



May 2025

MIAMI CAMPUS

*May is a season of growth—let every step you take this month be a reminder that you're blooming into the future you've been working hard to build. Welcome to a new semester!*

## 🌸 *A Special Dedication to Our Students* 🌸

Whether you're just beginning your journey as a new Seahawk or preparing to cross the finish line and graduate, we want to take a moment to celebrate you. Each semester brings new challenges, new growth, and new opportunities—and your presence here matters.

To our new students: Welcome! We're proud to have you as part of the Keiser family. Embrace every experience, ask questions, and know that support is always within reach.

To our soon to be graduating students: Congratulations on how far you've come. Your perseverance, hard work, and dedication have brought you to this milestone. As you prepare to take the next step, remember—you are ready.

Wishing every student a successful, meaningful, and inspiring semester ahead. You've got this, and we're cheering you on every step of the way!

— *Your Keiser University Miami Team*



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## IMPORTANT ANNOUNCEMENTS

Hurricane Season is approaching, update Contact Information: Ensure your contact information is up to date with the college administration. This helps us keep you informed about important announcements and emergencies.



**GRADUATION CEREMONY - SAVE THE DATE: September 19, 2025**  
*Must finish coursework by August 31, 2025 to participate in ceremony.*

## Student Interviews with Library Director, Kelly Ribeiro

### *Student Interview with Nathalie Oquendo*

#### **Tell me a little bit about yourself....**

My name is Nathalie Oquendo, and I am currently pursuing my degree in psychology at Keiser University. I am a wardrobe stylist with a passion for creativity and connection, but my love for understanding people on a deeper level ultimately led me to psychology. I'm also the proud president of the Psychology Club, where I work to bring students together to engage with our community and grow as individuals. Beyond my academic life, I am a lifelong learner, always seeking ways to grow and contribute to the world around me.

#### **Why did you decide to go into your program?**

I chose psychology because I've always been drawn to helping and motivating others. Even as a child, I would find myself giving advice to people, including those much older than I was. That natural inclination to be a source of support and understanding has stayed with me, and as I grew older, I realized I wanted to formalize that passion into a career. Psychology offers me the opportunity to make a tangible difference in people's lives, helping them navigate challenges and achieve personal growth.

#### **Who is your biggest motivator when it comes to you getting your degree?**

My biggest motivator is my mom. She has always been my pillar of strength and has believed in me even during the times when I doubted myself. Her resilience, love, and unwavering support inspire me to push through challenges and pursue my dreams. She taught me the value of hard work and perseverance, and I carry those lessons with me every day as I work toward earning my degree.

#### **What would you like to do with your psychology degree?**

I hope to make a meaningful impact in people's lives by helping them better understand themselves and overcome personal challenges. I am particularly passionate about contributing to research and advocacy focused on women's mental health and well-being. By exploring topics like emotional resilience, self-identity, and empowerment, I aim to foster greater awareness and support for women navigating life's complexities. My ultimate goal is to combine therapeutic practice with research to create positive, lasting change in individuals and communities.

#### **What is your favorite thing about being a student at Keiser University?**

My favorite thing about being a student at Keiser University is the incredible support system the school provides. Returning to school at 27 as a mature student was a daunting step, but the encouragement and guidance I've received from faculty and staff have helped me grow in ways I never imagined possible. The personalized attention and sense of community at Keiser have made my educational journey fulfilling and inspiring, giving me the confidence to pursue my goals wholeheartedly.

#### **Do you have any hobbies, things you like to do when you are not in student mode?**

When I'm not in student mode, I love reading and volunteering. A good thriller book helps me unwind and temporarily escape into another world, offering a much-needed break from the demands of academic life. Volunteering is equally important to me because it allows me to connect with my community and give back in meaningful ways. Whether it's through organizing events or supporting local causes, volunteering helps me find purpose and belonging while making a positive difference.



*Do you want to be featured in our interviews with the librarian?*

*Contact Kelly in the library for further details.*

[kribeiro@keiseruniversity.edu](mailto:kribeiro@keiseruniversity.edu)



## Upcoming Events

- May is Mental Health Awareness Month – see flyer for activities planned throughout the month.
- Vet Center on Campus monthly to provide resources for our student veterans.
- Food Trucks on Campus monthly on 1<sup>st</sup> & 3<sup>rd</sup> week of each term on Thursdays.
- Student Appreciation Day – May 22<sup>nd</sup> Hot Dog Lunch stop by Rear Lobby for free lunch in appreciation of YOU!
- LEAP Organization Presentation May 20<sup>th</sup> in the Auditorium.
- Graduation Ceremony will be September 19<sup>th</sup> for all that graduated between July 2024 to August 2025.
- Career Fair will be in October – stay tuned!

