

WINTER SEMESTER 2024

FORT LAUDERDALE



KEISER UNIVERSITY

NEWSLETTER



IN THIS ISSUE

Monthly Recaps
January's Calendar
Student Resources
Upcoming Events



SPECIAL EVENTS ON CAMPUS!

NATIONAL HISPANIC HERITAGE MONTH



A graphic featuring the American flag with the text "CONSTITUTION WEEK" overlaid. "CONSTITUTION" is in red, arched letters, and "WEEK" is in large, blue, block letters.



- Voter Registration
- Celebratory donuts
- “The Bill of Rights” Presentation

- Patriotic Tea Party
- Tour the KU Library
- Dress in red, white, and blue for Constitution Day!



KEISER UNIVERSITY

5th Floor
Auditorium



September 11
11:00 AM



IN REMEMBRANCE



PATRIOT'S DAY

Join with us as we remember 9/11 and honor those we lost, their families, and the first responders and service members who served and continue to serve our communities.



SCAVENGER

FOOD

GAMES

RAFFLES

SCARE FAIR

OCTOBER 2023





Hot chocolate & Cookies Day



OCTOBER

Breast Cancer Awareness Month

TO THOSE FACING CANCER, CANCER SURVIVORS, AND THOSE SUPPORTING FAMILY MEMBERS ON THIS CHALLENGING JOURNEY:

YOUR STRENGTH, RESILIENCE, AND UNWAVERING SPIRIT IN THE FACE OF ADVERSITY ARE TRULY REMARKABLE. CANCER IS A BATTLE THAT TESTS THE LIMITS OF COURAGE, AND YOUR DETERMINATION SHINES BRIGHTLY IN THE DARKNESS. WE WANT YOU TO KNOW THAT YOU ARE NOT ALONE; THE WORLD IS FILLED WITH COMPASSION, SUPPORT, AND LOVE FOR YOU.

TO THOSE BATTLING CANCER, YOUR BRAVERY IS AN INSPIRATION. TO SURVIVORS, YOUR STORIES OFFER HOPE AND PROOF THAT THE FIGHT IS WORTH IT. AND TO THOSE STANDING BY YOUR LOVED ONES, YOUR COMPASSION AND CARE MAKE AN IMMENSE DIFFERENCE.

AS A COMMUNITY, WE STAND WITH YOU, OFFERING OUR HEARTFELT SUPPORT AND UNDERSTANDING. YOU ARE IN OUR THOUGHTS, AND WE BELIEVE IN YOUR STRENGTH TO OVERCOME THIS CHALLENGE. TOGETHER, WE CAN CREATE A FUTURE WHERE CANCER IS CONQUERED, AND UNTIL THEN, WE'LL PROVIDE, HOPE, COMFORT, AND UNWAVERING COMPASSION.



KEISER[®]
UNIVERSITY

SCARE FAIR

KUOpenHouse.com



OCTOBER 25 • 5-8 PM

JOIN US FOR A SPOOKTACULAR TIME!



KEISER UNIVERSITY



Join the 2024 Graduation Committee



Planning Extravaganza: Brainstorming and organizing the event.

Setup Squad: Transform the venue into a graduation wonderland.

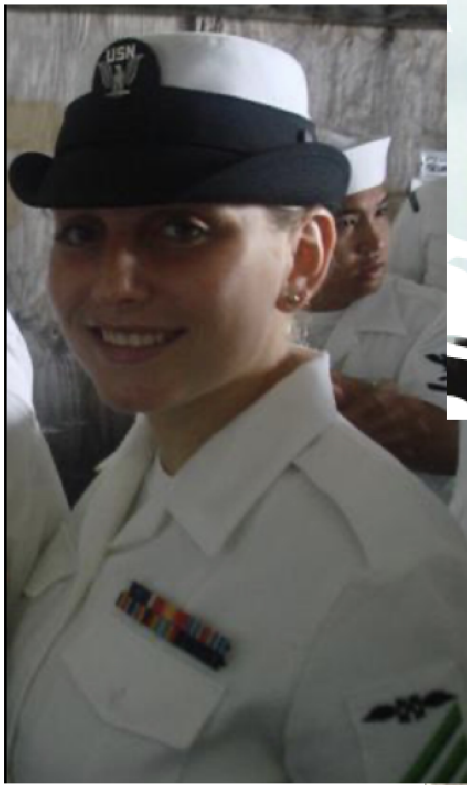
Clean-up Crew: After the caps have tossed, help us make the venue sparkle once again, ensuring our legacy is an eco-friendly one.

