

SOUTHEASTERN

LOUISIANA UNIVERSITY

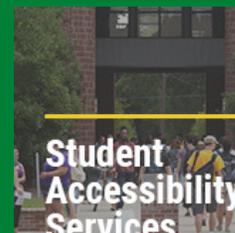
Need to be away from campus or just wish to add a guest speaker in your classroom? Invite us to cover class and present on various topics that impact students' lives!

Don't Cancel Class

Sponsored by the Division of Student Affairs

Presentation Topics Include:

- **Southeastern History**
- **Servant Leadership**
- **"Keeping it on Schedule"**
- **"Is This the Real You?"**
- **Exercise is Medicine**
- **Free Speech 101: The 1st Amendment, the campus community, and you**
- **Get "LinkedIn" or "Left Out"**
- **How do I "Handshake?"**
- **Inclusive Programming**
- **Creating Safe Spaces**
- **Get Engaged - OSE Collab**
- **Anxiety: The Crisis in Our Minds**
- **Are you Career Ready: Connecting the 8 Core Skills to Your Next Step**
- **ACE Your Next Big Interview!**
- **Response to an Active Assailant**
- **Intramural Sports**
- **"The Challenges of Choice, Connection, & Change"**
- **Self Determination & Self Advocacy**
- **Common Learning Disabilities in Classrooms Today**





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Here's how it works:

- Select the workshop you desire from the descriptions on the following pages.
- Contact the workshop presenter(s) *DIRECTLY* and schedule the desired workshop. Contact information is provided at the end of each workshop description.
- We require a minimum of five days advance notice; same-day requests may not be fulfilled.
- All workshops are approximately forty-five minutes to one hour in length.
- When a presenter comes to your class, they will take attendance and provide you with this info.
- Presenters will survey students (via email) after the workshop has concluded to assess the effectiveness of their workshop. You may request this information from the presenter at any time.
- If you would like a post-workshop assignment for your students to complete, advance notice must be given.

Workshops Offered



Southeastern History

Presenter: Zach Rogers

Synopsis: Ever wondered how Southeastern became the university it is today? From a small conversation over coffee, Linus A. Simms set in motion an idea that blossomed over 90 years later into a thriving university setting records and leading other institutions in the state and the country. Explore the history of Southeastern Louisiana University and learn of fun facts through nine decades in Hammond, La.

zach.rogers@southeastern.edu / 985-549-2120

Servant Leadership

Presenter: Zach Rogers

Synopsis: The word 'servant leader' is used a lot but what does it actually mean and who coined the phrase? Students will receive an opportunity to learn the origins of servant leadership, what it means to be a volunteer, and they understand the importance of giving back to your community from learning about influencing leaders in world history while acknowledging the smallest efforts can make the biggest difference.

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"Keeping It on Schedule"

Presenter: Adonica Reed

Synopsis: This presentation will consist of teaching students how to manage their time while balancing work and life. Students will be able learn different techniques about time management and setting realistic deadlines for themselves.

Adonica.Reed@southeastern.edu / 985-549-2120

"Is This the Real You?"

Presenter: Adonica Reed

Synopsis: This presentation will help students learn the importance of being true to themselves and how to develop their strengths and weaknesses. We will discuss how your current leadership style can positively and negatively affect your professional development and decisions.

Adonica.Reed@southeastern.edu / 985-549-2120



Exercise is Medicine

Presenter: Seth Thomas

Synopsis: Based on the book, *Spark*, by John Ratey, MD and Eric Hagerman. This presentation elaborates on the benefits of exercise. It provides research that proves exercise is truly our best defense against everything from mood disorders to ADHD to addiction.

seth.thomas@selu.edu / (985) 549-5727 / @TheRECDirSLU



Free Speech 101: The 1st Amendment, the campus community, and you

Presenter: Lee E. Lind, Ed.D.

Synopsis: A brief introduction to the rights and responsibilities regarding free speech. Participants will receive an introduction to the concept of free speech in the United States, an overview of the legal framework, and explore issues around speech in popular culture. Emphasis will be placed on the individual's role and rights in the exercising free speech on a university campus.

llind@selu.edu / (985) 549-3731



Get "LinkedIn" or "Left Out"

Presenter: Ken Ridgedell

Synopsis: An overview of what LinkedIn is and how it can be beneficial for career exploration, career discovery, and with building a network for career and job searching. Discussion will include a closer look at content management, do's and don'ts of using LinkedIn, and how important overall social media content management is to consider as it relates to the job search process. Time permitting, information will be presented about how Handshake, Career Services recruitment software system, can also be used to connect and network with employers and other college students across the nationwide network.

careerservices@selu.edu / (985) 549-2121 / www.selu.edu/career



How do I "Handshake?"

presenter: Carmen Maillet

Synopsis: An overview and rundown of all that Handshake, Southeastern's Office of Career Services's recruitment software system, has to offer students and alumni. A closer look at how to best go about using Handshake for career exploration, job and career searches, employer connections and research, and networking with other like-minded college students from across Handshake's nationwide network will be provided.

