



THE VOICE

By Center for Online Learning Students for Center for Online Learning Students

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Quote of the Month:

"I've learned that people will forget what you said, people will forget what you did, but people will never forget how you made them feel."

-Maya Angelou

INTRODUCING THE STUDENT COMMUNICATIONS CLUB - STEVE HIRSCHBEIN (Student Advisor)



The Student Communications Club was founded to provide a means of student-driven communications and connections within the online student body. Here at Saint Leo University, we have the privilege of being

a part of an environment where a sense of community is embraced and encouraged by at both the staff and student levels. We have an internal newsletter that helps to support this vision, so it only made sense that this exist at the student level, as well, and this led to the founding of the Student Communications Club. The newsletter is just the start of embracing this vision and now it is up to the students to take this idea and let it evolve. The Student Communications Club and newsletter are being coordinated by Steve Hirschbein (Student Advisor) and Jessica Schuckert (Student Life Specialist). New members have already gotten involved in our first few meetings. As this group and their objectives take form, we anticipate even more students to get involved and take on more roles to make this their own. We welcome fresh ideas (content, design, forms of media, etc.) from you the readers. This is your newsletter and even if you can't attend club meetings, we would love for this to be a collaborative effort from the student body.



SIMPLE SECRETS TO SAVE - BRITTANY SAMPSON (Student)



Do you ever get stressed out about your finances? For example, when dealing with student loans, books, and everyday living expenses, it can become overwhelming at times. Here are a few extreme couponing tips to help you save

money in the future. The first thing you want to do is go online and look for any and all couponing websites that provide free coupons. The following website www.coupons.com provides manufacturing coupons you can use at any store. The best part of this website is being able to click the ones you choose to print. Another great resource for finding coupons would be the Sunday newspaper. There can be some awesome sales ads located in Sunday papers (Hint: try to get more than one). The first time I considered couponing, I was reading the Sunday paper and I came across a sales ad for Tide Laundry detergent pods: the coupon was for \$5.00 off, and the original price was \$6.49. Therefore, I only paid \$1.49 for one pack of Tide pods! It was an amazing deal, and I have been hooked ever since. Many

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



people overlook these coupons which is a big mistake. You can also go to the stores you frequently shop at and grab a few of the weekly sales ads. The sales ads are usually located at the front of the store, but sometimes they have machines that dispense coupons on the aisle where the item is located. When trying to budget, it is important to be careful of how you spend your money. If you follow these three simple steps, then you will surely be on the road to saving some money in the near future.

ALUMNI REVIEW - KENDALL BRUTUS (Alumnus)



My ultimate goal is to become THE BEST and most successful business professional the world has ever seen. Upon becoming an alumnus of Saint Leo University, I can easily say that I am a couple of steps closer to accomplishing that

goal; all thanks to my lovely wife who persuaded me to enroll at a great university that actually cares about their students. However, not many people want to talk about their joy and experiences of graduating from a well-known university. Thus, it is of great joy to me because I am the first of my siblings to have blessed my parents with such opportunity.

My life as an alumnus is exactly how I pictured it to be with the knowledge, brotherhood, sisterhood, networking, and support for students and faculty. It has been two months since graduation and still feels like it happened just yesterday. Ben Wagner has made it his duty to inform club members of up and coming meetings and webinars as well as introducing many significant figures in the industry that actually influenced me to become greater. Erika Watson made it a priority to ensure that I enrolled in the right classes.

PERSONAL RESPONSIBILITY - BILL ADKINS (Student)



A few days ago, I was running through my social media feeds - not unlike any other day for me - when I came across a post on Facebook that caught my attention. As you might imagine, it's not unusual to find posts on Facebook. Thankfully, there's no shortage of opinionated people in the world. Still, once in a while, a

post turns out to be worth the time it takes to read it. The post I'm talking about originated from Mike Rowe.

It started like any other update from Mike's news feed to include a general description of his daily travels and encounters where he meets a maintenance worker (Corey) in his hotel. The fact that he wrote a Facebook post based on this encounter is not surprising, nor is it unusual because it's what he does. What struck me was the interaction between Mike and Corey and the language Corey used when he talked about his vocation. He owned it.

What I mean by that is this. When Corey was describing the work he was doing that day, he kept using the first-person possessive "my" (i.e. "My pipe has a crack in it, and now my hot water is leaking into my laundry room."). As far as Corey is concerned, that building and

My experience with the university has been a really good one, so much so, that I want to continue contact and be part of the Student Communication Club and other associations. Saint Leo University is a great place to build relationships between fellow students and faculty. The benefit of club interactions from an alumnus point of view is that it provides you with a clear and detail step as to how to succeed in the corporate world.

