

the Exclusive

campus newsletter
Keiser University: Port Saint Lucie


Contributions made by:
Jan. 19, 2016 @ 12:00 pm
will be considered for the February 2016 issue*

Submissions made earlier than the above date:
will have priority placement once approved!

Send your contribution to:

SHager@KeiserUniversity.edu

*Regardless of when an article/blurb is submitted: No guarantee of inclusion is made or implied for any entry. All approved content is edited for grammar, spelling and space &/or holding for a future issue at the University's discretion.

 = Student Author

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the Exclusive runs on a "first submitted, first considered" basis.

Editor Samantha Hager
Proofreader Dawn Taggblom

Photos, graphics, and clipart are from: Samantha Hager, Microsoft Images, Freemages.com, Google Images, or are provided by the submitter of the article.

Welcome 2016






Dear Reader,

As we welcome 2016 to us with open arms (*come on, open them, we had two weeks to recharge ourselves and hit the ground running, we have a new slate, we start this new class with an "A" - just maintain it*), Student Services would like to re-introduced you to *the Exclusive*: **the Exclusive is YOUR newsletter.**

Yours.

CONTENT. These pages should reflect the students, faculty and staff at the Keiser University Port Saint Lucie Campus. Samantha Hager is the editor. When Samantha is not given content by *the Exclusive's* creators, the Student Body or its supporters, Faculty and Staff, she must regurgitate articles and activities found online. Blech! That's a recipe for a mostly boring newsletter.

COMMUNITY ACHIEVEMENT. That's what *the Exclusive* was designed to be, what it should be, and what it is when it's thriving. Everyone who attends or works at KUPSL is part of this community, and therefore is welcome to contribute to this creation. "But what could I contribute?" In short:

-  If you think your idea is share-worthy: write it in a WORD DOCUMENT, and email it to Samantha —
-  ATTACH any relevant pictures to the email too; pictures inserted in the document will be ignored.
-  If you'd like to contribute, you can also use the current issue's prompt section, "You Got This," as inspiration or an "idea springboard."
-  You can contribute once or as often as you'd like.
-  All approved content is edited for grammar, spelling and space at the University's discretion.

LENGTH of your contribution to *the Exclusive* does not have to be epic. If you define a paragraph as five to seven sentences, then the ideal minimum of 1-2 paragraphs isn't that much. You're more than welcome to write more. If somehow you write "too much," truncation may occur to fit in the allotted space; in rare cases, we'll continue your article in the following issue.

DISTRIBUTION of *the Exclusive* is monthly. Limited printed copies are ordinarily handed out on or near the first Tuesday/Wednesday of the month. PDFs can be emailed, and the PDF is available online: www.keiseruniversity.edu/student-services/campus-connection.

GUARANTEE you receive a copy either in print or email by making a request to Samantha: SHager@KeiserUniversity.edu.

Participation (bring CASH):

- NO!**
- Holes / Tears in Pants
- Shorts anything shorter than MID calf = shorts
- NON-Keiser University shirts
Student Services, on occasion, provides special exceptions; announcements are made &/or flyers posted.
- NO \$20s or larger bills

- YES!**
- Wear ANY official Keiser University shirt...
- ... WITH Jeans, Scrub Pants, Khakis, or Capris (MID Calf length or LONGER)
- Pay \$1 Cash* for each day of participation to Student Services in Lobby
- Wear Sticker on your SHIRT
 - Sticker permits you to be out of dress code.
 - shows your charitable support and
 - serves as a "receipt of proper participation"

ALL Students, Faculty and Staff may participate in:
SPIRIT DAYS 2016

As always: **CASH ONLY**
please no \$20s or larger bills.*

	TH	FRI		TH	FRI
Jan.	28	29	Jul.	21	22
Feb.	25	26	Aug.	18	19
Mar.	23 (Wed.)	24 (Thu.)	Sep.	22	23
Apr.	21	22	Oct.	6	7
May	26	27	Oct.	20	21
Jun.	23	24	Nov.	17	18
			Dec.	15	16

Spirit Days are subject to change or cancellation, with or without notice.