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Inclusive Programming

Presenter: Mattie Hawkins

Synopsis: As we all know, MISA is composed of multiple focus areas that cater to many diverse student groups on Southeastern's campus. During this presentation, we will take a deep dive into the different aspects of intentional but yet inclusive programming for all MISA student groups.

mattie.hawkins@southeastern.edu / 985-549-2120

Creating Safe Spaces

Presenter: Mattie Hawkins

Synopsis: Inclusivity is defined as the practice or policy of including people who may be otherwise excluded or marginalized due to physical or mental disabilities but are not limited to members of minority groups. MISA focuses on providing resources for the following student groups: International, Multicultural, LGBTQ+, Commuter, Transfer, and students who are differently-abled. During this workshop, we will discuss how we can create safe spaces for student groups on campus.

mattie.hawkins@southeastern.edu / 985-549-2120

Get Engaged - OSE Collab

Presenter: Mattie Hawkins

Synopsis: Want to get involved? Here are the How To's to becoming involved on Southeastern's campus.

mattie.hawkins@southeastern.edu / 985-549-2120



Anxiety: The Crisis in Our Minds

Presenters: Dr. Peter Emerson & Courtney Williams

Synopsis: Focus on identifying crisis triggers and learning effective self regulation skills to deescalate anxiety and learn to more effectively deal with stress/crisis.

University Counseling Center (985) 549-3894 / slucc@southeastern.edu





Are you Career Ready: Connecting the 8 Core Skills to Your Next Step

Presenter: Sarah Nelms

Synopsis: The Career Readiness of college students is a vitally important issue in higher education, the labor market, and the public arena. According to the National Association of Colleges and Employers (NACE), career readiness is the attainment and demonstration of requisite competencies that broadly prepare college graduates for a successful transition into the workplace. In this program, students will learn what career readiness means and what the eight core competencies are with an emphasis on connecting students' transferable skills on their resumes and to job descriptions for which they may be applying. Overall, a focus on creating a future-centered mindset with regards to career readiness will be presented.

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ACE Your Next Big Interview!

Presenter: Craig Marinello

Synopsis: Interviews can be one of the most stressful activities within the job search process, but it doesn't have to be. Some of the reasons we experience elevated anxiety are due to a lack of preparation and knowledge on how to interview. This presentation was designed to help you close that gap, by providing tips and strategies for before, during and after your interview. In addition to these bite-sized nuggets of informational gold, participants will also be introduced and provided access to a dynamic web-based interviewing tool called Big Interview, where you can learn, practice, and improve your interviewing skills. Get ready to take your interviewing skills to the next level, and Ace Your Next Big Interview!

careerservices@selu.edu / (985) 549-2121 / www.selu.edu/career



Response to an Active Assailant

Presenter: Michael Beckner

Synopsis: Add another tool to your toolbox, learn the very fluent dynamics of an Active Assailant. How you can be prepared to react in that chaotic situation. Using RUN HIDE FIGHT.

michael.beckner@selu.edu / (985) 549-2318



Self Determination & Self Advocacy

Student Accessibility Services

Presenters: Kim Readlinger and Samantha Ricau

Synopsis: Learn tips and tools to help effectively communicate, convey, or negotiate your interests, desires, needs, and rights. Identify your personal goals, be aware of your legal rights and responsibilities, and communicate these to others!

accessibilityservices@selu.edu / 985-549-2247



Common Learning Disabilities in Classrooms Today

Student Accessibility Services

Presenters: Kim Readlinger and Samantha Ricau

Synopsis: School requires hard work in order to be successful. However, for some students, even hard work may not be enough. Additional challenges are faced by some students in the classroom due to learning disabilities. A learning disability is a disorder that inhibits the ability to process and retain information and can vary dramatically due to numerous mental processes that affect learning.

accessibilityservices@selu.edu / 985-549-2247



“The Challenges of Choice, Connection, & Change”

Office of Student Advocacy & Accountability

Presenters: Curtis Meyers, Antoinette Alack, and Andre' Carpenter

Synopsis: Choice theory defined places the emphasis on the individual in terms of their own feelings, actions, and decisions. Created by Dr. William Glasser, this theory states that all behaviors are a result of the desire to satisfy the five basic human needs (need to be loved and accepted, need to be powerful, need to be free, need to have fun, and need to survive). When students enter our office, they often have made a decision where they concluded that the benefits of their action outweigh the potential risks. Through choice, connection, and change, students will learn more on how to improve their critical thinking and implementing these skills into day to day interactions.

OSAA@southeastern.edu / 985-549-2213





Intramural Sports

Presenter: Jason Templet

Synopsis: Intramural Sports are organized in a way for people of the same community to be involved in athletic competition with and against each other. These leagues and events are separate from the intercollegiate athletic teams that exist at Southeastern. There are many benefits to participating in intramurals sports along with a variety of virtual and in person activities.

jtemplet@selu.edu / 985-549-2125



Meaningful Relationships and Mental Health

Presenter: Marcela Spicuzza

Synopsis: In a time of physical distancing and increased use of technology, social connectedness and relationships are vital to our wellbeing. This presentation will address the importance of developing and maintaining social relationships for better mental health, and guidance on how this can be done.

marcela.spicuzza@selu.edu



How We Become Our Parents: Family roles, rules, and generational patterns

Presenter: Courtney Williams

Synopsis: Looking into how our family shapes us as adults. This presentation will also cover how families can lead us to adopting roles, rules, and behavioral patterns.

(985) 549-3894 / slucc@southeastern.edu

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