Back in my day, things were different. You know where this is going, right? I'm probably gonna say something about how people are addicted to their technology, how we're becoming hunched over antisocial creatures more interested in the next "like" than in bettering ourselves and our communities. I'm probably going to rant about kids these days and their video games and loud rock music, their short skirts and fast cars, and how they don't respect anybody and never go outside to play like we did. I might mention war, inflation, politics, and how this country needs a kick in the pants. I might talk about people getting away from faith and turning to violence. You know the spiel. People have been making speeches like that ever since there have been people. The truth is, humans are human, whatever the world around us. Or in the words of someone far wiser than I'll ever be, "What has been will be again, what has been done will be done again; there is nothing new under the sun" - Ecclesiastes 1:9. The key, no matter the generation, has always been to find balance. That means finding ways, when necessary, to shut out the noise, whatever form it has taken. For me, that means social networking hiatuses, silencing the emails coming through on my phone, turning off Netflix, ignoring texts, ignoring the urge to capture every moment in a photo, and reminding myself to be aware, really aware, of the world and the people around me. The challenge our generation faces, as all generations have, is balancing cheap, instant highs with the rewards only hard work, patience, and time can give us. What does this have to do with being a student? Everything. You've got to shut out the noise to really focus on a math problem, on a test question, on someone else's post in a thread, or on a lecture. As a student (as an employee, as a human), you have to learn to shut out the noise in order to engage in the learning process, to get to the bottom of your thoughts about something. Sure you'll spend some time researching online. Yes, sometimes your kids will text you halfway through class. Of course work might buzz in with something critical. But you've gotta figure out what your noises are and find ways to turn them down and focus. Otherwise you'll begin to lose track of what's going on in class. You'll get behind on assignments. You'll miss a week or two. Then all of a sudden, you're failing and trying to make up for lost time. As far as we've gotten technologically, time still can't be recovered once it's gone. You've just begun a new term. There's time to start off strong. Find a way to shut out the noise. Find a way to stop needing it. Get through that first withdrawal stage and see life clearly. You'll be amazed at what your mind can do when you wake up to the present moment and engage with it fully.

Shutting Out the Noise by Robin Rudd

Fritz Reminders

<table>
<thead>
<tr>
<th>Begin</th>
<th>Last day to Drop</th>
<th>Withdraw Period</th>
<th>Term Ends</th>
</tr>
</thead>
<tbody>
<tr>
<td>Spring 1</td>
<td>Jan 11</td>
<td>Jan 18</td>
<td>Jan 19—Feb 22</td>
</tr>
<tr>
<td>Spring 2</td>
<td>Mar 7</td>
<td>March 13</td>
<td>Mar 14 — Apr 18</td>
</tr>
</tbody>
</table>

Inside this issue:

<table>
<thead>
<tr>
<th>Section</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>Center Happenings</td>
<td>2</td>
</tr>
<tr>
<td>Freshman Essentials</td>
<td>2</td>
</tr>
<tr>
<td>Advisor Corner</td>
<td>3</td>
</tr>
<tr>
<td>Community Events</td>
<td>3</td>
</tr>
<tr>
<td>Lion’s Care Website</td>
<td>4</td>
</tr>
</tbody>
</table>

Special points of interest:

- Scholarships
- Meet Our New Assistant Director
- FREE Office 365
- Coming Home to You Tour
- Lion’s Care
GIVING BACK TO THE COMMUNITY
Right: Saint Leo University Gwinnett Center collects toys for the annual Marine’s Toys for Tots drive. Thanks to all who gave.

Gwinnett Education Center
Goes Country! Saint Leo University’s Gwinnett Education Center, in collaboration with I Heart Radio, participated in the Georgia Country Christmas in Duluth Dec. 12. Saint Leo gave away 200 free tickets to its military and veteran students in appreciation for their sacrifices. During the event, donations and coats were accepted for Goodwill of North Georgia. In addition, Saint Leo University held a raffle for an autographed guitar, signed by all of the performers that evening.

Meet Our New Assistant Director
The newest addition to the Gwinnett Education Center arrived on December 1. This precious addition is a retired Marine. The height and weight is not known, but he has a full head of hair under that crew cut. His given name is Tedd Weiser, but has been given the nickname of “Gunny.” A Purple Heart recipient, he served in Special Forces Reconnaissance, Communications, Training, Logistics, and Recruiting. He holds a Master’s in Instructional Design and working on his Master’s in Theology from Saint Leo University. Gunny proudly states, “I feel very connected to Saint Leo University because of their core values.” Please stop by and welcome our newest addition.

Scholarship Opportunities
Students are encouraged to visit the Saint Leo Scholarship Page to review several privately funded scholarship opportunities now inviting applications.

Students interested in applying will need to use their Saint Leo portal username and password.

Note: Passwords must be updated every 90 days to allow complete access to the Saint Leo portal. If a student needs assistance, please direct them to the Help Desk at (352) 588-8888. For more information, please contact Vikki Reece, grants and scholarship officer at (352) 588-8668 or victoria.reece@saintleo.edu.

Giving Back to the Community

Center Happenings

Freshman Essentials
It is difficult when you are out of your comfort zone. As a freshman this is a constant. Learning how to use Saint Leo technologies is high on the list of to do’s as a new Saint Leo student.

