



**ST FRANCIS  
COLLEGE** EST. 1859

**VOL 8  
SPRING '26  
EDITION**

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**IT'S ALL RIGHT HERE.**

# TERRIER NEWS UNLEASHED

St Francis College · 179 Livingston Street, Brooklyn NY · www.sfc.edu



## President's Lecture Series Welcomes New York State Senator Andrew Gounardes

St. Francis College had the honor of welcoming **New York State Senator Andrew S. Gounardes** as part of the **President's Lecture Series**.

Senator Gounardes joined **SFC President Tim Cecere** for a conversation that resonated deeply with students. Drawing on his Brooklyn roots and career in public service, he reflected on how personal values guide leadership, how policy decisions shape everyday life, and how elected officials navigate uncertainty while serving diverse communities.

Their discussion also addressed key issues facing New Yorkers today—from affordability and community partnerships to online safety for youth and the skills needed for a rapidly changing workforce.

Throughout the conversation, Senator Gounardes underscored the importance of civic engagement, modernizing public policy, and the impact of community-driven actions. *Thank you to Senator Gounardes for sharing your insight and your continued dedication to the communities you serve.*

### IN THIS EDITION:

President's Lecture Series Welcomes New York State Senator Andrew Gounardes

Carnegie Classifications designates SFC as an Opportunity College & University

Celebrating the Lucia and Ceasar Cellini Gallery at SFC



## SFC Welcomes Industry Partners for Nursing Career Fair

At St. Francis College, a future in healthcare doesn't begin at graduation—it begins on Day 1 inside our **House of Healthcare**.

Recently, SFC proudly hosted the **Nursing Career Fair**, welcoming our healthcare partners to campus. These partners go beyond recruitment—they collaborate in mission, education, and employment, walking with our students as they progress from learning to meaningful professional roles.

Their time, mentorship, and expertise help students move confidently from education to vocation. Students connected with employers, demonstrated their clinical skills in the **Nursing Simulation Center**, and explored diverse pathways across today's healthcare landscape.

*We are grateful to our faculty, staff, and healthcare partners for supporting our students and strengthening the communities we all serve.*

# HIGHLIGHTS

## St. Francis College Welcomes New Dean of Students



St. Francis College is delighted to announce **Dr. Raeann Kyriakou** as our new **Dean of Students**. As a member of the President's Cabinet, Dean Kyriakou will provide strategic leadership for the Division of Student Affairs while fostering a safe, healthy, and supportive learning environment. Her work will focus on strengthening retention, improving graduation outcomes, and enhancing the overall student experience.

Dr. Kyriakou joined SFC in 2020 as an Assistant Professor of Mathematics. Her scholarly work spans the history of mathematics, mathematics education, and innovative teaching models, with research published in the *International Journal for the History of Mathematics Education* and presented at the National Council of Teachers of Mathematics.

*With her commitment to student success and mission-driven leadership, Dr. Kyriakou brings a meaningful new chapter to Student Affairs at SFC.*

## Celebrating the Lucia and Ceasar Cellini Gallery at SFC

St. Francis College proudly dedicated **The Lucia and Ceasar Cellini Gallery**, a space honoring the Franciscan Brothers of Brooklyn and the tradition that continues to guide our community. Inspired by St. Francis of Assisi's teachings, the Cellini family's generosity created a space for students to engage with our history, values, and faith. We also honor **Brother Gregory Cellini, O.S.F.**, whose humility and service embody our mission.



NOTES FROM OUR COMMUNITY

Students Share Heartfelt Reflections on SFC’s First Annual Community Health Fair

Following the success of St. Francis College’s First Annual Community Health Fair, the Nursing Department received an unexpected and heartwarming surprise: a few students who attended the event sent in handwritten letters describing their experiences and what they learned.