Although my life has just started, my wife and I welcomed our firstborn into the world on May 27th. I witnessed a miracle that day and fell deeply in love with both my child and wife. All of those sleepless nights preparing for finals were nothing compared to the sleepless nights my wife and I are experiencing now, except these sleepless nights are much worse and worth it. Now, I pray that my child follows in my footsteps and enrolls here in Saint Leo University to keep the legacy going.



WHAT IT TAKES TO GRADUATE - NIKKI BRYAN
(Student)



When I tell people I have five children and go to school online, they often look at me in amusement as if I will soon tell them I am joking. However, not only do I attend Saint Leo University, I also maintain a 4.0 GPA. I would like to say it's

super easy and I have a completely structured routine, but that is so far from the truth. Studying has found its place in my life in some of the most

everything inside of it is his. Of course, he doesn't actually own the building, but that doesn't keep him from taking pride in his vocation. That's not any job to Corey; that's *his* job and it's obvious that he appreciates the intrinsic value of a strong work ethic.

There are plenty of people who work hard. What separates people like Corey from everyone else, is that Corey truly believes in the work he does, whereas everyone else is still faking it until they make it.

This should sound familiar, because it's a philosophy made famous by the employees of the Seattle Fish Markets and what Dr. Stephen Lundin, Harry Paul and John Christensen would later label, "The FISH Philosophy." The original book, by the way, is only about 100 pages and if you have the time it's definitely worth the read.

Anyway, the reason this story connects with me, was because there was man I knew and respected quite a bit when I was younger who used to say, "Whether you think you can or you think you can't, you're right" (I always thought he was paraphrasing Yoda, but I could never get him to admit to it). Life, he would say, is all about the approach to your own attitude and realizing that you have the power to choose your response to everything that happens to you.

If you oversleep and end up showing up late for work, you can choose to rush and possibly make things worse or you can choose to accept that you will be late, move with a sense of purpose, apologize when you arrive, and not let it negatively impact the rest of your day. If you get laid-off from a job that you thought was more stable than it actually was, you can get angry, or you can get moving. As for me, I chose to get moving, and I don't regret a single second. What will you choose?

START MANAGING WORKPLACE STRESS

Reduce workplace stress by prioritizing and organizing your daily schedule.

unusual places. I have embraced later nights than I have ever cared to visit and I have learned to cherish the scattered 15 minutes I can find throughout the day. I like this quote by Martin Luther King Jr., "If you can't fly, then run, if you can't run, then walk, if you can't walk, then crawl, but whatever you do, you have to keep moving forward. I may not have this whole school thing figured out, but I take it one day at a time, one class at a time, and one assignment at a time. I know when I walk across that stage at the end of it all and see those five smiling faces, it will all be worth it!

- Create a balanced schedule. *All work and no play is a recipe for burnout.*
- Do not over commit yourself. *Avoid trying to fit too much into one day and back-to-back meetings.*
- Leave home earlier in the morning. *Even 10-15 minutes will avoid frantically rushing to your desk.*
- Plan regular breaks. *Take a break throughout the day to sit back and clear your mind or take a walk.*

Doing some of the smallest things could help reduce workplace stress.

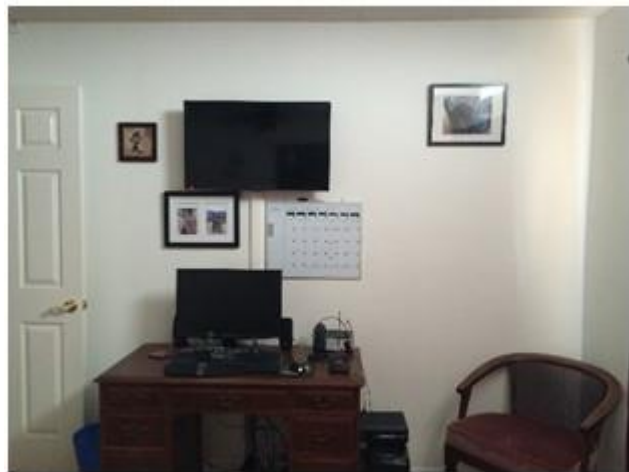
SAINT LEO WORD SEARCH

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CENTER : ONLINE : LEARNING : CORE : VALUES :
 LIONS : COMMUNITY : PERSONAL : DEVELOPMENT :
 EXCELLENCE : INTEGRITY : RESPECT :
 RESPONSIBLE : STEWARDSHIP

#COLWORKSPACE

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



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.

