

the **EXCLUSIVE**

**SUMMER
2025
EDITION**

KU Port St. Lucie
Campus Newsletter



INSIDE...

**WELCOME FROM THE LIBRARY,
MENTAL HEALTH AWARENESS,
ESPORTS ON CAMPUS AND MORE**



KEISER UNIVERSITY STUDENT SERVICES LIST OF SERVICES

Please feel free to contact us about these services:

- Résumé writing assistance
- Job search & online applications assistance
- Mock interview assistance
- 211 services: Call 2-1-1 for where to turn when things happen unexpectedly in your personal life
- 988 Suicide & Crisis Lifeline: Provides free and confidential emotional support to people in suicidal crisis or emotional distress 24 hours a day, 7 days a week
- Safe Space contact info, domestic violence, victims advocate info
- Grief and other counseling services
- Volunteer opportunities
- Student Clubs & Organizations
- Leadership Distinction Program (LDP)
- Referrals to services for financial trouble
- ID badges
- Food, housing and childcare information
- Tissues and an ear

We are here to support our students through any situation, big or small, and refer local services to assist students and their families... just ask!

Melanie Mead, Director of Student Services
MMead@KeiserUniversity.edu

Korina Bougere, Associate Director of Student Services
KBougere@KeiserUniversity.edu

Scan the QR Code or copy the link to access the Student
Services Resource Request Form

<https://forms.office.com/r/GM7LbvmBL8>



Welcome from the Library

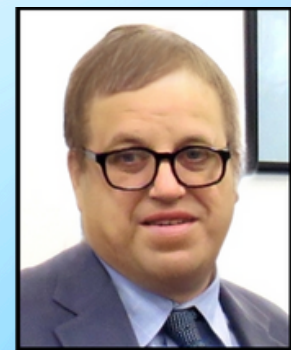
The Library at Keiser University-Port St. Lucie is open six days a week. Our hours are Monday through Thursday from 7:30 a.m. to 9:00 p.m., Friday from 7:30 a.m. to 5:00 p.m., and Saturday from 9 a.m. to 1 p.m. The Librarians, Justin Rogers and Sal Greco, are always willing to assist students, faculty, and staff. We not only help with finding books and articles, but provide support for paper writing and American Psychological Association (APA) formatting. For Law students, we have Law books in addition to, of course, WESTLAW.

The Library is a place for quiet study which many students take advantage of. We have several tables to study from, as well as a reading area with comfortable furniture. We also have several Internet computers that you can use, as well as a printer and a photocopier. In addition to books and DVDs, we have newspapers and magazines for your reading pleasure. With the Library databases that we subscribe to on your behalf, you can access journal articles in the millions. In addition to providing support here at the campus, the Librarians can help you by phone (call 772-398-9990 and ask for the Library), email, live chat, and videoconference.

Please know that there are multiple forms of academic support available to our campus community. In addition to the Library, there is the Online Writing Lab (OWL), Teaching and Learning Center (TLC), Tutor.com, and tutoring workshops that occur during Weeks 2 and 3 of each term. The OWL staff helps with all things writing related, such as paper reviews and APA. The TLC supplies on-campus tutoring support for various subjects and topics. Tutor.com is an online tutoring service that is available 24/7. The tutoring workshops are accessible both in-person at the campus as well as virtually. Whichever and whenever support is needed, rest assured that you are more than covered here at Keiser University-Port St. Lucie!



Salvatore Greco



Justin Rogers

Library Hours

Monday 7:30am – 9:00pm
Tuesday 7:30am – 9:00pm
Wednesday 7:30am – 9:00pm
Thursday 7:30am – 9:00pm
Friday 7:30am – 5:00pm
Saturday 9:00am – 1:00pm



Get involved, have a voice and make an impact by joining the Student Government Association.

Fostering student learning, leadership, professional development, campus enhancement and social awareness.

Check the campus calendar for our next SGA meeting. Contact Student Services if you would like more information:
mmead@keiseruniversity.edu
kbougere@keiseruniversity.edu

Suggestions for Self-Care and Mental Wellness

Written by Dr. Laurel Strahan, Ph.D., Psychology Program Director



It is vital to maintain good mental health alongside our physical health because both aspects of wellbeing are equally important. A reliable daily routine stands as one of the top methods to strengthen mental health support. By maintaining a healthy sleeping schedule and eating nutritious foods while balancing work with relaxation you can build stability that lowers stress. Maintaining a healthy rhythm for both body and mind helps people to handle daily obstacles and emotional changes more effectively.

Maintaining social connections emerges as an essential component for preserving mental health. Positive relationships provide emotional support and foster a sense of belonging which together protect individuals from stress and depression.

Social interaction through time with family members, conversations with friends or involvement in community events makes us feel both valued and understood. Every meaningful conversation no matter how short contributes to strengthening our emotional resilience.

