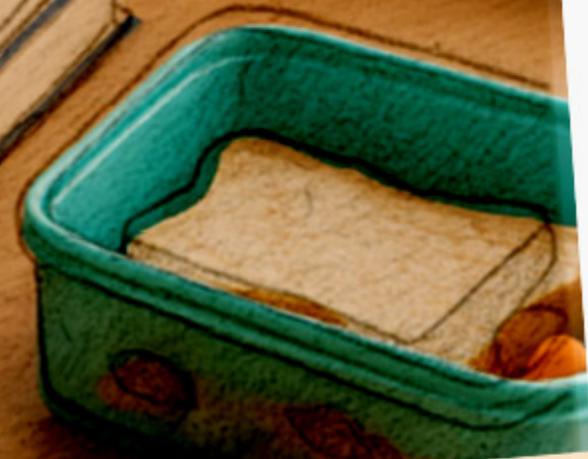


2025



THE LIONS' PRIDE
MEDIA GROUP

August



Update web for Brianna

Send timesheet Bea

News and calendar Brianna



Editorial Letter from the Editor

Sophia Sullivan
Editor-in-Chief

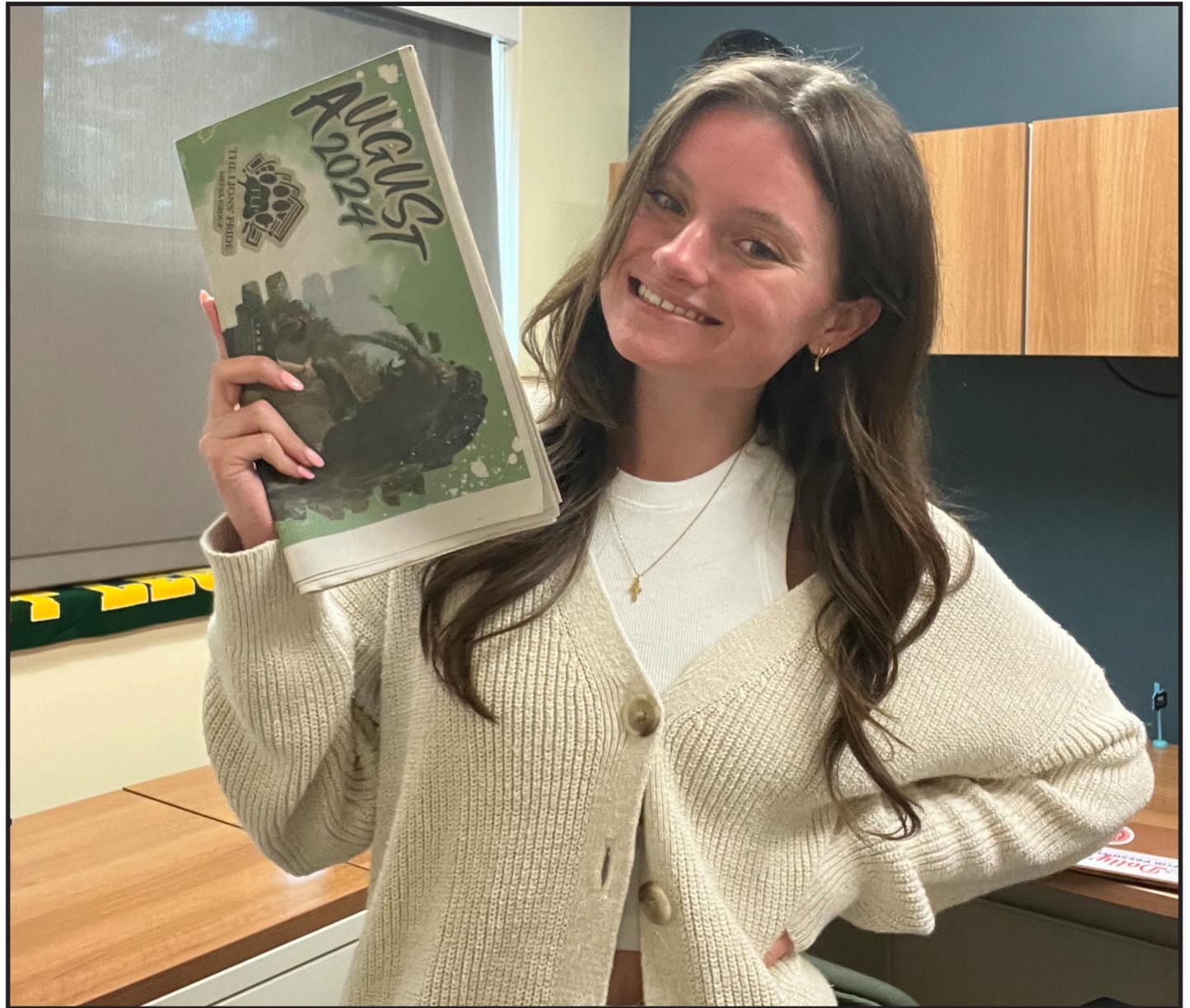
Hey there, Lions! On behalf of everyone here at The Lions' Pride Media Group, we are so excited to welcome you all to campus this year. We have some exciting times ahead of us!

Whether you are new to campus or returning for another year, I want you to know that The Lions' Pride exists for you, the students! As the only fully student-run news organization on campus, we strive to ensure your voices are heard while delivering accurate news and thoughtful stories to our community.

If this interests you, we would love to meet you! We meet every Wednesday from 3:30-4:30 pm and would love to have you join us. Whether you love to write, are good with a camera, or enjoy social media, there's a spot here for you!

Be sure to stay connected with us throughout the year! You can find us on Instagram @lionspride-media, come visit us in our office in rooms 120 and 117 in the Tapia College of Business, or check out our print issues around campus and in the towns of Saint Leo and Dade City.

Here's to another fantastic year — and as always, Go Lions!



Newsroom



The Lions' Pride Media Group is the student-run publication of Saint Leo University, free from institutional interference from conception to print. We publish in print once monthly, and weekly online at our website and through our social media sites. It is the mission of The Lions' Pride Media to provide accurate news and diverse opinions that are important to the Saint Leo community, and our goal is to inform and entertain readers while providing thought-provoking journalism without fear of reprisal.