Dear president Tim cecece and Dr. clarence williams  
 what I liked about Saint Francis collage is it teaches about what job you might want for the future. I thank you for this becusp this is preping us for the future Also thank you for telling us the good and bad like not to drink a kahol. Thank you for teaching us how to make better decisions  
 Thank You. FROM: Basilio Esteve

Dear, Peresident Tim cecece and Dr. clarence williams  
 thank you for the trip it was realy fun I liked when when we matched the fruit and the vequtables and I also liked when you gave us toys and candy. also when we saw how the alcohol section I also enjoyed when the people sing and they sang realy good. my favorite part was when we went to the doctors room. we made drawings and we took care of the patients and the baby so that is why am thankful for the trip.  
 thank you chris Herrera

Dear, Peresident Tim cecece and Dr. clarence williams  
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 thank you chris Herrera

Dear President tim cecece and Dr. clarence williams Jr. Thank you I appreciate what all of you did for us with the activities that you did for us. My favorite part about the trip was when I was covering the cut and taking care of the baby and prividng the show with the songs.  
 Thank you, Jenny Paulino

All letters were written entirely by hand – NO AI was used.

Their authenticity highlights the personal impact of the Health Fair and reflects the event’s mission to educate, inspire, and strengthen connections within the community. These heartfelt notes stand as a reminder that meaningful outreach leaves lasting impressions, especially on young learners.

# Terrier Gaming Squad Dominates Early Season With Back-to-Back Esports Titles



The **St. Francis College Terrier Gaming Squad** is off to a powerhouse start this season — and the momentum keeps building.

In December, the Terriers clinched the **Unified Pro-Am Esports League College Cup Championship**, marking a major milestone for the growing program.

Just last week, they added another **impressive victory**, defeating the University of Maryland to secure the title in the **UPA College Winter Showcase Finals**.

These achievements highlight the dedication and discipline of the team. Players have been sharpening their competitive edge through structured practice sessions, strategic film review, and a shared commitment to the *Terriers Gaming mindset*.

With the spring season now underway, the squad has its sights set even higher. Their next mission: a strong run toward the national championship competition coming this **May**.

*If the early season is any indication, the Terriers Gaming Squad is poised for something special — and they're only getting started.*



# Carnegie Classifications designates SFC as an Opportunity College & University

St. Francis College has been recognized in the **2025 Carnegie Classifications as an Opportunity College & University** – Higher Access, Higher Earnings, a distinction awarded to *only 478 institutions nationwide*. The Carnegie Classifications, developed by the American Council on Education and the Carnegie Foundation for the Advancement of Teaching, are widely regarded as the gold standard framework for categorizing and benchmarking U.S. colleges and universities.

**St. Francis College**

**2025 Carnegie Classification – Opportunity College & University**

- Nationally recognized by ACE & Carnegie Foundation (gold standard classification)
- Designated Opportunity College & University – Higher Access, Higher Earnings
- Enrolls significant Pell-eligible & historically underrepresented students
- Delivers strong post-enrollment earnings and upward mobility outcomes
- Externally validated using IPEDS & College Scorecard data
- Demonstrates alignment with mission, workforce readiness, and accreditation standards

Top 478 Nationwide

ACCESS      EARNINGS

High Access • High Outcomes • Career Success

This designation serves as strong evidence of alignment with our **Middle States standards**, particularly Standard I (Mission) and those related to institutional effectiveness, data, and assessment, as the classification is grounded in objective IPEDS and College Scorecard data methodology.

This national designation affirms that St. Francis College enrolls significant numbers of Pell-eligible and historically underrepresented students while delivering strong post-enrollment earnings outcomes, demonstrating measurable upward mobility and return on investment for its graduates. As an external, data-driven classification grounded in federal sources such as IPEDS and the College Scorecard, this recognition carries independent credibility and reflects the College’s success in pairing broad access with meaningful economic outcomes.

This classification is particularly significant for St. Francis College because it validates the institution’s mission and strategic focus on professionally oriented education and workforce readiness. It reinforces the College’s identity as a student-centered, professions-focused baccalaureate institution and strengthens our position with accreditors, regulators, and external stakeholders by demonstrating clear alignment between mission, access, and outcomes which are core measures emphasized in accreditation standards and institutional effectiveness reviews.

