainable!

Suggestions for a first time advising session: Before advising, I know exactly which classes I need to take. I look ahead at the rest of my program and plan it out so I won’t miss any classes that are only given in fall or spring, etc. Then I balance out hard classes with easier ones. Always check RateMyProfessor and ask around for recommended professors.

Favorite study places: I like to study with other people who will keep me focused—not on my phone, doing other tasks, etc. It doesn’t really matter where; if I need it to be completely quiet I will go to the library. Sometimes I like for others to be around so I’ll study in Garrett Hall or Starbucks.

Favorite Study snack: I usually don’t eat while I study but lately… the White Cheddar Smart Popcorn.

DeQuaz Humphries, Livingston Hall, 3.93 GPA

Successful habits: Going to class everyday helps me! It’s a no-brainer but it is so important to catch all relevant information covered by your professor (especially information not covered on Moodle). I also just enjoy life… I don’t stress over every single assignment, and I make sure to enjoy my time with friends whenever I can. Don’t let your grades control you…. You are in control of your grades!

Suggestions for a first time advising session: Stay on top of the game. Make sure to put your advising sessions in your calendar and show up! If it is online advising, remember to follow up. If you don’t plan ahead, you essentially are planning to fail because courses fill quickly. It is first come, first served so be prepared!

Favorite study places: I study in my room with my tv down and my phone away from me. I also enjoy the library. My advice is to move your phone away or put in on airplane mode during studying.

Favorite Study snack: I recommend eating foods rich in carbohydrates while studying. (Your brain runs off of carbs!) I typically eat apples, oranges, pears, avocado, or ice-cream to help me retain info while studying.

Traci Olin, Cardinal Newman Hall, 3.8 GPA

Successful habits: I plan out my days to clock time for studying. I also make sure to put my phone away while studying; this helps keep me focused.

Suggestions for a first time advising session: Know what you can and can not handle before going into your session. Plan out your schedule so you have time each day to study and have time for your personal interests. Don’t forget to block out time for a good meal! You need to be well nourished to be effective.

Favorite study places: Outside on one of the many benches, or on the balconies of the biology building. For some reason, I feel like I learn more in the fresh air.

Favorite Study snack: Pretzel chips!

Christian Shreve, Tangipahoa Hall, GPA 3.75

Successful habits: Using my planner religiously, going to class five minutes early for each class, paying attention in class and rewriting my notes to study two weeks in advance of my first test.

Suggestions for a first time advising session: I suggest writing down all your test and activity dates in your planner so you will know exactly what’s going on during the week of advising and priority registration. You want to devote time to talk to your advisor.

Favorite study places: I honestly like to study because I am a nerd at heart, but I really don’t like studying advanced grammar and biology.

Favorite Study snack: Spearmint Gum!
Egg & Cheese Burrito

2 large eggs
2 flour tortillas
2 slices Cheddar or American cheese
salsa - optional

Directions:
Spray a microwave-safe bowl with cooking spray. Beat the eggs in the bowl, pop into microwave and cook for about 90, until eggs are done. (For best results, stir the eggs after every 30 seconds).
Cut the cooked egg patty in half. Place a piece of egg and a slice of cheese on each tortilla. Fold or roll up the tortillas to make burritos. Put into microwave for 20 seconds to melt the cheese. Enjoy with salsa if desired.

Visit the Center for Student Excellence:
southeastern.edu/cse
Student Union Annex, north entrance
985-549-3981

Thank you!

RHA thanks all who participated in August and September meetings, programs, etc. Enjoy YOUR Residence Hall Association.

RHA Building Pride T-shirt

Don’t forget to purchase your building pride shirt! ONLY $11.00
We except cash or card

T-shirt can be purchased at the University Housing office in Pride Hall

Secret Tips from a Center for Student Excellence Advisor

1) Know how to schedule an appointment to see your academic advisor. Every department is different and they each have a different process for advising. Some schedule ahead of time and have assigned advisors. Some have walk-in times. Some have you sign up...etc. Some have online advising. The department's website will give instructions about how to schedule an advising appointment. When you go to the Department's Website, click on the "Student Success" tab on the left-hand side of the page, and then click on "Academic Advising." This will explain how the department handles advising.*

2) When sending a request to schedule an appointment for advising, be sure to provide all the necessary information: Full name, W#, Major, concentration (if applicable), available times, and a phone number).

3) Go to the meeting prepared.
   - Know where their office is located ahead of time.
   - Bring a copy of your curriculum sheet and/or academic map.
   - Have a list of questions you’d like to discuss.
   - Write down the classes you’d like to take the next semester, with a couple of alternative options.
   - Determine if your advisor wants you to bring anything else with you to the meeting (copy of your degree progress report, folder from the main office, etc.).

*Note: First and second semester freshman are advised through the Center for Student Excellence/SE 101 Instructor. Freshman in the third regular semester and upperclassman are advised through the department for their major.
Monday, October 17:
Kickoff @ 11:30 a.m. - 1:30 p.m. Union Mall
Wear Green & Gold
Blood Drive 11 a.m. - 3 p.m.

Tuesday, October 18:
5K Paint Run; 5:30 PM @ North Oak Park

Wednesday, October 19:
Gumbo Ya Ya @ 11 a.m. - 2 p.m.
Student Union Park
Minute to Win It @ 7:30 p.m.
Strawberry Stadium

Thursday, October 20:
Bonfire/ Pep Rally @ 6:45 p.m. Cook Field

Visit southeastern.edu/homecoming

November 2016

October 3-6
Health & Safety Inspections

October 3
Exclusive advising for Education Majors, 6 PM, TEC 2015

October 5-6
Grad Fair

October 10-12
RHA Boo-gram sales

October 17-22
Homecoming Week
southeastern.edu/news_media/events/homecoming/

October 24-31
RHA Door Decorating Contest

October 25
Oktoberfest with Campus Dining

October 26
RHA Fear Factor

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.