Keiser University Logo T-Shirts **SMALL to 4X:**
\$3* available in Student Services

* No refund as this is a charitable event; proceeds are for a monthly charity (or charities).

2016: NO CLASSES DATES*

Return from Winter Break 2015 on Monday, January 4, 2016


Martin Luther King, Jr. Day
Monday, January 18
No Classes
KU Open


President's Day
Monday, February 15
No Classes
KU Open


Easter Break
Fri., Mar. 25 to Mon., Mar. 28
Return Mar. 29
No Classes
KU Open


Spring Break
Mon., Apr. 25 to Fri., Apr. 29
Return May 2
No Classes
KU Open


Memorial Day
Monday, May 30
No Classes
KU CLOSED


Independence Day
Monday, July 4
No Classes
KU CLOSED


Summer Break
Mon., Aug 22 to Fri., Aug 26
Return Aug 29
No Classes
KU Open



Labor Day
Monday, September 5
No Classes
KU CLOSED


Thanksgiving Break
Thur., Nov 24 & Fri., Nov 25
Return Nov 28
No Classes
KU CLOSED Nov 24
KU Open Nov 25


Winter Break
Mon., Dec. 19 to Fri., Jan. 2
Return Jan. 3
No Classes

~ TWO ANNUAL EVENTS TO REMEMBER * ~


Annual Penny Wars for Cystic Fibrosis Foundation (CFF)
- DAY ONLY - 7:30am - 9:15am **OCTOBER 3-7** (Mon - Fri)
It's never too soon to save up your loose change to help CFF! You'll help kids who can't breathe or digest properly.


Annual Halloween Costume Contest FREE EVENT! (Day/Night)
MONDAY OCTOBER 31
(Judging at 12:30pm & 7:00pm in Auditorium; PRIZES for winners!)
1st, 2nd & 3rd prizes for Students AND 1st, 2nd & 3rd prizes for FacStaff!

* ALL DATES ON THIS POSTER ARE SUBJECT TO CHANGE/CANCELLATION/ADDITIONS WITH OR WITHOUT NOTICE OR POSTER UPDATE.

From the Campus President: Lens Crafters

Leslie Kristof, KUPSL Campus President



Dear Students, Staff, and Faculty,

Happy New Year and Welcome to 2016!

As we embark on the New Year, it's always a great time to look through our "lens" and self-reflect on our successes, challenges, road-blocks and accomplishments. What did we teach, what did we learn and how did we treat each other? Were you *LENS-SATIONAL*? Look through the *Four Lenses to be Lens-Sational*:

1. Look through your own lens
 - ☞ How do you view yourself?
2. Look through your faculty or manager's lens
 - ☞ If you don't know, ask them!
3. Look through your classmates, or team's lens
 - ☞ What are you doing to support your peer and or team?
4. Look through your students' lenses
 - ☞ Current and prospective students

I also encourage you to use your *zoom lens* to hone in on your biggest strengths and play them up, and on your biggest areas of opportunity to identify what we can do even better. Use your *contact lens* to make sure we are staying in contact with those who are important to us and reaching out to all students in a timely manner. Lastly, use your *progressive lens* so you can focus on a limitless vision for yourself this year.

We all have the ability to be "Lens Crafters"; if you would like to be viewed differently by your students, peers, managers, and even yourself, sharpen your own vision. Make sure you know exactly what you need to do every day in order to have the ripple effect of influence on those around you. Choose your actions and words wisely this year so that you are remembered as a good human being, a great friend and a true guide when you end the year. Craft your attitude, effort, and progress so that the lens everyone looks through shows a shining example of who you are on the other side.

Our hearts should be on fire with a passion for who we are and what we do — I challenge you to light that fire within you so brightly that we will all need sunglasses.