The Opportunity College designation provides a compelling narrative for partnerships, grants, and recruitment, signaling that St. Francis not only opens doors for students but ensures they graduate with credentials that translate into tangible career and earnings success.

*Together, these recognitions affirm the College’s role as a high-access, high-outcomes institution delivering both opportunity and results.*

Dear Reader,

Welcome back! As we reach the midpoint of the semester, let's keep building on the opportunities and growth ahead.

As your SGA President, I am excited to continue supporting you on your academic and personal journey and to be a voice that encourages you to push beyond your limits and strive for greatness. Even if you doubt yourself, remember that I don't - I believe in you.

The Student Government Association is here for you every step of the way. Whether you need mentoring, guidance, support, or simply someone to talk to, SGA is committed to helping you succeed.

Since I started my role as SGA President, I have had the privilege of meeting so many incredible students with amazing potential, and I am confident that you have what it takes to accomplish great things.

While it is important to focus on your future, remember to also live in the present. Take things one step at a time, stay motivated, and make the most of each day here at Saint Francis College.

As I complete my final semester as SGA President, my team and I will continue to support you and work to make your time at Saint Francis College meaningful.

Once again, welcome back and let's keep the momentum going this semester..

Regards,  
Nina Husovic  
SGA President



# UNDERGRADUATE SUPPORT PLAZA

## ACADEMIC ADVISING & CAREER DEVELOPMENT



**FOLLOW THE RED BRICK ROAD ON THE 7TH FLOOR**

### CONTACT US

**UNDERGRADUATE SUPPORT PLAZA**

 Room 7100

 [theplaza@sfc.edu](mailto:theplaza@sfc.edu)

### WHAT IS THE UNDERGRADUATE SUPPORT PLAZA?

The Undergraduate Support Plaza brings academic advising, career development, and SFC Global together in one central location to support students from enrollment through graduation and post-graduate outcomes.

### OUR MISSION

#### DREAM. SERVE. ACHIEVE.

The Plaza supports students academically, professionally, and globally by providing clear guidance, continuity, and coordinated advising throughout their undergraduate experience.

### WHO WE SERVE

The Plaza serves all undergraduate students, including first-year, transfer, re-admit, international, first-generation, STEM students, McGuire Scholars, and alumni.

### HOW THE PLAZA SUPPORTS STUDENTS

The Plaza provides coordinated support to help you move confidently from enrollment to graduation and beyond, with access to the following services.

### ACADEMIC ADVISING

Academic advising helps you plan your courses, explore majors and minors, and make confident academic choices that align with your goals. Your advisor works with you from your first semester through graduation to help you

stay on track, understand degree requirements, and navigate important decisions about your coursework and academic path, whether you are preparing for a career or graduate school.

### CAREER DEVELOPMENT

Career development helps you explore career paths, gain real-world experience, and prepare for what comes after graduation, whether you are entering the workforce or continuing to graduate school. Through career planning, you can create a personalized path to success, find jobs, internships, and employer events on Handshake, and connect with organizations that hire international talent through GoInGlobal. You will also receive guidance on building a strong professional online presence through LinkedIn and learn about paid student employment opportunities, including on-campus, career-aligned roles and, when eligible, opportunities available through St. Francis College's partnerships.



### SFC GLOBAL

SFC Global supports international students with I-20 assistance, course selection guidance, and dedicated advisors to help you stay on track academically while maintaining your immigration status.

## UPCOMING EVENTS

In the coming weeks, we will be holding career workshops for anyone who would like to attend.

**NETWORKING WORKSHOP**

**March 19<sup>th</sup> at 1:00pm to 2:00pm**

This will focus on how to build your network, how to get yourself out in the hiring space, who you need to know and how to tell your story. The more people in your network, and the more refined your story, the better chance you will have to make the right connection to get the job you want.

**RESUME WORKSHOP**

**March 26<sup>th</sup> at 1:00pm to 2:00pm**

This will focus on how to create the resume you need - be it your first resume, a student resume or a professional resume. Included in this session will be the “Do’s” and Don’ts” of creating a resume, and anyone who participate in the workshop will be able to schedule a one-on-one resume review with our outside staffing form.