Celebrate your Efforts: Begin a part of the committee comes with recognition and a sense of accomplishment that will stay with you long after the ceremony ends.

Event planning starts January 2024

Graduation Date: May 17th, 2024

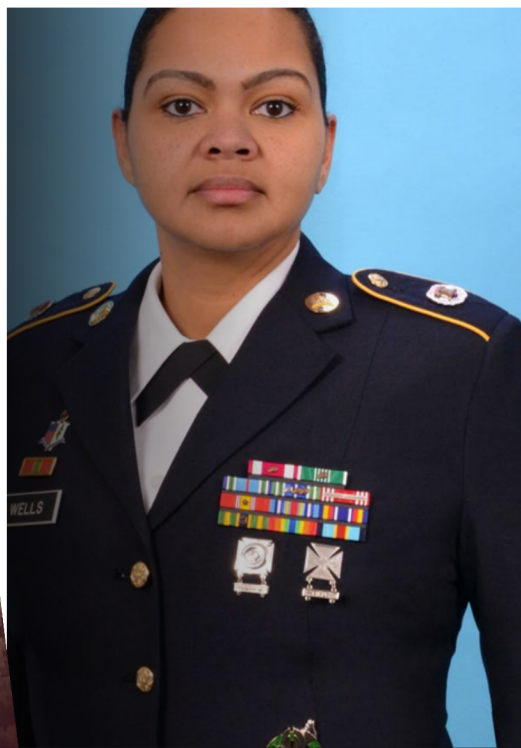
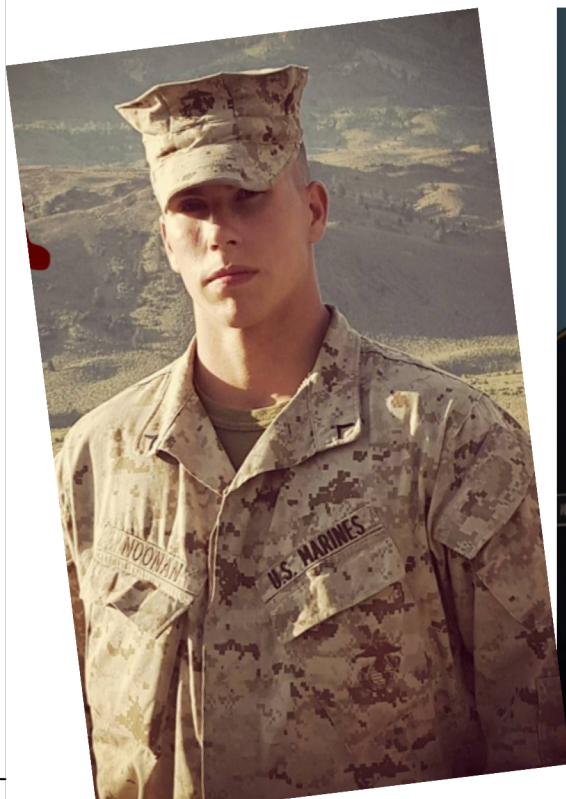
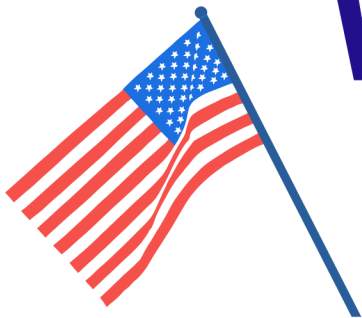
If you are interested in making history with us, please reply to this email or visit the Student Service Department on the 5th Floor



VETERANS DAY

Honoring All Who Served

NOVEMBER 11TH, 2023



KEISER UNIVERSITY SEAHAWKS DECLARE VICTORY OVER THE COLLEGE OF IDAHO YOTES



@KEISERFOOTBALL



@KEISERFOOTBALL



#DEFENDTHEBEACH



NATIONAL CHAMPIONSHIP BOUND



28

	1ST	2ND	3RD	4TH
KU	3	17	0	8
COFI	0	14	0	7

21



KEISER
11-2

**SEAHAWKS RECORDED FOUR REDZONE STOPS TO
RETURN TO CHAMPIONSHIP GAME**

COLLEGE OF IDAHO
10-3



SEAHAWKS WIN THE 2023 NAIA CHAMPIONSHIP



FOR THE FIRST TIME IN PROGRAM HISTORY, THE KEISER FOOTBALL TEAM CLAIMED THE NAIA RED BANNER AS NATIONAL CHAMPIONS, DEFEATING THE NO. 1-RANKED NORTHWESTERN (IOWA) RED RAIDERS, 31-21, ON MONDAY AFTERNOON.



