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BOBCATS STUDY ABROAD

Israel

Croatia

Spain
STU SGA
St. Thomas University’s Student Government Association
#COMMONHOURKICKOFF
facebook.com/STU.SGA
Greetings Bobcats, my name is Ludolph McLaughlin and I am your 2014-2015 SGA President. I am a senior majoring in Sports Administration with the goal of pursuing a career in Sports Management. I was born on the beautiful island of Jamaica and now live in the city of Miami Gardens.

My hobbies include playing sports and video games, exercising, volunteering, and working on my NBA debate show Talk is Cheap. Since my freshman year at STU, I have played an integral part with various campus organizations including: National Society of Leadership and Success, President of the Caribbean Students Association (CSA), Kreyol Nation, Psychology Club, and a Resident Assistant.

I have made the Dean’s List in spring 2012, fall 2013, and spring 2014. I also won the Most Dedicated award from CSA for 2011-2012, RA of the Year Award for 2013-2014 and was recognized as an Exemplary Student by the City of Miami Gardens and the Caribbean Affairs Advisory Committee in June 2014.

I am extremely grateful to attend such a phenomenal university that has provided me with countless opportunities! At STU I have met amazing people and made plenty of lifetime friends. I have been able to go to Washington DC, Busch Gardens, Rapids Water Park, the Everglades, and many other landmarks while at STU. During this time, I have developed many skills and have grown exponentially as an individual. STU does follow its motto “developing leaders for life.” Thank you!
Hey guys! I’m Gina Hernandez and I am the Vice President of SGA. I am a Criminal Justice and Psychology major with a Sociology Minor and I will be graduating in May 2015. I am currently a senior at STU and I love to lend a helping hand where ever I am needed. From the very beginning I have been very involved in clubs around campus such as the psychology club and GSA. Last year I was the President of GSA (Gay Straight Alliance). This year, I felt SGA would be a great fit for me and some of the goals I had in mind. Attending STU has helped me grow in so many areas of my life. Every day I wake up reassured that I made the right decision coming here. I have made wonderful friends and I can’t wait to see where the future years will take all of us.

I am 22 years old and I am a very proud New Yorker which also means I LOVE pizza! I have 2 younger brothers who are my world, their ages are 18 and 20 and they both play baseball. When we are all on vacation it is always a dilemma agreeing on where we will spend the holidays since our parents are from the beautiful island of the Dominican Republic and they often want to spend it there.

I hope you guys enjoy this issue of the Monthly and the ones to come and I hope to see you all around campus and at our events!
Hey Bobcats! My name is Carley Di Stasio and I am the Secretary of SGA. As the Secretary, I am in charge of the STU Monthly, social media, and creating posters and flyers about upcoming events. I am a senior Biology major. I have participated in undergraduate research in the science department and was on the Dean’s List for fall 2013.

I’m very athletic. I love both watching and playing sports. In high school I was on the school wrestling, soccer, softball, and cheerleading teams. At STU, I was on the softball team as a freshmen, and am now currently on the cheerleading and cross country teams. I have also had the pleasure to be one of the captains for the cheerleading team.

I enjoy going out on my family’s boat, going to the beach or out dancing, and spending time with my friends and family. I am very family oriented and have a one and a half year old nephew, who I have enjoyed watching grow up.

In addition, I LOVE animals and hope to become a small animal veterinarian in the future. I spent this entire past summer volunteering at an animal shelter, horse barn, and wildlife refuge. Since I was with animals on a daily basis, it ended up being one of the best summers I’ve ever experienced.

I hope you all enjoy this Monthly and that we have a great year together! Go Bobcats!
Once again, welcome back Bobcats! For those of you who don’t know me, my name is Dorcas Jean. I was born and raised in Homestead, but I do represent my beautiful Island Ayiti (Haiti).

I’m a senior majoring in Criminal Justice with a minor in Sociology and I am your 2014-2015 Treasurer of the Student Government Association (SGA). As the treasurer, I deal with the budget of all clubs and organizations on campus.