Have a LENS-SATIONAL New Year,

President Kristof

8 Resolution Tips

Excerpt: <https://www.psychologytoday.com/blog/wired-success/201412/why-people-cant-keep-their-new-years-resolutions>

If you feel compelled to make New Year's resolutions, here are some tips to help you make them work:

1. Focus on one resolution rather than several, and set realistic, specific goals. Losing weight is not a specific goal. Losing 10 pounds in 90 days would be one;
2. Don't wait till New Year's Eve to make resolutions. Make it a year-long process, every day;
3. Take small steps. Many people quit because the goal is too big, requiring too much effort and action all at once;
4. Have an accountability buddy, someone close to you to whom you have to report;
5. Celebrate your success between milestones. Don't wait for the goal to be finally completed;
6. Focus your thinking on new behaviors and thought patterns. You have to create new neural pathways in your brain to change habits;
7. Focus on the present. What's the one thing you can do today, right now, towards your goal?
8. Be mindful. Become physically, emotionally and mentally aware of your inner state as each external event happens, moment-by-moment, rather than living in the past or future.

be honest choose
take care of to be happy
myself first SMILE!
(so I am at my best to take care of others)
own my truth eat
have more less sugar
FUN! with my (it just makes me anxious and unhappy anyways)
husband TRAVEL
learn to RELAX...
(it's doesn't always have to be super serious; keep it light) GET
remerber, it's MOVING
not all about every single day (even something small counts)
me (99.9% of the time, someone else's issues have nothing to do with me; it's their issue) snuggle the furbabies
be silly every single chance I get
LOVE lots TRUST the path I am on is the right one

And finally, don't take yourself so seriously. Have fun and laugh at yourself when you slip, but don't let the slip hold you back from working at your goal.



Coming Soon: The Art Show!

2016 heralds the return of the Annual High School Art Show presented by KUPSL. We previously held the Show yearly from 2007 to 2012. This is a Treasure Coast community project led by KUPSL's Community Relations Coordinators. Its purpose is to engage our local community and to showcase upcoming young artists. The winners from our show will go on to the Art Exhibit at the Port Saint Lucie Civic Center.

We invite local high school art classes to participate. Then we gather the art and display them in the halls for 4-5 days. While it is on display, EVERYONE at KUPSL is encouraged to cast their vote for their favorite piece of art from all the categories. Each piece of art will have a tag on it with the artwork's title, category, and "art number." It's this art number that is used for the online voting. The tag will also show if the artist is willing to sell the piece.

PLEASE DO NOT HESITATE TO VOTE. The bulk of all votes will come from you, dear Reader, so please talk to your classmates and students to encourage them to vote for their favorite art. **VOTING IS DONE ONLINE** at <http://bit.ly/Art2016> (case sensitive) and it's so quick and easy: use drop down menus under each of the categories, that only show the needed art numbers.

This year, the Art Show will be from **TUE., JAN. 19 THROUGH FRI., JAN. 22**. The categories are: digital art, drawing, mixed media, paint, photography, "potpourri," and sculpture. They are defined on the voting sheet that'll be located on the Student Services table in the lobby.



Tears and Better Times

Carole Riffard,
Massage Therapy Program Coordinator



Our "Stay Warm" Project held on December 12 at L.A.H.I.A. (Love and Healing in Action) was a huge success, thanks to the support of all who helped. We gave away over 200 items to the homeless and the surrounding community in Stuart who would not have had anything for Christmas, and now they do. The smiles on their faces were priceless. I invite all who have forgotten what "grateful" looks like, to come next year when we give out our "gifts" to everyone.

My favorite was a mother of nine children who had nothing and left with tears of joy in her eyes because all her children had "new" clothes. One homeless man picked out a particular jacket because he used to have one "just like it" and it reminded him of better times. The look in his eyes said *hope*.

THANK YOU to all of you who supported the project, and know that you made Christmas for a lot of people a little better. God bless you all!



You Got This!

“You Got This” is a list of prompts that you can use to get inspired to contribute to the content of *the Exclusive*. Use prompts from previous issues too. No due date unless noted. Once approved, your content will be published in the next available *Exclusive* issue. **ANY student, instructor, staff member, or alumni can contribute to the Exclusive.** You don't have to use a prompt; even when you have an unlisted idea, follow the “what to do” instructions below to submit it. If you have an idea for a future *You Got This* prompt, please email it to Samantha for consideration.