WREATHS — *across* — AMERICA

December 16th, 2023



SATURDAY DECEMBER 16TH IS NATIONAL WREATHS ACROSS AMERICA DAY. ON THIS DAY, ALL 50 STATES, PUERTO RICO, AND OVER 24 OVERSEAS CEMETERIES WILL BE A HOST TO WREATH LAYING CEREMONIES. VOLUNTEERS ARE NEEDED TO HELP MAKE THIS ANNUAL EVENT A CONTINUED SUCCESS TO REMEMBER, HONOR, AND TEACH, AS WREATHS ARE LAID ON VETERANS' GRAVE.

WE ARE ENCOURAGING OUR KEISER COMMUNITY TO MAKE THE COMMITMENT TO REMEMBER OUR FALLEN SERVICEMEN AND WOMEN, BY ATTENDING A LOCAL CEREMONY AND HELP LAY WREATHS, ONCE AGAIN BY JOINING TEAM KEISER FOR A DAY OF COMMUNITY AND SERVICE. STUDENT SERVICES WILL HAVE A TEAM AT THE SOUTH FLORIDA NATIONAL CEMETERY IN LAKE WORTH, BUT THERE ARE HUNDREDS OF LOCATIONS THAT YOU CAN JOIN; INCLUDING PEARL HARBOR AND ARLINGTON THAT WILL HOST SPECIAL CEREMONIES.

National Cervical Health Month * National Blood Donor Month

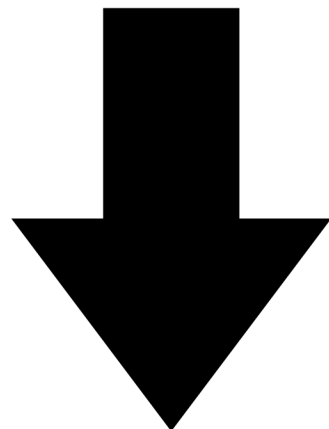
National Slavery and Human Trafficking Prevention Month

January 1st—Winter Break & New Year's Day!
NO CLASSES: January 15th

PTK & SGA Interest Meetings—January 10th and 24th
Employer Spotlight—January 18th
Graduate Exit Seminar—January 22nd

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1  CAMPUS CLOSED	2 National Personal Trainer Awareness Day	3 New Student Orientation	4 	5	6 National Technology Day
Winter Break! Classes Resume January 8th!						
7	8 Term A Begins CAMPUS OPEN	9 Law Enforcement Appreciation Day <i>Ribbons of support available in Lobby</i>	10	11 National Human Trafficking Awareness Day	12 No. 1 Women's & Men's Swim Basketball 11:00 a.m. Tampa, FL	13 Women's Basketball vs. Ave Maria 2:00 p.m. West Palm Beach, FL
14	15 Rev. Dr. Martin Luther King, Jr. Day NO CLASSES 	16	17 Student Appreciation Day Pizza Party Lobby 11:30am & 5:30PM Women's Basketball at Coastal Georgia 5:30 p.m. Brunswick, Ga.	18 Employer Spotlight 11:30 a.m. 1st floor Lobby	19 National Popcorn Day Treats in the Lobby! 11:30 a.m. 	20 Scan and search for jobs.  <small>www.keiseruniversity.edu/collegecentral.com/keiser</small>
National Pizza Week!						
21	22 Graduate Exit Seminar 1:15 p.m. & 5:15 p.m. Keiser Live!	23 Parfait with the Campus President 11:00 a.m. 5th Floor Auditorium 6:30 p.m. Keiser Live! <i>All student are invited</i>	24 International World Education Day National Library Shelfie Day <i>Take a selfie with your favorite book!</i> SGA Interest Meeting 1:15 p.m. Keiser Live! PTK Interest Meeting 4:30 p.m. Keiser Live!	25 Leadership Distinction Workshop 1:15 pm 5th Floor Auditorium & Keiser Live <i>(Special Guest & snacks provided)</i>	26 Men's Indoor Track & Field vs. Alachua County Collegiate 12:00 p.m. Gainesville, FL	27 No. 1 Men's Swimming vs. Barry University 10:00 a.m. West Palm Beach, FL
Women's Healthy Weight Week!						
28 Visit KUSEahawks.com for the full athletic schedule! 	29	30	31 New Student Orientation	Download KU's Mobile App *Check Grades *Upload Course Content & More 		
Need assistance or have questions regarding student resources, job placement, résumé writing, mock interviews, student organizations, events, graduation, or any other matters? Please contact Student Services at 954-776-4456 or email the Director, Jovan Davis at jovan.davis@keiseruniversity.edu		Want to get involved with Student Government? All meetings are open for all students to attend. You may also reach out to the Director, Jovan Davis at jovan.davis@keiseruniversity.edu		Career Services Website: www.collegecentral.com/Keiser -Look for Jobs -Career Services Tips -Submit a Résumé for Review		Need a Student ID or Parking Decal, Keiser? Klostet, or the Food Pantry? Visit Student Services, located on the 5th Floor.
***Events subject to change...Please check your KU email or Blackboard for all virtual event/meeting/workshop links and updates!						