We are located in the Student Activities Building

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To inquire about putting an advertisement in the newspaper or social media, please contact Polina Zadirey at polina.zadirey@email.saintleo.edu.

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New school year, new president: Dr. Jim Burkee announced as Saint Leo's 12th president

Sophia Sullivan
Editor-in-Chief

As Lions return to campus for another academic year, campus will be introduced to a brand new face. Starting September 1, Dr. Jim Burkee will take on the role of Saint Leo University's 12th president.

Burkee boasts extensive experience when it comes to his academic leadership. According to Saint Leo's press release, Burkee served as president of Avalia University in Kansas City, Missouri for 15 years. He also served in multiple leadership roles at College of Mount Saint Vincent in New York. Both of these positions allowed Burkee to launch programs, grow enrollment, and more.

"Dr. Jim Burkee's unique background and past accomplishments made him the absolute best candidate to ensure Saint Leo's future prosperity

and to deliver upon its Catholic Benedictine mission in new and innovative ways," said Noel Boeke, chair of the Saint Leo University Board of Trustees in a press release. "We are excited about what the future holds for Florida's first and oldest Catholic university."

Burkee's background in history will surely be a great asset when it comes to leading Saint Leo. Hailing from the Midwest, Burkee received a Ph.D. in History from Northwestern University in Illinois, according to his LinkedIn profile.

And now, Burkee makes his home in Florida at Saint Leo, where Burkee will steer the next generation of Lions through their own academic journeys.

Be on the lookout, as The Lions' Pride will publish a full feature on President Burkee's vision and leadership once we have the opportunity to speak with him directly.



Burkee has held a distinguished career, publishing many academic articles and even a book. (Photo courtesy of Dr. Burkee)

MEET YOUR NEW PRESIDENT

Q&A

We want to hear from YOU!

Do you have questions or thoughts for Dr. Burkee?
Send them to us and we will bring them to the conversation in an interview.

Send us your questions to us!
sophia.sullivan@saintleo.edu

DR. JIM BURKEE
12th President

Leo's local gems: What to do near campus for freshmen and new arrivals

Brooke Brinker
Social Media Manager

For Incoming freshmen or new transfers, it can be overwhelming moving to a new school in a new area with not much knowledge on what to do. If you are new to Saint Leo University and the town that surrounds it, you should check out these fun places all nearby your new school.

Dade City

The unique town of Dade City is ten minutes away from Saint Leo University. There is a vintage touch to the town. As you walk through it, it feels like you are walking through the town Stars Hollow from the popular 2000s TV show, "Gilmore Girls." There are coffee shops, restaurants, a library and antique stores. If you are looking for a peaceful afternoon after class, you can pick a spot in Dade City to work on homework and sip on a latte. Check out Treehouse Mercantile—they have the best iced vanilla lattes!

If you are wanting a fun activity to do at night, check out the "Joy-Lan Drive". It is a drive-in movie theatre with popular movies every week and inexpensive ticket prices. If you go on Wednesdays, the tickets are only \$5. Invite your friends, buy some popcorn and your favorite snacks, take a break from school-work, and relax while enjoying a good movie.

If you are adventurous and looking for something extreme and fun, check out "Treehoppers Adventure Park". You can go ziplining and climb through an obstacle course that is high in the sky! The price for a ticket is \$67, and it is located in Dade City, Florida. Tell your group of friends about this unique experience and try something new together!

Wesley Chapel

Wesley Chapel is twenty minutes from Saint Leo University. There are many creative and fun places to explore. If you are looking

for an artsy place, check out "Creative Painting Studio," where you can paint and decorate pottery. This would be a great way to de-stress and find a happy place around your new college.

Wesley Chapel is filled with shops, from The Grove, to your local stores, like Five Below, Ulta, Michael's, etc. Right next door to the The Grove, is The Krates, a well-known shopping plaza constructed of repurposed shipping crates, with delicious food, and adorable boutiques inside. Lastly is the Tampa Premium Outlets, which is an outside mall with stores such as, Ralph Lauren, American Eagle, and Kate Spade. The outlet mall is also filled with amazing choices of restaurants. If you want a weekend outing, these two malls would be great choices.

Walkable places

It can be tough to find time

to drive off campus, or if you do not have a car, there are many places you can walk to just from your dorm room! If you are hungry, and not in the mood for the dining hall, you can walk to Panchos Villa, a delicious Mexican restaurant, with a boutique right across the street. There is also On Q Smokehouse Grill, a barbecue restaurant and a local grocery store, Jiffy's, which is known for their amazing sandwiches. Lastly, if you want your morning coffee, check out, A Cup of Organic.

For a walkable activity, there is a park with picnic tables, five minutes from campus. You can be productive and get some homework out of the way for the day.

Going to these places will help you adjust and learn more about your new school town. It will also make your college experience more fun and enjoyable!



Take your journal or your computer and find a coffee shop in Dade City to de-stress and relax. (Photo by Brooke Brinker)



Shopping is a must for the free weekends you have! Check out the stores in Wesley chapel! (Photo by Brooke Brinker)

NOT TO SCALE



Finding your calm: Mental health tips and resources for college freshmen

Julien Bernard

Staff Writer

You've just unpacked the last box in your dorm room. You sit on your bed, scroll through your phone, and your digital calendar indicates four classes highlighted for the upcoming week. You look toward the empty fridge in the corner that needs filled, and there is still the roommate you've never met and have to share the room with for an entire year. You're excited—but also overwhelmed.

For many freshmen, college is a thrilling yet jarring transition filled with unknowns. New experiences come with new challenges, requiring students to juggle academics, social activities, and personal pressures, sometimes leading to feelings of being overwhelmed or hopeless. That's why taking care of your mental health from day one is essential. Prioritizing mental health is crucial to making the most of this period and ensuring a healthy and productive college journey.

One of the primary causes of stress for freshmen is the personal responsibility related to independent time management. No one is there to hold you accountable for how you spend your time or to prompt you when you lose focus or get off track. You may also feel the pressure to succeed and the fear of not doing well, which may be a new perspective for you being away from the comfort and familiarity of home.