👤 **Contribute once, or as often as you'd like!**

What to do:

- 📄 Write your entry in a Word Document (.doc/.docx).
- ★ **INCLUDE:** your **student number** and **major** {or your **name** and **job title** if you're an instructor/staff}.
- ★ Only one entry per email please.
- 📧 Send the file as an attachment to Samantha at SHager@KeiserUniversity.edu.
- 📧 Attach any entry-related photos to the same email.
 - 📎 Any photos inserted in the Word Document will be ignored.
 - 📎 Photos should be yours to submit. If you'd like stock images to be used, please note that in the body of the email to Samantha and she'll search (with no inclusion guarantee).

BEFORE Jan. 19, 2016 @ 12:00 pm for February's Issue

- ♥ The one who got away: stories of lost love.
- ♥ I married __ because ...
- ♥ I love __ (*husband, wife, child, hobby, career path, etc.*) because ...
- ♥ I love my pet(s), especially when __.
- ♥ I think we're really and truly in love because ...

For ANY Exclusive Issue

- 📄 Your best “ah-ha!” moment in class/lab.
- 📄 I'm often asked ... (*Elaborate*)
- 📄 My greatest fail and how it helped me to succeed.
- 📄 One of my favorite instructors is __ because ...
- 📄 I highly recommend reading the following work of fiction titled __ by __ because ...
- 📄 My favorite moment, so far, at KUPSL has got to be when ...

As part of the editing process, we reserve the right to change any title you may have provided (usual exception: a poem or a short story).

In the Spirit of Health.....

*by Julie A. Snyder, University Department Chair:
BS Sport Medicine & Fitness Technology, Exercise Science
jsnyder@keiseruniversity.edu*

You may be wondering what to get that special person on your list for a birthday/holiday, or perhaps you're thinking of indulging in a little self-reward. If so, why not give the gift of health? As we know, daily exercise is crucial to our health and well-being AND a great way to shed that excess “holiday weight.” With that being said, a perfect little gift could come in the way of an exercise tracker.

There are several models available on the market including *Fitbit*, *Garmin Vivofit*, *Polar*, *Striiv*, and *Realalt*. One can choose from wearable styles or clip-on versions, like the *Fitbit “Zip”* model shown in the picture. These



items can track your steps per day, calories expended, distance covered, heart rate, and of course even the time! Prices may range from \$30 to \$200 depending on the desired features. Most trackers include technology that allows the user to keep track of their progress on their computer, smart phone, or tablet through a fitness app.

So once you get your exercise tracker, how many “steps per day” should you aim for? Of course it depends on the current level of fitness, yet most literature suggests we aim for 10,000 steps per day. This would equate to roughly 5 miles, depending on one's stride length. But be forewarned: this habit can become addictive!



Give the gift of support too!

Walk with someone as a dynamic duo or several buddies in a group.

With each step, you'll keep each other motivated to have a more active lifestyle.

According to *Shape Up America!* (a not-for-profit organization

committed to raising awareness

of obesity as a health issue and to providing responsible information on healthy weight management), for every 20 steps you take, you'll burn approximately one calorie. Walking can help you lose weight or maintain weight loss. However, if you're going for weight loss, don't forget to gradually change to a healthier diet in order to see any significant weight loss (1-2 pounds a week).

Reminder from FA

James J. Jordan,
Director of Financial Aid

The New Year means it's time to complete a new Free Application for Federal Student Aid (FAFSA) form.

After Feb. 1st, bring your 2015 tax returns to complete the new 2016 - 2017 FAFSA.

Thank you and have a Happy and Healthy New Year.

From the Financial Aid Department



Suggest a Charity

CHOOSE GENEROSITY
"SOMETIMES WHEN WE ARE GENEROUS IN SMALL, BARELY DETECTABLE WAYS IT CAN CHANGE SOMEONE ELSE'S LIFE FOREVER."
-MARGARET CHO

Would you like to suggest a charity to be placed on our list of charities to assist in future months / Spirit Days?