**INTERVIEW PREPARATION**

**March 19<sup>th</sup> at 1:00pm to 2:00pm**

This is going to focus on what you need to do to prepare for an interview (virtual or in-person), including, research, how to present yourself, how to answer questions, what questions to ask, what questions NOT to ask, follow up and more. Anyone who attends this session will be able to schedule a one-on-one interview preparation sessions with our outside consulting firm.

SCAN the QR CODE to join  
the virtual workshops. >>>

<http://meet.google.com/duv-kjdg-kwn>



# ALUMNI SPOTLIGHT

## Dr. Anthony M. Desiderio '15



When **Dr. Anthony Desiderio** first arrived at St. Francis College as a student, he could not have imagined that one day he would help shape the very systems designed to support its students.

Today, as **Assistant Dean of Academic Support Services & First-Generation Initiatives**, he leads institutional efforts that strengthen academic support, expand opportunity, and champion the success of first-generation college students.

Anthony earned his combined Bachelor's and Master's degrees in **Applied Behavioral Psychology** from St. Francis College in 2015. His experience as a student sparked a lasting commitment to understanding how institutions can intentionally create environments where students feel supported, challenged, and empowered, a philosophy that continues to guide his leadership.

Over the past decade, Anthony has overseen the nationally recognized Robert J. McGuire Scholarship Program, supported by the Judy and Fred Wilpon Foundation. The program, which received a Gold Excellence Award from NASPA, serves first-generation and low-income students through structured mentorship, cohort-based engagement, and high-impact academic support.

Anthony also serves as the institutional lead for St. Francis College within the Kessler Scholars Collaborative, a national partnership supporting first-generation college students through the Judy and Fred Wilpon Foundation and Bloomberg Philanthropies. This collaborative includes leading institutions such as Johns Hopkins University, University of Michigan, Ohio State University, and Syracuse University.

In his current role, Anthony helps lead the **Undergraduate Support Plaza** while overseeing the Center for Learning and Leadership and the First-Generation Center, strengthening coordination across student-facing services to ensure a seamless and comprehensive support experience. Through cross-campus collaboration, he works to align academic support services with institutional priorities and student success goals.

Anthony recently earned his **Doctor of Education in Higher Education** from **Fairleigh Dickinson University**. His doctoral dissertation, *From First to Finish: Understanding the Experiences of First-Generation College Students in Cohort Support Programs*, examines how structured cohort models foster persistence, belonging, and academic success.

***Well done Anthony!***

# ALUMNI SPOTLIGHT

## Michelle S. Batchu '14



**Michelle S. Batchu** has worked at St. Francis College for nearly twelve years. She currently serves as **Director of the Collegiate Science and Technology Entry Program (CSTEP)**, having advanced through progressive leadership roles in recognition of her excellence and impact in each position she has held.

She is the former Science Coordinator and Biology Tutor for the Center for Learning and Leadership and the former Assistant Director of the STEM Resource Center. Michelle has also formerly served as an adjunct faculty member in the Biology Department for over eight years.

She obtained a **B.S. in Biology from St. Francis College** in 2014 and an **M.S. in Biology from the City College of New York**, with a focus on Cell, Molecular and Developmental Biology in 2016.

Throughout her roles at St. Francis College, she assisted in the coordination of STEM events and mentored STEM majors in the pursuit of their academic and career goals.

Michelle is deeply passionate about numerous scientific topics, including climate change and conservation, as well as understanding complex molecular mechanisms such as cyclooxygenase- and prostaglandin-associated cell signaling.

The daughter of Trinidadian American immigrants, a first-generation college student, and the first in her family to pursue a degree in STEM, Michelle is devoted to providing extensive opportunities for all her students.

Michelle is currently a **doctoral candidate (ABD) in the Doctor of Education in Higher Education program at Fairleigh Dickinson University** and is committed to becoming an advocate for change and growth within STEM in higher education.



