

# *Student Herald*

**May-August 2024**

**Spring Edition**







# Hello SUMMER

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MENTAL HEALTH  
AWARENESS MONTH



## → WHERE TO START ←

*how does negative news coverage impact mental health?*

1

### "Fight or Flight"

Watching upsetting news footage starts the body's "fight or flight" response. When we're in this state, we feel the same things we would if we were under threat.

2

### Increasing depression + anxiety

Negative news increases depression and anxiety symptoms. These symptoms can feel worse when you feel there's no way to help improve the situations you're learning about.

3

### Social media

50% of Americans get their news from social media, but relying on it for news can drive addictive behavior. Plus, clickbait headlines make it hard to stop engaging with bad news.



Explore free Mental Health Month resources and learn more at [mhanational.org/may](https://mhanational.org/may).







20  
24

MENTAL HEALTH  
AWARENESS MONTH

→ WHERE TO START ←

*things to say when you're not "fine"*

I'm actually going through some stuff.

I'm having a day / It's been one of those days.

I'm on the struggle bus.

I'm feeling some kind of way.

Today is not my day.



Explore free Mental Health Month resources and learn more at [mhanational.org/may](https://mhanational.org/may).

→ WHERE TO START ←

*four things affecting your mental health*

1

**Current events**

A 2022 study found that 73% of Americans felt overwhelmed by the number of crises happening around the world.

2

**Loneliness**

Loneliness increases the risk of developing anxiety & depression, and can have an impact on lifespan.

3

**technology**

Constant access to social media can cause FOMO, depression, reduced self-esteem, and burnout.

4

**Social drivers**

These are the conditions in which you live, work, learn, and play (i.e. finances, education, community).



Explore free Mental Health Month resources and learn more: [mhanational.org/may](https://mhanational.org/may)






20  
24

MENTAL HEALTH  
AWARENESS MONTH

→ WHERE TO START ←

*five mental health tips for the week*

**Monday**

Make a list of 5 things you're grateful for today. 

**Tuesday**

Practice positive affirmations.



**Wednesday**

Start a conversation about mental health.



**Thursday**

Stay hydrated!



**Friday**

Take a break from screens (phone, computer, etc).



Explore free Mental Health Month resources and learn more at [mhanational.org/may](https://mhanational.org/may).

→ WHERE TO START ←

*four ways to improve your mental health*

1

**Take action**

Try advocating for causes that are important to you - this can be therapeutic in its own way!

2

**Find support**

Whether it's friends, family, community spaces, or therapy, building a support system can help.

3

**Set boundaries**

Create a healthier relationship with technology by limiting your screen time.

4

**Develop skills**

Invest some time figuring out the best coping skills to help you healthily manage your feelings.



Explore free Mental Health Month resources and learn more: [mhanational.org/may](https://mhanational.org/may)



# **HAPPY** *Mother's Day*



**There is nothing as sincere as  
a mother's kiss.**

**May 12th, 2024**





20  
24

UPCOMING  
CELEBRATIONS



May 18th , 2024





# MEMORIAL DAY

*Remember & Honor*



May 27th, 2024





20  
24

UPCOMING  
CELEBRATIONS

One love.

# HAPPY Pride MONTH



FATHERS  
DAY

"EVERYTHING'S BETTER WHEN  
WE'RE TOGETHER"

June 16th, 2024





20  
24

UPCOMING  
CELEBRATIONS

LAND OF THE  
*Free*  
HOME OF THE  
*Brave*

celebrate  
4<sup>TH</sup> OF JULY





# 20 STEPS TO A BETTER LINKEDIN PROFILE IN 2024

BY JANE DEEHAN

Professionals – particularly salespeople – invest a lot of time and resource in building brands. We’re trained at it – and we’re good at it. But how often do we apply those skills to building our own personal brands? For many of us, it’s nothing like as often as we should. I know that there’s more that I could be doing to build my own profile on LinkedIn – and I know that I’m not alone.

We don’t get around to it because we’re busy, and because it can sometimes feel selfish or egotistical to invest time in marketing ourselves. However, when we neglect personal branding, we don’t just sell ourselves short – we also miss a big opportunity, from a sales perspective. The impact of employees who share content is huge. And the most effective employee sharers are those who’ve built their personal brand on LinkedIn.

The LinkedIn profile page is the foundation for your personal branding. And we regularly add features to increase its capabilities as a personal marketing platform and give you new ways to signal your skills and motivations. If you haven’t checked your profile page recently, you might well find new ways to build your personal brand.

Here are 20 profile features you should check and update for 2024. Some of them are very quick wins, some of them may take a little bit of time – but all of them are very worthwhile. They will help to give you the LinkedIn profile and personal brand that you deserve.

## **1. Choose the right profile picture for LinkedIn.**

Your profile picture is your calling card on LinkedIn – it’s how people are introduced to you and (visual beings that we are) it governs their impressions from the start. There are some great posts explaining [how to pick the right profile picture on LinkedIn](#) – but here are some quick tips to start with: make sure the picture is recent and looks like you, make up your face takes up around 60% of it (long-distance shots don’t stand out), wear what you would like to wear to work, and smile with your eyes!

