

CALENDAR OF EVENTS				
WHEN			WHAT	WHERE
Monday	02/17/25	11am-12:30pm	Random Acts of Kindness Day	Entrance of Dunlap
Tuesday	02/18/25	12pm	Student Senate	Dunlap C
Wednesday	02/19/25	9:30-11am	Sweet Success with Career Services	Student Lounge
Wednesday	02/19/25	6:30pm	Spikeball	Welsh Gym
Thursday	02/20/25	8am-4pm	Tool Show	Welsh Gym

make kindness the norm™

MONDAY, FEBRUARY 17
11AM-12:30PM
ENTRANCE OF DUNLAP

RANDOM ACTS OF KINDNESS FOUNDATION

Milford Tutoring Center Hours

Appointments Available or Walk-Ins Welcome!

Face-to-face Tutoring

2nd Floor Library
Mondays – Thursdays: 4pm-5:30pm

3rd Floor Prairie Hall
Mon/Wed/Thurs: 7pm-9pm

2nd Floor Prairie Hall
Tuesdays: 6pm-9pm

SPiRE SPOTLIGHT CHALLENGE CALENDAR
February 17th – February 21st

CONTACT: Shelly Tolle, Student Success Coordinator
772.798.1100 | Mon-Fri 9 am-4 pm (by appointment)
shelly.tolle@southeast.edu

S SPIRITUAL
Leading a meaningful life and mindfully savoring the present.

P PHYSICAL
Caring for the body and tapping into the mind/body connection.

I INTELLECTUAL
Engaging in deep learning and opening to experience.

R RELATIONAL
Nurturing a constructive relationship with self and others.

E EMOTIONAL
Feeling all emotions, reaching towards resilience and positivity.

Monday Spend some time (inside or outside) admiring nature or art this week.	Tuesday Upset? Literally cool your body to calm it. Try washing your hands with cold water or taking a brief walk outside.	Wednesday Before starting a difficult assignment take 5 minutes to imagine how you will feel once you get it done. Increase that motivation!	Thursday Make it a goal to ask one question for every statement you give in a conversation this week.	Friday "protect your morning" by not reaching for your phone for any updates until 30 minutes after you wake up.
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YOUR PATH TO A CAREER @ SCC MILFORD CAMPUS

February 1st – March 31st - Win a \$50 Gas Card or \$25 Campus Store Bucks

If Career Services reviews your Résumé or assists you in creating a Résumé during the months of February and March, your name will be entered into a drawing (two \$50 Casey's gas cards and one \$25 Campus Store bucks).

Simply email your Résumé to Shelly Tolle at stolle@southeast.edu or stop by the Career Services office.

YOUR PATH TO A CAREER @ SCC MILFORD CAMPUS

Present Yourself in a Professional Manner!

Receive 20 FREE student business/networking cards to be used at the job fair.

Email Shelly Tolle at stolle@southeast.edu

Free Résumé Paper

Career Services will print your Résumé on professional bonded paper!

Email your Résumé to stolle@southeast.edu or stop by the Career Services office.

Wellness

Check-in

Mondays
11:30 am – 1 pm
Dunlap A-B

Stop by to check-in with us and get a free energy drink or bottled soda



Work with **tutors**:

Improved **Critical Thinking**
Better **Engagement** in Class
Time Management Support
Access to Diverse
Perspectives

The list goes on and on and on and on.....

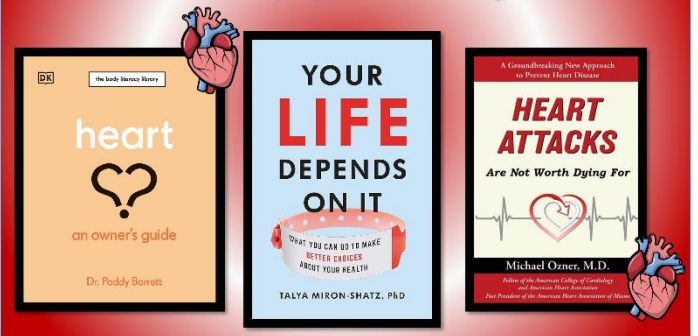


Talking to Employers About Your Skills

Arts and Sciences Seminar Series
Presenter: Kate Loden



Check Out the Display in the Library Basement



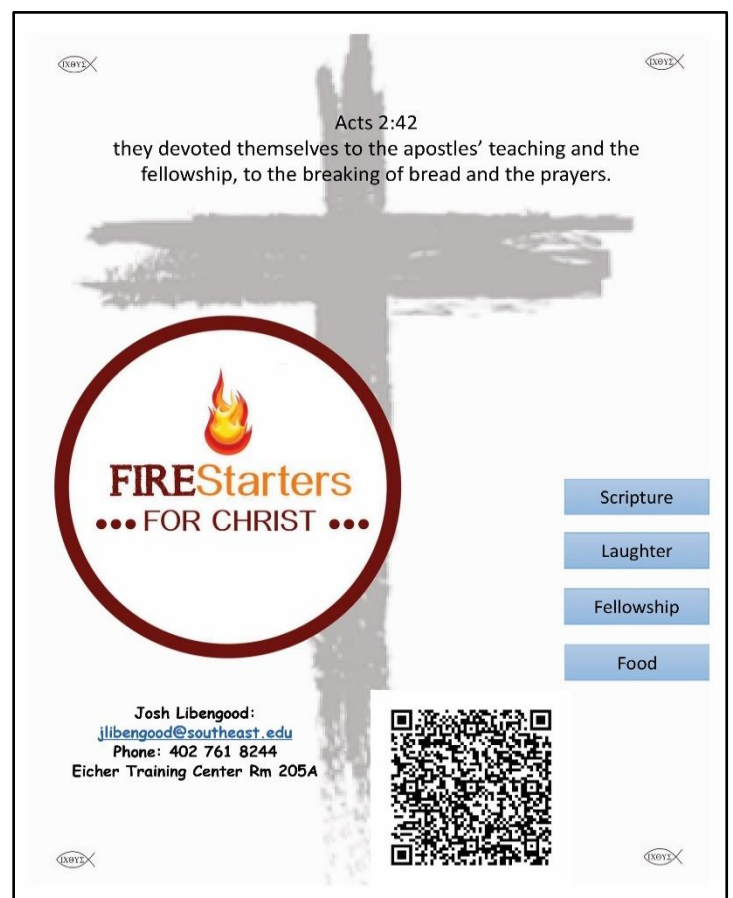
SkillsUSA®

Buy tickets from any SkillsUSA Student from 2/28/25 to 3/21/25



SPIKEBALL TOURNAMEN

Extra: Prizes for 1st and 2nd place



Please be courteous to the technology located around the basketball floor in Welsh Gym. The projectors and speakers are sensitive and expensive. Your cooperation in maintaining the equipment is appreciated. Thank you!

May Grads:

ORDER DEADLINE
3/17/25