The engagement in physical activities contributes greatly to mental wellness. Exercise performed on a regular basis helps decrease anxiety and depression symptoms through the release of endorphins which serve as natural mood boosters for the body. Walking, yoga, and dancing enhance physical health and promote mental clarity while reducing stress levels. Daily physical activity in short durations can greatly improve your mood and enhance your mental health.

The development of healthy coping methods proves crucial when dealing with life's unavoidable stressors. Deep breathing exercises and mindfulness practices combined with journaling work effectively to manage overpowering thoughts. People can lessen their mental stress by pursuing hobbies or creative activities while maintaining realistic objectives. Getting support from mental health professionals demonstrates initiative and strength when self-care proves inadequate. Focusing on mental health helps develop resilience while creating balance and enhancing overall well-being.

THE KEISER CARES CLOSET IS OPEN



LOCATED IN THE LIBRARY

Items Available:

- Professional dress attire for both men and women
- Accessories such as ties and shoes
- Shelf stable food items

HAVE QUESTIONS,
PLEASE SEE
STUDENT SERVICES



The Ultimate Quesadilla

Adapted from the kitchen of Professor Ferrari, using some items from the food pantry in the KU Cares Closet

INGREDIENTS

- 1-2 packages cooked or canned chicken
- 1 can Black beans, drained and rinsed
- 1 can Kidney beans, drained and rinsed
- 8 oz. package of shredded Monterrey Jack cheese (2% milkfat)
- Canned corn, drained
- ¼ C Salsa Verde (or any salsa you prefer)
- 1 package of large flour tortillas (I prefer the Carb Smart variety)
- 1 T. cooking oil
- Optional: sour cream, avocado, salsa for dipping

Makes 4-5 quesadillas

WHAT TO DO

1. In a large bowl, mix chicken, beans, cheese, corn and salsa until blended.
2. Lay one tortilla on a flat surface. Scoop one cup of the quesadilla mixture onto one side of the tortilla and spread evenly over half. Then fold tortilla together and press edges firmly to seal.
3. Heat 1 tsp. cooking oil in a 12-inch, nonstick pan over medium heat (you may need to adjust lower as you cook to prevent burning). When hot, gently lift the stuffed tortilla and place in pan (I usually cook two at a time). Place a large-bottomed pot on top and press down gently. Leave the pot in place and time for 2-2.5 minutes. If lightly golden brown, gently flip to the other side and place pot on top again. Cook for another 2 minutes until golden brown. Add an additional teaspoon of oil for each batch.
4. Serve with sour cream, avocado, or other toppings of your choice!



LDP

The Leadership Distinction Program (LDP) “picture” is formed from these two “puzzle

Seminar Classes and Volunteer Hours



Based upon the length of their program: Students in an **Associate** or **Master** level degree must attend a *minimum* of eight (8) LDP Seminar Classes PLUS complete a *minimum* of eight (8) Volunteer Hours to satisfy the LDP requirements.

Based upon the length of their program: Students in a **Bachelor** level degree must attend a *minimum* of ten (10) LDP Seminar Classes PLUS complete a *minimum* of sixteen (16) Volunteer Hours to satisfy the LDP requirements.

LDP helps develop civic-minded professionals with improved soft skills.



LDP Red Cord

When the student satisfies the **minimum requirements**, they will receive a completion certificate and letter from the campus president; they also earn the honor of wearing the Leadership Distinction Program Red Cord at the campus graduation ceremony.

Who Keeps Track?!

Student Services documents each seminar a student completes; however, it is a student’s responsibility to keep track of their completed seminars. Attending the same seminar more than once will still only count as 1 credit. Students must also keep a log of their volunteer hours to be turned in once all requirements are met.

If you have questions, please email Melanie Mead, Director of Student Services: mmead@keiseruniversity.edu; or Korina Bougere, Assoc. Director of Student Services: kbougere@keiseruniversity.edu



Scan QR Code or use link to complete interest form for more LDP information.



<https://forms.office.com/r/XwQhWMvBnS>

Sign up for KUPSL ESPORTS



- Valorant
- Call of Duty
- Smash



- Fortnite
- Rocket League
- Madden

Contact Coach Messenger
daniel.messenger@keiseruniversity.edu



answers

Knowing Who to Ask Is Half the Solution



- * Enrollment Process
- * Continuing Education
- * Open Houses



- * Tuition Payments
- * Payment Methods
- * Current Balance



- * Blackboard
- * Student Portal
- * APA Formatting
- * Research Paper Assistance



- * Books / Source Materials
- * Research Databases
- Desktop Computer Use
- Printer Use (free)
- Copier Use (10¢ each side)



- * FAFSA
- * Scholarships
- * Grants



- * Class Schedules / Changes
- * Official Transcripts
- * School Status



- * Job Search Help
- * Community Resources
- * Student Government Association (SGA) & other student organization info
- * Volunteer Information



- * Changing Majors — go to the Academic Advisor of the major you're interested in pursuing
- * Program Information
- * Tutoring Assistance
- * Class Concerns



BRING YOUR KEISER ID