## **2. Add a background photo.**

Your background photo is the second visual element at the top of your profile page. It grabs people’s attention, sets the context and shows a little more about what matters to you. More than anything, the right background photo helps your page stand out, engage attention and stay memorable.

## **3. Make your headline more than just a job title.**

There’s no rule that says the description at the top of your profile page has to be just a job title. Use the headline field to say a bit more about how you see your role, why you do what you do, and what makes you tick. If you’ve got sales reps at your company who are on the ball with social selling, then take a quick look at their profile page headlines for inspiration. They will almost certainly have more than their job titles in there.

## **4. Record and display your name pronunciation.**

Tired of having your name mispronounced? You can help solve that by recording and displaying your name pronunciation on your LinkedIn profile. With it, people can listen to how you pronounce your name, so they can say it correctly. [Learn more about adding this feature here.](#)

## **5. Turn your summary into your story.**

The first thing to say about your LinkedIn summary is – make sure you have one! It’s amazing how many people still leave this field blank when creating their LinkedIn profile. Your summary is your chance to tell your own story – so don’t just use it to list your skills or the job titles you’ve had. Try to bring to life why those skills matter – and the difference they can make to the people you work with. Don’t be afraid to invest some time, try a few drafts, and run your summary past people you know. This is your most personal piece of content marketing – and it’s worth the effort.

## **6. Declare war on buzzwords.**

Buzzwords are adjectives that are used so often in LinkedIn headlines and summaries that they become almost completely meaningless. Our regular rankings of [the most over-used buzzwords](#) include terms like ‘specialised’, ‘leadership’, ‘focused’, ‘strategic’, ‘experienced’, ‘passionate’, ‘expert’, ‘creative’, ‘innovative’ and ‘certified’. Now I’m not saying you can’t describe yourself as these things – or that they don’t matter. However, just using these words won’t convince people that you have these qualities. You need to demonstrate them as well – both in the way you describe yourself, and in the way you use LinkedIn profile features to show what you’re about.

## **7. Grow your network.**

One of the easiest and yet most relevant ways to grow your LinkedIn network is to synch your profile with your email address book. This enables LinkedIn to suggest people you could connect with. It’s amazing how effective this can be at surfacing relevant people for you to reach out to – and no connection requests are sent without your permission, so you can vet all of the potential connections. Beyond this, get into the habit of following up meetings and conversations with LinkedIn connection requests – it’s a great way of keeping your network vibrant and up to date.





**8. List your relevant skills.**

It's one of the quickest of quick wins on LinkedIn – scroll through the list of skills and identify those that are relevant to you. Doing so helps to substantiate the description in your Headline and Summary, and provides a platform for others to endorse you. However, the key here is staying relevant. A long list of skills that aren't really core to who you are and what you do, can start to feel unwieldy. Take time for a spring clean of your skills list every now and then.

**9. Spread the endorsement love.**

Endorsements from other members substantiate your skills and increase your credibility. How do you get endorsed on LinkedIn? For starters, go through your network and identify connections who you feel genuinely deserve an endorsement from you – that's often the trigger for people to return the favour. Don't be afraid to reach out with a polite message asking for endorsement for a few key skills as well. Remember though – relevance matters. Reach out to people whose endorsement you'd really value.

**10. Manage your endorsements more proactively.**

Once endorsements start to come in, you might find that they skew the emphasis of your LinkedIn profile in ways that don't reflect who you are. It could be that your core area of expertise is content marketing for example, but the people who've worked with you on events are more enthusiastic endorsers. Be proactive in managing your endorsements list using the edit features in the Skills section of your profile – you can choose which to show, and which to hide.

**11. Request recommendations.**

Endorsements give people viewing your profile a quick, visual sense of what you're valued for. Recommendations take things a step further. They are personal testimonials written to illustrate the experience of working with you. There's a handy drop-down menu in the Recommendations section of your profile that makes it easy to reach out to specific contacts and request recommendations. Take the time to think about who you would most value a recommendation from – and personalize your request. It's worth the extra effort.

**12. Showcase your passion for learning.**

When you complete a course on LinkedIn Learning, you'll have the opportunity to add a course certificate to your LinkedIn profile. You do this from within the Learning History section of your LinkedIn Learning account – where you can also send updates about your learning to your network if choose.

**13. Share media and marketing collateral.**

The marketing collateral that you produce for your business can add an extra dimension to your own profile as well. Sharing case studies, white papers and other brand content helps to show what the business you work for is all about – and helps people understand what makes you tick. It demonstrates passion and commitment as well.

**14. Share relevant content from your LinkedIn feed.**

It's one thing to have a network of connections on LinkedIn – it's far better to have an active role in that network, appearing in your connections' LinkedIn feeds in a way that adds value for them. Sharing relevant content with your network is one of the most accessible ways of doing this. You can make a start by keeping a close eye on your LinkedIn feed, and sharing content that you find genuinely interesting – and that aligns with your point of view.

