

Spring

Student Herald

SEAHAWKS

May-August 2025 Edition



Table of Contents

- 3 Celebrations
- 15 The Importance of Creativity in Business
- 16 Why Business Management Should Lead By Example
- 18 Student Resources
- 20 Leadership Distinction Program
- 21 Inside Seahawks Atletics
- 23 A Word From A Wise
- 25 Keiser Voices

MENTAL HEALTH AWARENESS MONTH MAY 2025

YOUR MENTAL HEALTH IS IMPORTANT. LET'S RAISE AWARENESS AND SUPPORT ONE ANOTHER.

NENTRAL HEALTH HEALTH NARENESS



MENTAL HEALTH AWARENESS INVOLVES UNDERSTANDING AND RECOGNIZING THE IMPORTANCE OF MENTAL WELL-BEING AND THE IMPACT OF MENTAL HEALTH ON THE OVERALL QUALITY OF LIFE.



INCREASED MENTAL HEALTH AWARENESS LEADS TO EARLY RECOGNITION AND INTERVENTION OF MENTAL HEALTH ISSUES, IMPROVING OUTCOMES AND PREVENTING FURTHER DISTRESS.



RECOGNIZING THE SIGNS EARLY CAN PREVENT ISSUES FROM ESCALATING. AWARENESS LEADS TO TIMELY SUPPORT AND BETTER OUTCOMES.



AWARENESS HELPS BREAK THE STIGMA. TALKING OPENLY ABOUT MENTAL HEALTH ENCOURAGES OTHERS TO SEEK HELP WITHOUT SHAME.

May 5th, 2025

CINCO









MAY 6TH, 2025



HAPPY Mother's Day

May 11th, 2025

EAHAWKS

REMEMBRANCE DAY

Commemorating the sacrifices of members of the armed forces and of civilians in times of war.

May 17th, 2025

Memorial Day

REMEMBER AND HONOR

This nation will remain the land of the free only so long as it is the home of the brave

May 26th, 2025



HAPPY HAPPY FATHER'S

June 15th, 2025

June 19th, 2025

Celebrating freedom and unity this Juneteenth! Let's honor the past, celebrate the present, and embrace hope for the future.



EAHAWKS

HAPPY PARENTS DAY July 27th; 2025



THE IMPORTANCE OF CREATIVITY IN BUSINESS



Ideas for Better Future

When you lead by example, employees understand that your suggestions and ideas come from a place of practical knowledge rather than theory. Your actions, in other words, add validity to what you say.

Join the action right alongside your employees. In doing so, you can inspire confidence and motivation. In my experience, this can also result in increased productivity, as team members often try to match the energy levels and work ethic of the leader.

Ultimately, the true beneficiary of all of this is your customers and clients, who receive the same highquality care whether they're dealing directly with a manager or another member of the team.

Why Is Creativity Important?

Creativity serves several purposes. It not only combats stagnation but facilitates growth and innovation. Here's why creativity is important in business.



Why Business Management Should Lead By Example By Michael Patrick

BUSINESS

Businessmanagement professionals who practice what they preach can avoid being labeled by their employees as hypocritical. Hypocritical leaders can kill team's morale and a struggle to get buy-in. When managers say one thing but then do another thing themselves, they can make individual team members feel less than or beneath their leaders. This engenders a sense that employees are working for management rather than with them.

When employees feel undervalued or don't feel valued at all, it's a crushing blow, especially after they put in so much time and energy to complete their jobs. It's similarly crushing if employees feel as though the company's policies, processes and procedures don't apply to leaders.

MANAGEMENT



There are many different types of leadership styles and many different ways to be successful as a leader. Looking back on history, you'll find plenty of examples of successful people using different leadership styles.

F

Forbes Business Council Forbes Business Council's stories.



The words "manager" and "leader" are often used interchangeably, but there are remarkable and important differences between the two. All those in upper-level business positions should strive to be the latter and not the former, and they do that by leading by example.

A manager (or boss) gives orders from the hilltop and instructs the team on how they should achieve their mission. A leader, by contrast, is in the trenches as part of the team. They help the team, through example and inspiration, to achieve the mission A manager focuses on the procedures and results of the team as a whole, while a leader is focused on each individual involved and the journey through which the team must travel.

