

WELCOME ISSUE 2020



**THE LIONS' PRIDE
MEDIA GROUP**

WELCOME BACK



Haley

Hello Lions! My name is Haley Robinson, and I'm the new Editor-in-Chief of the Lions' Pride Media Group. I want to start by saying that this year has been really stressful and trying for so many of us, and we all should be proud that we have persevered through. With Fall 2020 being so vastly different than any other year for both us returners and new freshmen, I want to encourage you that you are not alone! We are all in this together (go wildcats), and we can lean on each other, six feet apart, of course, to get through this hybrid semester. A bit about me, I'm a Criminal Justice and English double major, and I'm a PSIO dispatcher for DCPD. I'm a lover of coffee, cats, food, design, and starting multiple TV shows at once and never finishing them. I can't wait to see all of you around campus – stay safe and stay healthy!

Welcome to the Pride!

I am the Creative Director and I've been here since Fall 2017! I'm a senior majoring in Computer Science with a minor in Multimedia Management and looking back now (3 years? time really goes by) I've had such an amazing time not only at Saint Leo University but here at the newspaper. I'm grateful of the experiences and opportunities that The Lions' Pride Media Group has given me. Fun fact time! I actually created the logo back in Spring 2018 and had a blast modernizing it from it's former version but keeping it's roots with the paw! I manage the online content on our website, oversee all creative managers and content such as videos, posts, and graphics

Christian

on social media and print. I have a passion and visual eye for design and typography and I love minimal design but I have a strong set of skills in any traditional or digital medium there is from painting to digital art. If you catch me working, you'll see my goofy side jamming to alternative indie!

NEWSROOM

SAB BUILDING
OFFICE 106

Dr. Valerie Kasper
FACULTY SUPERVISOR

Haley Robinson
EDITOR-IN-CHIEF

Alora Peters
ARTS & CULTURE EDITOR

Christian Silva
CREATIVE DIRECTOR

Anthony Martinez
SPORTS EDITOR

Gracie Swind
MANAGING EDITOR

Natalia Kurkova
WORLDLY NEWS EDITOR

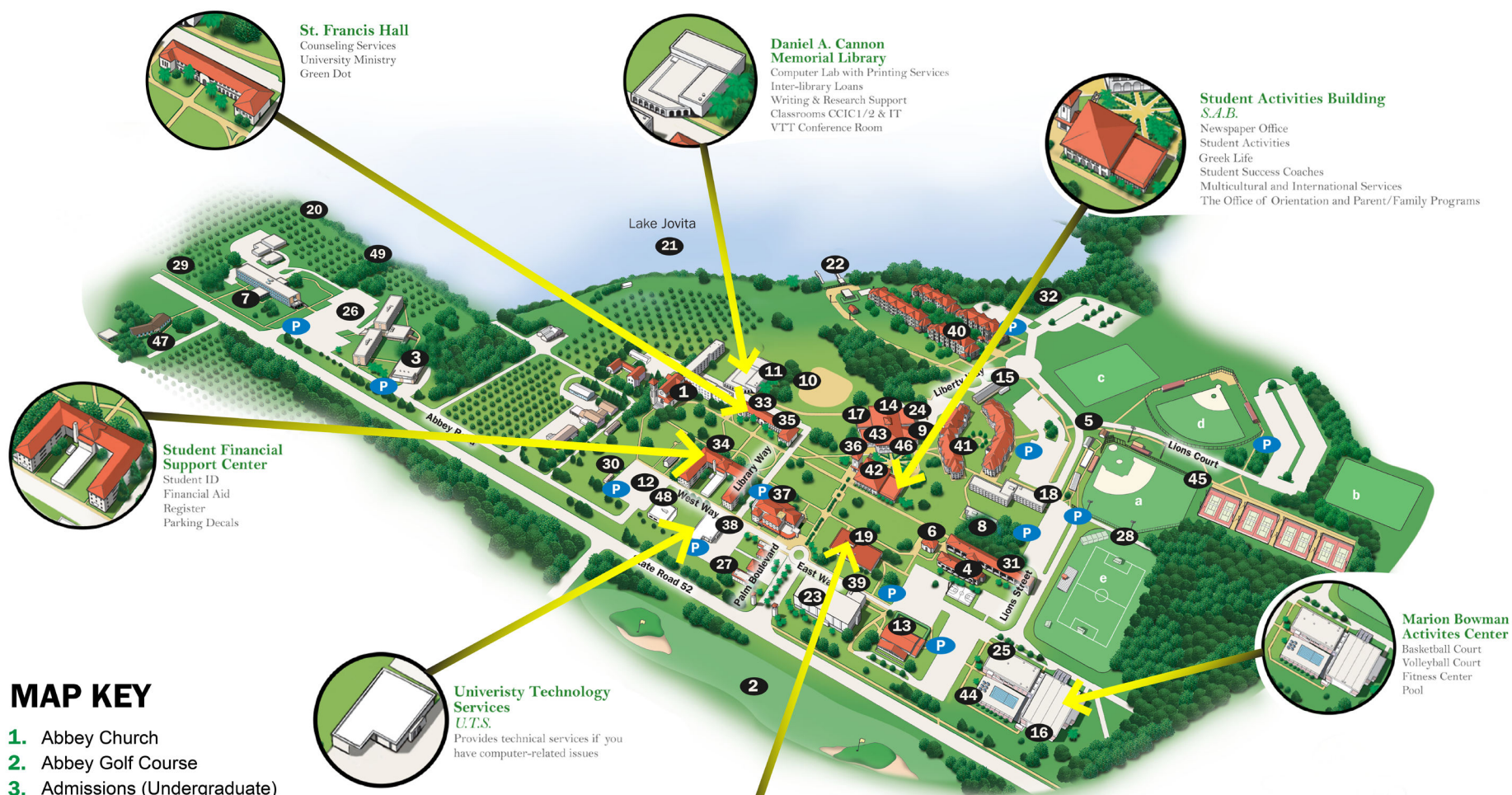
LETTER TO THE EDITOR:

500 WORD MAXIMUM – NO PROFANE OR SLANDEROUS LANGUAGE – FACULTY: INCLUDE NAME AND RANK – STUDENTS: INCLUDE NAME AND RANK

PLEASE INCLUDE A PHONE NUMBER TO VERIFY AUTHORSHIP – WE RESERVE THE RIGHT TO EDIT FOR GRAMMAR/SPELLING/LIBEL OR PUBLISH

– SEND SUBMISSIONS TO THELIONSPRIDENEWS PAPER@GMAIL.COM

CAMPUS MAP



MAP KEY

1. Abbey Church
2. Abbey Golf Course
3. Admissions (Undergraduate)
4. Alumni Residence Halls
5. Athletic Fields
 - a. Baseball Stadium-Thomas B. Southard
 - b. Intramural Field
 - c. Soccer Field
 - d. Softball Stadium
 - e. Turf Lacrosse Stadium/Parking Garage
6. Benedict's Coffeehouse
7. Benedictine Hall
8. Benoit Residence Hall
9. Bookstore
10. Bowl
11. Cannon Memorial Library
12. Chiller Plant
13. DeChantal Hall
14. Dining Hall
15. Fine Arts Building
16. Fitness Center
17. Greenfelder-Denlinger Boardrooms
18. Henderson Residence Hall
19. Kirk Hall
20. Lake House
21. Lake Jovita
22. Lakefront
23. Lewis Hall
24. Mail Center
25. Marion Bowman Activities Center
26. Marmion/Snyder Residence Halls
27. Music Building
28. Parking Garage Entrance
29. Plant Operations
30. Post Office
31. Roderick Residence Hall
32. Ropes Course
33. ROTC
34. Saint Edward Hall
35. Saint Francis Hall
36. Saint Jude Chapel
37. School of Business Building
38. Security
39. Selby Auditorium
40. Student Apartments 1-4
41. Student Apartments 5-6
42. Students Activities Building
43. Student Community Center
44. Swimming Pool
45. Tennis Courts
46. The Lions' Lair
47. The Villa
48. University Technology Services
49. Wellness Center – Coming Soon



Campus News

Changes to Campus Life During COVID-19

Emily Rachael Miller
Copy Editor

It's no surprise to anyone going back to Saint Leo University Campus that university life will look and feel much different than it has in the past, as Saint Leo makes plans to prevent the spread of COVID-19. The "Return to the Pride" document illustrated the major changes on campus, but still left many unanswered questions.

Dr. Mary Spoto, VP for Academic Affairs; Dr. Melanie Storms, Executive VP; and Dr. Jen Shaw, VP for Student Affairs, filled in some of the gaps the document left: mainly those regarding communication from the university, campus activities, new regulations for Masses, on-campus residency, and new regulations for Dining Services.

General knowledge about the coronavirus is much better than it was in March 2020, but the status of a COVID-19 vaccine and the number of positive cases is still liable to change on a daily basis. Thus, communication throughout this semester from Saint Leo is vital.

The "Return to the Pride" document addresses this, stating that "University personnel are committed to a robust communication plan and ongoing dialogue with students."

Spoto, Storms, and Shaw stated "As with any other issue, students have a wide variety of faculty and staff available to answer questions. For specific COVID-19-related health questions, Student Health is a great place to start. Depending on the question, other areas may be the best resource—housing questions should go to Residence Life, classroom questions to

faculty, and registration questions to your success coach or advisor."

Students are just as much a part of this communication as administration. If questions or issues arise, students should reach out to the aforementioned places.

Saint Leo plans to lessen the impact of issues caused by coronavirus in several ways. Activities on campus have been adapted to allow for social distancing; some will even be conducted remotely.

There will be "[a] wide variety of activities including a lot of live music—often on the Benedict's Coffeehouse patio or at the Bowl; Grab-n-Go activities you can do alone or with a roommate; virtual activities like exercise classes and cooking classes; speakers (with some attending in person, some via Zoom); workshops; religious activities; athletic and recreational activities; and more," wrote Spoto, Storms, and Shaw.

Last semester's activities were cancelled, but Fall 2020 is much more promising in that department.

The University Campus community will also be able to attend Mass this semester.