**15. Add comments.**

Sharing is great – but it's just the starting point. When you add comments to your shares, you give yourself greater prominence within the feed and start to express why you think a particular piece of content matters. Well-expressed comments also enable you to share a broader range of content. It might be that you don't agree with a point of view but still find it interesting, for example. A comment that can express that viewpoint starts to establish your opinion and thought-leadership. It's also more likely to draw additional comments, which then raise your profile across LinkedIn. Bear this mind when you're writing your comment – and make sure you're saying something you're happy for people to associate with you.

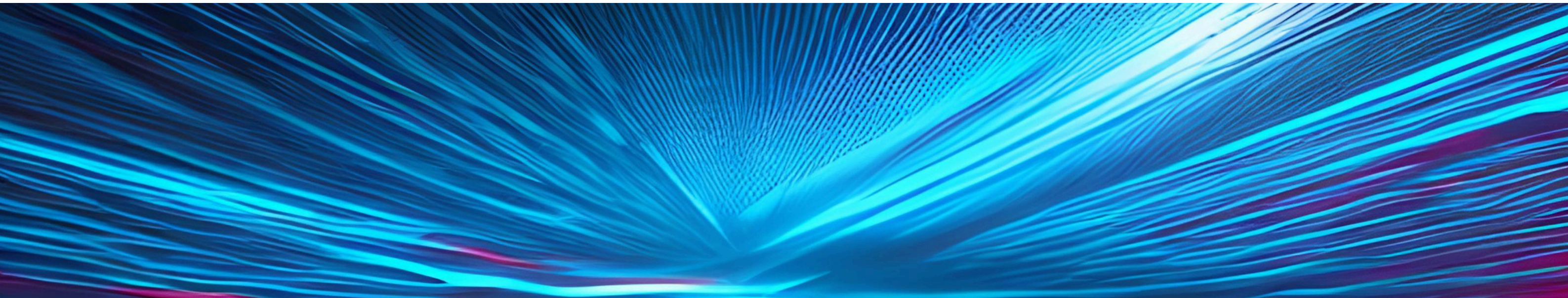
**16. Follow relevant influencers in your industry.**

Following relevant influencers on LinkedIn helps to put a range of interesting content in your feed, which you can then share with others when you think it adds value. It also helps to give context to your LinkedIn profile, demonstrating your passion for what you do.

**17. Turn on Creator mode.**

Creator mode is a profile setting that can help you grow your reach and influence on LinkedIn. You can turn on creator mode to get access to additional tools and features that help you create content and grow your audience base on LinkedIn.

Learn how to manage creator mode and edit your topics here.





**18. Spotlight the services you offer.**

Consultants, freelancers, those working for smaller businesses, and others can showcase the services they offer via a LinkedIn Service Page. LinkedIn Service Pages are dedicated landing pages that showcase your services and businesses at no cost and operate on a request and proposal model. Learn more about Service Pages and how to set them up [here](#).

**19. Check out collaborative articles and share your contribution, if invited.**

Collaborative articles are relatively new on LinkedIn. These articles begin as AI-powered conversation starters, developed with our editorial team, but they aren't complete without insights from our members. Professionals are asked to contribute their thoughts to their area of expertise in them, ultimately resulting in an article showcasing a variety of perspectives on topics relevant to the professional community.

Here's an example of a collaborative article. You, as a member, can react to each contribution or the article overall. Additionally, you might be invited to provide your perspective on a collaborative article. If so, it's a great opportunity to share your knowledge and a path toward earning a "Top Voice" badge.

Learn more about collaborative articles [here](#).

**20. If you are looking to grow your business on LinkedIn, consider Sales Navigator.**

LinkedIn Sales Navigator helps you get more conversations with the people who matter most. Compared to members who don't use it, LinkedIn Sales Navigator users build 4.3x more connections on LinkedIn, and it leads to 42% larger deals, 17% higher win-rates, and 15% more pipeline.

To see the full article: [Click Here!](#)

# Connect to a licensed therapist of your choice for private teletherapy sessions

Feeling overwhelmed by life's challenges? You're not alone.

META Teletherapy is a mobile app that connects you directly to a licensed therapist for private, secure video, voice, or chat sessions.

**Schedule a free consultation** today and get started on your journey to well-being.

Download the app at [\*\*meta.app/users\*\*](https://meta.app/users)

