

KEISER UNIVERSITY MIAMI

Keiser University Newsletter from the
Student Services Department

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September 2014

MIAMI CAMPUS

EXCITING NEWS ABOUT KEISER UNIVERSITY- See pg. 2

WELCOME BACK



YOU STAND OUT!

Thank you to all the students who follow the dress code policy,

Professional Dress Code is **MANDATORY** for all students.

Gary Markowitz
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ATTENTION STUDENTS

Student ID's must be worn while on campus at all times. If you have lost or need a new ID please go to Student Services for one.

All cars must have a KU Decal on them and the number of the decal must be provided to the Registrar.



Constitution Week

September 17-23, 2014

Activities

- September 17 Faculty Lecture Series: Banned in the USA
- September 18 Constitution Awareness Day
- September 19 Thank-A-Vet/American Eagle Party
- September 23 Psychology Club/TLC Constitution Game
- September 23 Preamble Recitation Competition



LEADERSHIP *Leadership Distinction Program*

We are excited to announce that there will be some positive changes to the program that will make the seminars more interactive and fun! The faculty and the Teaching and Learning Center will be assisting with the presentations. So stay tuned for an updated schedule of seminars and possibly the addition of new ones as well!

NEW PROGRAM ON CAMPUS * NEW PROGRAM ON CAMPUS * NEW PROGRAM ON CAMPUS * NEW PROGRAM ON CAMPUS

The Miami campus is pleased to announce that we will be starting the AS in Physical Therapist Assistant program. The labs and classrooms have already been set up on the 2nd floor and we have two incredible faculty members heading the program. Mrs. Mara Obispo is the Program Director and Dr. Claudia Medeiros is the Clinical Coordinator. The program was recently visited by the Commission on Accreditation for Physical Therapy Education and received candidacy status.



E.A.G.L.E. License Plate

Educating And Guiding Leaders Everywhere

The University needs to collect 1,000 vouchers in order to begin production for the specialty license plate. Once we obtain the first 1,000 vouchers signed, production will begin.

A fee of approximately \$28.00 is required to purchase the Keiser University specialty license plate once it arrives at the Department of Motor Vehicles. \$25.00 of this fee will go to the Keiser Mills Foundation scholarship fund.

Your new Keiser University specialty license plate will replace the parking decals required to park on campus!

Be an E.A.G.L.E. and join the Keiser University E.A.G.L.E. efforts to continue Educating And Guiding Leaders Everywhere!

AFTER YOUR PURCHASE

In addition to your normal annual registration fee, you will be subject to an approximate \$28.00 specialty license plate fee.

See your Carmen in Student Services for your voucher and receive an EAGLE shirt today!

**Limited number of shirts available.*





It's that time of the year again; when we set down our beach bags and attempt to get back into the mindset of being a student. *Back to school* can be a distressing phrase to some, whether it be because for most this is their first year starting college and there are always a set of expected nerves in reaction to a new setting or whether it be for an established college student who is returning in the hopes of coming one step closer to their degree, the weight of these responsibilities can begin to overwhelm even the most prepared student. Thus, to try and help ease some of these stressors, I've included a few tips that I've personally found helpful when it came time to set aside my years of expertise in beachwear for something a tad bit more sustenance.

1. **Practice, practice, practice!** – How can I practice going to a new college I know nothing about, dear writer? Allow me to answer that with a fact: Change is difficult to cope with for most of us, and the one way we can try and feel more comfortable in a changing environment is by learning as much about it as you can. Take a tour of your school and survey the environment.
2. **Don't be afraid to talk to others!** College is a place where like-minded individuals gather for the purpose of higher knowledge; so don't be afraid to speak to others in your classes. Remember that college provides a wonderful opportunity to start getting to know your fellow colleagues.
3. **Don't be afraid to ask for help!** – I'm sure Hollywood has made college seem like a place filled with large seas of students who gather closely in silence in the hopes of catching at least part of a lecture from the very back of the classroom. Contrary to popular belief, professors want to see you succeed. If there is something that you are concerned about, be sure to contact your professor and they will work with you.
4. **Deep Breaths!** – Anxiety can strike all of us when least expected, more so, when you're tossed into an unknown situation. If you begin to feel anxious, take a moment to focus on your breathing. Three breaths in, hold for three seconds, and breathe out in counts of three. I personally do this three times before I feel the effects kick in, but it is a great tool to have under your belt before a speech or presentation.
5. **Don't let anyone scare you away!** – It can be quite easy to focus on the challenging and difficult aspects of college life rather than what we can take away from it, so when you're in doubt about whether all the late nights will be worth it, try and shift your thinking to a more positive light. Remember every class you take brings you one step closer to the career you love, and to a group of peers who may become your closest friends.