Even though 2016 is already booked, we have seven slots ready for your approved suggestion in 2017. Use the eform to suggest your favorite 501 (c)(3) charity from Indian River, St. Lucie, or Martin counties today!

Fill out the electronic form at <http://bit.ly/CharitySuggestion> (bitly URLs are case sensitive; please type carefully).

Reuse the form if you have multiple charities to submit. For a charity to be considered, this form needs to be completed correctly in its entirety. Skipped info will result in the suggestion being ignored. Review the "suggest a charity" flyer on the Student Services table in the lobby to find out what information is needed, before you go to the form.

Go to the *Bitly* URL above or scan the QR Code to the right to suggest your favorite charity today.



Building a Better Community

Renee Jordan-Wyatt, Founder / Executive Director of
Community Outreach Youth Program, Inc.

About January's 501(c)3 charity:

Community Outreach Youth Program, Inc. (COYP) focuses on leadership and the performing arts within our community. COYP was incorporated on March 8, 2007 and leads the community in planning "respectable, virtuous, and encouraging" events for children, families, and friends both in and out of our communities. Our goal is to bridge the gap for a unified and diversified community.



Community Outreach Youth Program, Inc.
Building A Better Community

Objectives and Programs

COYP main objectives are to deter youth in our city from negative activities such as gang violence, teenage pregnancy, bullying, academic failures and other destructive statistics. We provide positive outlets presented through the performing arts: dancing, singing, drama, music & video production. Things our youth love. COYP substitute these activities with love and understanding, acceptance and self-respect. Our newest venture is the WIN Club (What's Important Now) where the youth between the ages of 14-17 can congregate in a positive environment to perform or simply enjoy the social setting with their peers.

Volunteer Opportunities

COYP solicits for volunteers who are passionate and committed, innovative and ready to serve our community youth. You would be a valuable asset each work day to learn how your personal skills, interest, and talents can be shared and of benefit in the life of our youth and young people. Ultimately, to be that driving force in helping the youth of the community shape their neighborhood for a better tomorrow and a safe quality of life today.

Contact Information

Please feel free to contact Renee Jordan-Wyatt at 772-940-7525 if you're interested in becoming a volunteer or email coypinc@gmail.com. Thank you in advance for your support.

QR Readers

Many free QR Readers are available—3 examples:
Android: QR Droid Code Scanner
iOS: Quick Scan - QR Code Reader
Blackberry: QR Code Scanner Pro - Free

Lose or Find a USB Drive?

Lost USB Drives (aka flash drives, thumb drives, memory sticks) will be held by Mrs. Samantha Hager for 90 days after being turned in, to be picked up by their rightful owner. If you've lost your drive, please stop by Samantha's office to see if it was recently turned in.



If you find a drive, turn it in to Samantha.

Within one week of being turned in, Samantha will try to find out WHO it belongs to by opening documents. Then she will place a notice in the student's current instructor's box.

- ☐ USB drives with a file called "000 IF FLASH DRIVE FOUND PLEASE RETURN TO.txt," easily located outside of any folders when the drive is opened, will have only that file opened, as it has the student's name/student number listed.
- ☐ To receive a template of this file for your drive, please email Samantha today: SHager@KeiserUniversity.edu.



After 90 days, unclaimed USB drives will be reformatted and donated.

Samantha's office is at the end of the hallway next to the Student Services Department.

KU License Plate

www.keiseruniversity.edu/license-plate-form

- ☞ Help fellow KU students – Keiser Mills Foundation Scholarships - \$25 of purchase
- ☞ Keep current plate number (5 characters or less) OR create custom plate number
- ☞ No matter which county you're from, use this one website from the Indian River Tax Collectors (IRTC). Only FL residents eligible for KU Specialty license plate.