meta



**Better Mental  
Health Starts  
with META**



**KEISER<sup>®</sup>**  
**UNIVERSITY**



# Student Services Organization on Blackboard

**The Student Services Team is here to help!**

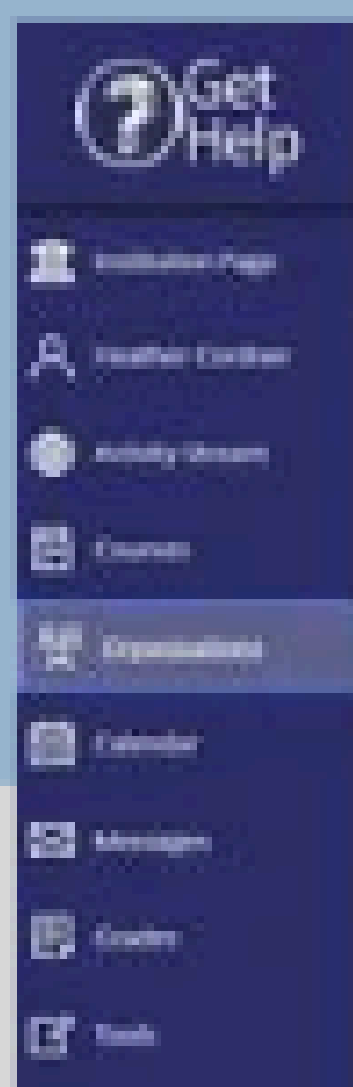
Call us at 866-537-7371 or email us at

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

· Heather Cordner, Director

· Lakeysha Edwards, Associate Director - Undergraduate Programs

· Hisela Tamayo, Associate Director - Latin Division



Access **eCampus Student and Career Services** resources on Blackboard, [keiseruniversity.blackboard.com](https://keiseruniversity.blackboard.com) located under “My Organizations”

KU\_E\_ONL\_SCS\_2024

eCampus Student and Career Services - 2024

## Business Office

**Financial Aid:** Here are quick links for commonly used websites:

· [Financial Aid Docs Portal](#)

· [FAFSA Website](#)

· [Federal Student Aid](#)

Questions? Please call in at 877-597-2552 and ask for your Financial Aid Officer.

**Bursar Services:** For assistance with student balances, stipend requests, invoices, and payments.

Payments may be made online by visiting

[forms.keiseruniversity.edu/ku-ec-online-payment/](https://forms.keiseruniversity.edu/ku-ec-online-payment/)

Questions? Please call in at 877-597-2552 or email

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



# Office of the Registrar

## Ordering Official Transcripts

Ordering Official Transcripts, is quick and easy thanks to Parchment!

<https://www.parchment.com/u/registration/2011918/institution>

Follow the instructions to first create a free account.

Select Order Your Transcript

Enter the Destination.

Select Delivery Method

Please note there is a cost per copy PLUS shipping.

*(shipping costs vary depending on location shipping to and method)*

Review Transcript Guidelines, sign, and submit request.

Proceed to checkout to Enter Payment Information.

Please allow 3-5 days for processing.

P: Plan wisely; order transcripts early!

If you have questions please contact the Registrar Office

calling in at 877-597-2552 or [eCampusRegistrars@keiseruniversity.edu](mailto:eCampusRegistrars@keiseruniversity.edu)

## Understanding Transcripts



### Official Transcripts

can be accessed by the students on prior institution platforms.

can be used for admissions and enrollment evaluation of transferring credits.

can be emailed, hand-delivered, mailed, or whatever is the easiest way to send the transcript.

### Official Transcripts

requested by student from prior institution(s), refer to their guidelines.

to receive PERMANENT transfer credits from previous institution(s), provide

the Registrar's Office by the end of the student's first semester.

provided official transcripts need to be SEAL and NON-OPENED.







## **Do you have a red cord to wear at graduation??**

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### **Attend workshops for the Leadership Distinction Program (LDP)**

- Earn the skills needed to land a job in your industry.
  - Enhance your leadership skills.
  - Complement academic and career goals.
  - Be a part of a community of leaders who pursue leadership opportunities while acquiring, sharpening, and using new skills.
  - Expand your network of contacts.
- 

For more [INFORMATION](#) and a [SCHEDULE](#) of upcoming workshops, visit the Student and Career Services Organization on Blackboard.



# Leadership Distinction Program (LDP)

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## Schedule of Seminars: May 2024- August 2024

Date & Time	Topic
May 21st @7:00p est.	Getting the Interview: Resume Writing with Dr. Daniel DiStasio
June 11TH 13TH @ 7:00PM est  TBD	Emotional Intelligence with Dr. Marwa Elmasry, Dean of Academic Affairs The Interview with Dr. Kimberley Williams  Do's and Don'ts of Social Media
July 23rd @ 7:00PM est	Research Skills with Dr. Lauren Chase
August 13th @7:00p  TBD	The Power of Networking with Dr. Laurie Slifka  Leadership

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### \*Required Seminars

*All dates, times, and topics are subject to change*

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# How It Works: Tutor.com Classroom

Connecting with expert tutors for on-demand, 1:1 help

The expert tutors at Tutor.com can help you work through a tough homework problem, improve your writing skills, study for a test, review a difficult concept, and so much more!

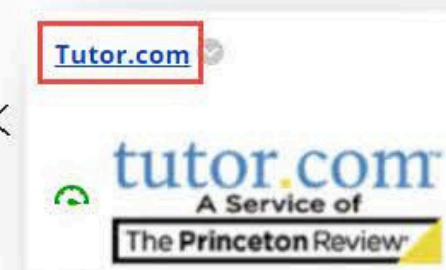
The Princeton Review  
tutor.com

Create an Account Sign In



## Get started

1. Go to: The bottom left menu in your course, click on Tutor.com, read and then click Tutor.com
2. You will be in your Tutor.com account.
3. Click on Connect with a Tutor.



