Welcome home, Scholars!

Check out our Top 10 list of things to do to make 2016 your best year to #LionUp @ourSoutheastern

10. Make a realistic weekly schedule and follow it. Include times for class, exercise, studying, social activities, etc.
9. Go to class prepared and ask questions. (you will remember more and have to study less).
8. Have the perfect Hammond, America date with a friend, eating each course at a different Hammond restaurant (appetizers, entre, dessert, etc.), followed by one of these low-cost activities: stargazing in Cate Square Park, window shopping downtown, or listening to live music.
7. Find your perfect study location; attend the same time each week.
6. Attend an art/theater event. Check out the Columbia Theater, SLU Contemporary Art Gallery or Hammond Regional Arts Center for local events.
5. Consider Study Abroad Opportunities: (southeastern.edu/acad_research/programs/ii/)
4. Develop one new healthy habit (the University Counselling Center can help you set goals for this habit!)
3. Support Lion Athletics... Spring sports include Basketball, Softball, Baseball, Track & Field, Golf and Tennis. (lionsports.net)
2. Research Internship opportunities in your field.
1. Join a student organization (check out the list of orgs: southeastern.edu/admin/stu_orgs/)

Questions about our guest policy, pet policy, or resident responsibilities? Refer to the 2015–2016 Resident Guidebook available on your Housing Resources Moodle Page.
SPOTLIGHT ON RESIDENT ASSISTANT STAFF

**Raegan Varnado, Hammond Hall RA, Social Work Major**

Dream Job? To open and run my own nonprofit organization, assisting needy citizens through providing a free clinic, food pantry, job opportunities, rehabilitation services and housing options. Which Southeastern experiences have helped you to be “Real World Ready?” Southeastern has provided many real world opportunities in just the few months I have been here. I think what has helped me the most is my classes. In the classroom setting, we are able to see a wide variety of people and their views and opinions. Being able to communicate and connect with a wide range of student has definitely helped me to become “real world ready.” Favorite Southeastern location: Under Friendship Oak in Friendship Circle. During the right time of day, I bring a lawn blanket outside and lay under the tree with friends, basking in the sunlight and talking about life. What are you looking forward to in your new role as a Resident Assistant? Meeting all of my residents and other students! I hope my residents say at the end of the semester: I hope my residents view me as a kind and loving person, even if I have to be the “bad guy” sometimes. I hope they see me as a person they can trust and talk to.

**Ash’leightatia Gaines, Hammond Hall RA, Psychology Major**

Dream Job? Military Psychologist. Which Southeastern experiences have helped you to be “Real World Ready?” An experience that has helped me become more “Real World Ready” is living on my own because now it’s up to me to make sure I am where I need to be at all times. Favorite Southeastern location: Pottle Hall. What are you looking forward to in your new role as a Resident Assistant? I’m looking forward to learning new things and meeting new people. I hope my residents say at the end of the semester: I want my residents to say that I was a friendly and respectable person. That I was always there for them when they needed me.

**Kristen Calfee, Taylor Hall RA, Marketing Major**

Dream Job? An Advertising/ Promotions Manager for Forever 21... or a famous artist! Which Southeastern experiences have helped you to be “Real World Ready?” Southeastern has taught me to take pride in my work. I’ve learned that all of my assignments reflect my work ethic and dedication to excel at any given task; something that is an asset to have in the real world. Teaching me that what I do does not solely reflect me as an individual; as a student and an RA, I learned that I am representing Southeastern at all times. It’s quite a responsibility but I’m thankful and proud to be a Lion! Favorite Southeastern location: A tie between the Pennington Student Activity Center and our library! What are you looking forward to in your new role as a Resident Assistant? Creating a remarkable community that all of my residents remember for the rest of their lives. I hope they remember the great times they had while living on campus, and I hope that I’ve helped to make a positive impact on their lives (maybe they’ll even remember my name). I hope my residents say at the end of the semester: “She cares about what she does; I’m happy she’s my RA.”

**E.J. Giles, Taylor Hall RA, Athletic Training Major**

Dream Job? Head Athletic Trainer for an NBA team. Which Southeastern experiences have helped you to be “Real World Ready?” Being an RA has helped me become more focused as a leader. Favorite Southeastern location: Pennington Rec Sports Center. What are you looking forward to in your new role as a Resident Assistant? Getting to know all my residents. I hope my residents say at the end of the semester: “Man... my RA knows how to dress!”