I have been involved on campus since freshmen year, and it has allowed me to be open-minded and meet amazing people. Besides school, in my spare time I like to volunteer and spend time with my friends and family.

My advice to the freshmen would be: keep God first, get involved and stay focused. I am excited for what this year has to offer and hope everyone has a great semester.
My name is Sherlyn Aikens but everyone calls me Shelly. I currently hold the position of the Speaker of the Senate. I was born and raised in Harlem, New York and I am currently majoring in Criminal Justice. Besides being a hardworking student I am also a fun and loveable person. I love having fun, relaxing with my friends, listening to music and watching movies. I am very family orientated, I always make decisions that would be best not just for me, but for my family as well.

My aspirations in life are to start non-profit organizations for runaway teens and battered women. I also would love to start a homeless shelter in Harlem, New York to help people get back on their feet. When I am not working hard, hanging with my friends or plotting on how to save the world, I am stepping with my S.W.A.G sisters. S.W.A.G is more than a step team, it’s a sisterhood and I’ve met some very lovely females that I will forever call my friends. I am a student with some aspiring goals and I want to encourage everyone to step on obstacles that get in their way, do not let it get a hold of you. I am happy to be your Speaker of the Senate and I cannot wait to see what this year brings. LET’S GO BOBCATS!!!!!
Photos were taken in the following locations:
Israel, Spain, Washington D.C., California, and Florida
Photos were recovered using the hashtag
#FEARTHECLAW
What advice would you give the incoming class of 2014 freshmen?

Amanda Lahiere, President of the Psychology Club
I would tell the upcoming freshmen to appreciate the intimidation that they may be feeling. So often, we feel fear and run from it, but the moments in which we face it are the ones that we grow from. Think of your class ranking this year as a new opportunity, rather than a negative stigma. You have the chance to start “fresh”, embrace it.

Facundo Torino, Head RA and Student Athlete
My advice to the freshmen is to get involved. Getting involved in clubs and organizations not only helps build character and a good resume, but also allows us to help better the school we attend and meet a great amount of people. As an R.A. for over 3 years, I’ve met many wonderful people and I can feel good to leave St. Thomas knowing I left a good mark.

Samantha Hidalgo, Senator
The best advice I can give the freshmen is to enjoy the experience and make the most out of their college experience. At STU, there are plenty of ways to keep students involved and gaining real, first-hand experience in leadership positions. The good thing is that no one will ever take away from us whatever we are faced with and learn during college, so all these really have positive life-long consequences for us.

Rose Berkoff, Campus Ministry
This is a time in your life in which you are probably going through a major adjustment educationally, professionally, emotionally, mentally, and spiritually. No matter what it took for you to get here or what struggles you went through to be here, the most important thing is that you are here, and you have a purpose. Your college experience will have its ups and it will have its downs. Know that God is with you throughout your journey. Know that you are not alone, for there is an amazing community here at St. Thomas University to help you and support you in your academic and personal endeavors.

Ludolph McLaughlin, SGA President
The best advice I can give the freshmen is to get involved. Make sure you are going to events and participating in sports, clubs or any organizations you are interested in. While in college it is important to gain as many experiences as you can to better prepare you for the real world. Thank you and good luck!

What are you looking forward to this upcoming season?

Ali Leon, Cheerleading
With the amazing talent we have this year I believe that we can definitely go far and meet our goal of going to nationals! I am beyond excited to start the year working with the new people, creating new bonds and strengthening the bonds I have now with the veterans.

Jessica Matias, Softball
I am looking forward to playing the role of a leader. I will use my experience to help my new teammates transition from their previous team to our family. When stepping onto the field my main focus is becoming a better athlete and teammate and I hope that will influence others to follow.

Ashley Taylor, Women’s Soccer
This upcoming school year I am looking forward to finish out my senior year strong. Last year we ended as conference champions and made it to the second round of nationals. This year I hope to surpass last years expectations and come out as a national champion.

