Preparing for your Final Exams...

Finals week can take an emotional and physical toll on even the most experienced students! Prepare yourself with a game plan to accomplish all of your academic goals.

**Step 1: Plan your schedule!**
Create a calendar for your studies, exams and break times and stick to it! Cramming all night each night will not lead to positive academic performance. Check out the exam Schedule at [http://www.southeastern.edu/admin/rec_reg/exam_sch/](http://www.southeastern.edu/admin/rec_reg/exam_sch/).

**Step 2: Set daily expectations!**
Plan times to eat, sleep, study, exercise, etc. Be sure to plan multiple study times followed by short breaks to rest your brain. Repetition and studying over time will allow you to retain more information.

**Step 3: Take care of your body!**
Pay attention to how much sleep and exercise you are getting. Your body must have both to function. Remember that when you feel good about your appearance, you feel more functional. Take time to dress properly before your exam.

**Step 4: Fuel your brain!**
Eat healthy foods to sustain your body and brain for hours. Eating junk food and items that contain large amounts of sugars give you immediate energy but soon leave you without energy.

**Step 5: Use your resources!**
Visit the math lab, writing center, library, available tutors, professors offices, etc. Seek out the help you need before taking your exam. The easiest way to fix a failing grade is to prevent the grade from happening!
Tangipahoa Hall Business Lounge receives new furniture.

Taylor Hall Glow Program

Zachary Taylor Pumpkin Painting

Tangipahoa Hall Pumpkin Painting

Mid-Term Tune Up with Center for Student Excellence

Health Educator Workshop; Washington Hall
**Res Hall Recipes**

**Mexican Casserole**

1 can (15 oz. chili)
1 small can corn (8.5 oz) un-drained
1/2 cup shredded cheese
Tortilla chips

**Directions:**
Mix first three ingredients in a microwavable casserole dish. Cover and microwave for 3 minutes. Crumble tortilla chips over the top of the casserole, or simply dip chips in the casserole to eat.

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**University Housing Staff Development**

**Housing Academic Appeals Process**

In order to remain in University Housing for the Spring 2014 semester, students must maintain a 2.0 overall GPA or 2.0 on 12 hours or more during the Fall 2013 semester. Students who fail to meet this requirement may submit a University Housing Academic Appeal form to the University Housing Office or on-line at www.southeastern.edu/liveoncampus.

An University Housing Academic Appeal must be submitted by Wednesday, December 18, 2013 at 5pm. Appeals will not be accepted after the deadline. Appeals are reviewed by a committee of faculty, staff and students familiar with student academic requirements.

If the appeal is denied, the student will be notified and encouraged to check-out of the residence hall by Friday, December 20, 2013 with a Resident Assistant.

Find the Appeal Form at: www.southeastern.edu/admin/housing/acad_standards/

(If the academically ineligible student chooses to check-out January 6th, he/she will be required to express check-out and will not be allowed to contest any damages in their room. If the student does not properly check-out of their room as required, the student may be fined $250.00 and their property removed at their expense and stored for no more than two weeks. The University will not be responsible for any damages or loss of property during this process.)

Please note that students on University Academic Suspension or Probation must complete the requirements from their University Suspension or probation as well.

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**Reminders**

- Simply checking off "I'm interested in getting a scholarship" on the scholarship inquiry form under your self-service does not complete your Financial Aid Application Process. If a student has the qualifications for any of the Development Scholarships, the Office of Financial Aid will notify them of their next step to complete in the process.

- Please also remember once your parents complete their 2014 income taxes, it is time to complete the FAFSA for the new aid year (2014-2015) at www.fafsa.ed.gov.
Congratulations Graduating Resident Assistants!

Dyaneshia Debose
Family Consumer Sciences Major
Resident Assistant since Fall 2011;
Taylor Hall, Cardinal Newman Hall,
Village M Residence Hall

Christopher Fontenot
Computer Science Major
Resident Assistant since Fall 2011;
St. Tammany Hall, Zachary Taylor Hall

Jessica Weaver
Accounting Major
Resident Assistant since Fall 2011;
Tangipahoa Hall, Village J Residence Hall, Greek Village Resident Assistant

If you requested a change in assignment (room, hall, roommate) for the Spring 2014 semester, and we were able to accommodate your request, you will receive an email from University Housing within November. Residents with new assignments for the spring semester are required to check out of their current assignment by Friday, December 13, 2013. You may check-in to your new assignment beginning Monday, January 8, 2014.

If you requested a change in assignment for the Spring 2014 semester and do not receive a new assignment letter before winter break, please know that we will continue to work to fulfill these requests as cancellations are received. Email notifications will be sent to residents as these requests are fulfilled.

Food Pantry Opens On Campus!

Starting Monday, November 25th, Southeastern Students who suffer with food insecurity, the state of or risk of being unable to provide food to oneself, will have the ability to visit the Southeastern Food Pantry to assist with any food needs. Southeastern Foundation in partnership with Multicultural and International Student Affairs through funds from “Phil the Pig” have come together to open this food pantry on campus to serve the needs of Southeastern Students. A recent survey of students found that 60% of students have dealt with food insecurity or know someone on campus who has dealt with food insecurity.

The food pantry is located in Mims Hall in room 226. The pantry will open in time for Thanksgiving on Monday, November 25th from 3-6 p.m. and Tuesday, November 26th from 8-11 a.m. Set hours for the pantry will begin on Tuesday, December 3rd. Hours for the pantry will be Tuesday’s from 8-11 a.m. and Wednesday’s from 2:30-5:30 p.m.

If you have any additional questions regarding the pantry or would like more information on how you or your organization can help please contact Tasha Cooper at tcooper@selu.edu or Brendan Daigle at Brendan.Daigle@selu.edu.

University Housing Important Dates

November 18
Spring 2014 Registration Begins

November 27-29
University Offices Closed for Thanksgiving Holiday

December 10
Late Night Breakfast

December 9-13
Finals/ Checkouts for students not returning to on campus Housing

December 18
Academic Appeals due for residents below 2.0 requirement.

December 20– January 6
Campus Closed; All Residence Halls except Taylor and North Campus will be locked.
**Late Night Breakfast**

**Student Appreciation Event**

Tuesday, December 10, 2013
Cayman Café
9:00 pm-11:00 pm

- Scrambled Eggs
- Pancakes
- Grits
- Sausage
- Biscuits
- Hash Browns
- Cereal
- Fruit
- Juice
- Coffee

FREE for Students with a Meal Plan
*Student ID Required
$6.95 +tax without a Meal Plan
Cub Cash & Lion’s Lagniappe Accepted

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**NOW HIRING**

Southeastern Louisiana University
Dining Services

**Hiring for Part-time and Full-time Positions:**
Cashiers, Food Service Workers & Supervisors, Cooks, Sous Chefs, and Banquet Servers

Stop by the Dining Services Office located between Chick-fil-A and Quiznos to fill out an application

*Training will begin in January before school starts