

# MAY 2025

MENTAL HEALTH AWARENESS MONTH  
#MayAndEveryDay



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						<b>Spring Break</b> <b>No Classes</b> <b>Campus Open</b> <b>5/5 – 5/10</b>
<b>25WD Term Ends</b>	<b>Spring Break</b> <b>No Classes</b> <b>Campus Open</b> <b>5/5 – 5/10</b>	<b>May 6th—12th</b> 	<b>happy Spring Break</b>	<b>happy Spring Break</b>	<b>happy Spring Break</b>	<b>Spring Break</b> <b>No Classes</b> <b>Campus Open</b> <b>5/5 – 5/10</b>
	<b>25SA Begins Bake Sale</b> <b>8:00 a.m.-8:45 a.m. &amp; 10:30 a.m.—11:30 a.m. in the lobby</b>	<b>8:00 a.m.—9:00 a.m. Yoga in the Auditorium</b> <b>Nacho Bowls Fundraiser</b>	<b>Bake Sale and Walking Laps Around the Campus</b>	<b>Wear Green for Mental Health Awareness Day!</b>	<b>Bake Sale 8:00 a.m. &amp; 10:00 - 11:30 a.m. Lobby</b>	<b>NAMI 5 K Walk</b>
		<b>FAFSA FUN FEST</b> <b>11 :00 a.m.—1:00 p.m. Room 152</b>	<b>FAFSA FUN FEST</b> <b>11 :00 a.m.—1:00 p.m. Room 152</b>	<b>One Blood Drive</b> <b>11:00 a.m.—4:00 p.m.</b> 		
<b>24SD ENDS</b>	<b>No Classes Campus Closed</b> 		<b>Graduate Exit Seminar</b> <b>6:00 p.m. Kaltura Live</b>	<div style="border: 2px solid blue; padding: 10px; text-align: center;"> <p>Follow all our Keiser Athletics and find game schedules at <a href="https://kuseahawks.com">https://kuseahawks.com</a></p> </div>		

## **Keiser Live links for all events...**

Link: <https://us.bbcollab.com/guest/1f718c87e03f468db9164bd1a9f0cdb4>

Dial-in for those with no computer audio: +1-571-392-7650 PIN: 704 110 1866

Students sign on to the presentation using first name/last name AND student ID. (sign in First Name, Last Name, Student ID #. Example: Geoff Stam – 1234567)

### **Budget Basics / (Reducing Financial Stress)**

“Relieving Financial Stress, A Budgeting Review”: Discusses the importance of budgeting as a student, basics of creating and maintaining a budget driven by monetary behavior, and expense reduction. We address strategies on handling financial issues resulting from COVID-19; budgeting with less due to a reduction or loss of income, prioritizing bills and expenses and survival with limited income or savings.

Tuesday 5/13 @ 1:30pm and 4:30pm

Tuesday 5/20 @ 1:30pm and 4:30pm

Tuesday 5/28 @ 1:30pm

### **Improving Financial Success with Credit**

Covers the basics of credit (types of credit and debt), credit reports, and credit scores. Discusses improving credit, building or rebuilding credit, and the importance and impact of credit scoring. Includes information about the credit industry and what they are doing to assist those who have been impacted by COVID-19, and how to manage credit during the pandemic.

Wednesday 5/14 @ 1:30pm and 4:30pm

Wednesday 5/21 @ 3:30pm

Wednesday 5/28 @ 4:30pm

### **Student Loan Repayment Review**

Covers the process of student loan repayment; resources available to assist borrowers, servicer changes, the payment plans, tools available if unable to make payments, and consequences of delinquency and default. Including the changes and impact of legislation due to the pandemic.

Thursday 5/15 @ 3:30pm

Thursday 5/22 @ 3:30pm

Tuesday 5/27 @ 1:30pm and 3:30pm

Thursday 5/29 @ 3:30pm