"Planning ahead is one thing that really helps," explains Emma Manley, assistant director of Saint Leo University Counseling Services. "Try to gather as much information as you can about where you are going to live, what your classes are, and what groups are available for freshmen to join. All those things help to diminish the initial anxiety."

Tyra McFadden, post-secondary school counselor, encourages high school students to embrace the transition to college with patience: "Expect a period of adjustment. Going into this new period of life with the expectation of a learning curve will make the



Getting 30 minutes of exercise per day is a great way to improve your overall health and well-being. (Photo by Julien Bernard)

bumps in the road less jarring. Create a routine to build your new life as a college student around."

While planning and routines can help create stability, emotional well-being also depends on meaningful human connection. Socializing and building connections with new friends can provide you with emotional support and help ease feelings of isolation, as being around those who uplift and motivate you can have a significant positive impact on your mental well-being. You can build your community based upon your interests, such as Saint Leo clubs, sports, the wellness center, movie/game night, book clubs, and other campus events. This will help you relax, share experiences, and build a support network.

"It's normal to feel a little stressed during the first months, but then it should diminish once the freshman feels comfortable with the new schedule and the new routine," said Manley.

To ease this transition and maintain balance, McFadden recommends building in time for both structure and self-care.

"Create a structure for daily living incorporating school

responsibilities that makes time for planned down/free time to relax and de-stress," said McFadden. "Establish your go-to support to help you cope when you feel alone."

Setting and achieving goals provides you with a vital sense of purpose and structure, which helps you stay focused and motivated. Even achieving small goals can boost confidence and a sense of accomplishment. During times when college life feels overwhelming, focusing on a goal can provide a positive direction and help you regain a sense of control. Setting goals allows you to break down larger tasks into manageable steps, making the overall college journey feel less daunting and more achievable.

"Setting new patterns at this pivotal time sets your course into a new chapter of adulthood," advised McFadden. "You get to decide where you want to be over each semester and finally that eager professional with a degree in hand on graduation day."

As students begin to shape their college routines and long-term goals, tapping into the support systems available on campus can make the journey smoother and more fulfilling.

"One advice I can give for freshmen is definitely to take advantage of all the support services we have at Saint Leo. That's something that will help them a lot," recommended Manley. "There is a whole list of resources we have from the health clinic, counseling services, and university ministries."

For Erin Romano, a senior majoring in English, understanding that her professors were also valuable resources was something she wishes she had known as a freshman.

"I wish I knew that my professors were there to help me," reflected Romano. "I understand that a professor can't read their students' minds, but they can visually see the struggle."

Starting college can feel like stepping into the unknown—but you don't have to navigate it alone. Build a routine that includes both work and rest, reach out to people who make you feel supported, and don't be afraid to use the resources Saint Leo offers. Your mental health matters—and the sooner you start taking care of it, the stronger and more confident you'll feel throughout your college journey.



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To my freshman self: Culture shock and hopefulness as an international student

**Hadassa Larissa
Ferreira**

Arts & Culture Editor

Hey girl! It's been a while! Time passes so fast that you blinked, and now, you are about to start your senior year in college. Not any college, a college in the United States! You had dreamed of going abroad for so many years and had expected many things about being an international student in the United States, and I have to tell you that you made it!

It was hard at first with so many new things and different challenges to overcome, but you did it, and now, after three years, I can tell that you're having a great experience!

The hardest part of being an international student is the culture shock you feel for being in a new country with a whole different culture. Being in a new environment is always hard; when you are in a new environment on your own and surrounded by people who see the world in a culturally different way from you, it is even harder.

This is why, if I had to give you some advice about adapting to Saint Leo University as an international student, I would tell you to spend the first months of this new year reminding yourself about the positive facts of this country and this university.

When we feel culture shock, it gets easier for us to think about our own country and all the good things we had at home. At the same time, we miss what we don't have abroad and make unfair comparisons. This is why it is important to keep in mind that you chose to be in the United States and at Saint Leo for a reason, and that it is a privilege to realize an academic dream.

I remember you when you just arrived at Saint Leo, you seemed so lost, but at the same time so excited to experience everything college had to offer, that it was difficult to decide where to start. Mixed with that, the feeling of homesickness and unfitness was so huge that it seemed very important, almost crucial, to make friends and

find your crew. But if I could tell you something about that phase, I would say: be patient.

Arriving in a new environment might be very uncomfortable, and for many international students, the easiest and safest option to make friends and get rid of the feeling of loneliness is to get closer to the other students who come from the same home country as them. However, it might not always be the best option.

The fact is that Saint Leo has a lot to offer, culturally speaking, and sometimes, those who are similar to you and meant to be your friends might have been on the other side of the globe from you this whole time. You just have to give a chance to the unknown and try to meet new people.

It is always good to remember that as a freshman, everyone is living a new beginning and looking for someone to share this new phase with. So, don't be afraid to speak with everyone and get to know all types of people. Don't get stuck with the stereotypes that you have in

your mind, regardless of whether they are good or bad stereotypes.

Everything at the beginning of your college career is made to call your attention to the great things you're about to be part of. Saint Leo has a lot to offer, from clubs and organizations to activities and events, as well as academic opportunities that seem perfectly tailored for you. Therefore, enjoy this new beginning genuinely and patiently. Live in the moment, remembering that you don't need to have everything figured out and settled down right now. With time, everything fits in the right place.

Allow yourself to change your mind! It does not matter if it is a decision about your major or your new friends. As an incoming student, you can always change your mind and find something or someone else.

It is also important to remember that you don't have to abandon the old part of you, that side of you that stayed in your home country. You can and should always stay in touch with your loved ones back home and

feel comfortable sharing your new college experiences with them.

Moreover, at Saint Leo, there are so many international students and people from all over the world with so many different cultural backgrounds, that it won't be hard to find people to share your cultural traditions and past histories. It is always easy to find alignments with other international students, regardless of which country they come from.

Don't feel bad if the months start passing by and you're still feeling dislocated. The truth is that a piece of yourself will always feel like that, and that is fine. It is just important to keep your expectations in the correct place. It takes time to construct solid relationships, whether with people or your academic course. You still have four years to do that; you will be okay, kid.