"Mass will continue to be held both at the Abbey and on campus. Depending on the circumstances, Mass may be streamed. The Catholic Church developed COVID-19 era guidance that is available online for how Masses work right now. All COVID-19



Benedict's has begun to block off seating in order to keep occupants at 50 percent capacity to encourage social distancing. Dining services are seeing other changes too; they plan to use only disposable utensils, bowls, plates, and cups.

guidance must be followed no matter what you are doing: masks, social distancing, etc.," wrote Spoto, Storms, and Shaw.

The Saint Leo Abbey Church is following the COVID-19 guidelines that the Diocese of St. Petersburg has provided, as well as their own additional guidelines. These guidelines include, but are not limited to, wearing a mask, washing one's hands before entering the Abbey Church, receiving Holy Communion only on one's hands, and choosing center aisle seats in pews that have not been blocked off. More information can be found on the abbey's website, saintleoabbey.org.

Those who live on campus face additional regulations with regard to their residency situation. The "Return to the Pride" framework addresses those regulations under the "Housing" section. Specifically, it states that the only visitors allowed are those part of the Saint Leo community and that "all residents in the unit must agree that guests are permitted." Saint Leo's core values of respect and community play a major role in this situation.

"Just as with any roommate discussion, the roommates determine for their housing unit if they are comfortable with guests in their space. The roommates come to agreement and hold each other accountable. If roommates cannot resolve a situation, they should involve their resident assistant," wrote Spoto, Storms, and Shaw.

The coronavirus pandemic has—by no means—created an ideal situation. But respecting one another's comfort zones can work towards building a welcoming

and healthy environment.

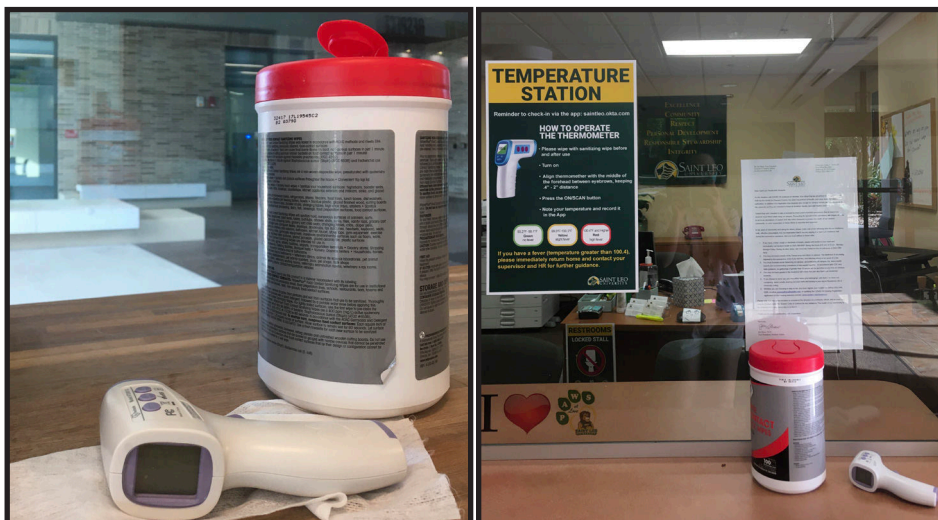
Dining services have also enforced new health regulations, many of which were addressed in the "Return to the Pride" framework. Spoto, Storms, and Shaw clarified and added to the previously-written regulations and helped create a clearer picture of what dining services will look like this semester. Specifically, they addressed seating, self-serve options, and waste management.

"Seating in the Dining Hall is limited since we also must account for the lines for the different stations and servers. There is abundant outdoor seating and seating in other areas (Apartment 5 Lobby, for example; outdoor seating by SCC and SAB)," stated Spoto, Storms, and Shaw.

Seating in the Dining Hall, as well as other common areas, will be limited through the removal or the blocking off of chairs and benches to allow for social distancing.

The Dining Hall itself has also changed. Though it previously supported self-serve stations, such as the burger station and the salad station in the evening, this feature has been eliminated.

"Self-serve options will not be available at this time. All food stations in the dining hall will be staffed and served by dining staff," stated Spoto, Storms, and Shaw. "In addition, look for the new grab-and-go options on the second floor of the Dining Hall, which are part of the meal plan and the new and renovated Lions' Lair for other food options. As always, enjoy Benedict's Coffeehouse and your favorite Starbucks drink!"



Temperature stations are currently placed in Kirk Hall and the Student Activities Building. The University Campus community can use these to complete the COVID-19 Daily Check-In and keep track of their own health.

Campus News

Classes During COVID-19: Safety and Communication are Key

Emily Rachael Miller

Copy Editor

Faculty members and students should prepare to have an open dialogue about classes and scheduling this Fall 2020 semester, as the coronavirus may create complications for both groups. Saint Leo University is also trying to ensure the safest experience for the University Campus community.

The “Stage 2: Fall 2020 – A Framework for Returning to the Pride,” which was sent on June 24, and various follow-up emails about classes both outline the general changes to the physical classroom experience.

The framework and emails explain that masks and social distancing are required outside of dorms. They also discuss the hybrid classroom and online classroom options. However, the packet still left some students and faculty wondering how exactly hybrid and online classes might operate in the Fall 2020 semester.

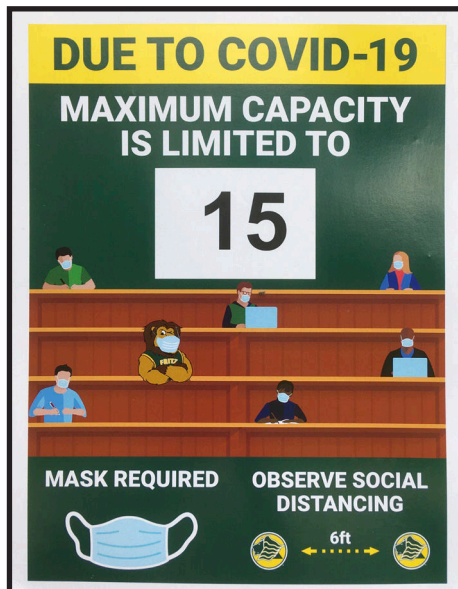
Dr. Mary Spoto, VP for Academic Affairs; Dr. Melanie Storms, Executive VP; and Dr. Jen Shaw, VP for Student Affairs, were all happy to answer questions and fill in details that the framework left out through an email-conducted interview.

Students who decide to take hybrid classes will be split into an A group and a B group and alternate between classes through Zoom and face-to-face.

“Students may have Zoom one class and be in person for the next. There are a large number of spaces on campus to “attend” a Zoom class including Benedict’s Coffeehouse, Benedict’s Patio, SAB and SCC loggias, SAB lounges, Cannon Memorial Library, library patio, Tapia College of Business lobby, Kirk Hall lobby, Kirk upstairs, empty classrooms, etc.,” wrote Spoto, Storms, and Shaw.

In other words, commuters may have to stay on campus for some class meetings on Zoom if their preceding class is in person and they cannot make it home in the 20-minute time period between classes.

The “Return to the Pride” framework states that “students who attend [class] via Zoom when they are expected to be in the classroom may be considered absent with regards to attendance policies.” Spoto, Storms, and Shaw say this may also apply for students who do the opposite—attending class in the classroom rather



Signs outside certain rooms, such as this sign by Selby Auditorium, state limits of the number of people allowed in the rooms.

than via Zoom. Those not following the mask-wearing requirement cannot attend class in the classroom for their safety and the safety of others.

The physical classroom set-up will accommodate for social distancing requirements as well. Classrooms will have less desks, tables, and chairs and more space between said furniture.

Additionally, “many locations on campus have had furniture removed. Other spaces will use signs to mark furniture that should not be used,” stated Spoto, Storms, and Shaw.

These are not the only precautions Saint Leo plans to take for in-person classes.

“Classrooms and other facilities will be cleaned frequently and thoroughly. And sanitizer and disinfecting supplies will be available for every classroom,” Spoto, Storms, and Shaw stated.

Thus, students and faculty do not have to bring or buy their own cleaning supplies, but they may take advantage of the ones available for extra precaution.

“Return to the Pride” and the follow-up emails discuss classes online as well; specifically, they mention that one course for most students will be fully online and taken over an eight-week period.

“[S]elect campus courses were chosen because they had an online counterpart that could be taught by the same instructor scheduled to teach the campus version of the course,” wrote Spoto, Storms, and Shaw. “The changes are reflected in the student class

schedules, but schedules are still in flux at this point, so students should work with their Success Coaches/Advisors regarding their schedules.”

Success Coaches and Advisors can likely be reached through email. Success Coaches are organized by college and students can find their Success Coach or Success Coach contact information online at saintleo.edu/university-campus-student-success-coaching.

Class schedules are not the only thing to change this semester; class content must also accommodate for preventing COVID-19. This shift in content is up to faculty. Tests throughout the semester may be online or in-person and group projects may still be part of a professor’s curriculum.

“Faculty will determine how [tests] will work best for their course content,” stated Spoto, Storms, and Shaw. “Group projects will likely be featured in many professors’ plans and may be managed virtually or in-person only when space and physical distancing allow.”

Faculty and students may work together on the structure of a given class, however. Faculty members are expected to discuss with students who will be in group A or group B for hybrid classes. As for directed studies, each one may look different.

“Each student should work with their faculty member to determine how directed studies will work,” said Spoto, Storms, and Shaw.

In other words, some directed studies may be conducted fully online and some may be hybrid, depending on the needs for the study, the professor, and the students.

Students and faculty will be adjusting to new face mask and social distancing regulations as well as different class content and structure. With these complications in mind, communication between students and faculty may be advised to ease confusion and worry. In any case, Saint Leo plans to keep facilities clean and the community healthy.



Signage indicating social distancing is abundant at Saint Leo, including inside of classrooms, as it is important to keep the community safe and healthy; everyone needs a reminder now and again to help assimilate to this new way of life.

Campus News



Housing Rules this academic year has been complicated due to the looming threats that exist with the COVID-19 pandemic; however, Saint Leo has implemented these protocols to protect the health of its community.

Photo by Alora Peters

Living Within the Pride: Housing at Saint Leo University in Fall 2020

Gracie Swind
Managing Editor

As the University Campus students return to campus for the Fall 2020 semester, students who have chosen to live on campus are facing a vastly different lifestyle as a resident than they remember from March earlier this year. Saint Leo University has released a number of documents outlining the expectations they hold for new and returning student residents this fall.