ACADEMIC RESOURCES & IMPORTANT INFORMATION



COMMUNITY RESOURCES FOR STUDENTS

KU Information Hotline: 1-877-3-Keiser (534737)

General Community Resources

211 Broward | Dial 2-1-1 | www.211-Broward.org

Student Insurance

Insurance for Students | 800-356-1235 for Clinical Externships |
www.insuranceforstudents.com/Keiser

Housing

The Broward Partnership | 954-779-3990 | info@bphi.org |

Covenant House FL | 954-561-5559 | 1-800-683-8338 |

Broward Outreach Center | 954-926-7417 | info@caringplace.org

HOPE South FL | 954-566-2311 | help@HOPEsouthflorida.org

Lotus House | 305-438-0556 | love@lotushouse.org

Catholic Charities | 305-754-2444 | info@ccadm.org

Food

There is a food pantry located on the 5th floor in Student Services.

Salvation Army | 954-524-6991 | 239-278-1551

Prevention Central FTL Office | 954-900-1303

Craig's Pantry | 954-648-6359 | Carla@craigspantry.org

Hollywood Community Church | 954-322-4302

Life Net 4 Families | 954-792-2328 | info@LN4F.org

Childcare/Children's Services

Children's Services Council | 954-377-1000 | www.CSCBroward.org

Local YMCA | 954-989-9622 | www.YMCA.org

Mental Health

META Teletherapy | 833-844-META | www.META.app/students

National Alliance on Mental Illness | 703-524-7600 | www.namibroward.org

Transportation

Tri-Rail | 800-874-7245 | www.Tri-Rail.com

Broward County Mass Transit | 954-357-8400 | www.Broward.org/BCT

Veteran Services

Mission United | 954-462-4850 | www.UnitedWayBroward.org/Mission-United

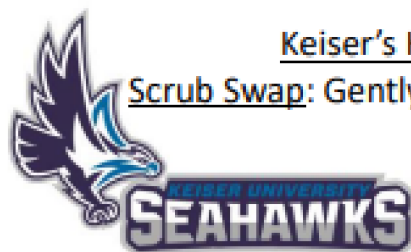
Broward County Veterans Division | 954-714-2381 | www.VetCenter.va.gov

Veteran Crisis Hotline | 1-800-273-8255 | www.VeteranCrisisLine.net

Clothing

Keiser's Kloset: is located on the 5th floor in Student Services.

Scrub Swap: Gently used scrubs are available on the 5th floor in Student Services.





Leadership Distinction Program

Fact Sheet

The Leadership Distinction Program is open to all students.

