Start Spring 2015 with success in mind. What accomplishments do you hope to celebrate at the end of the semester? Are you working toward specific academic, fitness or financial goals? Looking to increase your future workplace opportunities by securing a summer internship? Review the goal setting tips below before defining your personal goals for this academic term.

Limit your focus. Although we are a generation of multitaskers, we are most productive when we focus on no more than 5 things at a time.

Specify the item you wish to complete. Rather than setting a goal of being healthier, challenge yourself to add a certain number of minutes to your exercise regimen or adding foods high in nutrition to your diet.

Hold yourself accountable by setting a measurable goal. Setting a specific target to reach will help you see the end result and make the goal seem more achievable.

Set smaller goals. To achieve the larger goal in the specified time frame, give yourself smaller goals and celebrate reaching them (Examples: a 3.0 GPA or higher at mid-terms, accomplishing a specified number of workouts in a week, etc.)

Share your goals with your supporters. Include those whose opinions and support mean the most to you in your plans. This support team will cheer you on to reach your goal.

#LionUp and Meet your Goals this semester!

## Challenges yourself to be your best:

- What are your goals for Spring 2015?
  - Academic Performance (GPA)
  - Class Attendance:
  - Participation in on campus events:

## Financial Goals:

- Other:

## Seek supporters to help you achieve your goals:

- The Center for Student Excellence
- Southeastern Hall
- The Writing Center
- D. Vickers Hall
- Recreational Sports and Wellness
- Pennington Student Activity Center
- University Counseling Center
  - 912 North Oak Street
- University Housing Staff/ Your Resident Assistant
  - Pride Hall
- Career Services
  - Above the Retail Bookstore/ Original Student Union

Questions about our guest policy, pet policy, or resident responsibilities?
Refer to the 2014-2015 Resident Guidebook:
http://www.southeastern.edu/admin/housing/assets/guidebook15.pdf
**SPOTLIGHT ON RESIDENT ASSISTANT STAFF**

**John Collum, Taylor Hall RA, Political Science Sophomore**

**What does student leader mean to you?** To be a student leader on our campus, one must be an organized individual who sets adequate goals for him or herself while aiding others in seeking their potential.

**What characteristics do you value in a leader?** I value the ability to delegate, organize, and manage time and resources.

**How has student leadership influenced you?** Working for University Housing has added structure to my everyday schedule and made a more well rounded student and person overall.

**Name a Cartoon with leadership qualities.** Courage the Cowardly Dog: He works to overcome obstacles that appear daunting and fully applies himself to protect the ones he cares about most.

Favorite Quote: “Observe all men, thyself most.” - Benjamin Franklin

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**Haley Burke, Southeastern Oaks RA, Accounting Senior**

**What does student leader mean to you?** It means that I am a role model to other students and that I have to present myself as a leader to my peers.

**What characteristics do you value in a leader?** Loyalty, trust, leadership, organization, and coming out of your shell for others.

**How has student leadership influenced you?** It has let me come out of my comfort shell a little bit and really has let me get more involved on campus in other organizations.

**Name a Cartoon with leadership qualities.** Tommy from Rugrats because he was always the one to help them get out of troubled situations and wasn’t afraid to take the lead.

Favorite Quote: “Live, Laugh, Love.”

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**Allison Cicero, Greek Village RA, Elementary Education Sophomore**

**What does student leader mean to you?** I really love the student leadership opportunities on Southeastern’s campus. Whether you help a new student find their class, get involved in Greek life or other student organizations, I think getting involved and being a positive example for fellow students makes you a leader.

**What characteristics do you value in a leader?** I believe that to be a leader one needs to practice integrity. Anyone can put on an act when they know others are watching, but what separates a good leader from a great leader is having integrity.

**How has student leadership influenced you?** It has let me realize that my actions really do have an influence or impact on others.

**Name a Cartoon with leadership qualities.** I really value Dora the Explorer. She is young yet brave and adventurous. She always helps her friends out and encourages them to keep going through her cheery songs.

Favorite Quote: “Our days are happier when we give people a bit of our heart rather than a piece of our mind. “

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**Matthew Olivier, Livingston Hall RA, Marketing Junior**

**What does student leader mean to you?** Being a leader means more than just getting others to do what you think is right. It’s about getting people to want to follow your lead by setting an example, listening to others ideas and working with those you are leading to better accomplish any tasks that may arise. Being a student leader means applying that concept to your fellow students around you.

**What characteristics do you value in a leader?** Patience, Kindness, sternness, compassion and understanding.

**How has student leadership influenced you?** Being a student leader I feel has influenced me to better myself in ways I would have never considered before. Living in a fishbowl makes you give more forethought to every decision you make.

**Name a Cartoon with leadership qualities.** Mufassa: He demonstrates most of my valued characteristics – patience, kindness, sternness and understanding.

Favorite Quote: “Friendship is unnecessary, like philosophy, like art... It has no survival value; rather it is one of those things that give value to survival. “

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**Mallory Mckenzie, Tangipahoa Hall RA, H.R. Management Junior**

**What does student leader mean to you?** I think, means to lead by example. We are all in the same boat here and are going through many of the same struggles. Our jobs as student leaders is to encourage our peers by showing them that if we can do it so can they.

**What characteristics do you value in a leader?** The ability to let others lead. A leader should trust their team members enough to let them step up when they are ready. Leaders should always be approachable and open-minded; it is the leader's job to make everyone feel valued. How has student leadership influenced you? Bringing me out of my shell and showing me what I'm capable of. It has also taught me to be flexible. We don't always choose to be a leader, sometimes leadership chooses us and we just have to go with it, doing the best we can. That's a lot like college; sometimes new challenges are thrown at us they we never thought we'd face but we just have to do our best.