After accessing link:

www.keiseruniversity.edu/license-plate-form

- ☐ Fill out a pre-made form with name, ZIP, phone, and email address
- ☐ IRTC rep will call back to get payment information over the phone
- ☐ Specialty plate is \$27 (\$25 goes to the Foundation) plus \$28 one-time replacement fee. Expect to pay \$55 the first year (plus normal registration fees), then \$27 annually for specialty plate (plus normal registration fees).



Access your Keiser Email Today

Students should check their Keiser University student email once a week! If you're not checking, you could be missing important announcements and information, such as instructions for your assignments.

How to log into your Student Email

- ☐ Go to <https://campusportal.keiseruniversity.edu> and click "Campus Portal" or www.keiserlibrary.com and click "KU Portal" then
- ☐ Click on the *Student Portal Homepage*.

- ☐ Log in. Your username and password is assigned by the campus.

Username: your first initial.lastname (might include a number) that's listed before the *@student.keiseruniversity.edu* email suffix.

Password: your student number (it's on your KU photo ID).

- ☐ Once you're logged in to the Student Portal, you have access to many things, including:
 - ☞ Your Student Email
 - ☞ Your Attendance
 - ☞ Your Class Schedule / Class Calendar
 - ☞ Your Grades
 - ☞ Your Financial Aid

Need Help? Your Online Liaison is Lisa Clymer, email her anytime at LClymer@KeiserUniversity.edu for assistance.

Optional: You can set up your Keiser Email to forward to your personal email so you don't miss anything.



the calendar

Keiser University- Port Saint Lucie

January 2016

SGA = Student Government Association ■ FA = Financial Aid ■ SSD = Student Services Department

If you need additional info on an event:

- See flyers in the classroom / displays in the lobby or
- Email Samantha (SHager@KeiserUniversity.edu) or
- Visit Student Services

Did you know? The campus is open on Saturdays from 9am to 1pm (closed Sundays).

a = a.m. / p = p.m.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>By the 12th of THIS month: departmental heads, and PD/PCs, email Samantha with KUPSL-wide appropriate events/activities to add to NEXT month's calendar.</p>						2
<p>3 January's Charity: Community Outreach Youth Program.</p>	<p>4 Term A Begins Snacks: Lobby @ 5p-6p</p>	<p>5 Ask FA: Rm 140 @ 1p Breakfast: Front of Campus @ 7:30a-9a</p>	<p>6 Snacks: Delivered to W/F Classes @ 9a-11a</p>	<p>7 Popcorn: Lobby @ 10a-11a Leadership Day @ 12p-1p Ask FA: Rm 140 @ 1p Snacks: Lobby @ 5p-6p Leadership Day @ 6:15p-7p</p>	<p>8 HAPPY NEW YEAR. NO CLASSES KV CLOSED</p>	<p>9</p>
<p>10 Assist by participating in one or both Spirit Days this month.</p>	<p>SGA: Student Lounge @ 1:15p</p>	<p>12 Ask FA: Rm 140 @ 1p</p>	<p>13</p>	<p>14 Ask FA: Rm 140 @ 1p</p>	<p>15</p>	<p>16</p>
<p>17</p>	<p>18 NO CLASSES KV OPEN</p>	<p>19 Art Show</p>	<p>20 CAST YOUR VOTE! Voting sheets on Lobby Table.</p>	<p>21 Ask FA: Rm 140 @ 1p</p>	<p>22 Online Art Show Voting closes at 7p</p>	<p>23</p>
<p>24 &/or visit SSD this month with any cash-donation to give to this charity.</p>	<p>25</p>	<p>26 Ask FA: Rm 140 @ 1p</p>	<p>27</p>	<p>28 Ask FA: Rm 140 @ 1p</p>	<p>29 Term A Ends</p>	<p>30 Spirit Day Reminders: • CASH ONLY • NO \$20s or higher • See official Spirit Day posters for expectations</p>
<p>31</p>				<p>3 Sneak Peaks: • Feb. 2: Blood Drive • Feb. 15: No Classes / KU Open • Feb. Charity: Friends In Pink (Breast Cancer)</p>		