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Quote of the Month:

"The educated differ from the uneducated as much as the living differ from the dead."

-Aristotle

Online Psychology Association Adopts a Family for Christmas



For many years, the Saint Leo University Center for Online Learning Staff has participated in a program through Catholic Charities to adopt local families for the holiday season with a mission to help make their Christmases a little brighter.

Teams choose to adopt a family in mid-November and Catholic Charities provides information for each of the family members (clothing sizes and specific needs), so participants have an idea of what to purchase. The gifts are wrapped and delivered to a local Catholic Charities location for distribution. Saint Leo University Center for Online Learning again chose to spread holiday cheer this year by participating in the program. However, this year was a little different. When Nicole Fonner, Student President of the Online Psychology Association, discovered that participation is open to student groups as well, she wasted no time in contacting Student Life to see if it would be possible for an online group to adopt their own family. She helped to promote the program via social media and e-mail. The Psychology Association worked together to have gifts shipped to the Center for Online Learning, and Student Life assisted in the wrapping. The gifts were delivered on December 18th, 2015. Many families woke up Christmas morning to clothes, toys, gift cards, and household needs that they would not have otherwise thanks to Catholic Charities and the generous people who choose to adopt families for the holidays. Thank you to the students of the Psychology Association for their giving spirit! If you are interested in joining the Psychology Association or any of our 12 Online Adult

Captivating Conversations with Britt

Hello All,

I am Brittany, and I would like to welcome you all to have a "captivating conversation". Please feel free to write me on a topic of choice to be discussed. It can be about school, class, graduation, jobs, etc. I am here for you, and I am interested in any questions you may have. Please remember to keep our core values in mind when submitting questions. Out of respect, we need to avoid politics, religion, and anything that can discriminate against others. Please email me at Jessia.schuckert@Saintleo.edu with an alias to protect your privacy. Hope to hear from you soon!

Best Regards,

Britt



Hey Britt,

It is that busy time of year AGAIN, and I was wondering... Should I feel bad about turning down people for upcoming events? It seems like everyone has invited my family and me to parties, events, etc. What do I do? Any advice?

Sincerely,

Curiosity Killed the Cat

Hey Curiosity Killed the Cat,

That is an amazing question! Yes, the holidays can be stressful and busy, but remember to never be afraid of the word NO. It is easy to overburden ourselves by helping our family, friends, etc. I am not saying turn into the Grinch or anything (LOL), but if you already have your hands full, don't feel bad about politely turning down someone's

Learner Associations, please e-mail
Jessica.schuckert@saintleo.edu.

Jessica Schuckert, Senior Editor/ Staff Facilitator

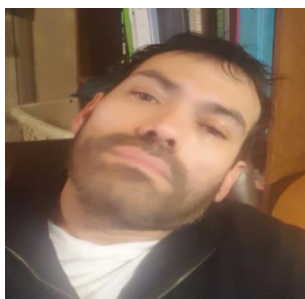


request to an event. The holidays are meant to relax and enjoy family and friends. If you can make it, that's great, but if not, no worries. With that being said, ask yourself this question, what do I really want to do? Then remember to include your family in the discussion, as their feelings matter as well. When you have outweighed all your options, choose the best fit for you. I actually have had this concern a few times myself recently. As we approached the holiday season, I had to make a decision between hosting an event and attending a gathering with a friend. I can honestly say that everyone was understanding, and my decisions were respected. I hope this helps, and I look forward to having more "Captivating Conversations" with my fellow Saint Leo Students!! ;)

Best Regards, Britt

Brittany Sampson, Student Writer/ QA Columnist

Cyber-Security?



How safe is your identity in today's globalized and technologically advanced world? When we make purchases do we monitor if copies or forms with errors are made and thrown away without shredding? Are we careful to fill out forms only in areas where privacy is insured?

But are we expecting the impenetrable to be infiltrated? We feel safe when working with and offering information to large brand name facilities as we know they will protect our privacy.

Two years ago, maybe less, I received a letter from the Veterans Administration in New Mexico that my records had been compromised in some fashion and my personal Identification was in the mix of all the forms. I wasn't too concerned; It's the VA! What could happen? Of course, nothing noticeable, no significant purchases or trips booked in my name, and I did get that cool ID monitoring system free for two years.

But just 6 months later I get a letter from the Internal Revenue Service advising me that someone called attempting to access my tax records and had my social security number and other pertinent information. They established that whoever called was lacking some information, common knowledge to the real person, and stated they would monitor my account carefully. What's going on here, I'm almost middle aged, no kind of savings that would entice this type of conniving behavior? Of course, another year passes and yesterday I get a letter from OPM or Office of Personnel Management, records of over 4 million active and veteran soldiers, were compromised. At least, I have another subscription to an ID theft program costing taxpayers over \$133 million in contract money to companies coordinating identity

What is Resiliency and Why Don't We Have it Anymore?