Sydney Maynard, Volleyball
I am excited about this school year because I am working really hard on the court and in the classroom to be a successful student athlete. I am making an effort to participate in more campus activities and attend more sporting events, and I am really excited about all the memories I’ve made so far and all the ones to come.

What challenges are you expecting to face as a team?

Cathiana St. Preux, Dance
Dance may look easy, but in reality it is hard work. Since we will be competing this year for the NDA, the level of technique required has to be met which means longer practices and more focus on getting our team to place. This will be our biggest challenge as a team, trying to get everyone on the same level in a short amount of time.

Jerry Downs, Baseball
The past year our most difficult challenge was playing away from our school and so this year we hope to keep that in the past, focus more, and play consistently throughout the whole season. We have to work together as a team and make sure the incoming players feel comfortable on and off the field as a team. As a team we have to learn to play without pressure and play the sport we love and enjoy it because by doing those things, good things will happen.

Claudia Martin, Women’s Basketball
With only four returners, we’re faced with the challenge of getting all the newcomers on the same page regarding defensive habits, offensive systems, and simply said, Bobcat Basketball. Getting used to each other’s game while pushing our limits daily facilitates that process. Once we are in sync we will be a very competitive group and that will show soon.
Caribbean Student Association promotes diversity within the Caribbean, but as in years past, we try to relate and communicate to those of other countries. CSA is a well-known club here on campus and well respected by students and faculty. In the past, we hosted events such as parties, game nights, movie nights, and showcases. We also did projects with Teen Upward Bound and the Amachi Program.

Every school year, CSA tries to come with something new and distinct. This past 2013-2014 year, we got involved during International Week by putting together an International Bash that featured many countries within and outside the Caribbean. In addition to that event, we brought back the Miss CSA Pageant Show which ended the year in fashion for us. Ubintha Cetoute (Miss Haiti) went on to win Miss CSA after capturing Best Talent as well. After one of the most collective school years as a club, CSA was awarded the Club of the Year. For the future, we plan on collaborating with different clubs on several activities to provide a better experience for the students here at St. Thomas University.
Dear student,

Welcome to our campus, our program, and our family! We thank you for choosing us to serve your academic needs. We hope you enjoy some of the best years of your life here at St. Thomas University, but please be aware that you might undergo a period of transition as you adjust to the new culture at STU.

You might be away from home for the first time and start missing your parents and your family life. You might need to adjust to a new language or a new climate if you are from another country. You might need to adjust to driving in Miami Gardens if you commute from a less crowded residential area. At STU, you will have new schedules and meet new professors and classmates. Whatever the case might be, you might undergo some of the following phases:

**The Honeymoon Phase** – this is a period of exhilaration and excitement as you settle in and enjoy meeting new people and seeing new things. It involves anticipation of and fascination for new surroundings and experiences. You want to please and show your acceptance, appreciation and understanding of everything and everyone. But this period may give way to...

**The Hostility Phase** – Fears and worries take over as you miss your parents, hometown and friendly surroundings. People around you do not seem to understand you or your customs. You might feel sad and afraid that you made a mistake and cannot finish the school year. But, eventually, you enter...

**The Humor Phase** – You learn to relax and get to know others in similar situations to yours. You start laughing at your own mistakes. You also learn that it is okay to ask questions when you do not understand something. It is fine to ask others for help. Gradually, you reach...

**The Home Phase** – You have adjusted. You feel at home. STU becomes your home away from home. You retain old habits and customs while adopting new and interesting ones. You are open to trying new dishes, learning fun dance moves, and visiting exciting places. You know that you will survive and succeed in your academic endeavors. To reach this phase, however, you must:

- **Be prepared** - plan your day, be on time for class, manage your time properly
- **Ask questions** - do not be shy; ask when you do not understand something or someone
- **Be open** – open up your mind to the fact that we are all different, speak and act differently
- **Become involved** – choose a student club, participate in new activities, make new friends
- **Be curious** – meet people, visit places, use resources, especially the Student Health Center!