Although it is highly recommended for each and every student to review carefully and thoroughly the “Stage 2: Fall 2020 – Return to the Pride” document, as well as the “Housing Addendum” document in their respective entirety, below is a simplified collection of the new housing policies. This information is compiled from both the “Return to the Pride” document and the “Housing Addendum” released July 31; this information is current and accurate as of August 14, 2020.

Daily Expectations of University Campus Residents

- Face coverings are required when residents are not in their residence hall room/apartment including walking around outdoors.
- Daily health checks will be required for every student on

- campus. These checks will track the students’ travel, temperature, symptoms, etc. and must be completed by 4 p.m. each day.
- Visitors from outside the University Campus community will not be permitted.
- Social distancing regulations include:
 - o Keeping a six foot distance at all times
 - o No more than 10 individuals permitted in one area at any given time
 - o Limit physical contact
- Students are expected to increase handwashing and sanitation.
- Elevators are limited to one-person occupancy at a time; face covering is required. Use of stairwells is encouraged with compliance of directional guides and distancing.
- Residents should wipe down commonly used surfaces before and after each use, including surfaces in individual living spaces such as common areas (kitchens, bathrooms, living rooms, etc.) in apartments.
- Residents should wear masks and practice social distancing when using restrooms and wait outside if the restroom is occupied. It is encouraged for residents to wipe down surfaces, faucets, and knobs before and after each use in personal bathrooms, as well.

Testing and Quarantine/Isolation Housing Regulations

- Students arriving from locations under any emergency orders must quarantine for 14 days prior to arriving on campus.
- Any students who are symptomatic will be tested for COVID-19 and quarantined if necessary.
- Resident needs, such as meals and trash pickup, will be facilitated and fulfilled by the Health Center, Residence Life, and Campus Safety and Security offices.
- Students placed in quarantine will not be able to remain in their residence hall and will be moved to a designated isolation location for the period of at least 14 days.
 - o During this quarantine students will:
 - be contacted twice daily for temperature and symptom checks,
 - be able to continue attending class via Zoom if well enough, and
 - be required to provide two negative test results before moving out of self-isolation if they provided a positive lab test.
 - o Contact tracing will occur at the university’s discretion and students are who are identified as “close contacts” under the DOH/CDC definition will also be

- required to quarantine.
 - The CDC defines a “close contact” as “any individual within six feet of an infected person for at least 15 minutes.”

Other Regulations and Procedures

- Housing and dining will remain open through the last day of the semester, even as classes are moved online following Thanksgiving break. Students may remain on campus and use meal plans through the December closing date, but, depending on their travel during the break, may be required to self-isolate for 14 days.
 - Airport shuttles, Safe Ride, and Lions Express will operate under reduced capacity with increased cleaning protocols and face coverings required.
 - Common areas may be closed at any time at the University Campus’ discretion.
 - There will be no refunds afforded to students for any incidents out of Saint Leo’s control.
- ### **Housing Addendum**
- In the event of a hurricane all students who are able must go home due to limited space.
 - Unless Saint Leo delays moving in, out, or relocation, the terms as outlined in the addendum will not be altered.
 - o This includes:

Campus News

- Residents' obligation to comply with terms of the Housing Agreement,
 - Full payment of meals and housing, and
 - Whether or not the Residents' rights under the Housing Agreement may be altered, interrupted, or materially and adversely affected (such as use of common areas, meal plans, etc.).
- As stated in the addendum, Saint Leo can and may change or cancel the addendum or housing agreement in its entirety without penalty (legal or monetarily) due to circumstances beyond the university's control. This provision includes natural disasters such as hurricanes and updates to the coronavirus pandemic.
- o Residents are subject to:
 - terms and conditions of the housing agreement,
 - all university policies and procedures, and
 - the terms and conditions of the housing addendum.
 - New requirements outlined in the Housing Addendum (some repeated from above):
 - o Daily online check-in by 4 p.m.
 - o No outside visitors – limit of one Saint Leo student visitor per resident at any given time, and all

- residents must agree to permit any visitor
- o Face masks or face coverings must be worn by all residents outside of individual living unit (apartment or room) when in the presence of others and in public settings both indoors and outdoors (for example, when walking in the hallways, common restrooms, building lobbies, walking to/from class or dining locations).
 - o Social distancing:
 - Six-foot distance
 - No more than 10 individuals in one area
 - No mass gatherings
 - No physical greetings or affection
 - o Increased handwashing with regulations on specifications for sanitation
 - o Residents should:
 - wipe down commonly used surfaces before and after each use
 - wear masks and practice social distancing when using restrooms
 - limit elevators to one person at a time (with use of face coverings when in elevator alone and avoidance of touching elevator buttons with exposed hands or fingers)

- use of stairs encouraged whenever possible with face coverings and compliance with directional signs when possible, as well as avoiding using the stair railing
- o Common areas may be closed
- Under no circumstances will the housing or meal costs be amended due to circumstances outside the university's control. Refunds for food and housing will not be administered at any time for any reason.

Students living on campus in the Fall and who present symptoms of COVID-19, test positive for the virus, or have recently been in contact with someone who tested positive will be required to self-isolate or quarantine. Students who are asked to self-isolate or quarantine will be able to do so at home or with a friend in the area if they are able, but the university is also providing isolation areas on and off campus for any students who need it or prefer it.

The Director of Residence Life, Tory England, stated in an email interview with The Lions' Pride newspaper that in the event that a student is asked to self-isolate or quarantine and they choose to do so off-campus, that "[student is] not permitted on-campus for any reason until the isolation/quarantine period has ended."

England discussed on-campus self-isolation areas as well.

"The self-isolation areas are currently located within East Campus, and if necessary, a local hotel. All traditional amenities are offered in the rooms. Students are encouraged to bring their own bedding, an overnight bag including clothes, toiletries, medications, school supplies (including computer to continue academic obligations), and items to keep themselves entertained. [...] During [the period of quarantine], staff will coordinate with students to choose their meals from the dining hall, and the meals will be delivered by Campus Safety," said England. "Students are not 'locked' in the self-isolation rooms, however, in accordance with CDC and university guidelines, students must stay in the room or designated outdoor space. If a student violates the quarantine/isolation agreement, they may be referred to the Student Conduct office for formal judicial action, including but not limited to, immediately losing their on-campus housing privilege, without refund."

It is highly encouraged for each individual student to read the documents provided by Saint Leo in order to ensure they are following all newly-established policies. Understanding the guidelines the school is putting forward for the fall, as well as the possible penalties for infringing on new policies, is the first step to ensuring a safe year for yourself and the university campus community.

COVID-19 Suspends CAVE Printing & Other Changes

Haley Robinson

Editor -in- Chief

The central hub for printing, tutoring, and studying The Center for Academic Vision and Excellence, aka the CAVE, is undergoing some significant changes this year. The Assistant Director of Tutoring Services, Jo Hutterli, explained the changes the CAVE is implementing. With COVID-19 limiting person to person interaction, the CAVE will be modifying many of the services that they offer for student success.

The first significant change to the CAVE is that printing services on the first floor of Kirk will not be available for the entirety of the Fall 2020 semester. However, Jo did explain that the library, located near the Bowl behind St. Francis Hall, will be offering printing services.

Jo advised that computer use in the CAVE will be reduced by 50

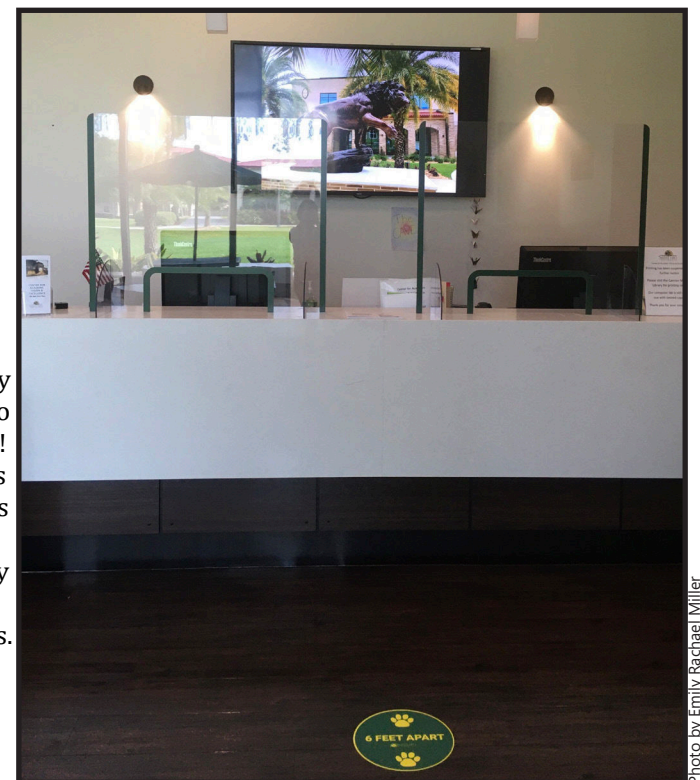
percent, with every other computer operable and accessible to students, in accordance with university social distancing guidelines.

The second change will be how Tutoring and SI sessions will be held due to the new guidelines. Jo said that "for the fall semester, all tutoring and SI Sessions will be 100 percent online. We will be integrating Zoom into our appointment-making system, Accudemia, so students can easily set up a meeting with a tutor and immediately receive a Zoom invitation with their tutoring confirmation". Accudemia is located on the Okta landing page upon first signing into your Saint Leo account.

Jo also explained that the CAVE would "have workarounds in place in the event that a student is experiencing connectivity or technology issues." She said that "offering online support is exciting for us because we will be able to offer increased opportunities for connecting with all university students

in a user-friendly, versatile format." Jo wanted to remind the student body that the "CAVE peer-tutors and SI Leaders are experiencing the same academic adjustments as their fellow Lions. They understand student learning strategies and are ready to bring their A-game to help students succeed"!

All of the schedules involving CAVE services will be published on the Saint Leo University website by the end of the first week of classes. Jo said that students are welcome to call the CAVE at 352-588-8307 with questions about the new changes or online learning.



If students need help from the CAVE, they can do so online or in person. The new sneeze guard will allow for a safe experience for everyone.

Campus News

Socializing and Social Distancing? New Student Orientation and Making Friends Amidst the Coronavirus

Alora Peters
Arts and Culture Editor

“Face masks must be worn by all when in the presence of others. Always stay at least six feet from other people. Avoid mass gatherings. Do not hug, shake hands, or otherwise have physical greetings that require touching.”

