

# #REC *at home*

APRIL 15, 2020

SOUTHEASTERN  
LOUISIANA UNIVERSITY



## Student Employee Appreciation Week: April 13-17

They say "absence makes the heart grow fonder," right? Under normal circumstances we'd be spending this week finding small ways to let you know that we appreciate you [hint, it probably would've included a lot of food].

While it's heartbreaking that we can't celebrate you in person this week, **we hope you know how much we appreciate and adore each and every staff member** and the incredible contributions you make to our department. We hope to celebrate you properly soon enough.

## Do you intend to return for the Summer or Fall semesters?

As we continue planning for an unknown future, we want to be sure that when we get the green light to reopen the building, we have staffing in place for that. **Your professional staff supervisor will reach out to you to determine if you intend to return to work for the summer semester, assuming we can resume operations.**

### REC UPDATES

#### ZUMBA CLASSES CONTINUE

Shoutout to Catherine for continuing her Zumba classes on Instagram Live. Tune in Mondays and Wednesdays at 5:30pm.

#### SEND IN YOUR TRICK SHOTS

Share your trick shots on social media [and tag us] and we'll share your video in promoting the trick shot challenge! Plus it counts as your entry into the challenge.

### CAMPUS UPDATES

#### SGA ELECTIONS APR 20-22

Hello everyone.

I hope you are doing well and have adjusted to the changes and uncertainty happening. Please, take time for yourself and make sure you are staying physically and mentally healthy.

First off, I want to give a shout out to the REC's professional staff. Jason, LaVerne, Cheryl, Jean, and Bethany have been ROCK (REC) STARS over the last few weeks. If you don't know Bethany, she is the Roomie's REC Camp director this year. Check out Roomie's REC Camp social media to learn more about her. From getting ready for camp to providing resources and programming along with the behind the scenes work, the staff has been working their butts off to provide services and resources for our students.

Last week, I did an Instagram Live with Karley Bordelon (SGA President). If you watched it or plan to watch it, please forgive my lack of social media expertise. The goal was to glean what students are looking for The REC to provide. We received many positive comments showing that "you" the student likes what we are providing. It also seems that you all are wanting motivation and that we have been doing a good job with motivation through our social media platforms. We want to keep that up!

For me, in order to make sure I am mentally and physically fit, I am spending quality time with my 3 year old boy (Lill Man) and wife (Tarra), planting/ trying to grow a garden, wood working, and taking morning walks. I haven't really gotten into any TV shows or movies except for watching Frozen II and the Netflix series All American.

We do not know how long this will go on, but I am preparing to open up along with preparing to offer quality on line programming for all SLU students. I can't wait to see and talk to all of you. You all are The REC's energy and I am missing it. If you need anything, please reach out to me or one of our awesome professional staff members.

**if you'd like to contact Seth directly, email him at [seth.thomas@selu.edu](mailto:seth.thomas@selu.edu)**

# A message from Seth



## TAKE CARE OF YOURSELVES DURING SPRING BREAK

Use this week to unwind and relax in any way you can. And then make sure you have everything you need to finish out this semester on top! Have you registered for summer or fall classes? Are you up-to-date on your assignments? This semester has been an incredible challenge, but there's just less than a month left - YOU'VE GOT THIS!