- Students must participate in the required number of leadership seminars based upon the length of their program and the required number of community service hours:
 - Associate program: 8 leadership seminars; 8 hours of community service
 - Bachelor program: 10 leadership seminars; 16 hours of community service
 - Master program: 8 leadership seminars; 8 hours of community service
- Seminars will be provided by the Department of Student Services and held on campus in a classroom, auditorium, designated space, or virtually as well as made available on a monthly basis.
- For the following 4 seminars, attendance is required:
 - Getting the Interview
 - Includes: Cover Letter, Resume, and Thank you
 - The Interview
 - Includes: Interviewing Skills and Soft Skills
 - Financial Success Strategies
 - Job Search Using Technology
- The following seminars will also need to be made available:
 - The Power of Networking
 - Study and Reading Strategies
 - Time Management
 - Leadership Development and Soft Skills
 - Civic Responsibilities
 - Virtual Interviews
 - Success in Your Job
 - Professionalism
 - Dos and Don'ts of social media
 - Career Fair Success
 - Emotional Intelligence
 - Linked-In
- Upon completion of the program, the student will receive:
 - Single red honor cord to wear at graduation and denoted in commencement program.
 - Letter of completion of Leadership Program by Campus President
 - Student Certificate

Early Start Can Land a Job

Here are more job-hunting tips:

Talk to the people who work in your campus career services center. They organize job fairs and interview days for recruiters on campus. They get phone calls and letters all the time from employers looking for job candidates.

Use networks of friends, professors, and alumni to find out about job openings.

Be active, not reactive. Don't just put your resume on Web sites and wait for the phone to ring.

Do internships before or during senior year. They can show you what you like or don't like to do, and expose you to possible future employers.

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Visit college central for more career tips

Upload Your Résumé To Our Talent Network!



Join The Network! Access exclusive and national jobs. Upload your résumé.
Build your career portfolio. Listen to or read career advice. And *more!*



CollegeCentral.com/KEISER

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Keiser University Mobile App Provides Additional Opportunities to Stay Connected.

- Check grades
- Upload course content
- Visit the library
- Visit the bookstore
- Search the faculty directory
- And much more...

Scan Here



Dress for Success



A significant part of a hiring decision is based on nonverbal elements in an interview—handshake, eye contact, body language, posture, listening skills, clothing, grooming and accessories. Don't overlook the power of a good first impression. People make amazing assumptions about your professional credibility and potential performance based upon your appearance during a first meeting. It's very difficult to overcome a poor first impression, regardless of your knowledge or expertise.

Women's Interview Attire	Men's Interview Attire
<ul style="list-style-type: none"> •Solid color, conservative suit •Coordinated blouse •Moderate shoes •Limited jewelry •Neat, professional hairstyle •Tan or light hosiery •Sparse make-up & perfume •Manicured nails •Portfolio or briefcase <p>Women</p> 	<ul style="list-style-type: none"> •Solid color, conservative suit •White long sleeve shirt •Conservative tie •Dark socks, professional shoes •Very limited jewelry •Neat, professional hairstyle •Go easy on the aftershave •Neatly trimmed nails •Portfolio or briefcase <p>Men</p> 

General Guidelines

- Select apparel, **fragrances (strongly suggest no cologne or perfume)**, jewelry, hairstyle, etc. that do not detract from your professional image. The interviewer's attention should be focused on what you say and your qualifications.
- Make sure your hair is clean, neat, and professionally styled. Avoid hairstyles that cover more than your forehead or one that you must brush back.
- Remove facial and body piercings other than single ear jewelry for interviews.
- Visible tattoos should be covered to avoid distraction.
- Apparel should be clean and neatly pressed.
- Apparel should fit well and remain in place while sitting and/or walking.
- If you question if something is appropriate, *don't wear it*.
- **Less is more.** Keep your look simple and successful until you become accustomed to the environment and learn about the company's dress code.



KEISER'S KLOSET

5th Floor

**Feel free to stop by
and get professional
clothing free of
charge!**



**We also have used
scrubs in the Lobby**





meta

How Meta Works

1

GET THE APP

Download the app and set up a profile

2

CHOOSE A THERAPIST

Browse the directory to find a therapist

3

START A DIALOG

Connect with a therapist via chat, video, and phone

What is Meta?

Meta is a mobile app that easily connects you to your choice of mental health professionals

How does it work?

Once you've downloaded the app and completed a quick profile set-up, simply browse the directory to find a therapist and start a dialog over chat, video or phone.

Where do I get it?

Visit <https://meta.app/ku> to download the Meta app or use this nifty QR code.



