

#REC at home

MAY 6, 2020

SOUTHEASTERN
LOUISIANA UNIVERSITY



photo featuring
HANNA MCDEVITT

What We Know As This Spring Semester Comes To A Close:

As we reach mid-May, there are still so many uncertainties. But, we are sure of a couple things: for one, the decision was made this week that Roomie's Rec Camp is cancelled for this summer. So, while we're heartbroken that we don't have the opportunity to do all the wonderful plans and ideas that our new camp director, Bethany, had in the works, we at least have a solid decision and can move forward.

Until we have further guidelines from the state and the university, we don't have a set date that we can reopen. While we can't control what their decisions are, we can control that we are putting together detailed plans so that when we reopen, we know what to do. You'll all be notified when we have the date, and there will be time to go through training and expectations before staff reports back to work.

And we know there's still things for us all to do as we finish the semester. For our student staff, that means make sure you complete your quarterly safety meetings on Moodle, and keep a look out for contact from Ms. Cheryl if there's still anything she needs from you.

Congratulations, Shea and Josh!

As the student recognition week concluded last week, Josh Ballard was announced the [DSA Man of the Year](#), which along with the Woman of the Year, is the highest honor awarded by the Division for Student Affairs. Congratulations Josh, we are all so very proud of you! Each year, the VP of Student Affairs selects students for the [VP Award of Excellence](#), and at the end of last week, Shea Foster was announced as one of the six winners selected by Dr. Summers this year. Congratulations to Shea on this honor! Keep being amazing!

REC UPDATES

QUARTERLY SAFETY MEETING - MOODLE

In between online classes, be sure to complete the [required](#) Quarterly Safety Meeting on Moodle. (Takes less than a minute)

CAMPUS UPDATES

CARES ACT DEADLINE IS THIS FRIDAY, MAY 8!

Southeastern will distribute over \$5 million in financial relief grants to students facing financial hardship as a result of the coronavirus. Funds for awards are being made available through the Coronavirus Aid, Relief and Economic Security (CARES) Act, and the Southeastern Foundation. Based on the federal legislation and regulatory guidance, most students will be eligible to apply for relief grants. Click the link above for more info on how to apply.

Hi everyone!

Has anyone told you lately that they miss you? Because I do. I miss every single one of you, even the ones I may not know that well. I miss seeing you around the building and around campus. I miss the energy that was always just *there* when you walk into the REC. I miss the quiet of the mornings when there's just a handful of members working out, and all the smiles of the Silver Sneakers members coming to class, and the air of organized chaos in the evenings when the building was packed with students.

As we continue to make plans to reopen, I get excited to get back into our building and have those feelings again, but it's bittersweet knowing that no matter how much I wish things would go right back to the way they were, it won't be the same. There's some faces I may never see again in person as you move on to bigger and better things. It'll be a long time before the building is able to be busting at the seams with students again. But, I look forward to the future and keep my eyes and my hopes steady on that.

As for me, I've been spending time figuring out what small things I can learn at home. I bought a handful of plants at the beginning of all this to see if I can cultivate a green thumb, or at least just keep them alive. After 6 weeks, I can say that my sunflowers are doing ok, but my Asiatic lily may never recover (oops). I've experimented a bit more in the kitchen - I've made two wonderful lemon blueberry cheesecakes, and one absolutely awful one and I still can't figure out what went wrong with that one (again...oops).

After going through my favorite true crime podcasts, my latest fix has been "Potterless" and "Office Ladies." I highly recommend them both. But, my favorite moment in the last week was getting together with friends from across the country to figure out how to play games from Jackbox over a Zoom call. I laughed so hard I cried at some of the most ridiculous things, and it did wonders for my mental health to spend that time with friends. If anyone wants to do a random game night - let. me. know!

As we all head into the last week of the semester and finals week, I hope you're all ready to finish the semester strong and that you all do well on your finals. But mostly, I just hope you take care of yourselves. Spend some time outside, even just a few minutes, and breathe in the fresh air. Take breaks away from your screens when you can. And most importantly, reach out if you need help. We conclude each of these open letters from professional staff with our contact info, and please use it if you need anything, even if it's just someone to talk to outside of your 'quaranTeam.' Wishing you all nothing but the best, and I can't wait to see you again.

if you'd like to contact Jean directly, email her at jean.bernard@southeastern.edu

A message from Jean



GOOD LUCK ON YOUR FINALS!
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