“Students failing to comply with applicable behavioral expectations will be subject to conduct charges.”

These rules—outlined in Saint Leo University’s Return to the Pride framework—are being put in place and enforced in response to the COVID-19 pandemic, for the safety and health of all students, faculty, and staff on the university campus.

It is an understandable and noble sentiment. However, the proposed guidelines raise some serious questions about the social wellbeing of Saint Leo students in the fall. If students adhere to the above social distancing measures, does this mean that they will go through the semester without any form of physical interaction with others? Will students see the faces of their fellow classmates only occasionally—when eating or through a computer screen?

And what does all of this mean for making new friends?

For many incoming students, starting at Saint Leo means adjusting to a new daily and weekly schedule, sleeping under a different roof, becoming an autonomous adult, and even learning to live in a new country. Meeting friends can seem a daunting task, given all of the additional challenges that come with the first year of college.

This is why, from the moment a person sets foot on campus, Saint Leo attempts to emphasize their Core Value of Community and work at building lasting relationships among students. One of the ways the university does this is through New Student Orientation and Welcome Week.

Last fall, Saint Leo welcomed over 1,000 new students—a record-breaking number—to



With new measures being put in place to prevent the spread of the COVID-19 pandemic, Saint Leo’s welcomed students as they move in on campus the week before the start of fall classes.

campus during New Student Orientation. The number of people attending orientation was so large that some events, such as the “Welcome to the Pride” and the Convocation Ceremony, permitted only three persons per party—a student and two family members or guests—to attend in order to avoid overcapacity in the Marion Bowman Activities Center.

Due to COVID-19 precautions, New Student Orientation 2020 has already undergone a variety of modifications, and changes are still being made to the schedule as the pandemic situation fluctuates.

According to Dawn McElveen, the Director of Orientation and Parent/Family Programs here at Saint Leo, the adjustments to the program started happening back in the spring.

“Starting this year, we were originally supposed to start transitioning to summer orientations,” said McElveen. “But by April, we realized that wouldn’t really be doable.”

The initial idea was to have

four, smaller two-day orientations for incoming students spread throughout the summer, and to culminate with a massive Welcome Week celebration.

“It is still our intention to do a Welcome Week that is more robust than we have had in the past,” said McElveen. Nonetheless, activities and informational sessions will be different.

Among these changes is the potential shift to “hybrid”—half in-person, half online—activities due to the necessity of keeping a building or room at less than 50% capacity.

“We might have an in-person activity, but only for so many students,” said McElveen. “For convocation, for example, we’ll have about two hundred students actually in the gym, whereas the majority of the new students will actually be streaming it because of those space limitations.”

Other activities will include unfacilitated or self-guided activities, where students can pick up instructions and game materials

from stations around campus to complete the activity alone or in a group.

One of the main goals is to keep students active and from feeling lonely.

“We’ll have live music or performances near Benedict’s Coffee House every day, other activities in the evening, the admissions office will do meet-and-greets every day, we’ll be having campus tours... stuff like that, so that students have something to do, so they’re not just sitting in their rooms by themselves, feeling homesick,” said McElveen.

Coronavirus-preventing precautions will also have an effect on a student’s families and friends who would like to say goodbye. Unfortunately, they won’t be able to do so on campus.

“Typically, there is a day for parents at orientation. Last year, there were two,” said McElveen. “This Fall, there will not be any physical, in-person programs for parents,” as the university is “really

Campus News



Photo obtained from @SaintLeoVPIen

The Gold Rush Dancers helped with welcoming new students to Saint Leo during orientation, all while following safety protocols, such as wearing masks.

encouraging people to depart as quickly as possible.”

The informational sessions for parents and families have largely moved online via the remote platform Zoom, consisting of biweekly or monthly webinars and question-and-answer programs with Saint Leo representatives. The sessions have covered a variety of topics, such as financial aid, work study programs, housing selection, and much more.

“It’s something new, but it’s something positive,” said McElveen. “It’s been good to ease people’s anxieties and answer questions ahead of time.”

It is additions like this, McElveen says, that the university hopes to continue even after the pandemic has subsided.

“I’m more excited about the positives,” said McElveen. “People are really hungry for interactions. I think that might mean that people will interact with people they might not ordinarily interact with. I hope that people will be a little bit braver if they’re shy or introverted. Because we’re so hungry for interactions with others, we’re going to have more genuine and deeper interactions, too!”

An important thing for new or

returning students to remember is that they will not be alone in these unprecedented times. Last year, Saint Leo did welcome a record-breaking number of new students—but the number of incoming students this fall is not too different.

“Last year’s 1,000+ numbers factored in graduate and transfer students,” said McElveen. In terms of incoming freshmen, however, “we were actually closer to about 960.”

Currently, about 940 freshmen are registered to begin at Saint Leo

in Fall 2020. That’s 940 students who are looking—in some way—to build connections with others.

Classes will be different. Activities will be different. Friendships will be different.

But that doesn’t mean that it can’t be a great new year.



Photo by Emily Rachael Miller

There are various protocols, such as social distancing and avoiding handshakes, to prevent or limit the spread of COVID-19 as reminded by signs around the campus; however, this does not fully limit students’ ability to connect with each other this year.

Campus News

Different Avenues For Financial Assistance

Randawnique Coakley

Former Managing Editor &
Former Worldly News Editor

Do you want a job, but don't know where to start? Do you know what the requirements for some jobs are? Do you know the difference between work-study and non-work-study?

Federal Work Study (FWS) is a program implemented by the United States government that subsidizes paychecks for undergraduate and graduate students working part-time. Domestic students can qualify for work-study by applying for Free Application for Federal Student Aid (FAFSA) and indicating on the application their interest in FWS. Also, FWS eligibility is reviewed each year and whether or not students receive it is determined by their FAFSA.

Although domestic students can apply for FAFSA and qualify for work-study, this does not apply for international students.

"International students are not eligible to get FWS (Federal Work Study)," said Paige Ramsey-Hamacher, the executive director for Student Success. "This is because this is awarded by the US federal government to US citizens or permanent residents who have filled out the FAFSA form and have shown financial need. Not all US citizens get this award either."

In fact, domestic students, who apply for FAFSA, are granted FWS on a first-come, first-served basis until the allotted funding is exhausted. FWS is also granted based on financial need, and FWS is intended to help fund some of students' educational expenses.

"Financial need is the difference between the cost of attendance (COA) at a school and the Expected Family Contribution (EFC). Need is reduced by the total amount of all scholarship and/or grants; if there is remaining need and there are remaining allocated funds, a student will be awarded," said Nisa Harrelson, a financial aid technical advisor.

Also, Student Financial Services (SFS) plays a role in evaluating the FWS each student is awarded.

"Student Financial Services must evaluate what the student has been awarded for the year to determine how much in federal work-study funds he or she can receive. If new scholarships or grants are awarded to the student throughout the year or the student

decides to change the financial aid awards, federal work-study will be evaluated to ensure we are following federal compliance rules. During the evaluation process, the amount of awards may change," said Elaine L. Feeney, the director of Student Financial Support.

When awarded FWS, a student is given a certain amount for the semester and the student cannot earn more than the amount awarded. However, as Feeney mentioned, the FWS amount awarded may decrease during the year due to extra funds awarded through grants or scholarships. This is why it is imperative that students are aware of the amount awarded.

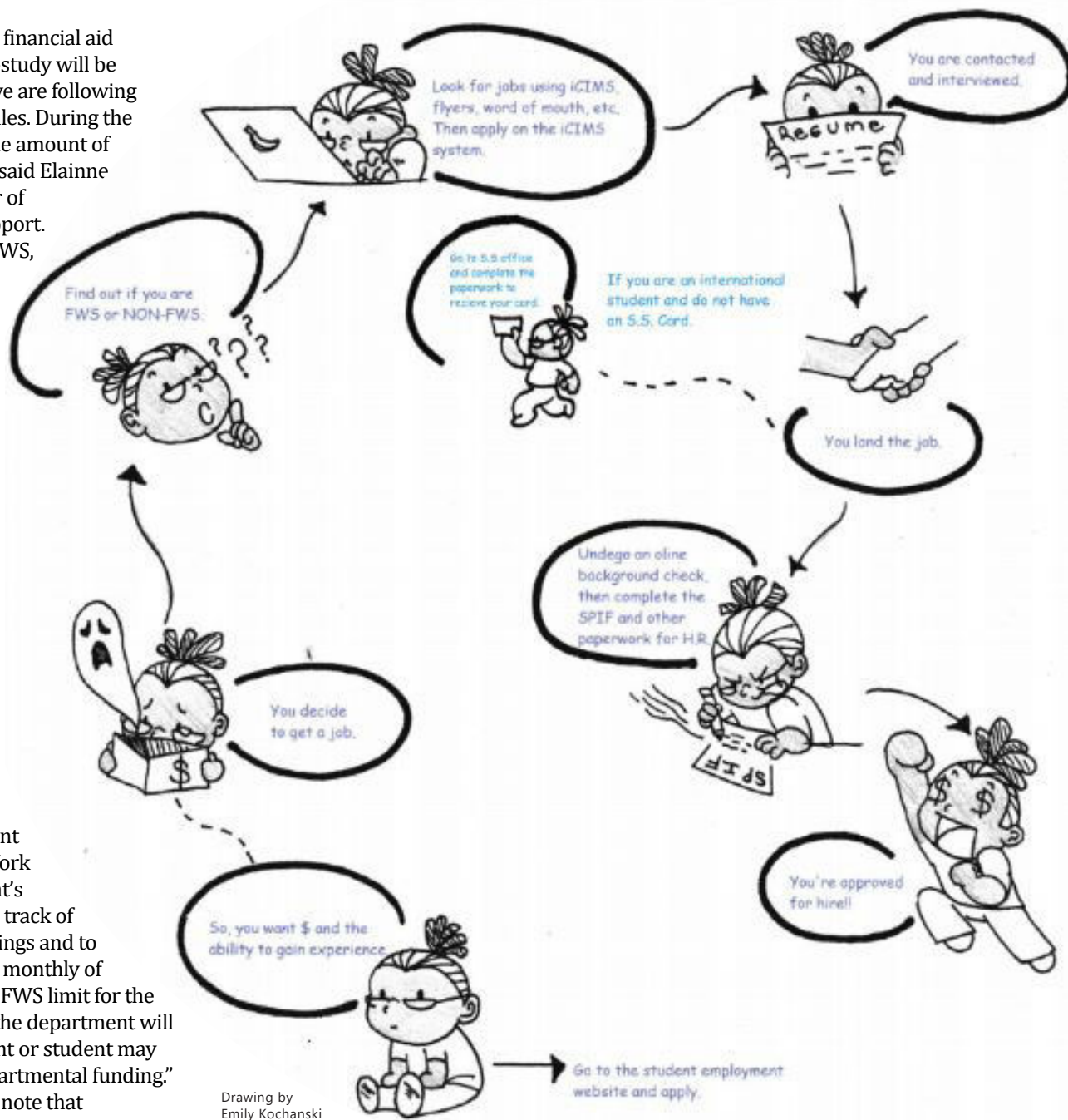
According to the 2019-2020 Student Employment Handbook: "If a student is awarded Federal Work Study, it is that student's responsibility to keep track of cumulative FWS earnings and to advise the supervisor monthly of the balance. Once the FWS limit for the semester is reached, the department will terminate employment or student may be transferred to Departmental funding."