Self Improvement

Motivational

Focus Discipline Repeat



Student Resources

Student Services

The Student Services Team is here to help!

Call us at 954-351-4040 or email us at: eCampusStudentServices@keiseruniversity.edu Heather Cordner, Director Lakeysha Edwards, Associate Director - Undergraduate Programs Hisela Tamayo, Associate Director - Latin Division Abe Johnson, Associate Director - Graduate Programs Whitley Escobar, Coordinator



Financial Aid Office

Questions? Please call in at 954-351-4040 and ask for your Financial Aid Officer.

Here are quick links for commonly used websites:

- Financial Aid Docs Portal
- FAFSA Website: <u>FAFSA</u>

2025 - 2026 FASFA is NOW Open!

To get started, You will need:

• Your FAFSA ID • Your 2024 Taxes • KU's FAFSA ID: 015159 • Consent

All FAFSA contributors must provide consent for IRS Direct Data Exchange https://studentaid.gov/h/apply-for-aid/fafsa

Office of the Bursars

Who is the Bursar? The Office of the Bursar is responsible for managing student accounts, including student balances, stipend requests, invoices, and payments.

Contact the Bursar's Office at 954-351-4040 or by email: ecampusbursar@keiseruniversity.edu

- Student Portal to review your account: <u>https://campusportal.keiseruniversity.edu/</u>
- Campus Online Payment Form: <u>https://forms.keiseruniversity.edu/ku-ec-online-payment/</u>

Student Resources

Office of the Registrar

Ordering Official Transcripts

Ordering Official Transcripts, is quick and easy thanks to Parchment! <u>https://www.parchment.com/u/registration/2011918/institution</u>

- 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.(*Costs vary depending on location shipping to and method*)
- Review Transcript Guidelines, sign and submit the request.
- Proceed to checkout to enter payment information.
- Please allow 3-5 days for processing

TIP: Plan wisely; order transcripts early! For those graduating, please wait until all final grades have been submitted and your school status changes to Graduate.

If you have questions, please contact the registrar office by calling 954-351-4040 or by email: ecampusregistrars@keiseruniversity.edu

You can also use Parchment to order transcripts from a different institution: Order your transcripts from a different college



<u>Unofficial Transcripts:</u>

Are printed on plain paper and do not have a college seal or registrar's signature. They are intended for the student's use only and are not accepted for official purposes. Unofficial transcripts are best used for personal record-keeping, such as checking grades or progress.

Understanding Transcripts

Official Transcripts:

Are issued directly from the institution and are considered more trustworthy. They are usually sealed or sent digitally from a secure system and contain the school's seal or signature. Official transcripts are required for many applications, including for educational, employment, and visa purposes.

To receive PERMANENT transfer credits from previous institution(s), provide the Registrar's office by end of the first semester.

Leadership Distinction Program (LDP)

Do you have a red cord to wear at Graduation?

Students must participate in the required number of leadership seminars based upon the length of their program and 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 and Doctoral programs: 8 leadership seminars; 8 hours of community service

Virtual Seminars are offered each month by Student Services. Complete LDP schedule for the year, along with announcements of upcoming seminars can be found in your Student Services Organization on Blackboard.

The following 4 seminars are required:

Getting the Interview Includes: Cover Letter, Resume, and Thank you The Interview Includes: Interviewing Skills and Soft Skills Financial Success Strategies Series 3 different seminars are offered in this Topic Series, students are only required to attend one of the specific topics. Job Search Using Technology

Seminars 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 Do's and Don'ts of Social Media Career Fair Success Emotional Intelligence LinkedIn

All Seminars part of the Leadership Distinction Program will be announced with the LDP notation, additional topics not listed may be provided by Student Services.

Community Service Hours

Students can complete their hours through volunteer work. For each different event, location or organization a community service form must be complete and submitted to students services for verification. All hours must be submitted prior to graduating.