Life is hard. True, it has plenty of ups, but it's hard and it never really gets any easier; we just get stronger. When we fail, we get back up, we learn from our experiences and our mistakes and then we carry on with our lives. This is what we call resiliency. Technically, resiliency is defined as an ability to recover or return to original form after encountering an obstacle. In my opinion, that makes it a necessary skill to learn in order to cope with life's many challenges. So, why is the rising generation being shielded from failure?



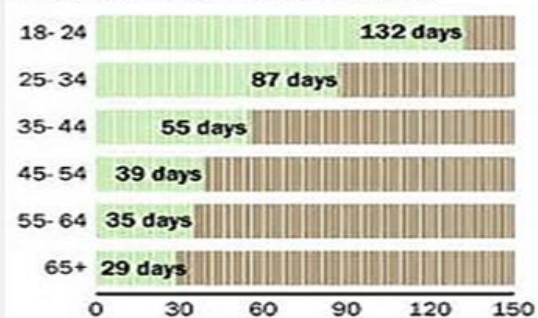
In an article published in *Psychology Today*, Dr. Peter Gray illustrated this point when he said, "Colleges and universities have traditionally been centers for higher academic education, where the expectation is that the students are adults, capable of taking care of their own everyday life problems. Increasingly, students and their parents are asking the personnel at such institutions to be substitute parents." So, when did failure become something we are taught to fear? When did it become ok to not take score or not declare a winner and a loser for fear that someone might not like the outcome? James Harrison, a linebacker for the Pittsburgh Steelers, made a pretty big splash regarding his son's participation trophies over the summer when he posted a video on Instagram stating that he planned to return them and his reasoning – for you Asimov fans – is undeniable. Sometimes in life, when you give 100% and you prepare and do everything you can to win, you still fail and that's life.

protection services for present and former federal employees.

Currently, the Office of Homeland Security is blaming China for breaching American's privacy, gaining access to Identification numbers, medical records, military history, personal items and even psychological records and fingerprints. But why? According to former head of the FBI's cybersecurity branch, that assumption is based on a collection of data, and the focus of the information gained was that of personnel holding security clearances. Now, how James Bond can you get?

Point being we all must do our due diligence when working on or with the web. We must protect ourselves and others from harm due to the error of our ways. If the United States can get hit for over 4 million people's records with security clearances at that, and other pertinent information, imagine what they could do to a school. Cyber security is of a great concern. Gaining access to shady areas on the internet jeopardizes people's work, accomplishments, and safety. And, as onliners, we open many sites for information and we don't expect or foresee danger involved yet there could be. At home or even in the library there could be issues that need to be avoided.

It takes 18- to 24-year-olds longer to detect fraud



These are a few tips to keep you safe online:

- #10 Think before you send, you can't erase in cyberspace.
- #9 Insure proper installation of software,
- #8 Use only secure connections.
- #7 make purchases on computers to limit liability
- #6 Use the internet safely, don't put it out there if you don't want people to see it.
- #5 **Do not, do not, DO NOT**, open messages and email from unknown sources. Have them sent to Junk automatically if you're too inquisitive?
- #4 Delete old accounts, you're not using it anyway
- #3 Respect, enough said.
- #2 Know your system. You don't have to be a pro, but do know how to plug it in.
- #1 Antivirus and Firewalls install and update regularly. Don't lose that important paper due to forgetting your PC immunization.

Below are 5 of the anti-virus programs listed by PCMag 2015, with prices ranging from 19.95 to 43.99, depending on level of protection:



I remember playing pee-wee baseball when I was in the 5th or 6th grade and losing some games by 20 runs – this was before the mercy rules came into existence – and I was never so distraught that I felt the need to blame the other team or the umpires (even though the umpires were sometimes to blame, if we're being honest). As a musician, going through middle school, high school and college, there were countless auditions and in-class playing tests where I made big mistakes, but I spent over 12 years practicing and performing and I eventually performed with the Virginia Symphony. In the right situation, failure can teach perseverance and flexibility. Those two words – perseverance and flexibility – are synonyms of resilience by the way.

See, I'm not that much older than the generation coming up behind me, but I was raised to understand that my shortcomings are my own. The malady caused by this cushioning (a.k.a. helicoptering) is that the younger generations are kept from building up that thicker skin because they're always right, always winners and always rewarded. (Man, if only that were reality.) When we received our trophies at the end of the season, there were different sizes and they said first, second and third place. *Only* first, second, and third place got trophies, too; There was no such thing as a participation trophy. Some players from each age group were given special recognition as MVPs and All-Stars. Conversely, there were also some kids in the league (myself included) who never got any of the really good awards because they weren't great at baseball. For the most part, we all made it out alive and those that didn't are not blaming their 5th or 6th grade baseball team for their current predicament.