Need help?

833-844-META

meta.app/ku



DON'T KNOW WHERE TO CALL?

¿NO SABES A DONDE LLAMAR?

Help is a Phone Call Away!

Ayuda es Una Llamada Telefónica!

DIAL

MARQUE

2-1-1

2-1-1

*Want somebody who will listen?
You don't have to handle it alone!*

*Free confidential assistance
24 hours a day – 7 days a week*

*¿Desea alguien que te escuché?
¡Usted no tiene que manejarlo solo!*

*Ayuda gratis y confidencial
24 horas al día – 7 días a la semana*

Depressed?

•

Suicidal?

•

Lonely?

•

Family Problems?

•

Financial Problems?

•

Relationship Issues?

•

Health Service Needs?

•

Substance Abuse?

•

Need Food or Shelter?

•

Abuse / Violence Issues?

•

Emotional crisis?

Depresión?

•

¿Prevención de Suicidio?

•

¿Soledad?

•

¿Problemas de Familia?

•

¿Problemas Financieros?

•

¿Problemas de Relación?

•

¿Necesidad de Servicio de Salud?

•

¿Abuso de Sustancias Ilícitas?

•

¿Necesidad de Comida o Refugio?

•

¿Problemas de Abuso o Violencia?

•

¿Crisis Emocional?

Any time of the day or night, for
any non-emergency problem or
need that you may have...

En cualquier momento del día o la noche,
para cualquier problema no de emergencia o
necesidad que usted pueda tener ...

Dial 2-1-1 or (954) 537-0211

Marque 2-1-1 o (954) 537-0211

MOTIVATIONAL QUOTE

The beautiful
thing about
learning is that no
one can take it
away from you.

B.B. King



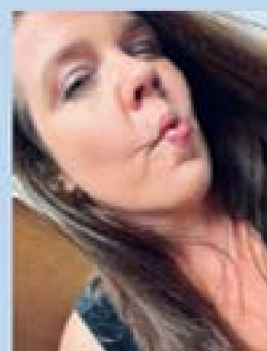
Need a Student ID Card?

New and active students are eligible to receive (1) student ID card free of charge.
****Replacement/Duplicate IDs are \$15.***

All photos must meet the following criteria:

- Selfie/Headshot with the entire front of the face.
- No filters.
- No hats or sunglasses.
- No angles. Image should be straight on.
- Not zoomed all the way in.
- No pictures of pictures.

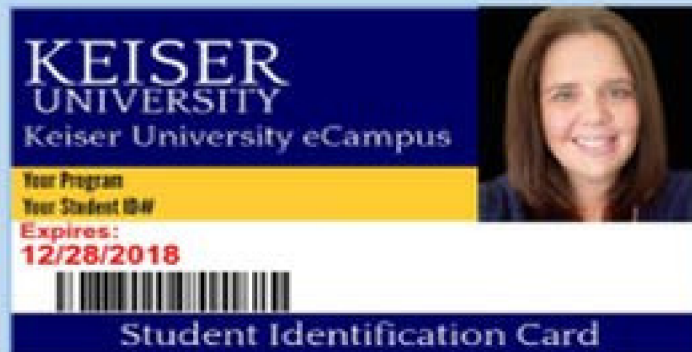
Not Acceptable Photos:



How to take the photo: Take a Selfie or have someone take a picture for you.



Acceptable Photos:



Scan and search for jobs.



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Where emerging talent and employers connect.®

collegecentral.com/keiser



Every Brick Has a Story, Tell Yours Today.
Immortalize your legacy by joining alumni who've added their chapter to the Seahawk Story.

Personalize your 4"x8" or 8"x8" paver:

- Celebrate a birthday, graduation, or milestone of yours or a loved one, or other influential person in your life.
- Create a meaningful moment that will last for years.

Consider getting a 2"x4" or 4"x4" replica of your paver to keep or give.

Get started now by scanning the QR Code or go to giving.keiseruniversity.edu/brick



All proceeds raised will help fund scholarships, alumni programs and events.

How will you Customize your KU License Plate?



One of the exciting ways you can both demonstrate your KU pride while helping future KU students is to purchase a special Keiser University license plate.

No more trips to the DMV!

We are excited to share that now, through a partnership with the Indian River Tax Collector's Office, KU plates may be purchased for any county in Florida by mail!