### PRO TIP:

*Want to learn more about these alumni?*

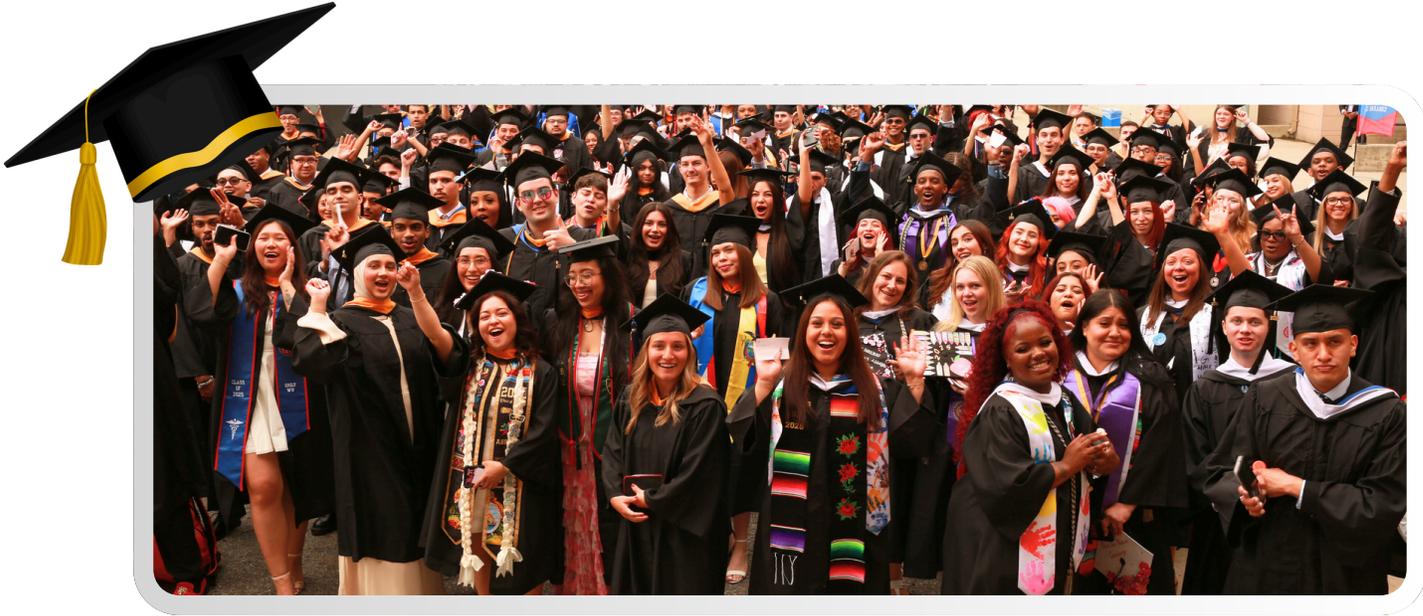
Use **LinkedIn** to connect with these professionals and request an informational interview, where you can ask them questions about their industry, day-to-day work, and what advice they have for a student in the field. You already have something in common - your SFC connection!

Be sure to follow Student Affairs on LinkedIn (<https://www.linkedin.com/company/sfcnysa>) too!



The Events Management team is excited to be preparing for one of the most important milestones of your academic journey

# SPRING COMMENCEMENT 2026



**KINGS THEATRE**  
**1027 Flatbush Ave, Brooklyn, NY**



**Tuesday**  
**19 May 2026**



**12:00PM - Undergraduate Students**  
**5:00PM - Graduate Students**

If you have not already done so, please **RSVP** here to mark your attendance.

The deadline to order a Cap and Gown is **March 15th**

**Order link:**  
**St. Francis College Graduation Products**  
**by Herff Jones**

## STUDENT LIFE @ SFC

# 7 College Tips for Working Students to Make Balancing it ALL Look Easy

Many college students juggle classes, exams, and part-time jobs, often feeling stretched thin.