It is important to note that FWS money is limited because the allocation from the federal government is a limited amount and the amount changes annually. Therefore, Saint Leo only can spend what is allocated by the government; however, Saint Leo's administration makes efforts to try to increase the FWS funding.

"We request additional FWS funding each year from the Federal government. We have received some slight increases over the past few years. However, that is out of our control," said Melinda Clark, the associate vice president of Student Financial Services.

Since FWS is limited, many students are bound to be denied FWS funding; there are common reasons why students are denied funding for FWS.

"The most common reason that a student is denied funding is due to (a) the allocation granted to the University has been exhausted and/or (b) the student



The path for student employment is not as complicated as you may think.

has no financial need as determined by the Department of Education once the FAFSA has been completed," said Harrelson.

For the students who are awarded FWS, they would apply for a FWS job on campus to earn the federally funded income. According to Clark, everyone who is awarded FWS can get a job on campus, if each student is willing to work where the jobs are available.

"The most common positions for students on campus are positions in the Admissions, Athletics, Library, Newspaper and Student Services departments," said Harrelson.

Luckily, last year, there was an abundance of jobs available on campus, according to Clark. She even dispelled

rumors that there are limited jobs available for students by stating that typically there are unfilled on-campus positions and not every student awarded FWS decides to work on campus, and this was no exception last year.

"I don't recall complaints concerning student employment job availability last year. In fact, jobs went unfilled last year. If a student is willing to work anywhere, it seems all jobs would have been filled," said Clark. "History indicates that not all students who receive the FWS award want to work on campus... Often students do not wish to work while enrolled or may have a job off campus. Jobs go unfilled every year."

As Clark mentioned, sometimes, students who receive FWS funds may not

Campus News

decide to work on campus. However, if students aren't willing to work and they have been awarded FWS, it is important they report to the school that they decline the FWS money awarded. If a student is not interested in FWS or if they have any other concerns or questions regarding financial aid, they should email sfs@saintleo.edu or call Student Financial Support at 800.240.7658. This is important for the student, who is no longer interested in using the FWS award by working the FWS job, to contact Student Financial Support so they can ensure that another student on the waitlist can receive the award, seeing that FWS funds are limited on campus.

Although there are limited FWS opportunities, there are other opportunities for financial assistance. Those who are not eligible or don't qualify for FWS at Saint Leo are still able to apply for another type of job, which is supported by school funds. These types of jobs are known as non-FWS jobs or Institutional Funded Employment, which is open to both domestic and international students.

In past years, there had been complaints among the student body about the limited number of jobs available and that the number of FWS jobs heavily outweighs the non-FWS jobs. However, during the 2016-2017 academic year, 52 percent of the jobs on campus were FWS, and 48 percent were non-FWS, according to Clark. So, over the years, there has been a similar ratio of FWS jobs compared to non-FWS jobs offered. Also, to accommodate more student workers, there has been an increase in FWS jobs over the years; in 2016-2017, there were 290 FWS positions, and there was a drastic increase of students holding FWS funded jobs, with 307 in 2018-2019, then 340 in 2019-2020.

Therefore, there are numerous student employment opportunities. So, for students seeking such employment but unsure where to start, Career Services is there to help. Career Services first held the Student Employment Fair in Aug. 2017 and continued to hold the event periodically, with the purpose of helping students find employment on campus, especially freshmen or transfers who are new to Saint Leo University. Career Services hopes to continue this tradition by holding a virtual student employment fair at the beginning of this academic year, which also would help students with on-campus and off-campus employment.

"We are holding a part-time virtual job fair on September 2. This fair will be for any on-campus, off-campus, and remote part-time opportunities. All the details for this fair, as well as the

employers signed up to attend, will be in Handshake," said Susan Mickey, the executive director of Career Services.

According to Mickey, another way to learn more about the employment opportunities, whether on-campus or off-campus, is to visit Handshake, which can be accessed via the Saint Leo portal.

"Handshake is a great tool for searching full-time, part-time, internship and remote jobs. We have partnered with

"Luckily there have not been any drastic changes to the availability and process for receiving FWS funding from the government. The hiring process, however, will look different. For example, in person interviews may be replaced with video interviews instead. Some departments may need to rethink the day to day functions of student workers to comply with CDC, state, and University requirements during these unprecedented times."

- Elaine L. Feeney, director of SFS regarding possible changes with COVID-19

Saint Leo University's Human Resources Department to promote any on-campus opportunities as well," said Mickey.

She also commented on COVID-19 possibly having an impact students' ability to get jobs on campus and gave advice on students seeking employment in these unprecedented times.

"With the impact from COVID-19 felt globally, I have to say, yes it probably will impact any job search. Start your job search sooner, be patient, be open-minded and attend the Job Fair on September 2," said Mickey.

She also mentioned that networking is key when undergoing a job search. Since networking can help increase students' chances of recruitment, she suggested that if a student sees an opportunity, they should reach out to the department with their interest.

Along with looking at Handshake and going to the virtual job fair for the positions available, students can also view the positions available through workday and students should apply online via Workday as well, which can be accessed through the Saint Leo portal or via this link <https://saintleo.wd5.myworkdayjobs.com/en-US/SLU>.

Clark mentioned utilizing the website for monitoring on-campus employment and she offers advice for students who are looking for jobs on campus.

"All student employment job postings Federal and institutional can be found on the website. It is important to monitor the website closely as jobs are posted on an ongoing basis. Be diligent in your pursuit of on campus employment," said Clark.

Despite the fact that there is an

increased number of jobs on campus over the years, there are still not enough jobs to support the entire student population. However, there are other options available to students, for example, getting an off-campus job.

"If a student doesn't secure a position on campus by either federal work study or non-federal work study positions, if they have transportation, they check local area businesses for possible positions,"

said Harrelson.

So, there are numerous opportunities for students to be employed, whether it is through FWS, non-FWS, or off-campus jobs. However, international students are not allowed to work for off-campus jobs, except under certain circumstances.

"International students, in general, are restricted by their F1 student visa to work in on-campus jobs only," said Ramsey-Hamacher. "But for the most part, international students, regardless of how long they are in the present in the United States on an F1 visa, are not entitled to work off campus unless they are applying for special work authorization such as severe economic hardship; CPT or OPT."

International students also have opportunities to work for internships as well.

"After one full academic year on-status, students can do internships (CPT - curricular practical training) which allows the student to work off campus for an internship provided they are registered in an internship class and this internship is approved by their academic advisor and then added to the I-20 by the MISO (Multicultural and International Services office)," said Ramsey-Hamacher. "This is authorized on the students I-20 for the term in which the student is enrolled in the internship class."

Internships are great opportunities to get more experience in a field, but also paid internships are great for financial help for both international and domestic students.

Also, there are other opportunities for financial assistance through financial aid and scholarships. There are privately funded scholarships offered through

Saint Leo with the help of various donors. Over the years, there was an increase in these scholarships offered, with roughly 150 in 2013, 350 in 2016, 420 in 2018; however, with COVID-19, there was a concern among students about a potential decrease in funding of these scholarships. Luckily, there is still a good amount of scholarships available to students.

"Thanks to the generosity of donors, Saint Leo University's privately funded scholarships continue to grow. The university currently maintains more than 170 named scholarship funds and awarded over \$850,000 to students in the most recent academic year. We also received \$818,000 from 378 donations to add to new and existing endowed funds. These new donations are crucial to ensure that we are able to continue to financially support students now and in the future," said Carla Willis, the vice president of University Advancement, Marketing & Communications.

As mentioned, COVID-19 has impacted the financial stability of numerous students. However, Saint Leo was able to offer aid to these affected students, according to Willis.

"During the last 6 months our donors and university community came together to support those who were most impacted by COVID-19. Two emergency funds were established: Lions Together (students) and Lions Together for Employees. In just a few short months, the funds raised \$57,585. Most of these funds have already been dispersed to support those with the most need in our community. Additionally, the university acted expeditiously to disperse more than \$2,000,000 of direct aid to students received from the CARES Act," said Willis.

For students looking more into financial assistance this academic year, especially in this unprecedented time, they should visit Saint Leo's scholarship website, <https://saintleo.academicworks.com/>. Willis mentioned that the number of the available scholarships and awards from each fund fluctuates year-to-year; so, she encouraged students to monitor to stay abreast of the scholarships available and the application cycles.

Additionally, Saint Leo offers help by awarding students financial aid and need-based awards to help ease the burden of tuition for students. Saint Leo also offers institutional aid in the form of merit, such as academic and athletic scholarships.

Overall, there are numerous avenues for financial assistance, including FWS jobs, non-FWS jobs, off-campus jobs, paid internships, scholarships, and grants. Students can take advantage of these opportunities, whether it is to help with paying for tuition, a savings pool, or spending funds.

Sports

Update on Fall Sports &

Anthony Martinez

Sports Editor

Back in the Spring 2020 semester, Covid-19 was starting to greatly affect the country, canceling and moving school online, closing down restaurants, and postponing sports.

Spring sports were among those that saw their season lost to the pandemic and over time, questions of how sports would be handled for the 2020-2021 season loomed.