01

## Get the right tutor

Fill in the quick pre-session questionnaire. Using this information, we will match you with the first available tutor best qualified to assist you.

What do you need help with today? English

Please take a moment to review our [honor code](#).

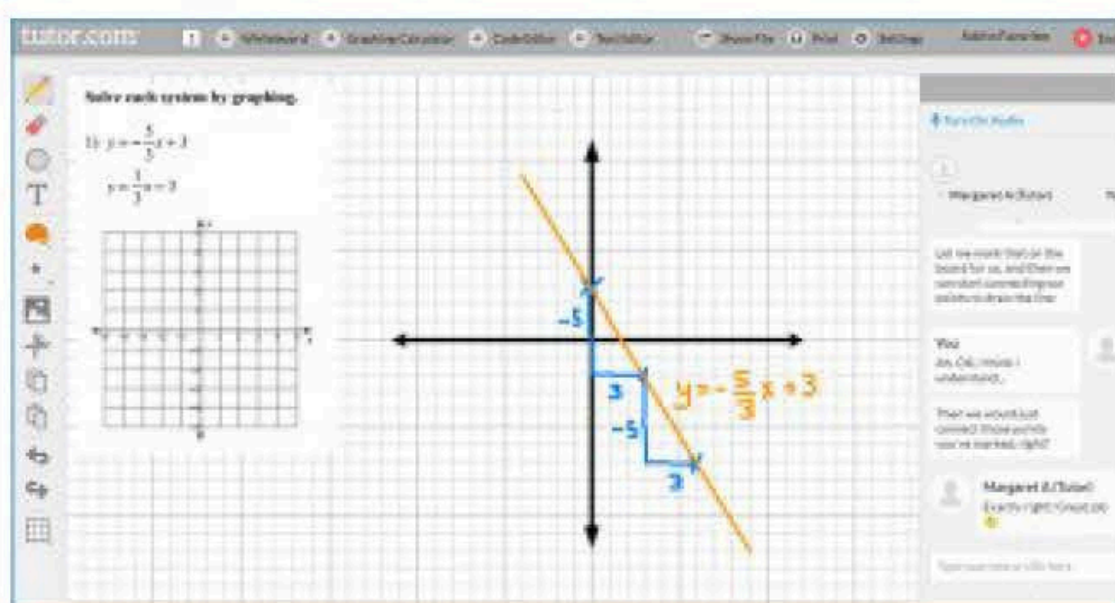
Topic: Math Subject: Calculus

Enter your question  
Type your question here.

[Attach a File](#) CONNECT NOW

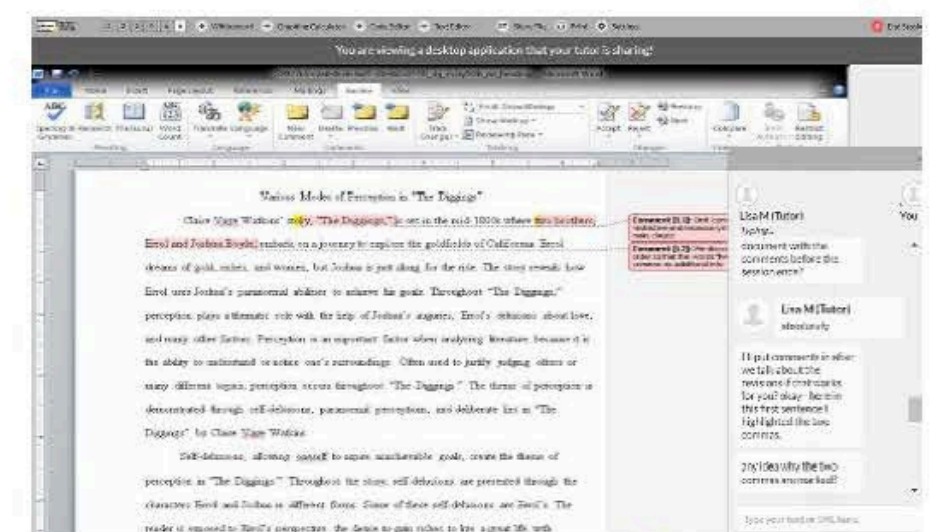
## Communicate

Use our chat box or an audio connection to instant message or speak with your tutor in the online classroom. You and the tutor may also use the interactive whiteboard to share work and ideas. *All activity in the classroom is recorded for review and quality control.*



## Share a file

You can share many types of files with your tutor in the classroom. Upload an essay, your lab report, a PowerPoint presentation, and more. You and your tutor will be able to view the file together in the classroom.



