Lion Up for Finals Week

December 4-8, 2017 is finals week for our Lions. University Housing staff wish you all the best on your upcoming exams and a restful Winter Break! Follow the tips below for a more successful finals week.

☑ Map out your week in advance. Visit southeastern.edu/admin/rec_reg/exam_sch/ to review your exam schedule. Schedule times for studying, resting and relaxation.

☑ Create your own study guide (use flash cards or re-write the study guide in a way that will be easier to remember. Quizlet.com can help!)

☑ Have review sessions with other students in your classes.

☑ Study things that aren’t on the study guide.

☑ Stay well-rested (your mind responds quicker and better when its well-rested. You should at least get the minimum of 8 hours of sleep.)

☑ Start studying early (don’t wait until the day before finals to start studying.)

☑ Reorganize your notes, re-write them if you learn by repetition.

☑ Color code your notes (highlight or underline anything that that is really important.)

☑ Make it fun (don’t have boring study session: the more fun you have with studying the better you’ll remember it.)

☑ Eat well… choose a balanced diet including fruits and vegetables rather than eating lots of sugar which will cause you to be tired once your body processes the initial energy boost.

☑ Silence all social media accounts to avoid wasting valuable study time.

☑ Complete your end of semester processes: register for Spring 2018 courses, return your rental textbooks, secure your room, etc.
Eleven Southeastern students proudly displayed their school spirit and community building skills at the 2017 SWACURH Regional Business Conference at the University of Central Arkansas in Conway, Arkansas November 9-12. The conference, hosted by the Southwest Affiliate of College and University Residence Halls, was themed “The Big Picture.” The 37th annual conference was attended by colleges and universities throughout Louisiana, Texas, Arkansas, and Oklahoma.

The Southeastern delegation, which included Residence Hall Association officers and members, were recognized with a Programming Grant and two of the delegation's programs were awarded a "Top 10 Conference Program" Award. The winning programs included Kristen Caflee's "FitLife 101" program and Kendra Hall's "The Tea on Tai Chi" Program. DeQuaz Humphries received a three year service pen for his third attendance at SWACURH. The Southeastern representatives at the conference included Kristen Caflee, Kendra Hall, Allie Fenerty, Amanda Costales, James Stillwell, Barbara Bach, Alexis Minor, Georgette Williams, DeQuaz Humphries, Calyn Landaiche, and Advisor Matthew Daniels.

For additional information about the Residence Hall Association and opportunities for residential student leadership outreach, contact University Housing at universityhousing@southeastern.edu or visit our website at southeastern.edu/liveoncampus.

University Housing student and professional staff proudly represented Southeastern at the 2017 Equipping Resident Assistants Conference at Tall Timbers Baptist Retreat Center in Forrest Hill, LA. The conference, held November 3-4, was sponsored by the Louisiana Association of Housing Officers and allowed Residential Life staff to network with representatives from nine other state and private institutions of higher education throughout Louisiana. The delegation represented Southeastern well, winning the most coveted award at the conference, the "Most Spirited" award.

The attendees participated in educational workshops about social justice, team/ staff development, sexual health/ legal rights/ consent and career readiness as well as networking with keynote speaker and University of Houston Student Affairs professional, George Hill. Attendees included Brianna Carter, Calyn Landaiche, Helen Launey, Mitchell Bosman, Brady Perque, DeQuaz Humphries, Jada Nathan, Stephanie Stevens and Area Coordinator Aaron Johnson. Aaron Johnson, member of the LAHO Executive Board will serve as the 2018 ERA Conference Coordinator.

For more about the ERA Conference, visit laho.org.

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**RETURNING TO YOUR ROOM FOR SPRING 2018?**

Students who plan to return to their room for Spring 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.
- Please note all South Campus Halls except Taylor Hall will be closed December 15- January 4 for Winter Break. Due to lengthy maintenance projects planned December 11-15, students are encouraged to return to their off campus homes after finals.

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**NOT RETURNING TO LIVE ON CAMPUS FOR SPRING 2018?**

Students living on campus are in a binding Housing agreement. 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. Steps to complete a buy-out listed below.

- Complete the Agreement Buy-Out Form by Friday, December 1. You will receive further instructions via your Southeastern webmail.
- ALL students not returning for the Spring semester must be checked out of their room by noon on Friday, December 8th. Any student not scheduling an appointment for check-out 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 8th 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 2017 semester, Marriage, Medical/Serious illness, Active military induction, Withdrawal from Southeastern (classes), Academic suspension.
University Police Department is open 24 hours a day, 7 days a week to protect and serve the Southeastern Community. University Police offers bicycle registration for student bikes used on campus, escorts if a student is uncomfortable walking by themselves after dark and much more. Please report any concerning activity you may see to University Police. Office: Pride Hall Phone: 985.549.2222 facebook.com/SoutheasternPD

Study Snacks Trail Mix

3/4 cup raw pecans
3/4 cup raw cashews
1/2 cup raw sunflower seeds
1/2 cup raw pumpkin seeds
1/2 cup unsweetened, unsulfured cherries
1/2 cup unsweetened, unsulfured raisins

Add all ingredients to a bowl. Add chocolate chips, M&Ms, pretzels, white chocolate, skittles, etc. to taste. Mix together. Store in a zipper lock plastic bag or an airtight container.

Res Hall Recipe

Protect your belongings.
Lock your doors and ensure your property is not left in hallways and common areas such as lobbies, study rooms, etc. Items left unsupervised are easy for thieves to pick up without questions.

General Meetings
Anticipated January 2018 meetings will be posted soon.

Events
Waffle Night @ November 29

Get involved with RHA

Facebook: /slu.rha
Instagram: @slu.rha
Twitter: @slu.rha
rha@southeastern.edu
November/December 2017

November 22-24
Thanksgiving Holiday

December 4 - 8
Final Exams

December 5
Late Night Breakfast 9 PM – 11 PM

December 9
Graduation

December 15
All Halls Close at 10 AM
(Except Taylor Hall and North Campus)

December 19 – January 3
All Offices closed for Winter Break

January 4
Halls re-open at 10 a.m.

January 12
Fee Payment Deadline for Spring 2018

January 15
Martin Luther King Day

January 17
Classes Begin

For a maintenance concern, call the FIXX-It 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.

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Tests got you stressed?

Try this southeastern.readsh101.com/try-this-30-second-mindfulness-trick/

Download our mobile app for more Student Health 101 on your phone: southeastern.readsh101.com/get-the-app/