The Sunshine State Conference announced their decision on the status of fall sports and what to expect for the rest of the year. Fall Sports 2020 was postponed. Sports like men's and women's soccer, cross country, volleyball, are all postponed for now. The current plan is to schedule fall sports to be played in the spring of 2021 along with the usual spring sports.

With regards to Winter sports, there has not been a final decision on the matter; but, it will be decided at the latest on October 1 to see if winter sports can take part this fall



Photo from Saint Leo Athletics

Cross Country is one of the sports that have been the path of breaking records last year; however, the student-athletes' ability to compete this academic year is put into question due to COVID-19.

Despite some of the announcements, there is still a lot of uncertainty. No one knows if sports will be played at all; with big Division I conferences like the BIG 10 and the PAC-12 shutting down their football seasons, optimism for the future might decrease.

Saint Leo Vice President and Director of Athletics, Fran Reidy, was nice enough to answer questions about some of the things

that were still unclear regarding the athletes and their current status.

The eligibility for senior Fall athletes now that the season has been postponed, is currently in question.

"A senior athlete will need to decide if they want to play in the "spring" season and use their last year of eligibility. They could opt to red-shirt (not play) and save their last year until Fall 2021," Reidy stated.

The plan is for fall sports to be played in the spring and they may be postponed again, but Reidy assures athletes probably

won't be at risk of losing scholarships.

"Scholarships will be honored if the student-athlete is on campus and participating in practices and training, even if we don't get to play any games. If we can't play due to circumstances beyond their control or ours, their athletic scholarship will remain in place," said Reidy.

This is great news for student-athletes who have scholarships. Athletic scholarships are a great way for athletes to let their talents pay for their education and even if they aren't able to showcase that talent this



Last October, the Women's Cross-Country team wrapped up their four-meet season where they placed 19th out of 63 teams at the Royals XC Challenge; however, the season for Cross Country is



The Golf team has a season traditionally set in the fall semester; and like the other fall sports, the golf season may be impacted due to the pandemic.

Photo from Saint Leo Athletics

Sports

Look Into Winter and Spring

year, they still have their education paid for because of their talent.

There has also been uncertainty or fear, even, involving international student-athletes who are being threatened with losing their visas and if an athlete could perhaps be an exception due to scholarship.

"The university and our coaches continue to monitor the various countries and if their embassies are open so they can obtain visas. A student-athlete has 10 semesters to play four seasons, so if someone were to miss a semester or two, they could still have eligibility left. I don't believe the embassies will make exceptions for any student based on athletics," said Reidy. "We are lucky at Saint Leo that in addition to traditional campus classes, we have online. So if a student could not be here for fall, they could still take classes, and hopefully, at some point in the fall, they could get their visas and join us for the spring in person."

After Reidy's helpful answers, other coaches were asked some questions on their perspective of everything going on. Coaches like the Saint Leo's baseball head coach, Rick O'Dette.

O'Dette was asked how concerned he was for senior athletes if the spring were to be canceled completely.

O'Dette said, "After losing most of last spring we would be devastated to not have another year of spring sports. The bottom line though are our athletes and their well-being. We hopefully have more answers by the time spring rolls around."

When asked if coaches fear losing international players because of the visa concerns, O'Dette affirmed.

"Yes, it is a fear. We have a small percentage of international players but, like all of our programs, we hope that everyone can be back on campus and participate."

With the chance that games might be only played within the conference, coach O'Dette was asked how he would view that potential outcome.

"If that happens, at least we

are playing games. The opponents in our league are at the top of all of Division II Baseball, it would be a fun and extremely competitive season," said Reidy.

Despite some answers and

different perspectives, there is still so much uncertainty regarding sports next year. Hopefully, a decision can be made where the athletes get to showcase their talents in a safe manner.



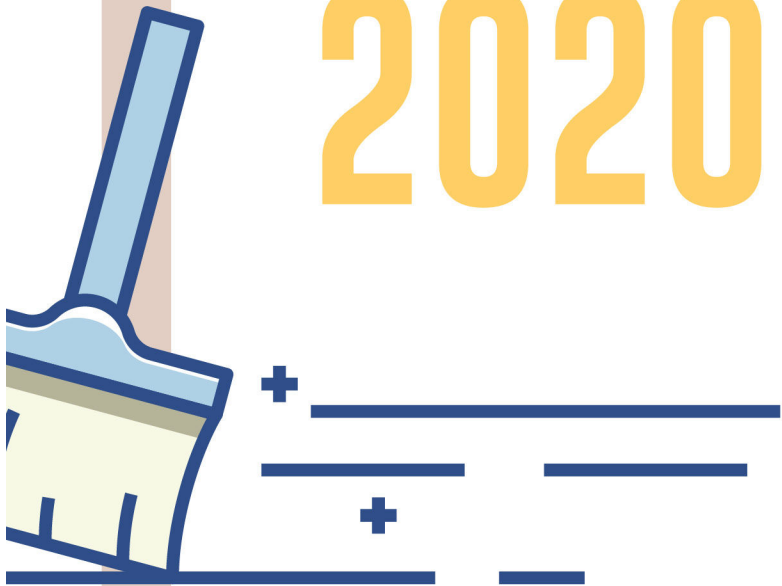
Photo by Noah Dombroski

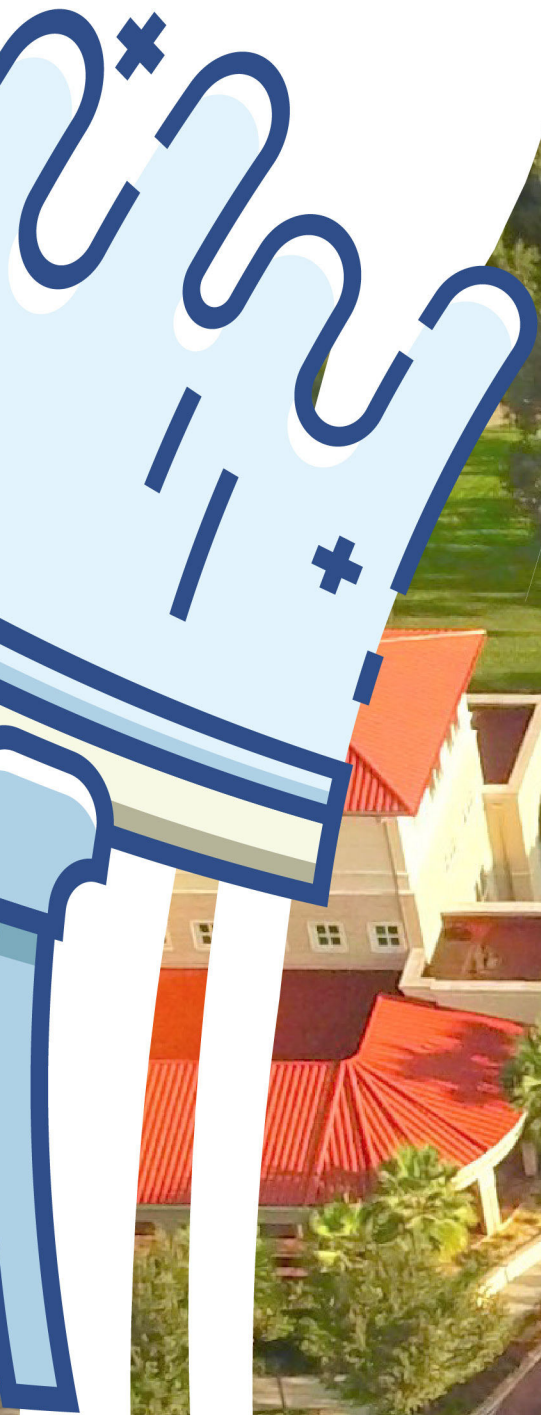


Photo from Saint Leo Athletics

The soccer teams season, which is typically in fall, is in question this academic year due to the looming threat of the pandemic.

FRESHMAN ISSUE 2020





THE LIONS' PRIDE
MEDIA GROUP

Freshmen Issue

Surviving Your First Year: Budgeting 101

Erin Gaylord

Former Online Editor

You are officially a college student. Moving out can be exciting, but taking on the responsibility can be daunting as well. Be sure to budget while you are in college to have some extra spending money, but also be able to get everything you need. If you spend all of your money on going out and having fun with friends, you may not be able to afford your necessities, such as textbooks and supplies for class.

First, decide if you are going to get a job on campus or off campus, or if you want to work over the summer and save up that money for the school year. If you decide to get a job while you are taking college courses, make sure the job you choose will not be too stressful while you are taking classes.

Getting a job on campus is a good option if you are a first-time college student and do not know what to expect. These jobs do not take up too much time, but they are enough to give you some extra spending money. Also, having a job on campus is ideal for students who would like to have a job, but do not want to travel off campus for work or stress about work and school. School jobs do not require as many hours of work as other positions off campus may. Also, there are many different types of jobs on campus; you could even pick a position that coincides with your major in some way.

Also, off-campus employment is an option. However, if you decide to get a job off campus, make sure your employer understands how often you will be in class, and when you will be able to work outside of class. Off-campus jobs could pay more, but you will have to pay more for gas to get back and forth to work as well.

Another option is to work over the summer and save money from that job to have extra spending money for the school year so you can focus more on school. Having a summer job is a good option as long as there is a good budget set for that time and you follow the budget closely so there will be an adequate amount of money left



If saving money in a saving account is too tempting to spend, try using a jar or other container to put saved money in.

over for the school year.

Once you find out where your money is coming from, you can lay out your budget. The most efficient way to budget is to write it out, whether that be on a piece of paper or an Excel spreadsheet. This way you can see the budget, and it may be easier to follow and be strict with yourself rather than just telling yourself what you should and should not buy. Also with writing it out, you will be able to set up exactly how much you need for each thing, food, clothes, supplies, etc., and know exactly how much you can afford to spend.

Along with tracking your spending money in your budget, you can set aside and track savings. Always try to save some money even if it is not a lot. Twenty dollars a paycheck is better than nothing, and soon, that little bit of money each month will add up to a decent amount of savings.

"If your car breaks down or you have an unexpected medical

expense, you'll be way ahead of the game if you have money saved in an emergency fund," according to College in Colorado.

If you have money in a savings account, you have some fallback money in case of an emergency, this way, you will not have to borrow money, use a credit card or go without a car or food.