## Mental Health & Wellness Tips



- **Start your day with intention** – A few deep breaths and a simple affirmation can set a positive tone for the day.
- **Get moving** – Aim for at least 30 minutes of physical activity most days to boost mood and reduce stress.
- **Prioritize sleep** – Stick to a consistent sleep schedule and aim for 7–9 hours of rest each night.
- **Take screen breaks** – Give your eyes and mind a break by stepping away from digital devices every 90 minutes.
- **Practice gratitude** – Write down 3 things you're grateful for each day to cultivate a positive mindset.
- **Stay connected** – Reach out to friends, family, or support networks regularly, even if it's just a quick check-in.
- **Limit caffeine and sugar** – These can impact mood and energy levels; opt for water, tea, or healthy snacks instead.
- **Practice mindfulness or meditation** – Even 5 minutes a day can reduce anxiety and improve focus.
- **Set boundaries** – Learn to say no and protect your time and energy from burnout.
- **Seek support when needed** – Don't hesitate to talk to a counselor, therapist, or mental health professional.
- **Need to speak to someone** – Meta Teletherapy [www.meta.app](http://www.meta.app) is available for students

## Study Tips & Academic Resources

- **Create a study schedule** – Break your study time into manageable blocks and stick to a consistent routine.
- **Use active learning techniques** – Quiz yourself, teach the material to someone else, or create flashcards to reinforce knowledge.
- **Form a study group** – Learning with classmates can offer new perspectives and help clarify difficult concepts.
- **Don't hesitate to ask questions** – Your instructors are here to help—use class time or office hours to get clarification.
- **Take advantage of Tutor.com** – Access free, 24/7 online tutoring for help in a variety of subjects.
- **Use the campus library or study rooms** – A distraction-free environment can boost your focus and productivity.
- **Stay organized** – Use a planner or digital calendar to track assignments, deadlines, and exam dates.
- **Review notes after each class** – Reinforcing what you've learned soon after class helps improve retention.
- **Take care of your body and mind** – Staying well-rested, hydrated, and taking breaks can improve concentration and reduce stress.



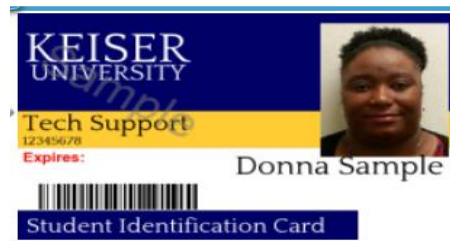
# Graduating Soon?

Graduating soon and thinking about continuing your education?  
Want to pursue a Bachelor's, Master's or Doctoral degree?

Contact our admissions team today to see what degree options are available and when the next term begins. Don't wait, get started today! Call 305-596-2226

## Attention Students:

Student IDs are required to be worn at all times while on campus. If you do not have an ID, please contact the Student Services Department so that an ID can be provided to you. Simply send an email including your student number and a headshot of yourself to the emails below and once your ID is ready you will be contacted to pick it up on campus. Student Services below:



**Carmen Perez Padron, Director of Student Services – [cperez@keiseruniversity.edu](mailto:cperez@keiseruniversity.edu)**

**Major Day** takes place the 3rd Thursday of each term and involves faculty and students across all programs. The purpose of Major Day is to learn about and celebrate programs by providing new, engaging presentations, or learning activities each month in each academic program offered at KU Miami. Major Day is a great opportunity for students in general education courses to have a pathway for connecting with the program director, faculty and students of various academic programs. We strongly encourage students to attend Major Day and to participate in a different academic program session each month. This allows students to explore various educational pathways and make the career decision that is best for them.

## Need Health Insurance?

You have options whether it's just for your clinical rotations (allied health programs) or in general. Student Health Insurance have accident only coverage for those that are in allied health core classes where you are required to have some sort of health insurance coverage that will cover you while at your clinical rotations/internships. For more information, access information online at: <http://www.insuranceforstudents.com>. KU is listed under the college/university plans.

## Referral Services

2-1-1 Referral Information 2-1-1 provides free and confidential information and referral. Call 2-1-1 for help with food, housing, employment, health care, counseling and more. 2-1-1 can be found online at [www.211.org](http://www.211.org)

## 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](http://KEISERUNIVERSITY.EDU/LICENSEPLATE)

## Easy as 1-2-3!

Job seekers, add the College Central® App to your tablet or smartphone home screen:

1. Go to [collegecentral.com/app](http://collegecentral.com/app)
2. Tap (iPad/iPhone) or (Android)
3. Tap the "Add to Home Screen" menu item

Get It Now!

Search our school's exclusive jobs database, Jobs Central® and Intern Central®.

[CollegeCentral.com/keiser](http://CollegeCentral.com/keiser)