**Maddie Jackson, Tangipahoa Hall RA, Business Administration Major**

Dream Job? New York Lightbulb Manufacturer. Which Southeastern experiences have helped you to be “Real World Ready?” An experience that has helped me become more “Real World Ready” was the Education 204: Resident Leadership Seminar to prepare me for my Resident Assistant position. Favorite Southeastern location: War Memorial Student Union. What are you looking forward to in your new role as a Resident Assistant? Meeting new people and making new friends. I hope my residents say at the end of the semester: “I have the best RA!”

**Breland Sylve, Cardinal Newman Hall RA, Psychology Major**

Dream Job? Work with children that have intellectual disabilities. Which Southeastern experiences have helped you to be “Real World Ready?” Learning how to become independent once living on campus and learning financial aid responsibilities. Favorite Southeastern location: The study rooms on the fourth floor of the Sims Memorial Library. What are you looking forward to in your new role as a Resident Assistant? Meeting and getting to know each and every one of my residents. I want to develop a relationship with everyone where they know they have someone to lean on in a time of need. I hope my residents say at the end of the semester: I hope my residents say that although I was serious about my job I also made it fun, creative, understanding and always there for them when needed.
The DSA Leadership Ambassadors are proud to host the Southeastern Emerging Leaders Retreat March 4-5, 2016. The 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 or more representatives, the cost of registration will only be $15 per student. The Registration Form must be submitted to the Office for Student Engagement by Friday, February 19, 2016; however, registration will close when we reach capacity.

Visit southeastern.edu/admin/lead_dev/emergingleadersretreat/ for forms and additional information.

Directions:
Mix spinach, bell pepper, carrot, and hummus. Stir in turkey, sunflower seeds and season to taste with salt and pepper. Warm pita in microwave, cut in half to form two pouches for turkey mixture. Stuff pita with turkey mixture and serve.
HEALTH AND FITNESS

**Interval-30**
*Free Trial Period*
January 13th – January 29th

**Program Dates**
February 1st – May 6th

**Class times**
Mon-Thurs.  Friday
6am & 7am  11am
4, 5, 6, & 7pm

**Fees**
$125 includes
I-30 workout tank
Pre & Post Fitness Assessment

**Certification Courses**

**Group Exercise Instructor**
January 26th: 6-9pm
January 27th: 6-9pm

**Personal Training**
January 28th: 6-9pm
January 29th: 9am-12pm

**ACSM Personal Training**
March 11th-13th

---

**Group Exercise Schedule**
(Tentative)

**Mon./Wed./Fri.**

<table>
<thead>
<tr>
<th>Time</th>
<th>Class</th>
</tr>
</thead>
<tbody>
<tr>
<td>6-7am</td>
<td>Zumba</td>
</tr>
<tr>
<td>7-8am</td>
<td>Tai Chi</td>
</tr>
<tr>
<td>10-11am</td>
<td>Silver Sneakers</td>
</tr>
<tr>
<td>10:30-11:30am</td>
<td>Yoga (Wed. only)</td>
</tr>
<tr>
<td>5-6pm</td>
<td>Yoga</td>
</tr>
<tr>
<td>5-6pm</td>
<td>Hip Hop</td>
</tr>
</tbody>
</table>

**Tues./Thurs.**

<table>
<thead>
<tr>
<th>Time</th>
<th>Class</th>
</tr>
</thead>
<tbody>
<tr>
<td>6-7am</td>
<td>Aqua Zumba</td>
</tr>
<tr>
<td>5-6pm</td>
<td>Body Blast</td>
</tr>
<tr>
<td>6-7pm</td>
<td>Yoga</td>
</tr>
<tr>
<td>6-7pm</td>
<td>Tai Chi</td>
</tr>
</tbody>
</table>

---

**MASSAGE THERAPY** – by appointment only

*Hour Long Massages Available:
  Monday-Thursday
  10am-1pm
  Monday, Wednesday, Thursday
  3-7pm

*Check the calendar for 1/2 off weeks

---

UPCOMING EVENTS

---

**Springs Daze**

- April 25th  Fais Do Do Housing
- April 26th  DSA Convocation – 7 pm
- April 27th  De-Stress @ the REC
- April 28th  REC FEST
- April 29th  Swamp Bowl