It seems strange to me to blame someone else for my own problems. It's even stranger to think that society is creating a norm that allows everyone that as an option when things don't go their way. When did we decide that keeping score or declaring winners and losers was a bad thing? For that matter, when did the words like "winner" and "loser" go wrong? I mean, really...what does it say about our society

Bite defender

<http://www.pcmag.com/article2/0,2817,2460688,00.asp>

Kaspershy

<http://www.pcmag.com/article2/0,2817,2460689,00.asp>

MacAfee

<http://www.pcmag.com/article2/0,2817,2469309,00.asp>

Webroot

[How safe is your identity in today.docx](#)

Emisoft

<http://www.pcmag.com/article2/0,2817,2477035,00.asp>

Ronnie Ramirez, Junior Editor/ VA Correspondent

that those labels were so detrimental that they needed to be eliminated so as to not discourage the cognitive development of our youth? Personally, I can say that I've learned more from any of the failures in my life than from the successes – without question – and I'm sure that I'm not the only one. Do you know why? The answer is simple: I was taught to be resilient.

In case anyone is interested in reading the article where this all began, here it is: [Declining Student Resilience: A Serious Problem for Colleges](#).

Bill Adkins, Student Writer

VA Spot



Saint Leo Veterans Student Services Working Above and Beyond: Emergency Relief to Veterans Facing Hardships

Veteran Student Services has long been dedicated to the educational advancement of both service members and Veterans. With the dedication of staff and private donations, VSS has maintained a fund specific to the needs of military and Veteran personnel in times of emergencies. The Emergency relief funds have an application process that is easy to complete. Both traditional and online Veteran students can get financial assistance when faced with financial hardships or unexpected crisis. The program was established for Veterans in 2013, in a campaign called "40 Dollars/ 40 Years" conducted during St. Leo University's celebration of 40 years of educating the men and women of the Armed Forces. The program is offered through the VSS at Saint Leo, and is limited to current students facing unanticipated events placing them in a difficult situation. The temporary and limited assistance is focused on relieving issues that may affect the continuation or concentration of their educational goals. Examples of qualifying needs would include but not limited to:

- Assistance with medical costs/ prescriptions/medications
- Assistance with rent, mortgage, or utilities
- Childcare expenses which if otherwise not available would cause the student to drop classes
- Car or Insurance payments

It's the Most Wonderful Time of the Year!



Holidays are supposed to be a time of unending happiness. The laughter of children filling the air. Holiday treats emitting lingering aromas; the kind that tickle your nose and draw you in. Jack Frost is outside blowing in all his

glory. People are generally happy and full of joy. Sometimes, however, you may feel overwhelmed during this time of year. The feelings of joy and happiness may be replaced by burdens and worry, especially if you are a college student and a parent, like myself. Being a mother to five little ones, I have learned a very valuable lesson: live in the moment! I remember the time I learned this very valuable lesson; It was last Christmas Eve. My 5 little ones were all gathered around the kitchen table ready to decorate cookies for Santa. This was our normal yearly Christmas Eve tradition. As you can probably imagine with 5 little kiddos decorating cookies, there was a huge mess. Frosting and decorative candy pieces



were everywhere. They were having so much fun, but all I kept thinking about was getting the mess cleaned up and having the picture perfect Christmas Eve night, with a clean house and everything in its place. I wasn't enjoying this precious moment. This is a moment that I would never be able to get back. I was rushing around trying to clean up as much as I could before daddy got home, not really paying attention to anything else, then all of a sudden my little beautiful brown eyed 5-year-old daughter, in her cute little voice said, "Mommy will you sit down with me?" In that moment, I realized that I was missing out on what is really important. That night we made the biggest mess, but I wouldn't trade a clean kitchen for the laughter and memories we made. I realized that beauty hides in chaos, if

- Food or gas and, other issues decided on a case by case evaluation.

The program is diligent in assisting veterans and assistance is generally obtained within 48 hours. To apply for assistance, an online request can be filled out through the university portal under Veteran Emergency Fund application. The fund funded by gracious donors whom without Veterans would not have access to emergency assistance. To make a contribution, please contact Elizabeth Barr assistant Associate Director in the Saint Leo Annual Fund Office at (352) 588-8824 or you can make an online donation at <https://your.saintleo.edu> any amount is accepted. Check the circle of the amount donating or other, then click on designation, then in other, type in Veteran Emergency Relief. Your donations will be greatly appreciated.