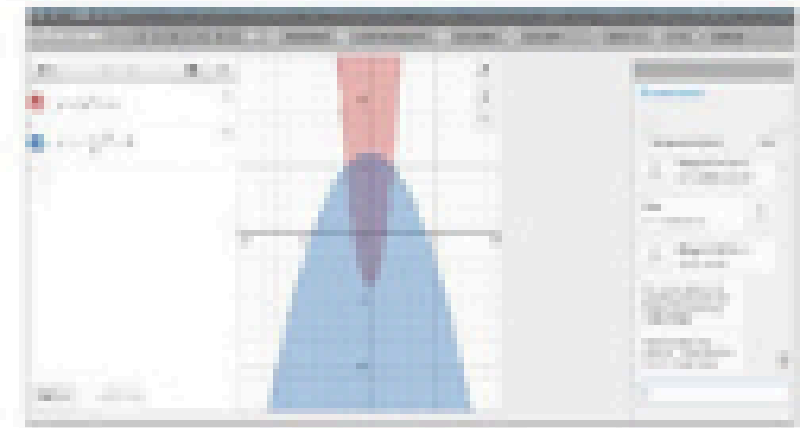


# Tutoring Services

05

## Use special tools

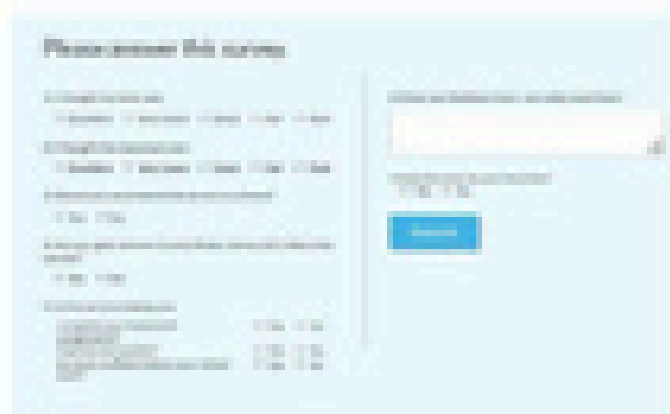
The classroom includes a graphing calculator, text editor, and code editor when working on subject material that may require these special tools. Open them by using the buttons above the whiteboard.



06

## Rate & review your session

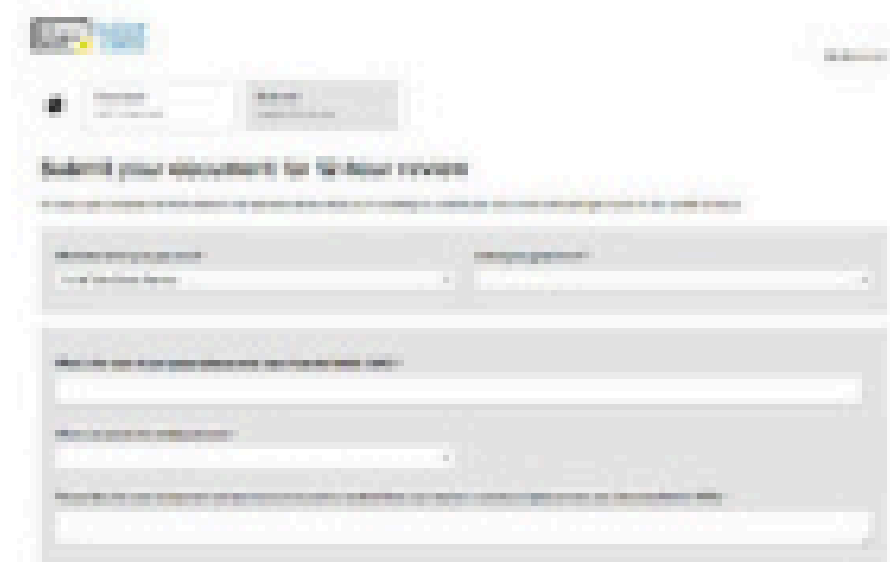
After each session, be sure to let us know how we did! Complete the survey and share your comments. Then you'll have the option to play a video of your session, and email or print the chat log and whiteboards.



07

## Submit your paper

Our Drop-Off Review service allows you to get expert help from a tutor without having to connect for a real-time session. Upload your writing assignment and get detailed feedback and explanations within 12 hours. Retrieve your tutor's completed review under My Sessions.



08

## Practice for a test

Use our practice quizzes to assess your level of knowledge and practice for upcoming tests or quizzes in math, science, and English. Take a quiz, review your results, and connect with a tutor to discuss any missed questions.



09

## Use My Account

- Review previous sessions and retrieve drop-off reviews from My Sessions. Be sure to tag your favorite tutors when reviewing your sessions.
- Reconnect with your favorite tutors or see when they are next scheduled from the My Favorite Tutors section.
- Access files you have saved or those you have shared with your tutors in session from My Locker.

My Account ▾

My Sessions  
My Favorite Tutors  
My Locker

Account Settings

Sign out



# Check Your Credit, Protect Your Credit!

Contributed By: Geoff Stam, Director Default Management and Financial Literacy, Office of the Chancellor

The world of credit can be confusing, challenging, and downright maddening to understand. Yet, it is one of the most important aspects of your financial health. Your credit reflects how responsible you are with other people's money. Credit health (or what most refer to as a credit score), is derived from the information contained in your credit report(s). Reviewing your credit reports regularly (at least once every 12 months) from all 3 credit bureaus, (Experian, Equifax, TransUnion), is essential to ensure the information in those reports is correct.