College time goes so fast that you will blink and be graduating. So, enjoy every moment as if it were your last one, because time does not come back. Welcome to your freshman year!



After you walk that stage and you are dismissed, take pictures with your family and friends so you can always
Four black girls, four different countries! Cheers to the Bahamas, Brazil, Haiti, and the U.S! (picture by Hadassa Ferreira)



A Russian and a Brazilian can be good friends and enjoy college life together! Memories from a freshman year trip to the Tampa Theatre Ghost Tour. (Photo by Hadassa Ferreira)

INCLUSIVITY

EMPATHY

BREAKING
DOWN
BARRIERS

GENEROUSITY

WELCOMING



BE
KIND

CREATE THE CULTURE

RADICAL HOSPITALITY



Saint Leo University Interactive Digital Campus Map



name: Facilities Management
description: The Plant Operations employees from Sodexo are continuing to provide outstanding service and present a new level of technology to help us better serve our campus community. And they changed the department's name from Plant Operations to Facilities Management, which we believe better reflects the responsibilities and



name: Wellness Center
description: The Wellness Center, which debuted in the spring of 2022, embodies the university's mission by catering to the well-being of both students and the broader community, addressing the aspects of mind, body, and spirit. The facility is dedicated to providing various health and wellness services offered by the university. Alongside



name: Abbey Gift Shop
description: The Abbey shop (one of the largest in Central Florida) is across from the Church. The shop sells rosaries, bibles, spiritual guides, statues, and jewelry. All items have been blessed Hours: - Monday: Closed - Tuesday - Saturday: 9am - 11am & 1pm - 4:30pm - Sunday: 11am - 12pm & 1pm - 4:30pm Contact Info: (352) 588-2606



name: Marion Bowman Activities Center
description: The Marion Bowman Center is the 'home base' for Saint Leo's athletic teams. The building has two full basketball and volleyball courts and can seat as many as 1,500 spectators for an event in cushioned, seat-back chairs. The Activities Center houses four classrooms, eight locker rooms, and the athletic department offices. The Bowman Center Pool, home to both the men's

With the Interactive Digital Campus Map, you can interact with the map through your device to discover every buildings' history, aesthetics, and services.

University Campus Map



Offices

- University Safety
- Department of Information Technology
- US Post Office
- Saint Edward Hall
- Saint Francis Hall
- Military Resource Center
- Student Activities Building
- University Admissions
- Benedictine Hall
- Facilities Management

Gyms

- Marion Bowman Center
- Wellness Center

Community

- Benedict Coffee
- Student Community Center
- Music Building
- Cannon Memorial Library
- Black Box Theater
- DeChantal Hall
- Crime Scene Hall

Apartments

- Alumni Hall
- Roderick Hall
- Benoit Hall
- Henderson Hall
- Marmion/Snyder Hall
- Apartment 1-6

Classroom

- Tapia College of Business
- Lewis Hall
- Kirk Hall
- Fine Art Building

Saint Leo Abbey

- Saint Leo Abbey Gift Shop
- Abbey Church
- Benedictine Monks of Saint Leo Abbey
- Saint Leo Abbey Cemetery
- Saint Jude Chapel
- The Grotto

Sport Fields

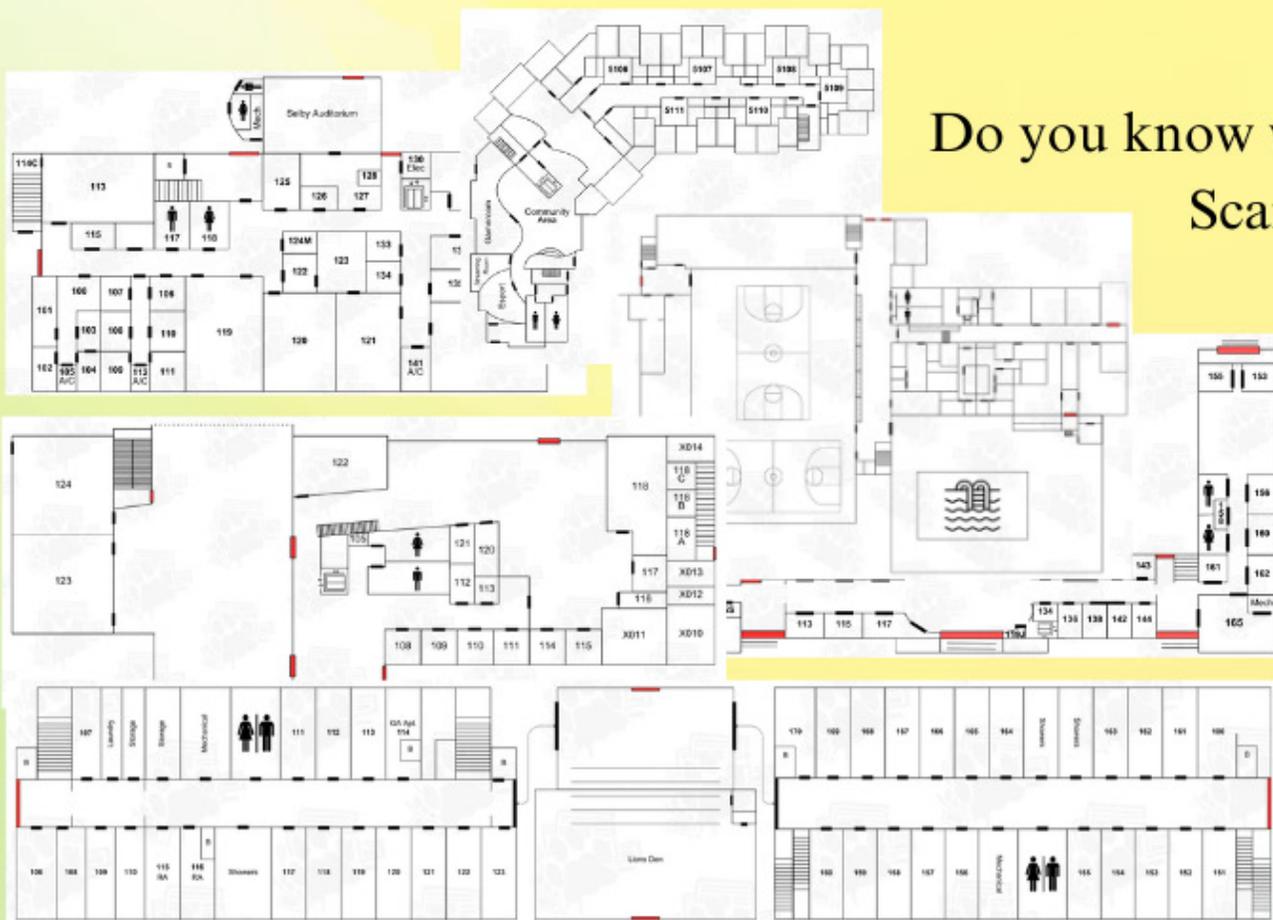
- Turf Stadium
- Thomas B. Southard Stadium
- Tennis Court
- Intramural Field
- Beach Volleyball
- University Softball Stadium
- Soccer Field
- Golf Course