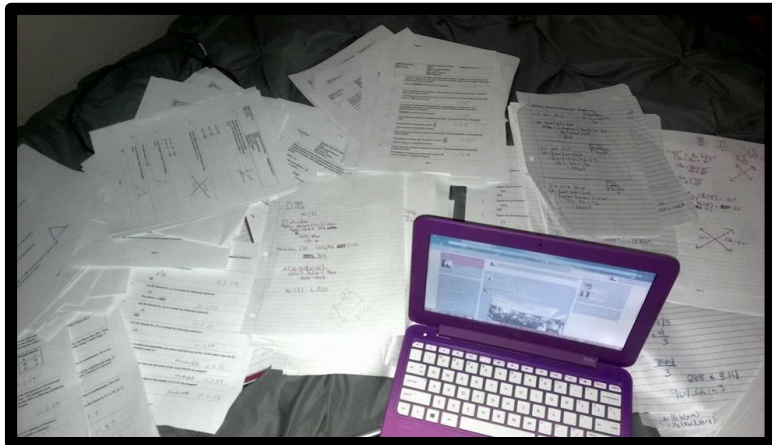
Ronnie Ramirez, Junior Editor/ VA Correspondent

you're willing to look for it. I think the Grinch says it the best, "It came without ribbons! It came without tags! It came without packages, boxes or bags! Then the Grinch thought of something he hadn't before! Maybe Christmas, he thought, doesn't come from a store. Maybe Christmas perhaps means a little bit more!" - Dr. Seuss

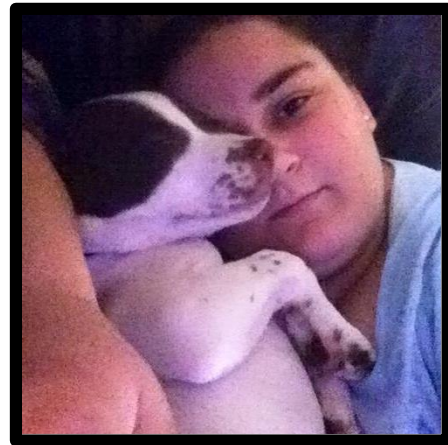


Nikki Bryan, Student Writer/ Club Facilitator

#COLWORKSPACE



#COLPETPIC



Log on to [Facebook](#) or [Twitter](#) and share your workspace and pet photos with other COL students by using the hashtags #colworkspace and #colpetpic

[Click here to connect with the Student Communications club on Facebook.](#)

Become a Member

Do you like to write or take pictures? Interested in journalism or marketing? Join the Student Communications Club to have your voice heard in THE VOICE. The Student Communications club meets the 1st Tuesday of every month at 7pmET in an online classroom. Click here to become a [Member](#) or e-mail Jessica.schuckert@saintleo.edu for more information.

Staff Spotlight



Marlene Tillman has been COL's VA representative for over 9 yrs. This Ohio "Buckeye" moved down to Florida in 1977, married a Floridian and enjoys hiking and reading Sci-fi adventure fantasies. She considers her best accomplishment her daughter, now grown and living in NYC.



Hilary Bisailion has been working as a VA Certifying official for almost 4 years. She is originally from England and has lived in the States for 19 years. She is married to an Air Force Veteran and has a 17 year old son. She sings and plays keys in a band and loves to write songs.

MILITARY VETERAN WORD SEARCH

B	I	V	O	U	A	C	Y	N	T	D	V	E	K	B	F	N	P	N	Q
A	H	R	R	B	E	W	O	R	R	O	A	A	Z	O	P	O	U	G	S
I	O	Y	L	W	D	I	E	A	T	G	R	S	L	D	C	I	E	R	U
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H	E	C	U	E	D	R	N	C	S	A	E	O	I	A	N	O	D	A	I
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S	O	M	N	L	I	C	V	E	V	W	O	B	I	N	P	A	I	N	A
D	D	L	M	R	M	E	C	R	O	F	R	I	A	O	Y	U	D	W	Y
K	S	X	O	M	S	C	J	P	M	A	A	I	C	S	L	C	B	E	N

AIRFORCE

ATEUP

BIBLE

CHARLIE

COMMUNICATION

DEUCE

GRENADE

AIRASSUALT

AIT

AWARD

BIVOUAC

COASTGUARD

COMRADERY

EAGLES

HERO

LEAVE

MOS

PENSION

PUSHUPS

SERGEANT

TOP

VETERAN

INFANTRY

MILITARY

PARADE

PROMOTION

RESERVES

TDY

VALOR

AIRBORNE

ARMY

BASICTRAINING

CEREMONY

COMMANDER

DEPENDANTS

FOXTROT

HOUSING

MARINE

ONIONSKIN

PRIVATE

QUARTERS

SUCKITUP

TRAINING

VISION STATEMENT

Our vision is to provide a community forum as a means of communication that connects the online student body and embraces Saint Leo's core values.

***The VOICE* is brought to you by the Communications Club and is intended for all Saint Leo Center for Online Learning Students.**