KEISERUNIVERSITY.EDU/LICENSEPLATE

Quick Tips for Saving Money in the New Year!

Contributed by: Geoff Stam, Director Financial Wellness and Default Management

It's the new year and with every new beginning, many of us have 'resolutions' when it comes to our money. Maybe finding a way to save a little more towards the so important Emergency Fund. Possibly putting away some cash for a trip, a new vehicle, or just having a little extra each pay period is your goal. Whatever the situation, building an emergency fund or creating any other savings may seem daunting (and not fun). Add in the current economic environment (though indications are inflation is 'cooling') and it seems even more challenging. Savings usually does not happen very quickly and figuring out the most effective process for each of us can be quite a test.

Conversing with students over the last few years, I have compiled a few of the simpler, applicable tips that **STUDENTS** have used to reach their own savings goals. As I always tell students, find what works best for you and helps you mitigate some of your spending behaviors to be successful.

With a little creativity and discipline, you can successfully reach your savings goals without completely stretching your financial limits. Here are a couple of ideas that I have heard from our students in the last few years:

1.The "No Excuses" Box

This student referenced Dave Ramsey (www.Daveramsey.com) when they explained it to me, but it seemed effective. This individual decided to modify two of their spending habits; going out for coffee and buying lunch when they already had lunch items available. Placed by the front door and next to the car keys was a small box with "No Excuses" written across it. When the student thought of going to buy a cup of coffee \$5 was put in the No Excuses box, and coffee was made at home. The same process was used for thoughts of going out for lunch. Put \$5 in the box, go back to the kitchen and make some lunch. (Of course, having gone grocery shopping helps, so make sure that you budget and have coffee and lunch items on the grocery list!)

2.The Lunch Envelope

The average cost of eating a lunch out is now exceeding the \$10 mark. That could add up to quite a cost if you spent just \$10 daily for lunch out, 5 days a week, 52 weeks a year! Maybe we cut going out to lunch by 2 days a week. The 2 days you don't go out, take a \$10 bill, to represent what you would have spent on lunch out, and place it in an envelope. By physically putting the money in the envelope, you are actively completing your savings behavior. Maintaining this process over the course of one year can lead you to around \$1,000 in your envelope! Well on your way to an emergency fund or whatever savings goal is.

3.\$5 Bills

One student explained that every \$5 bill they came across was put into an envelope, headed towards a savings account (deposited monthly). This individual used cash more than the debit card so whenever a \$5 bill was handed back as change, they decided that might be a great way to create some "forced" savings for things like emergencies or Christmas.

4.The 52-week Money Challenge (<https://www.money-challenge.com/tools/52-week-money-challenge-printable-chart>)

Starting with the first week of the year, put \$1 in a savings account, \$2 in week two, \$3 in week three...and so on, until you finish the year depositing \$52 to savings in the last week. The result is nearly \$1380 in savings!! Some students have tried it reverse, starting with \$52 week one, \$51 week 2, \$50 week 3, and so on, finishing the last week of the year with \$1 into savings. You may consider splitting this in half and doing it every 2 weeks; \$26 week two, \$25 week four, \$24 week six, etc. Again, it's what works best for you, but this can be a fun way to challenge yourself to create savings. It might take some time, but most bank accounts will allow you to set this up to occur automatically to make it a little easier on you.

Regardless of the method, a little creativity, some discipline, and planning, can set you up for success with creating savings that have previously eluded you. If it works for you and your behaviors, you will see your savings begin to grow. Just remember it takes time, but the more you do it the small steps become larger ones and you will find yourself closer to reaching your financial goals!

STUDENT LOAN BORROWERS, please register for the free website iontuition.com (portal.iontuition.com) to track your loans; know your servicer, review interest rates and interest accrual, understand repayment plans/options, forgiveness opportunities, as well as deferment, forbearance, and consolidation.

Please feel free to contact me if you have any questions or need additional assistance. I can be reached at (904) 238-3099, or gstam@keiseruniversity.edu; gstam@sec.edu; or gstam@evergladesuniversity.edu.





Parfaits *with the* President

**January 23rd
11:00am (IN-PERSON)
5th Floor Auditorium
&
6:30pm (VIRTUALLY)
Keiser Live**

ALL STUDENTS ARE WELCOME