Here are some tips to help working students stay organized, reduce stress, and thrive academically and professionally.

## Avoid Procrastination

Break tasks into smaller steps and map out deadlines in a planner to stay ahead when juggling work and help prevent last-minute stress. The **Center for Learning and Leadership (6108)** can help you keep track with study strategies and time-management support.

## Schedule Real Breaks

Working students often push themselves nonstop, but taking real breaks (even a weekly day off or short pauses between classes) is essential for long-term success. The **Counseling, Health and Wellness Center (7214)** provides wellness workshops, and stress-relief programs that support a healthier balance.

## Stick to a Schedule

A structured weekly schedule helps you visualize your commitments. Your academic advisor at **The Undergraduate Support HUB (7101)** can help you build a realistic schedule that supports both your academic and work responsibilities.

## Communicate Early and Often

Letting your employer know about exam weeks, asking professors for clarification, and sharing your study schedule with friends and family helps prevent conflicts and reduces stress.



## Minimize Distractions

Reducing distractions—such as silencing your phone or studying in quiet campus spaces—can improve productivity. The **Multimedia Learning Hub (5116)** and **Student Union (5206)** provide a space that help you stay engaged and efficient.

## Prioritize Your Health

Your academic performance depends heavily on your physical well-being. Get enough sleep, eat balanced meals, and stay active, to help your brain stay sharp and your mood stable. Take advantage of the **Pantry (5109)** if you struggle with access to meals.

## Use Student Support Services

Many working students overlook the support services available on campus like: **Undergraduate Support HUB, Center for Learning and Leadership, Office of Accessibility and Accommodations,** and the **Dean of Students.**

*These resources are designed to support your academic journey—using them is a smart strategy, not a sign of struggle.*

## OAA SUPPORT SERVICES SPOTLIGHT

# Still Need Support? There's Time to Renew Your Accommodations!

If you previously had academic accommodations in the fall, you still have time to **renew them for the Spring semester**. If you have an **IEP from high school, a 504 Plan, or dealing with documented mental or physical health issues, you are eligible for academic accommodations!**

*With the semester underway, here are some tips from the OAA to help you stay consistent.*

 **Renew your accommodations as soon as possible.** Submit your request to renew or apply for new accommodations as soon as possible. To renew or register, email [OAA@sfc.edu](mailto:OAA@sfc.edu).

 **Build consistent routines, not perfect routines.** Pick consistent times each week to: Review syllabi and upcoming deadlines and schedule exams or submit accommodation requests

 **Communicate before things feel urgent.** *Do you have something coming up that could affect your class participation or assignment submission?* Communicate as soon as you can to set up accommodations or excused absences. If your accommodations aren't helping, reach out sooner rather than later, adjustments are normal, not a failure.

 **Use accommodations as tools, not crutches.** Accommodations are there to reduce barriers, not give an advantage. It's okay to choose when to use them, consistency doesn't mean using every accommodation every time.

 **Externalize reminders.** Use a calendar to schedule commitments, task reminders, or visual cues (sticky notes, phone alarms).

! Stay Informed!

### ADA Digital Accessibility Update (Effective 2026)

Starting in **April 2026**, public colleges and universities must ensure that websites, learning platforms, and digital course materials are accessible to individuals with disabilities. This includes meeting recognized accessibility standards to support tools like screen readers, captions, and clear navigation.

**Why it matters:** Accessible digital content helps students fully participate in courses and supports faculty by reducing barriers, last-minute accommodations, and accessibility issues throughout the semester.

**Questions?** *The OAA is here to support you.*

Reach out early and set yourself up for a successful Spring semester!

 Email: [oaasfc.edu](mailto:oaasfc.edu) |  Office: **Room 7201** |  Instagram: [@sfc.accessibility](https://www.instagram.com/sfc.accessibility)

# From Accommodation to Access

*Reimagining accessibility is not just a policy matter—it's a commitment to transforming the student experience.*

St. Francis College is pleased to announce **From Accommodation to Access**, a new 12-volume series by **President Tim Cecere** and **SFC Alumni Jessica Huang '25**. This series explores how SFC can move beyond traditional accommodation models and toward a more proactive, equitable, and inclusive framework of access for all members of our community.