The credit report contains a vast amount of data about your past and present credit transactions (including student loans). It's used primarily by potential lenders to evaluate your creditworthiness (ability to borrow). But it can also be reviewed by current and potential employers, licensing agencies, and insurance underwriters. Prior to applying for credit or a new job, you will want to get and review a copy of your credit report. Information reported inaccurately can cause many issues for any of these activities!

You are allowed 1 free report from each of the 3 reporting agencies once every 12 months. The best place to obtain your reports is [www.AnnualCreditReport.com](http://www.AnnualCreditReport.com). Beginning with the pandemic and continuing today, this website allows consumers a free credit report from each agency once every week! You can also contact the bureaus individually, but AnnualCreditReport.com provides access to all 3 in one place.

Services like Credit Karma (TransUnion and Equifax), Credit Wise (TransUnion and Experian), Credit Journey (Experian only), and various others may not provide information from all 3 bureaus. What you receive might only be a summary of data, not a full, comprehensive report. Remember, we are focusing on the credit report, not the credit score!

Why view all three bureaus? Companies that you have credit with may report differently to each bureau, or they may only report to one bureau. Which report might be used for review or scoring is up to the lender you are applying with, so we don't always know which one will be used. We need to make sure the information in each report is accurate, that no one has compromised our credit data or used our identity.

**Checking your credit report(s) does NOT hurt your score!** Neither does checking your own credit score, but we will discuss the score in another article.

Besides the annual report, you are also entitled to a free report under the following circumstances:

- 1) A company has taken adverse action against you, such as denying you credit, insurance, or employment (you must request a copy within 60 days of the adverse action)
- 2) You're unemployed and plan to look for a job within the next 60 days
- 3) You're on welfare
- 4) Your report is inaccurate because of fraud, including identity theft

You can order your free annual report online at [www.AnnualCreditReport.com](http://www.AnnualCreditReport.com), by calling 877-322-8228, or by completing an Annual Report Request Form and mailing it to Annual Credit Report Request Service, P.O. Box 105281, Atlanta, GA 30348-5281.

Alternatively, you can contact each of the three credit bureaus:

**Experian National Consumer Assistance Center**, [www.experian.com](http://www.experian.com), P.O. Box 2104, Allen, TX 75013-2104, (888) 397-3742

**TransUnion LLC, Consumer Disclosure Center**, [www.transunion.com](http://www.transunion.com), P.O. Box 2000, Chester, PA 19016-2000, (800) 916-8800

**Equifax, Inc.**, [www.equifax.com](http://www.equifax.com), P.O. Box 740241, Atlanta, GA 30374, (800) 685-1111

**Attention Student Loan Borrowers! Remember, interest accrual and federal student loan payments restarted September 1, 2023.** If you hold federal direct Unsubsidized loans, interest started to accrue on those loans September 1, 2023. Federal direct Subsidized loans will continue to have the interest paid by the federal government while you remain a student above ½ time (in-school deferment) or are on a deferment period such as grace period.

Please register for the free website portal [iontuition.com](http://iontuition.com), to track your loans; know your servicer, review interest rates and accrual as it restarts, understand repayment plans/options, as well as deferment, forbearance, and consolidation.

Please feel free to contact me if you have any questions or suggestions. If there is a specific topic you would like to hear about, please let me know. I can be reached by phone at 904-238-3099, or [gstam@keiseruniversity.edu](mailto:gstam@keiseruniversity.edu).





# Inside Seahawk Athletics

**KEISER WOMEN'S SOCCER**

2600 N. MILITARY TRAIL  
WEST PALM BEACH, FL 33409



**KEISER**  
*Soccer*  
*Camp*

**JUNE 24-28, 2024**

**ARRIGO - VECELLIO FIELD**

**\$250 PER ATHLETE**

KEISER UNIVERSITY  
**SEAHAWKS**

*#DefendTheBeach*

The Keiser women's soccer team is hosting a soccer camp for boys and girls ages 6-13. The camp will focus on improving your soccer skills in a fun and enjoyable environment.

**GAME**

*Preview*



VS.



**Download the App or Check Out [KUSeahawks.com](https://KUSeahawks.com)**



# Inside Seahawk Athletics

Congratulations to all KU sports teams!



