

THE REC

SOUTHEASTERN
LOUISIANA UNIVERSITY

at home

APRIL 29, 2020



End of the Spring Semester...

The governor announced on Monday that the stay-at-home order is extended to May 15, effectively closing The REC for the rest of the Spring semester. While the pro staff continues to prepare for the building to reopen, and you finish your Spring classes online, we're saddened by the fact that we will end this semester without seeing you all in person one more time. With some of our staff graduating, and some of you moving on to other opportunities outside of The REC, we've missed the chance to spend time celebrating the end of the semester with all of you in person.

Congratulations, Josh and Shea!

On Monday, the Green "S" award winners were announced during the DSA awards. Josh Ballard and Shea Foster were among the winners of this award, presented annually to those students who have contributed to student life at Southeastern Louisiana University.

Congratulations, Hanna!

Last night during the Student Recognition Week presentation, Hanna McDevitt was announced as the winner of the KDT Rising Sophomore leadership award! Tune in the remainder of the week to the rest of the DSA annual student awards.

REC UPDATES

VIRTUAL 5K: MAY 1-4

Complete a 5K on your own terms for a chance to win prizes. Click the link above to register!

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

STUDENT RECOGNITION WEEK: APRIL 27-30

Tune in for the remainder of the DSA student awards ceremonies. @drericsummers on Instagram and Twitter, and Southeastern Division for Student Affairs (DSA) on Facebook.

CAREER SERVICES WEBINAR SERIES

Click the link above to view the remainder of the free webinar series provided by Career Services! Remaining topics include "Marketing Your Student Leader Experience on a Resume," "The Future of Work: Finding & Landing Remote Jobs," and "Building Your Online Presence through Personal Branding."

Hello everyone,

This has been an unusual semester for all of us. Having to adapt to the unknown of how this semester was going to affect all of you and myself has been detrimental. I am the type of individual who has to know what is going on with my life; being in control - well that is no longer the case. You will never know how many times I have had to stop and make myself breathe. It still occurs today and we have been out of the office setting since mid-March. If you ever feel this way regarding school or life just stop whatever you are doing, close your eyes and calmly count to ten. Or, think of being at the beach on the sand and listening to sound of waves in the ocean. It really works!

Unfortunately, the spring semester is almost over and we have barely spent any time with each other. I miss walking into the REC and being greeted by your warm voices. Mostly, I could always tell by the tone of your voice if you were having a decent day or not. It has been too long time since I asked anyone "how did you do on your test or did you bring an umbrella because it is going to rain today?" Some students jokingly called me the "weather lady"! Just to have little chats with you at the control or membership desks really made my day. From discussing syllabus, tests, and marathons to life, eyelashes and nail polish colors, the variations were meaningful to me.

With less than two short weeks remaining this semester, please remember to study hard for those exams. Make that GPA count! Eat healthy and stay safe. Allow time to relax for fun such as watching movies, riding a bike, taking a drive or a brisk walk somewhere. My grandkids and I walk around campus or we may ride our bikes. Totally exhilarating! I have purchased too many plants from Walmart and Lowe's and put them in planters. I find that to be a source to self-meditate. It is allergy season so do not confuse it with anything else. Take the breathing test each morning – take in a deep breath, hold it in for ten seconds without coughing. That is it! Be mindful of the current health situation before you have any type of celebrations.

As everyone knows, Roomie's Rec Camp is right around the corner. We are accepting applications for campers. Please help us to spread the word because we are very excited to get the camp going this summer. Ms. Bethany Dowdy is our new Camp Director and she has the reputation of being an awesome kindergarten teacher at the Southeastern Lab School. I am sure that each of you will absolutely love her.

In addition, I really miss interacting with our Silver Sneaker members. Watching them exercise through the glass door was very refreshing because their faces demonstrated so much pride.

Finally, I want to recognize our Empire facility staff. I really appreciate all of the hard work into sanitizing and cleaning the building for the staff and members. Their hard work has not gone unnoticed.

I want everyone to have a happy ending to the spring 2020 semester! It is different but I have faith that everyone will rise to the challenge! Until we see each other again, BE SAFE!

A message from LaVerne



if you'd like to contact LaVerne directly, email her at IrRichardson@selu.edu