## This Week's Spotlight: Introducing the Series

*What does "From Accommodation to Access" really mean?* In their first article, President Tim and Jessica lay the foundation for this important initiative—exploring how universities can shift from a reactive system to one where accessibility is integrated into every aspect of campus life.

[CLICK HERE TO READ the article on LinkedIn](#)

## Why This Work Matters

In the second article, President Tim and Jessica share the purpose behind the series:

- Why accessibility must be understood as shared responsibility
- How this work connects to the student experience
- What motivates them personally to lead this conversation
- And how the campus community can participate in shaping change

[CLICK HERE TO READ why this series was created](#)

## Follow the Series Weekly

Each edition of Terrier Unleashed will spotlight the newest installment of From Accommodation to Access. Stay tuned for real campus examples, policy insights, student-centered perspectives and tools for building a more inclusive SFC.

*Don't miss an issue — follow the series on [LinkedIn](#) for the most up-to-date content.*

# Volpe Lecture Series: Cerebral Palsy Awareness

## JOIN US

for a powerful conversation on resilience and independence and gain insight that will shape how you lead, learn, and serve.

## OUR SPEAKERS

**Carmen Lai '26**



**President Tim**



**Jessica Huang '25**



## EVENT INFO

 St. Francis Hall

 Monday, March 23rd

 1PM - 2PM



Attendees are encouraged to wear green in support of the cause.

## THE LEARNING LOUNGE

# The Ultimate Study Routine for Terriers

*Simply attending class and reviewing notes isn't enough to succeed.*

With a smart, intentional study routine, you can improve your learning, strengthen your skills, and set yourself up to excel academically.

### Take Good Notes

Focus on capturing main ideas instead of writing every word. Clear and organized notes make studying later much easier.

### Study Early and Avoid Cramming

Spacing out your studying improves memory and understanding. Cramming only leads to stress and shallow learning.

### Use Proven Study Methods

Methods like active recall and spaced repetition dramatically improve retention. Studying smarter saves time and boosts results.

### Find Good Study Spots

The right environment boosts focus and productivity. Try the **Multimedia Learning Hub (Room 5116)**, study nooks around campus, or comfortable spaces in the **Student Union (Room 5206)** to see what works best for you.

### Maintain a Healthy Lifestyle

Good sleep, nutrition, and exercise fuel your brain for better academic performance. Don't forget that the **Office of Counseling, Health and Wellness (Room 7214)** is available if you need help managing stress or personal challenges.

### Get Help

Professors, tutors, and campus resources are here to support you. If you need tutoring, schedule an appointment with **Center of Leadership and Learning or CLL (Room 6108)**.

## Tutoring is back for The Spring 2026 Semester!

We have tutors that cover multiple subjects including different levels of Math, Science, Writing, Psychology and even Nursing courses.

All tutors have made their availability viewable on Navigate so if you search for tutoring for your courses, you'll find the tutors there.

Don't forget, **most tutors have availability to be In-Person or on Teams.**

Each tutor has their own schedule that runs between the hours of 9-5 on the weekdays, no weekends and any holiday where the school is closed.

If you want help or guidance in your classes, come to visit **CLL at Room 6108** or send us an email at **cll@sfc.edu** and get the help that you need.

## HEALTH &amp; WELLNESS SPOTLIGHT

# Rooting in Compassion: A Love Letter to Our SFC Community

Sometimes the pressure to maintain a "grind" culture can be overwhelming, making self-love feel like an afterthought.

True wellness requires a balance of self-compassion and community care. Loving yourself involves protecting your mental energy, while community care reminds us that we do not have to navigate our academic journeys in isolation. This month, let's prioritize intentional rest as an essential part of our success.