---

CONNECT WITH THE REC

- @SLU_RSW
- SLU RSW
- @SLU_RSW

---

**LateNight**
Southeastern
Wednesday, March 9th
**INTRAMURAL SPORTS**

**SOCCER**
*Dates to Remember*

- **Captain's Meeting:** Tuesday, January 19th 6pm
- **Rosters Due:** Tuesday, January 26th by 4pm
- **Jamboree:** Wednesday, February 3rd 5pm

**SOFTBALL**
*Dates to Remember*

- **Captain's Meeting:** Wednesday, January 20th 6pm
- **Rosters Due:** Wednesday, January 27th by 4pm
- **Jamboree:** Tuesday, February 2nd 5pm

**BASKETBALL**
*Dates to Remember*

- **Captain's Meeting:** Thursday, January 21st 6pm
- **Rosters Due:** Thursday, January 28th by 4pm
- **Jamboree:** Monday, February 15th 5pm

---

**PLAYOFFS BEGIN on TUESDAY, APRIL 5TH**

**HOME RUN DERBY**

- **Monday, February 1st**
- **Entry Fee:** $10/team
- **Entry form and fees due by Friday, January 29th**

**SAND VOLLEYBALL TOURNAMENT**

- **Monday, May 2nd & Tuesday, May 3rd**

**NEW FITNESS COMPETITION**

- **coming in March**

---

*For more information about intramural leagues and tournaments, contact Russell Pelluchino: 549-2127*

---

**REC SPORTS & WELLNESS**

*Pennington Student Activity Center*
What’s happening on campus?

**END IT**
Shine a light on Human Trafficking

Wednesday, January 27th
11:00am - 1:00pm
First Floor Student Union

---

**MEET THE GREEKS**

The Interfraternity Council will host an informal "Meet the Greeks" on January 28, 2016 at 6:00PM in the Alumni Center Banquet Hall. Potential new members are invited to come meet each of the eight fraternities and learn about their organizations while enjoying free food provided by IFC. Eligible members must have a 2.5 or higher cumulative GPA and be enrolled full-time at Southeastern.

For more information please visit: southeastern.edu/admin/greeklife/greek_life/interfraternity_coun/index.html

---

**SORORITY RECRUITMENT**

The Collegiate Panhellenic Council will be conducting informal recruitment for the Spring 2016 semester. Potential new members should contact each sorority directly for more information about their scheduled recruitment events.

To be eligible all potential new members must be enrolled full-time and have a cumulative 2.5 or higher GPA.

For more information please visit: southeastern.edu/admin/greeklife/greek_life/panhellenic_council/index.html

---

**Krewe of Omega Parade Route**

"Omega Turns Thirty"
January 29, 2016 - 6:30 pm

---

**SPRING 2016 DINING HOURS OF OPERATION**

**STUDENT UNION LOCATIONS**

- **ManDish**: Full Breakfast 7am-9:30am, Continental 9:30am-10:30am
  - Lunch 10:30am-2pm, Lite Lunch 2pm-4pm
  - Dinner 4pm-8pm, Friday Dinner 4pm-6pm
  - Saturday/Sunday Brunch 10:30am-4pm, Dinner 4pm-6pm
  - Monday-Thursday 10am-8pm
  - Friday-Sunday CLOSED

- **Chick-fil-A**: Monday-Thursday 7am-9pm
  - Saturday/Sunday CLOSED

- **Mangy Joe’s**: Monday-Thursday 10am-Midnight
  - Friday 10am-4pm
  - Saturday/Sunday CLOSED

- **Java City**: Monday-Thursday 7:30am-Midnight
  - Friday 7:30am-10pm
  - Saturday/Sunday CLOSED

- **Market**: Monday-Thursday 7am-10pm
  - Friday 7am-5pm
  - Saturday/Sunday CLOSED

**SATELLITE LOCATIONS**

- **Java City**: Monday-Thursday 7:30am-7pm
  - Friday-Saturday CLOSED
  - Sunday 4pm-10pm

- **Quanznos**: Monday-Thursday 10am-3pm
  - Friday 10am-4pm
  - Saturday/Closed
  - Sunday 4pm-10pm

- **Market**: Monday-Thursday 7:30am-2pm
  - Friday 7:30am-4pm
  - Saturday/Closed
  - Sunday 4pm-10pm

**Dining Services Office**: 1st Floor of Student Union
885-749-2266
www.southeasternleaders.com