If there is not an emergency where you have to spend part or all of your savings, it can be saved for a place after graduation, a new car or anything else that you will want or need.

Another way to save money and help your friends out as well is carpooling. If you have a group of friends and several of you have cars, trade off on who drives each time you go out. Dedicate each week in a month to a different person, or keep a list written down of who drove last and keep rotating drivers. By doing this, each person will be saving gas and it will be fairer rather than one person driving most of the time

or taking separate vehicles and everyone wasting gas.

By not buying everything you think you need and only getting the bare minimum to start off with, you will avoid wasting your money. If you only buy what you know you will need for class or your dorm room, you could save money for other things. If you end up needing something later, buy it then, but do not buy everything to start off with as you may not even use it.

If you have the unlimited meal plan, do not bother buying a lot of food for your dorm room, you could save that money for something else. Take advantage of your meal plan and do not eat out very often. Allow yourself one meal off campus a month or do not eat out at all, if possible. This way you will not throw away spending money when you have already paid for a meal plan on campus.

Also, selling your textbooks when you are done with them could give you some money back. There are several options for selling your books. You could sell them back to the bookstore, sell them online or sell them to someone you know will take that class. By selling your textbooks, you could use that money to buy books for the next semester or year and not have to worry about spending a whole lot on textbooks for the upcoming semester.

Before selling your textbooks, look up how much the used book in the condition that it is in costs online, take a little bit off of the price from that and sell it. By doing this you know you are getting the right amount for your book, and you are not losing money.

Another way to price your books can be to write down how much you spent on them when you bought them. Then take some off of that for any wear and tear or if you bought it new.

Keep your budget up to date when you buy things, and at the end of the year look at the amount of money you spent. See what was necessary and what was not. Looking at the numbers will give you a good idea of how well you are budgeting, and you can plan better for the next year.

Picture from @AmericanActionForum

Freshmen Issue

Zoom Crash Course: How to Survive 'Zooming' Into Class

Gracie Swind

Managing Editor

Zoom has become a required resource this fall for all students attending classes with Saint Leo University. For some, navigating and getting the most out of using Zoom was a skill that was picked up last semester, but for some new and returning students, Zoom is still uncharted territory.

Thankfully, Zoom is relatively intuitive and easy to catch onto once you get the lay of the land. Here is a short guide on how to do some of the most helpful and basic operations in the video conferencing program, Zoom.

Entering a Meeting:

To enter a meeting, you will need the meeting hyperlink from the host of the meeting. In most cases, this will be your professor, so check your email or D2L classroom shell for the link; once you find the link for your scheduled class meeting, click it and follow the dialogue prompts to enter the Zoom room.

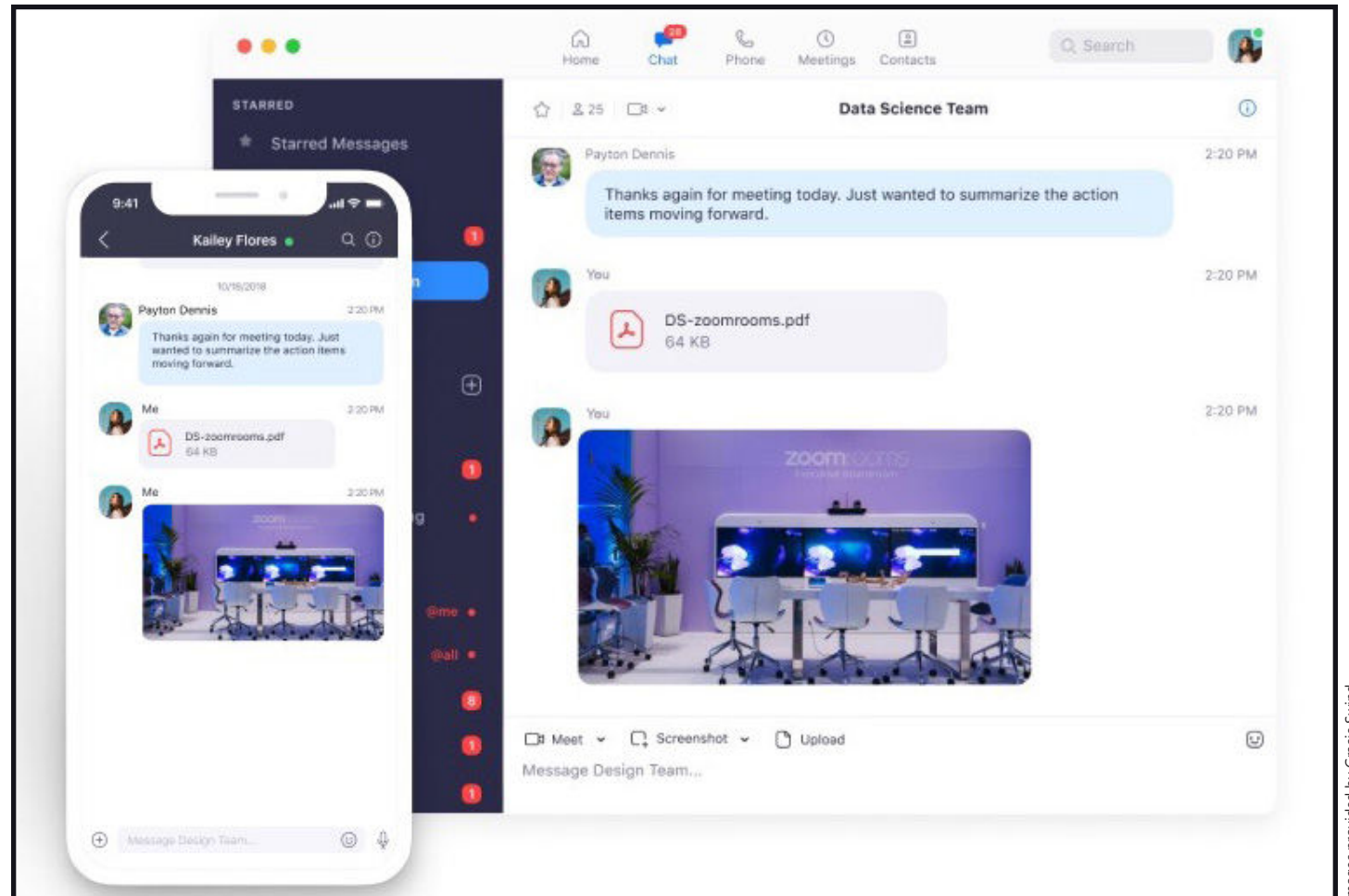
Muting and Unmuting:

There are a couple ways to mute yourself or customize your audio settings. When in the grid format, you can mute and unmute yourself by hovering over and clicking the microphone icon inside your videocam feed.

You can also mute or unmute yourself by scrolling over the bottom of the Zoom window to access the toolbar and click the 'Mute' button. To edit your audio setting scroll over the bottom of the Zoom window to access the toolbar and click the arrow in the top right corner of the 'Mute' button; from there, you can choose which microphone to use, as well as which speaker you'd like the conference to use.

Video Settings:

To start or stop streaming your webcam video, scroll over the bottom of the Zoom window to the toolbar and click the button that says 'Start/Stop Video.' If you are currently streaming video, the button will say 'Stop Video' and if you are



Zoom also has a phone app that will allow you to attend meetings if you're having computer trouble; it is highly recommended that you also have Zoom on your phone just in case.

currently not streaming video, it will say 'Start Video.'

To change your camera and access more video settings scroll over the bottom of the Zoom window to access the toolbar and click the arrow in the top right corner of the 'Start/Stop Video' button; from there, you can choose which camera to use, edit your video settings (including resolution, special effects, and some advanced audio settings), and utilize a virtual background. In order to effectively use the virtual background feature, you should have a green screen set up behind you, or make sure your background is one solid color.

Accessing Chat:

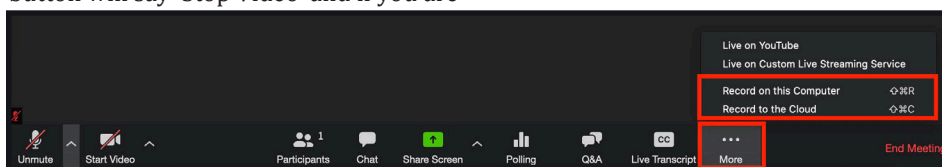
To access the chat room, navigate to the toolbar at the bottom of the Zoom

window and click the button labeled 'Chat.' In the chat room, you can send messages that will be sent to the entire Zoom group by default; at the bottom left of the chat room, expand the messaging menu that will read 'To: Everyone' by default to select who specifically your chat message will be sent to.

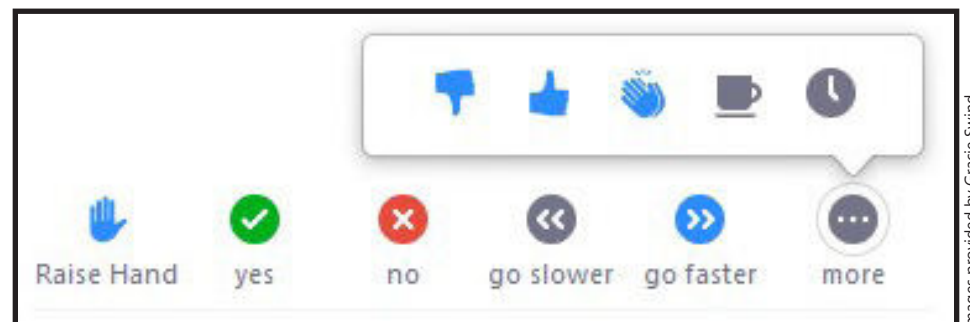
Raising Your Hand, Reactions, and Other Classroom Interactives: In the toolbar at the bottom of the Zoom window, the 'Reactions' and 'More' buttons allow you to 'Clap' or 'Thumbs Up' in a nonverbal interaction with the classroom. From the chat window, you can select from a

number of nonverbal responses (such as 'Raise Hand', 'Yes', 'No', 'Go Slower', etc.) that will indicate to your class and your professor if you have something to say or need something repeated.

This year will be a learning curve for everyone, so don't be afraid to ask for help or guidance from your professors or fellow students. If you're still having trouble with Zoom-related issues, consult Saint Leo's Technology Services at (352) -588 -8888 or file a technology help request ticket at <https://helpdesk.saintleo.edu> for issues with logging into Okta, Zoom, or D2L.