Successful completion of the program, students 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





Inside Seahawk Athletics



No. 4 Men's Tennis



No. 1 Women's Tennis



Download the App or Check Out KUSeahawks.com

Inside Seahawk Athletics



No. 1 Women's Lacrosse





Download the App or Check Out KUSeahawks.com



The transition from school to work is a big one. You're starting down a new path, and even if you have some basic skills and experiences under your belt, you still have a lot to learn. We asked business professionals of all ages to share bits of wisdom they wish they had known before their first jobs-insight that would have helped make their transitions from college to career easier. Here's what they had to say:

You may have spent the past 4-10 years focusing on one field of study. You crammed for midterms, aced finals, and studied to become as much of an expert in your major as you could. Still, once you start work, you'll only carry the foundation of that learning into the workplace. In many ways, "real" life education begins with your first job. Even if you garnered accolades in every class, you'll need to prove yourself in the workplace. Conversely, if you feel that you pursued the wrong discipline, you might opt to apply for jobs in your preferred field. In the end, what you majored in won't matter as much as your performance on the job.

There are no perfect jobs, but there are good jobs

Whether or not your first job is what you think you help wanted, it's probably not flawless. And that's okay! Rarely is there a perfect or ideal job-but there is one that's close. Use the 80% rule when thinking about your job: if it's 80% of what you are looking for, you're very lucky. If not, ask yourself is your job teachingyounewskills orhelpingyougettowhere you need to be? If so, you're on the right track!

You need to adapt to the company culture, not the other way around

Each company has it own unique culture. And you will need to adapt to it because it will not adapt to you. For example, some companies have many group meetings, others will only email. Some organizations will be very social, while others will only meet outside of work for the office holiday party. Whatever each company's culture is, you must do your best to fit in.

Learn to talk to managers and those who are your parents' age

If your previous role was Student, it's likely you had limited experience conversing with those much older than you. That all will change when you begin your career and work with people of different ages. Realize that you, your managers, their managers are all professionals on the You're judged by your work, not education same team. So present yourself confidently around them. That doesn't mean you should speak informally, or use slang. However, it *doe*smean that you don't need to wait to be "called on" to contribute.

It's a waste of time to compare yourself to others

When you leave college, you and your peers start down separate paths. Each road is different. Therefore, it's rather meaningless to compare your success to your former classmates' since everyone's goals and challenges will vary greatly. Learn to judge your success by your own metrics, whether they be financial, personal, or something else.

Be open to feedback and ask for

You're new, and you are not expected to know everything. So ask for help if you don't know how to complete a task, are having computer issues, or weren't clear on your instructions. If you're unclear, it's better to get the right directions or the directions right than to spend a lot of time doing something incorrectly and then have to re-do all the work.

And, since you arenew, ask for feedback. The sooner you are open to feedback, the faster your skills will improve and the better you will become. Everyone receives feedback from management and colleagues-so get used to it and learn to love it.



💶 n a nutshell:

You may not have a career crystal ball to consult, but you can listen to the voices of reason and experience:

- Your actions will speak louder than your diploma
- Use even less-than-perfect jobs asopportunities to advance your skills and career path
- · It's up to you to adapt to a new company and culture
- · Don't measure your own self-worth using someone else's yardstick
- Speak up whenever vou have something of value to share
- Have the good sense to ask for help and the humility to listen to and accept feedback

"Learn from the mistakes of others. You can never live long enough to make them all yourself. --- Groucho Marx

CollegeCentral.com/Keiser

Visit the above URL to access our school's exclusive jobs database and MORE!



Career Services

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*!



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From Our Team to You: Practical Tips & Graduate Voices

Importance of Community



Student and Graduate Stories





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0

Keiser University Online Education







Scan the QR Code!



Online Education

Want to Share Your Story with Us?



This is your moment to spread your experience and inspire our community!

We can't wait to hear about your unique journey and celebrate your achievements. Share your story and inspire fellow students!

Reach out to us at hcordner@keiseruniversity.edu and adriana.lovo@keiseruniversity.edu











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, 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 Editing the photo
- No hats or sunglasses
- No angles. Image should be straight on.
- Not zoomed all the way in.
- No picture of pictures

Not Acceptable Photos:





How to take the photo:







Acceptable Photos:











Your Program Your Student ID#

Expires: 12/28/2018

Take a Selfie or have someone take a picture for you.



Membership has its Benefits

Join the Alumni Association Today! Alumni.KeiserUniversity.edu

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