Lake Side

- Lakefront Access
- The Bowl

Now you can also search for specific rooms, offices, and facilities in seconds.

Whether you're finding your next class or tracking down student services, the new 'blueprint' feature designed to make navigating Saint Leo easier than ever.



Do you know which buildings are these?

Scan and find out!



Getting involved: Making the most out of Saint Leo University

Josie Osborne

*Former Campus News Editor
Updated on August 16, 2025*

It is always said that some of the best memories are made at college, but for some, classes aren't the most exciting thing in the world. While some curriculums may consist of fun group activities or academic excursions, others are filled with lectures and copying down information from PowerPoints. Thankfully, Saint Leo has many avenues to explore that exist outside of the sometimes-monotonous classroom to make the college experience memorable.

For starters, Saint Leo has more clubs than a human has fingers and toes. From Honors societies and sororities to special interest and multicultural clubs, there is an opportunity for everyone, even online students. Chances are, if there's an interest, there's also probably a club for it!

Many special interest clubs don't have requirements except for the given: love this subject. Whether it is astronomy, music, or even scuba diving that makes the heart sing, there's a community waiting. To join, start by locating the organization on EngageLeo, Saint Leo's website which includes an event calendar and information for upcoming events, as well as contact information for the various organizations.

As for Honors societies, there usually are some sort of requirements, like a certain GPA or credit hours. If the qualifications are met, the society may send out email notifications to possible applicants, so make sure to keep an eye out for those, too! If curiosities about meeting the qualifications for a certain society linger, don't be scared to reach out to the representatives.

Adrianna Astudillo, a Saint Leo alumna, joined one of four of Saint Leo's panhellenic sororities, Theta Phi Alpha, at the beginning of her freshman year. Serving as President during her Junior year, Astudillo found a home away from home in the family of Theta Phi.

"From gaining more lifelong friends to becoming a leader," Astu-



Embrace the Florida sun and take a dive into the sand playing Beach Volleyball, registration open during the spring. (Photo via The Lions' Pride Media Group Campus Map)

dillo says, "the experience is once in a lifetime" as she recalls both the fun times and the challenges that helped her grow as a person.

Astudillo encourages those who want to heighten their college experience to not only consider going Greek, but to also become part of other events and organizations.

On the off chance there isn't a place that feels just right, anyone can contact the Assistant Director of Student and Family Engagement, Dawn McElveen, to begin the process of creating their own club, per the official Saint Leo website page "Student Clubs and Organizations."

Even if club life doesn't suit everyone, the Saint Leo community is always hosting one event or another that doesn't require club memberships to attend. There's a wide range in the type of events hosted on campus, including major-based listening sessions and fundraisers as well as school-wide seasonal festivals and bingo nights. The campus library, Cannon Memorial, often hosts events too, like open-mic night or creative writing readings.

While Engage Leo is probably the best and easiest event source to use, it is worth keeping an eye out for event posters and flyers found on the bulletin boards around campus.

Sports are another great way to get involved at Saint Leo. Between intermural sports and Esports, there's sure to be something for everyone who desires some stress-relieving competition. Saint

Leo offers a variety of intermural options, from dodgeball, kickball, and pickleball to tennis, soccer, and beach volleyball.

There also competitions in weightlifting such as squatting, benching, and deadlifting that students are welcome to participate in.

In the Esports arena, you can play just about any game you can get your hands on, while competitively, there are teams for League of Legends, Valorant, Overwatch, and Super Smash Brothers. While there's fun in competition, these sports-based organizations also bring friendship and community.

Kore Ramos, a Saint Leo alumna, describes her experience in Esports positively.

"This is where I met most of my friends," says Ramos. "We're like a family who will always be there for each other because it's not just about competitions."

Saint Leo also offers student job opportunities that not only help support students financially, but also provide yet another way to get involved on campus. Almost every facility on campus has job opportunities for students, such as library assistants, mail room workers, print shop assistants, and, of course, tutors. While at the end of the day, a job is a job, working is still a way to cultivate more experiences on campus.

As the fall semester begins and the chaos of college ensues, remember to have fun. By checking Engage Leo, keeping an eye on bulletin boards, or even checking Saint Leo's and The Lions' Pride's social media, there are plenty of enriching opportunities waiting to be taken advantage of.

Sometimes the best ways to take your mind off the textbooks is to close them and get involved.



If you can get past the sound of squeaky shoes, join the Saint Leo Intermural 3-on-3 Basketball tournament in the winter for end of the semester fun. (Photo via The Lions' Pride Media Group Campus Map)

FALL 2025 EVENTS

FIRST DAY
OF CLASSES

AUG
25

WELCOME BACK
BINGO!
GLOW IN THE DARK
6 PM

AUG
27

RUSH THE BLOCK:
GREEK LIFE
SHOWCASE
6:30 PM

AUG
28

RESOURCE
FAIR
12 PM

AUG
29

STUDENT
INVOLVEMENT
FAIR
12 PM

SEP
3

GREEN DOT'S
SPEEDFRIENDING
5:30 PM

SEP
9

FAMILY
FALL
FESTIVAL

OCT
17 - 29

Message from SGU President

Luigi Meschino
SGU President

Hello, Saint Leo Lions! As your Student Government Union (SGU) President, I want to extend the warmest welcome back to Saint Leo University. My name is Luigi Santo Meschino, and it is my honor and privilege to serve you this academic year. I want you to know that your SGU Executive Board has been working all summer to make this year an unforgettable one. As a Senior in Political Science, I'd like to share some advice. This isn't just another year; it's a profound period of self-discovery, where you will grow as a person, a student, and a leader. There will be lessons you haven't learned yet, and it's okay if you struggle—that's part of being a person. Saint Leo is a truly unique community, deeply rooted in the six core values you'll soon learn to live by.