College, above all, is about gaining experience. Don't be afraid to put yourself out there, after all, this is the best time to hone your talents and crafts. If you're particularly talented at something, don't be afraid to get involved. If you've always been curious about something, go and learn more! **This experience is whatever you make it out to be, so get out there!**

By Diana Morales, Keiser University Miami Campus Bachelor of Arts Psychology Student



Did you know that KU Miami has a Psychology Club?

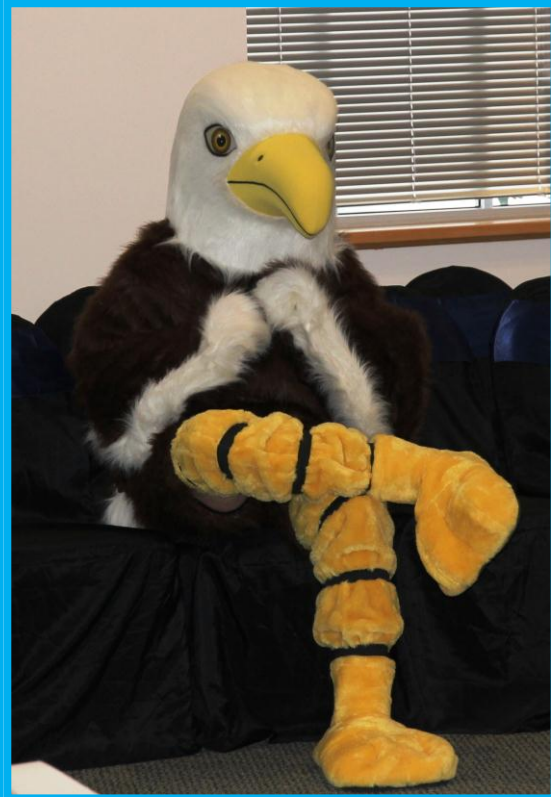
Interested in joining the Psychology Club?? It is open to all students in any program. For more information contact Dr. Melissa Noya at mnoya@keiseruniversity.edu

September Meetings: *Career Paths in Psychology* on Tuesday, September 16 at 1:15pm and 5:15pm in room 210.

Psychology Club Meeting-*Suicide Prevention Day* at 1:15pm in room 210.

Are you a military veteran or still serving in the military? If you have any questions please see our VA Official, Yanni Lapanaitis in Financial Aid. If you need assistance outside of the University about resources or counseling services please see our Vet Center Representative, Jorge Martinez, that visits the campus monthly or feel free to contact him at (305)715-3712 or Jorge.Martinez2@va.gov . Miami Vet Center is located at 8280 NW 27th Street Suite 511, Doral , FL 33122 www.vetcenter.va.gov

Introducing our new KU Eagle Mascot



Name our Keiser Mascot!

**Enter to Win a
\$25 Gift Card**

Let's help make our Eagle feel at home by naming him/her.

The best and most creative name selected will win a gift card.

Simply drop off, at Student Services, a sheet of paper with the name you come up with include your name and email address.

Deadline: September 26, 2014



During our new student orientation held on August 28, 2014 the Dean of Academic Affairs, Cristy Sibila, Director of Financial Aid, Yanni Lapanaitis presenting Bachelor of Arts in Psychology student and Phi Theta Kappa President, Sarai Peraza with a check for the UPS Scholarship that she won and of course our very friendly mascot.

Go Wild - Down!