**Name a Cartoon with leadership qualities.** Tommy Pickles is the one to always take charge in the group but he listens to input from the others. He's working hard things.

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**Brooke Blackwell, Pride Hall RA, Political Science and History Junior**

**What does student leader mean to you?** I believe it is someone who has the ability to inspire those around him/her to achieve their goals.

**What characteristics do you value in a leader?** An open mind, self critical and someone always seeking to improve.

**How has student leadership influenced you?** It has allowed me to realize that my actions really do have an influence or impact on others around me and it has made me more aware of the feelings and opinions of my peers.

**Name a Cartoon with leadership qualities.** Kim Possible, she's brave and reliable and even when she makes a mistake in the end she admits she's wrong and corrects those mistakes.

Favorite Quote: "God changes caterpillars into butterflies, sand into pearls and coal into diamonds using time and pressure. He's working on you too." - Rick Warren
Register to attend the Emerging Leaders Retreat!

The DSA Leadership Ambassadors are proud to host the Southeastern Emerging Leaders Retreat February 27-28, 2015. The Emerging Leaders Retreat provides opportunities for students looking to get involved as well as current student leaders who want to enhance their leadership development. The skills learned and friendships gained from this weekend not only help students to become better individual leaders, but most of these leaders return to campus and make a difference on the Southeastern campus through their involvement in organizations. The retreat consists of large group and small group leadership sessions that teach leadership styles, conflict and stress management, team building, and include a plethora of leadership skill development opportunities.

Registration is $20 per student; however, if an organization sends two representatives, the cost of registration will only be $15 per student. The Registration Form below must be submitted to the Office for Student Engagement by Friday, February 13th; however, registration will close when we reach capacity.

Questions? Contact Dr. Pam Rault, Director for Student Engagement at pam.rault@selu.edu.

Res Hall Recipes

Chili Cheese Dip

1 8oz package of cream cheese, softened
1 can chili
1 cup shredded cheddar cheese
Your favorite scooping chip

Directions:
In the bottom of a 9 inch dish, spread cream cheese. Top the cream cheese with an even layer of chili. Sprinkle cheddar cheese over chili. Heat in microwave on high for 5 minutes or until all cheese is melted. Serve with chips.

University Housing Important Dates

February 2-5
Health and Safety Inspections

February 2-5
National Drug Awareness Week. Check out the Table in the Student Union Quad for additional Information.

February 6
Hammond Krewe of Omega Mardi Gras Parade

September 9
Fire Drills; follow procedures found in Resident Guidebook

September 16-17
Mardi Gras Holiday

Hall Council is a student-led organization devoted to residential students involvement in their communities. Attend a meeting and help plan an event for our campus!

Upcoming Events:
Take a bite out of Hall Council: HC will be giving out donuts in each Residence Hall Lobby between 7:30 am and 9 am on Wednesday, January 28.

Interest Meeting: Wednesday, January 28th at 7 pm in the Student Union Third Floor Ballroom B!

Follow us on Facebook: facebook.com/sluhallcouncil
Instagram: @sluhallcouncil
Email: southeasternhallcouncil@gmail.com

“What’s Your Status?”
Dr, Georgianna Martin presents on the many aspects of multiculturalism. Topics covered includes race, gender, sexual orientation, socioeconomic status and more.

February 10, 2015
Zachary Taylor Hall
What's happening on campus?

**Great American Spit Out,** at the Pat Kennelly Diamond Baseball stadium; Southeastern vs. Tulane game at 6pm. Students are invited to come and support spit free baseball. Attendees could win a Great American Spit Out shirt.

**Attention Students:**

The Southeastern Food Pantry is moving to a new location! We will have limited hours until our move is complete.

Week of January 19-23: Tuesday, 9:00 AM to 11:00 AM

Effective Monday, January 26 until further notice: Open on Mondays, 9:00 AM to 11:00 AM

Please “like” the pantry on Facebook at www.facebook.com/SoutheasternFoodPantry to keep up with our changes!

Questions? Call 985-549-5224 or 985-549-3850

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**Be in the KNOW! KNOW THE CODE**

View the Student Handbook @ www.southeastern.edu/code

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**Tangipahoa Parish’s 2015 MARDI GRAS in THE ZONE**

**A SAFE PLACE FOR FAMILIES TO CELEBRATE MARDI GRAS**

FRIDAY, FEBRUARY 6Th

4:30 PM - 6:30 PM

The “ZONE” will be at R. GENERAL PENNINGTON HOUS

ALL CHILDREN UNDER 17 MUST BE ACCOMPANIED BY AN ADULT
No previous CONSUMPTION OF ALCOHOL BEFORE entering “THE ZONE”
No Alcohol or Tobacco products allowed • No Pets
BRING LAWN CHAIRS
LAW ENFORCEMENT WILL BE PRESENT

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**CELEBRATE WITH US & ENJOY:**
FREE POPCORN
BOTTLE WATER
RESTROOM FACILITIES
ZONE BAGS & PRIZES
GAMES & ACTIVITIES

FOR KIDS:
FACE PAINTING
HOOLA HOOPS
SIDEWALK CHALK
RING TOSS
BEAN BAG TOSS & MORE

Hosted by:

&

THANKS TO OUR COMMUNITY PARTNERS & SPONSORS:

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**The Interfraternity Council Meet the Greeks will be on January 27 at 6PM in the Alumni Center Banquet Hall.** At this time eligible men will be able to meet representatives from each fraternity and learn about the rush process. To be eligible to join potential members must be enrolled full time and have a 2.4 or higher GPA. For more information please contact the Office for Student Engagement at 985-549-2120 or email steven.gallagher@selu.edu.