I encourage you to make this year your own. Take the leap, and put yourself out there to make new friends and connections. Get

involved in school functions, attend athletic games, or simply come to an SGU meeting to meet your representatives. Also, take a moment to get to know the faculty and staff who make this campus so special. And remember the most important lesson that I and many others are still learning: being human is hard. To avoid burnout, you must find time to balance your health, relationships, and academics.

On behalf of my entire administration, I want to make this promise to you: your Student Government Union is here for you. You will always have our support, we'll never stop advocating for you, and we'll never stop fighting for you. Your participation matters at Saint Leo because your SGU members are your voice to the university, and you'll always be heard.

To stay up to date with everything SGU is doing, be sure to follow our various social media accounts. Start with our Instagram @saintleosgu, and go to our Linktree to access everything else. If you're looking to get involved

soon, the easiest way is to run for a Senate seat this September. Keep an eye out for updates from us about it. If you'd like to contact us for anything, please email sgu@saintleo.edu.

I pray you enjoy your time here, and I wholeheartedly wish you all the best. Welcome back, and let's make this year an unforgettable one together. God Bless You All and Go Lions!



The new Executive Board (respectively, right to left; Vice President of Communications Beau Wolfe, Vice President of Finance Dejuan Wilson, Vice President of Relations Khristian Parrish, Vice President of Operations Hunter Compton, President Luigi Meschino)

♥ The Lions' Pride Media Group

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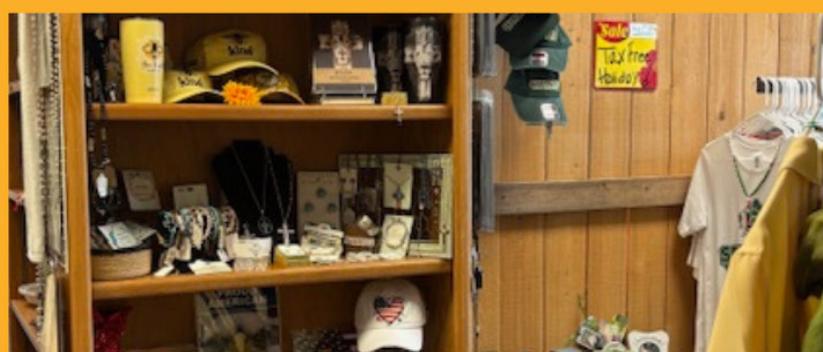


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Two 'Ole Hens



Funding your college memories: Tips and tricks on how to find a job on campus

Hannah Lynn

Former World News Editor
Updated on August 16, 2025

There is no doubt that college expenses have always been pricy, and it just keeps getting more expensive as time goes on. Many students find it essential to pick up a job to not only pay their college expenses, but to also make lasting memories apart from academics.

To combat this situation that many students find themselves in, Saint Leo University offers many job opportunities on campus for students.

While finding a job, even at the college level, is always a somewhat tedious process, there are multiple steps that a person can take throughout the job application process to help make themselves stand out to their future employers, and to make the process just a little bit easier to ensure you have funding for these everlasting memories with your new friends.

The first step in looking for any job is to create or update a resume. Saint Leo student worker, Emily Shute, a senior majoring in political science, reflected that “the hardest part of the application process is creating and polishing your resume.”

In general, the point of a resume, according to Shute, is to “highlight your skills and any past experience.”

This is an essential aspect that cannot be missed in a resume. Highlighting your skills and past experiences can help a job candidate stand out to an employer, which in turn, will help to increase the chance of obtaining a job interview.

It is also critical at the resume stage of the application process to “make sure to ask for help and have someone check it over before submitting it,” Shute remarked.

Having another set of eyes on a resume helps to ensure that there are no typos and that everything adds up in the mind of another person, which will help to ensure the resume is clear and easy to understand.

Before applying to jobs on campus, it’s important to understand the difference between Federal Work-Study and the non-Federal

Work-Study Programs.

The Federal Work-Study is a federal “scholarship” for students who demonstrate financial need. You can find out if you qualify for this “scholarship” through your financial aid on eLion. The amount provided is how much funding the recipient will receive a semester. It is important to note that this scholarship is paid through paychecks, not on top of it.

The thing to look out for with the Federal Work-Study Program is that if more scholarships are added to your financial aid while having this type of job, there is a risk of the amount of money allocated dropping significantly, or risk losing the job entirely.

Jobs labeled non-Federal Work-Study are open for any student on campus who is not qualified for Federal Work-Study, and these positions typically have less restrictions than the Federal Work-Study Program does.

In either category, these jobs could be found in the Canon Memorial Library, the registrar’s office, the Wellness Center, dining services, or the Print Shop. Keep your options open!

There are many questions that students ask themselves during the application process, such as what paperwork they need, how many hours they can work, and how much they can be paid. The answers to many of these questions can be found in the Saint Leo University Student Employee Handbook.

Going to college for the first time is a new and often scary experience, and this may make many students hesitant to get a job when they first start college.

“Having a job was an adjustment at first, but I eventually stuck to a routine that helped manage my time well,” said Shute.

Routines can look different from person to person, but they are essential when managing a college course load and a job. Once a stable routine is found, everything will fall into place.

Although it may take some time to get there, the next stage of the job application process is the

interview. This can be done in multiple ways, through Zoom or in person. At this stage people may find themselves excited, but nervous.

At this stage, it is important to make a good first impression with the interviewer. One way to do this, Shute recommends, is to “bring a printed copy of your resume.” Many interviewers may not have all job applicants’ resume on hand, and bringing in a copy can help to reinforce your qualifications for the position or let the interviewer ask any questions they may have.