## 10 Evidence-Based Strategies for Self-Care and Compassion

Integrating these practices can lower cortisol levels, improve cognitive function, and enhance your overall emotional resilience:

- \* **Practice "Self-Compassion Breaks"**: When facing a setback, acknowledge the difficulty, recognize that others share similar struggles, and offer yourself the same kindness you would show a friend.
- \* **Prioritize Sleep Hygiene**: Research consistently shows that 7-9 hours of sleep is critical for memory consolidation and emotional regulation.
- \* **Set Digital Boundaries**: Utilize "Do Not Disturb" settings to create tech-free blocks of time, reducing the stress often associated with social media.
- \* **Utilize "Box Breathing"**: Inhale for 4 seconds, hold for 4, exhale for 4, and hold for 4. This simple technique helps reset the nervous system.
- \* **Engage in "Low-Stakes" Hobbies**: Participate in activities where the goal is enjoyment rather than mastery. This serves as a vital buffer against burnout.
- \* **Practice Behavioral Activation**: On days when motivation is low, commit to one small, five-minute task. Completing it can provide the momentum needed to continue.
- \* **Identify Your "Care Circle"**: Maintain a list of a few trusted people you can reach out to when overwhelmed. Community support is a proven buffer against chronic stress.
- \* **Reframe Self-Talk**: Actively challenge your inner critic. If you wouldn't say a specific critique to someone you respect, try to rephrase it more gently for yourself.
- \* **Take "Micro-Rest" Breaks**: Every 90 minutes, step away from screens for 5-10 minutes. This aligns with your body's natural rhythms for sustained focus.
- \* **Practice Mindfulness**: Even five minutes of daily mindfulness or meditation has been shown to reduce symptoms of anxiety and stress in university settings.

**Need Support?** Visit the **Counseling & Wellness Center at Room 7214**

Email: [sfccounseling@sfc.edu](mailto:sfccounseling@sfc.edu) | Instagram: [@sfc\\_counseling.wellness](https://www.instagram.com/sfc_counseling.wellness)

WHO'S IN THE DOGHOUSE THIS MONTH?

# Mother Nature's Blizzard Surprise

Mother Nature decided to put on quite a show, delivering a blizzard that turned our neighborhoods into winter wonderlands... and our sidewalks into obstacle courses. Sure, the fresh powder looked beautiful, but the towering snow mounds that followed? Let's just say **Mother Nature** might be spending a little time in the doghouse.

Still, there's something about a big snowfall that brings out the best in us. Whether you were digging out your car, trekking through mountains of slush, or laughing at the sheer size of those icy piles, winter weather has a way of reminding us how resilient and creative we can be. It slows us down, gives us pause, and, sometimes, gives us an excuse to take a much-needed break indoors.

If the winter chill has you feeling stuck or sluggish, remember that staying active can help boost your mood, energy, and focus. The **Fitness Center in Room 5212** is open Monday through Friday from 9:00 a.m. to 5:00 p.m., offering a warm, welcoming indoor space to get moving—no snow boots required. And if you prefer a different kind of indoor activity, the **Esports Center in Room 6101** is another great spot to stay engaged, sharpen your skills, and connect with other students while staying out of the cold.

*Even when Mother Nature throws a blizzard our way, Terriers know how to push through—and sometimes climb right over—the biggest snow mounds.*



# UPCOMING EVENTS

- MAR 21** SFC Spring Showcase
- MAR 23** Thomas J. Volpe Lecture Series: Cerebral Palsy Awareness
- MAR 30** Finance and Accounting Career Event
- APR 9** President's Lecture Series with Congressman Daniel Goldman
- APR 23** Annual Student Life Awards
- APR 24** Annual Charter Day  
Duns Scotus Induction
- MAY 19** SFC Commencement Ceremony



*Note: The events and schedules listed are subject to change without notice.*

## Want to Be Featured in Our Next Newsletter?

Unleash your story and be featured!

Send your photo, your story, or anything else you'd like to share to [deanofstudents@sfc.edu](mailto:deanofstudents@sfc.edu)

for a chance to be spotlighted in our upcoming issue!

**Don't miss out—  
we'd love to feature you!**

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