Isturiz Captures Sun Conference Defensive Player of the week



Women's Football Flag Remains Undeclared Four Sun Conference





# Inside Seahawk Athletics



Download the App or Check Out [KUSeahawks.com](http://KUSeahawks.com)



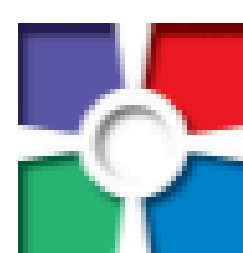
# Career Services

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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](http://CollegeCentral.com/Keiser)**



# Need a Student ID Card?

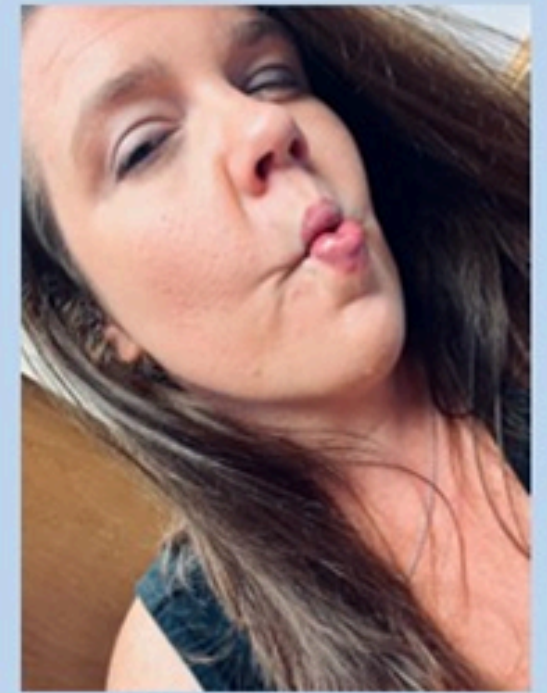
New and active students are eligible to receive (1) student ID card free of charge. \*Replacement/Duplicate IDs are \$15.

To receive your ID, simply email [ecampusstudentservices@KeiserUniversity.edu](mailto:ecampusstudentservices@KeiserUniversity.edu), attach your appropriate photo, and provide your Keiser student ID number.

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:







**Keiser  
University**

# KEISER WRITING STUDIO

## DROP BOX

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## PLAGIARISM CHECK

Upload your work to SafeAssign to ensure there is no plagiarism.

## ASK QUESTIONS

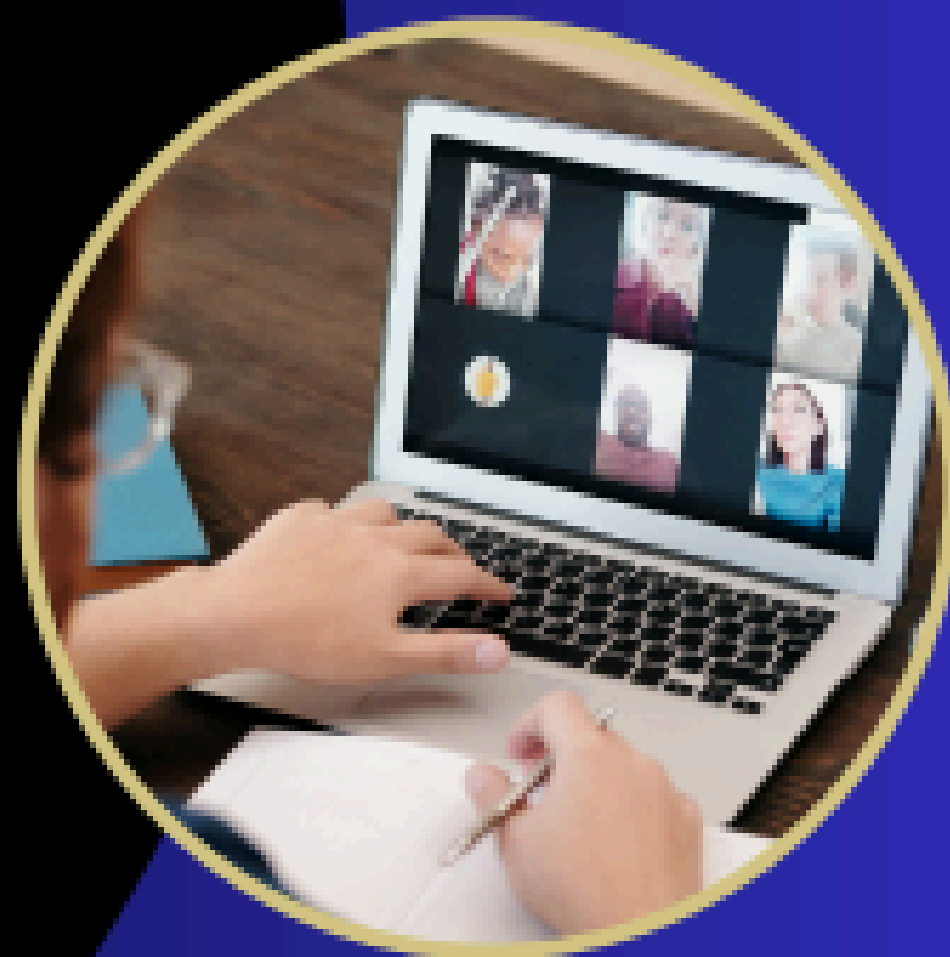
Have a question? Post it in our discussion forum.

## RESOURCES

Access our APA packet, Word template, and other resources.



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**APPOINTMENTS**

# Bb

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STUDIO**





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