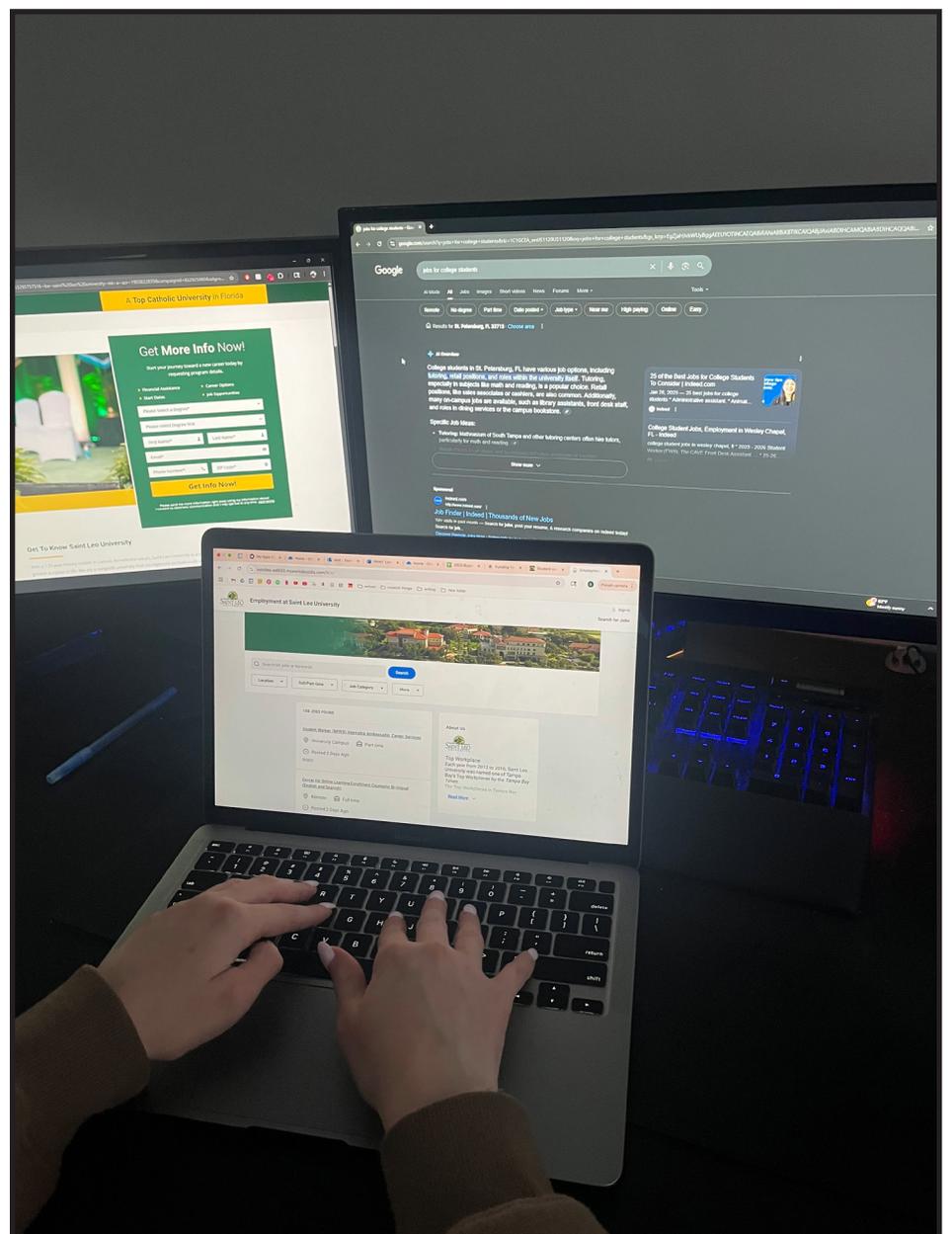
When looking for a job, Shute recommends not limiting opportunities to those the school offers, “but also talk to friends and professors about job openings as well.” This tactic may allow students to have a job that is closely related to their major and get a

step closer to their future goals.

It is important, once in the workforce, to have a work-life balance so there is time to make memories with friends, time for school, and work. Shute wanted to reinforce the advice of “having a schedule being super important and making sure that you have designated time for schoolwork. Don’t overwork yourself.”

The many job opportunities that Saint Leo offers can be found at Employment at Saint Leo University (myworkdayjobs.com).

Having a job and going to school, along with having fun with friends, is certainly manageable. Many people often find themselves loving the job they work and the routine they’ve established, and they don’t regret their decision.



The job application period is often a stressful process, involving getting feedback on resumes, asking around for places hiring, and staying persistent. (Photo by Sophia Sullivan)

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Saint Leo Lions ready to roar under second-year basketball Coach Spencer Henke

Elijah Alvarado
Sports Editor

Saint Leo University men's basketball, under second-year head Coach Spencer Henke, is poised for a significant transformation as they kick off their season at home on Nov. 14. After a challenging year marked by youth and injuries, Henke and his staff have aggressively revamped the roster, bringing in experienced transfers with the aim of competing at the highest level in the demanding Sunshine State Conference.

The Lions had many bright moments that showed promising signs. The team went into the season playing some well-known teams which started in the preseason such as Florida State, Florida Atlantic University,

and University of Miami. These high-profile matchups boosted the university's brand recognition.

"We really got to grow our brand. It really got Saint Leo out there," said Henke.

The Lions encountered a series of challenging conference matchups, and while their record might not show it, they consistently battled. They found themselves in a series of nail-biting conference matchups where the games were won by one or two possessions. For instance, Saint Leo narrowly lost to division rival University of Tampa by a final score of 90-87 and lost to Palm Beach Atlantic by a single possession with a final score of 78-76.

"It really shows we are getting there," said Henke. "We

are nowhere we want to be by any means, but we are getting close. We are competing with high-level teams which builds the excitement."

While the Lions had some highlight moments, Henke says they had some challenges that they will need to overcome to have a better outcome this season.

Henke emphasized the intense competition in the Sunshine conference, which he described as the nation's leading league, especially for men's basketball.

"First and foremost, we play in the best league in the country. The Sunshine State Conference across all athletics is unbelievable, more specifically men's basketball," said Henke, emphasizing the fight the team faces.