Some meetings will be recorded by the host for later referencing; you'll always be made aware if a meeting is being recorded when you enter a Zoom room, and if you don't consent to being recorded, you can keep your video and audio muted if your professor allows it.



The reactions located in the 'Participants' section of the toolbar allows students to communicate with professors and fellow classmates without unmuting their microphone and interrupting anyone else.

Freshmen Issue

Things I Wish I Knew When I Was A Freshman

Collin Moran

Former Online Editor-In-Chief (2018)

Getting into college is a struggle on its own, but there is so much more that I wish I knew when I first started at Saint Leo University. After graduating over a year now from Saint Leo, there are a lot of things that I have done well, and there is also a lot that I wish I had done differently. The time you spend here at Saint Leo can either be the best four years of your life or some of the hardest, but it all comes down to what you make of it. Not that I'm an expert on this whole college thing, but there is a lot I can say reflecting on my time at Saint Leo. Here are some things that I wish I knew when I was a freshman. Getting Involved Makes the College

Experience Much Better

I'm sure you've heard it from everyone, especially your parents, but it is true, getting involved is one of the most important things to do to have a great time while you're in college. Speaking from personal experience, not getting involved can make it much harder to find friends and makes the time you spend at school a lot more boring. By joining clubs, Greek life, or getting a job on campus, you'll be much busier and in turn, become much more productive and happier. I practically wasted my first two years here at Saint Leo by not doing anything; but when I got involved, it made my whole experience great. Being busy and having responsibilities helps fill up my free time from class and helps me meet new people all the time. Altogether Saint Leo offers over 70 different clubs and organizations, so it shouldn't be too hard to find something that interests you.

Moving Away from Home is Not Always Easy

Even though it is a small campus of around 2,000 students, the population is made up of people from different states and all over the world. For much of the population on campus, the greater Tampa area might be far away from home. Speaking as one of those people, I can say that it isn't always easy going to school so far from your family and friends back home. It is a learning curve being off on your own, but after some time it becomes second nature. The first semester of freshman year can be tough because you'll have to meet all new people and try out college life for the first time, but by the spring, Saint

Leo will feel like a second home.

Changing Majors is Completely Normal

When you first go to college, it may seem like you are stuck with the major you choose no matter if you end up liking it or not, but in reality, there are a ton of students who end up switching their field of study during their time at Saint Leo. During my first three years at school, I changed my major four times; and no, that is not a joke. Initially, I thought I wanted to be a business major. However, after trying out both Sports Business and International Tourism and Hospitality, I knew it wasn't for me, so I became a Criminal Justice student before finally realizing I wanted to study English. I had so much indecision during my first three years here, but I'm happy that I was able to try out a few different things before finding what I enjoy, and the best part is I still graduated in just four years total. The time to switch majors is when you're an underclassman so that you have plenty of time to take all of your required classes and you don't have to take extra time to earn your degree. Your academic advisor will be able to put you on the right path, even if you want to explore different areas of study.

Try Your Best Not to Procrastinate

Being able to sit down at my desk, focus, and do my work was one of the hardest parts of my day. When I ended up having so much free time outside of the classroom, I got pretty lazy, and it became a real struggle when it came to getting homework done. Even though most college students probably have an issue with this, it is so important not to leave everything until the end. I came to learn that in college, most classes leave major papers and projects until the end of the semester, and yet I still ended up cramming everything in during the final two weeks of the course. A lot of the work in college courses can be difficult and very time consuming, so don't let yourself fall behind or else the end of the semester won't end up being so great. Final exams are extremely important to your overall grades, so it is more important to be studying for those instead of writing a paper you have had months to complete. A good trick to complete assignments that are not due for a long time is just to complete them incrementally; work on a section every week until it gets completed so that it doesn't seem as big of a deal.

Cheralyn Barrington

Former Layout Editor (2010)

By the end of my first semester, I was left with fun memories, a few good friends, and a 1.86 GPA. Staying out really late, sleeping in, missing morning class, going to work, not doing homework, staying out really late, sleeping in, missing class again, justifying missing class as "taking a mental health day," and repeat. In a nutshell, that was my first semester. Although my first semester at Saint Leo was tons of fun, academically, it was a total flop. Before freshman year at Saint Leo, I had no idea what to expect. For instance, it's extremely easy to get caught up with the newfound freedom of living on your own, and essentially choosing whether to go to class or not. There will be a lot of temptations to stay up late or not do homework because there are always people around looking to have fun. However, not doing work affects grades and staying up late with early morning classes affects sleep, resulting in poor work quality, no work quality, and even becoming ill. Looking back, I wish someone who had already been a freshman had given me some pointers. So, here are tips to help.

Dorm Life

When moving in, be sure to pick a nice roommate, or do the best you can with the one you have. Sharing a small living space with a stranger is bound to come with some issues, but many can be avoided before they even begin. Be sure to talk about room ground rules before problems arise. Good things to talk about are room cleanliness, bedtimes, visitors, food, and anything else involved in living together. It's important to know your roommates' preferences and pet peeves so that you can coexist peacefully.

Laundry is also an important thing to keep in mind. There are hundreds of students with dirty clothes, and only a few washers and dryers. The best time to do laundry is early in the morning or late evening. Since my family lived nearby, most of the time, I brought my laundry home to wash it.

Also, if you don't have your own car, make friends with someone who does. There aren't many places to walk around campus, but there are plenty within driving distance. One of my best memories from freshman year was taking random adventures around the Leo area with my friends. Even going to Wal-Mart at midnight with a group of good friends was a lot of fun.

Nutrition

In addition to having vitamins in your dorm, try to always have beverages and snacks. I lived in Synder, which is a pretty far walk from main campus, and it really helped to always have snacks in my room so I didn't have to waste change on the vending machine or walk all the way up to main campus. Also, ramen really is a college kid staple. I suggest buying it; it's cheap and a quick fix if you're hungry. If you're living in Marmion or Snyder, you're in luck; the long walk to main campus will really help to keep the freshman 15 off! I actually lost weight my first semester. Careful though, when I moved out of Synder and ate at the cafeteria, I actually ended up gaining some weight. There are so many delicious choices in the cafeteria, so it's easy to lose track of how much you're actually eating.

Social

One thing I wish I did more of was taking advantage of the events put on by the school. The Campus Activities Board (CAB) offers plenty of really fun events and trips. There are also plenty of clubs to join, many of which plan fun outings and offer valuable information. I wish I had taken part in clubs earlier on in my time at Saint Leo, because they are a great way to make friends and are also a good resume builder.

Academics

The thing I regret most about my first semester is how badly my GPA suffered. I had no idea that one semester could mess me up so badly. If I hadn't gotten such a low GPA then, I would now have close to a 3.9, but instead I have around a 3.4. It isn't extremely difficult to retain good grades at Saint Leo, as long as you keep up with the workload, go to class, get to know the teachers, and use your resources. The teachers at Saint Leo are open and inviting, and one of the benefits of attending a small school is that the teachers actually care. If you're struggling in class, speak to the teacher and they'll most likely find a way to help. Also, the CAVE located in Kirk Hall offers free tutoring and help with writing papers. It's entirely free and a wonderful way to keep your grades up.

For additional guidance, I suggest the book *The Naked Roommate* by Harlan Cohen. He visited Saint Leo for my freshman orientation, and his book contains a lot of really valuable information for incoming freshmen. I wish you the best of luck, learn from my mistakes, and enjoy your freshman year!

Freshmen Issue

Remembering Self-Care in Your First Year

Alora Peters
Arts and Culture Editor

The freshman year of college can be a novel, exciting, and life-changing experience. But adjusting to college life can be difficult: a heavier classload, confusing homework assignments, fun-yet-exhausting extracurricular activities, an unfamiliar campus far from home, and trying to sleep in a strange—and maybe uncomfortable—bed can all be stressful situations. Sometimes, for a first-year college student, all of these new scenarios can tend to pile up, resulting in one massive, traumatic mess.

So, what is a freshman to do?

Remembering to take good care of your mental, physical, psychological, and spiritual wellbeing is the first crucial step to ensuring the first year of college is an excellent one. Here at Saint Leo University, there are a variety of services and organizations that are designed with this important goal in mind.

Several of these resources are currently stationed in Saint Francis Hall, such as the university's Counseling Services, University Ministry, and Green Dot.

Confidential reporting can also be conducted with all three of these organizations.

However, students should take advantage not only of the wellness resources available on Saint Leo's campus—they should take advantage



Photo by Alora Peters

Many freshmen will begin their Saint Leo experience by moving into a room in Snyder or Marmion, two of the freshmen dormitories.

of recreational and educational resources as well.

"Never be afraid to try new things and get out of your comfort zone," said Melanie Ramos, who is a Resident Assistant in Henderson Hall. "Great things come out of the comfort zone. Enjoy this new step in life and be open to learn new things."

Student Activities and the Campus Activities Board are dedicated to providing fun events for students to enjoy and, hopefully, to build friendships.

"Get involved," said Adam Keselicka, who is an RA in Benoit. "You never know who you will meet at different clubs and programs."

Thirdly, first year students need to remember to stay balanced and

organized.

Though college life is the perfect opportunity to become involved with the community and to learn new things, it is important for students to avoid overextending themselves and suffering from burnout or social exhaustion. This is where learning to plan ahead is a vital element of adjusting to college life.

"The advice I would give to incoming freshmen would be to be on time to events, classes, meetings, write important stuff down," said Keselicka. "If you're not sure if something is important or not, write it down anyway. It is best to be prepared."

Finally, it is important for first year students to remember that

they are not alone in their college journey.

"There is a community of people here at Saint Leo that is here to help you have not only a successful first year, but a successful four years here," said Khepre Bailey, another RA working in Benoit.

For first year residential students facing difficulties adjusting, talking with an RA can be a relieving and rewarding experience. RAs are there "to intentionally foster and develop strong, positive communities and assist... resident students."

New students should not hesitate to speak with their RAs if they have a concern or problem and are looking for someone to talk to.



Photo by John Hall

Reslife is there to offer student assistance in regards to housing, and the office is located in the Apartment 6.



Photo by Alora Peters

Saint Francis Hall is located in between the Cannon Memorial Library and Saint Edward's Hall, near the center of campus.