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**A note from St. Thomas University’s Student Counselor:**

Welcome to our campus, our program, and our family! We thank you for choosing us to serve your academic needs. We hope you enjoy some of the best years of your life here at St. Thomas University, but please be aware that you might undergo a period of transition as you adjust to the new culture at STU.

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**Reference:**
http://eric.ed.gov/?id=EJ177044
Fall 2014 Career Expo
Sponsored by STU Career Services

When: Wednesday, October 8th
Where: Goldbloom Convocation Hall (University Library)
Time: 11:00 a.m. – 2:00 p.m.

- Bring several copies of your resume
- Must wear business attire

Open to STU undergraduate students, graduate students, and alumni

Please contact Career Services for more information
careerservices@stu.edu  www.stu.edu/career
(305) 628-6577
## UPCOMING EVENTS

### University Events October 2014

<table>
<thead>
<tr>
<th>Sun</th>
<th>Mon</th>
<th>Tue</th>
<th>Wed</th>
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<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td>1 12:15pm Student Health Fair Convocation Hall</td>
<td>2 3:5:00pm Career Expo Prep How to work the</td>
<td>3</td>
<td>4 Pool Party</td>
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<tr>
<td>5</td>
<td>7:00pm Mass</td>
<td>6 Mid Terms !! 1-5:00pm Resume Open Clinic</td>
<td>7 Mid Terms !! NSLS Broadcasts</td>
<td>8 Mid Terms !! SOC Meeting @ 3 11-2pm Career Fair</td>
<td>9 Mid Terms !! 4:6:00pm Dr. Linda Stress Reduction,</td>
<td>10 Mid Terms !! Movie Night @ the Pool</td>
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<tr>
<td>12</td>
<td>7:00pm Mass</td>
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<td>13 Battle of the Halls</td>
<td>14 Battle of the Halls Hispanic Heritage Celebration</td>
<td>15 Battle of the Halls</td>
<td>16 Battle of the Halls Halloween Horror Nights</td>
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<td>17 Battle of the Halls</td>
<td>18 Battle of the Halls Grad Expo 9-3:00pm</td>
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<tr>
<td>19</td>
<td>7:00pm Mass Yoga in the courtyard</td>
<td>20 Grad Expo 1-7:00pm</td>
<td>21 NSLS Broadcasts Grad Expo 1-7pm -HIV/STD Awareness</td>
<td>22 Career Services Career Fair (CH) 8:00PM Bobcat Explosion (with SGA)</td>
<td>23</td>
<td>24 NSLS Glow Walk BBQ</td>
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<tr>
<td>26</td>
<td>7:00pm Mass</td>
<td>27</td>
<td>28</td>
<td>29 12:15 Mock Interviews (Common Hour)</td>
<td>30 Halloween Party Psychology Club Halloween Bake</td>
<td>31 TUB Trick or Treat Activity 4-5:00pm</td>
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<td></td>
<td>Fiesta Villanova</td>
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### HOME GAMES

#### WOMEN’S VOLLEYBALL
- **Friday, September 19**: vs. Warner University 7 p.m.
- **Saturday, September 20**: vs. Webber Intl. 2 p.m.
- **Tuesday, September 23**: vs. Ave Maria 7 p.m.
- **Saturday, September 27**: vs. Northwood 12 p.m.

#### WOMEN’S SOCCER
- **Friday, September 26**: vs. Thomas 4 p.m.
- **Sunday, September 28**: vs. Embry-Riddle 3 p.m.
- **Friday, October 10**: vs. Johnson & Wales 4 p.m.
- **Sunday, October 12**: vs. Northwood 4 p.m.

#### MEN’S SOCCER
- **Wednesday, September 24**: vs. Warner 4 p.m.
- **Saturday, October 18**: vs. Ave Maria 4 p.m.
- **Wednesday, October 22**: vs. Northwood 4 p.m.
- **Saturday, October 25**: vs. Johnson & Wales 4 p.m.

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**Editor of the STU Monthly:**

Carley DiStasio