He encourages people to attend the games, confident they'll be impressed by the high level of play.

"I tell any new person I meet to come watch a game just because you are going to be amazed by the level every night," said Henke.

Henke attributed some of last season's struggles to both inexperience and injuries.

"We were really young, starting three freshmen," said Henke. "And one of our keys tore his ACL and that changed our dynamic a little bit."

Beyond those external factors, Henke openly took responsibility for last season's struggles.

"I will openly be the first one to take the blame for things that could've gone better," said Henke.

Putting the 2024-2025 season behind and looking at what's ahead, they look at growth and where growth is needed. Last year's roster featured three freshmen which Henke continues to talk about, highlighting two that remain on the team

Reflecting on player development, Henke highlighted Camden Cerese and Jaylan McElroy as two athletes who've made significant progress since their freshman year. Both have grown into confident, experienced college basketball players ready to take on bigger roles this season.

As the Lions prepare for

the season ahead, Henke and his coaching staff have been working hard building up their roster.

"We're revamping our roster with older, more experienced guys. You win when you're older in college basketball," said Henke.

Between graduation and the transfer portal the basketball team lost a total of 11 guys this year, so he is looking for the portal to help add older players to the roster.

"If you look at the transfers we've signed, these are guys that are either in their final year or have played two years and played significant roles at their previous schools," said Henke. "The biggest takeaway I got from a challenge perspective is we needed to get older."

After having only four returners, the Lions have added seven new faces that will bring experience to the roster.

"I'm excited to see how it all comes together. Lots of new faces with a ton of experience that could've helped in those close game moments," said Henke.

As the Lions remain aggressive in revamping the roster, Henke is quick to share the credit.

"We have been after the transfer portal nonstop, and I give a lot of credit to my assistant coaches, Coaches Waln, Hedmen, and Ricketts for the work they have done," said Henke. "There is still work to be done."

Henke remains optimistic about the new additions to the roster.

"They are all guys buying into what we want our team to be. They all meet the standards of this team and what it takes to be a Saint Leo Lion," said Henke. "I want guys that are fearless, driven, empowered, relentless, and selfless,"

With the season opener on the horizon, Henke remains keenly focused on the future.

"Get ready — it's going to be exciting!" he said with a smile, emphasizing just how much the team values its supporters. "Their support is unbelievable, especially last year during some of the losing streaks,"

Henke added. "We play for you."



Spencer Henke is the new men's basketball head coach at Saint Leo University. (Photo courtesy of Saint Leo Athletics)

New era, new energy: Coach Charles Marshall brings vision and fire to Saint Leo Women's Basketball

Elijah Alvarado

Sports Editor

Saint Leo women's basketball has named Charles Marshall as the head coach of Saint Leo University women's basketball, who brings years of coaching experience and a clear vision for success. Having coached at West Virginia State University and Glenville State College, Marshall joins the pride with over a decade of head coaching experience at the NCAA division 2 level, according to the Saint Leo athletics website. Marshall and his staff have been working hard as they prepare to host the University of Puerto Rico Mayaguez for their season opener at home in the Bowman Activities Center on Nov. 14.

Coach Marshall's decision to transfer to Saint Leo came because of a familiar face within the university's athletics program.

"The current athletic director Marcel Lazenby was my athletic director at Glenville State College," said Marshall. "He reached out and asked if I was interested, [and] for my wife it was a no brainer."

The transition to Saint Leo required Coach Marshall to leave the coaching position he was at for the last nine years and move his family down to Florida, but he is optimistic this was the right choice and grateful for this new opportunity.

"[I'm] thankful to Marcel for giving me this opportunity," said Marshall. As he steps into this new chapter of his career, Marshall looks to build culture within the program that clearly demonstrates Saint Leo University core values: excellence, community, respect, personal development, responsible stewardship, and integrity. He emphasized the importance of "great team chemistry" and having a "family perspective."

Saint Leo competes in a highly competitive conference, but that hasn't changed Marshall's strong standards or expectations for the season, with a clear focus on

contending for a championship.

"We are going to focus on ourselves and make sure our team is prepared," said Marshall. When it comes to long-term goals, Marshall remains ambitious.

"The goal is always going to be to compete for conference championship and Nationals championships, and that's something we are going to implement in this team," said Marshall.

Marshall makes it clear that championships are not a gift. They are earned, and the only way to make that goal possible will be effort and dedication.

"The way to go about that is coming in everyday and working hard and making sure our kids are well prepared and putting forth the best effort to be successful," said Marshall.

Marshall and the team remain committed to effort and preparation, which is crucial with Marshall looking to get this program

back on its feet and heading in the right direction. Between graduation and the transfer portal, the Lions only have five returners. Marshall is faced with having to rebuild a strong core.

"We will have five returners from last year's team," said Marshall. "I see a lot of potential in them."

As Marshall begins to implement his foundations within the program, he's been given the opportunity to build a solid roster from the ground up — starting with twelve talented and motivated young women, with more additions to come as the offseason begins to wind down.

"I'm extremely excited about what we have," said Marshall. "It will be a process because it's putting a whole new team together."

Marshall has a clear vision for what the final roster will feature — a group built on competitiveness, talent, and a strong desire to win at a high level.

"We will have a lot of young ladies ready to compete and play at high level," said Marshall. Marshall isn't just laying out his vision on paper — he's shaping an on-court strategy that brings that vision to life, using a system that matches the strengths and mentality of his roster. He added that the goal is to develop a team identity centered around high energy and tough, hard-nosed defense.

Fans can expect the highly talented revamped roster and energetic game plan to come into reality in the stands and on the court. This team is ready for a fresh new start and ready to make an impact. They are looking to elevate their aggression to create a louder, more intense atmosphere in the Bowman Center.

Winning a championship is not the only goal for the Lions. They are looking to be aggressive with offense, such as shooting threes and scoring lots of points every game they play.

Marshall has one message to the Lions fanbase as they gear up for battle.

"Be ready! Be supportive, come ready to cheer loud!" said Marshall.



The job application period is often a stressful process, involving getting feedback on resumes, asking around for places hiring, and staying persistent. (Photo by Sophia Sullivan)

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