We encourage you to get acquainted with these new technologies through our orientation classes given at various times each term. These classes will help give you insights on the technology and an overview of how to use it inside and outside the classroom.

Our most widely used communications technology is called E-lion. Through E-lion you are able to keep current by retrieving e-mail, scheduling your classes, and looking up your class schedule. E-lion gives you the ability to look at your grade postings, along with your class listings for your program. It is also a convenient way to keep track of your financial accounts and billing statements. This feature helps when you are looking to find out if your financial aid has posted.

If you are interested in registering for a New Student Orientation, please call the Gwinnett Education Center for the next available orientation class at 678-380-4005.

Meet Our New Assistant Director

Scholarship Opportunities

Freshman Essentials
As advisors we enjoy helping students with their goals in higher education. There are many times when a one-on-one is not convenient. We understand and want to help. In doing so, we frequently talk with students over the phone and by e-mail. Though this can be a slower, more cumbersome form of registration, it is possible to sign-up for classes in this manner.

If you do need to communicate with us via phone or email, we ask that you have your Student ID ready. We will ask that any registration request be put in an email. This written request needs to include the following: Name, Student ID, Term, Course Number, and Title. Also if it is online, or on ground. If it is distance learning and you have an instructor preference you will need to include that as well or designate the course section. Any registration request will be processed on a first come first serve basis. Therefore, registering early will ensure a seat in your desired course. Early registration also helps us to determine the number of students we have in each classes. Classes that do not have the required number of students by the seventh week will be cancelled. So the moral to this story; register early to prevent your class from being cancelled.

**Graduate Students:**

BE AWARE: The LAST DAY to enroll for class is the **Thursday** before the term starts. You can drop in the first week, but you cannot ADD. This is for both on ground and on line classes.

**Attention Veterans:**

Please let your advisor know your veteran status and what education benefits you are receiving for tuition. This will assist us in getting your certification done correctly and in a timely manner.

---

**FREE OFFICE 365!!!**

Did you know that all SLU students can receive a FREE copy of Office 365 and authorization to use it on up to FIVE devices? Simply submit a service helpdesk ticket from your SLU portal account requesting Office 365 OR get your Office 365 directly by following these simple steps:

1. For PC and MAC:
   A. Visit Office.com/GetOffice365
   B. Click through to sign in with your portal credentials, including “@saintleo.edu” at the end of your portal user name, to download.
   C. On the installation page select your language and click “install”.

   Note: You will need to add “@Saintleo.edu” to the end of your portal user name to sign in. If you have trouble installing Office, this guide may resolve your issue: http://aka.ms/office365help.

---

**COMING HOME To You Tour**

The Spring 2016 leg of the **Coming Home to You Tour** will visit Atlanta (Brookhaven) on **Monday, February 1**. Share Your Saint Leo story with fellow alumni, students, faculty, staff, and friends while enjoying food and drinks.

**Where:** There, a Bar & Eatery (Proprietor: Bill Brown ’85) | 305 Brookhaven Avenue, Atlanta

**When:** Monday, February 1 | 6 p.m. – 8 p.m.

**Cost:** $10 per person (Includes food and unlimited drinks)

**RSVP Required**

Visit https://your.saintleo.edu/alumni-community/events/coming-home-to-you-tour/atlanta
Saint Leo University is a Catholic, liberal arts-based university serving people of all faiths. Saint Leo has grown from a peaceful campus in the rolling hills of Central Florida to an institution of international consequence—ranked one of the best regional universities in the South by U.S. News & World Report.

We understand life’s demands—balancing family and work while pursuing your degree. To meet those challenges, we are dedicated to providing you with highly personalized attention and flexible learning opportunities—while bringing the resources and benefits of our main campus to you, wherever you are.

Saint Leo University offers a practical, effective model for life and leadership in a challenging world; a model based on a steadfast moral consciousness that recognizes the dignity, value, and gifts of all people.

GWINNETT EDUCATION CENTER
3555 Koger Blvd. Suite 105
Duluth, GA 330096
678-380-4005

Nancy King, Director
De Etta Peter, Asst. Director
Tedd “Gunny” Weiser, Asst. Director
Michelle Anderson, Staff Coordinator
Joan Litumbe-Lemeh, Technical Coordinator

What you need for where you’re going.

Saint Leo University’s Student Services division is happy to announce the launch of the Lions Care website. This new university-wide initiative provides valuable resources to individuals who may need assistance. It is an umbrella of resources for the University community to address high risk behaviors, identify resources and reporting avenues so that appropriate follow-up actions can be taken by members of the staff. It is a dynamic website whose content will be updated as issues, resources and educational material is available. We encourage all members of the University community to explore the site and become active participants, embracing the University Core Values and becoming knowledgeable about regulations, policies and resources on and off campus. The intent of the website is to proactively:

1. Foster a caring and safer University community
2. Engage University community members as active participants, not as idle bystanders, in assisting other community members.
3. Provide campus based and community resources, and
4. Provide appropriate referral and reporting mechanisms to address concerns.

The Division of Student Affairs is committed to promoting greater awareness of high risk behaviors and their impact on individuals and the community; providing prevention education opportunities for University community members and creating an environment that empowers survivors to access resources on and off campus. From role modeling and training others on appropriate bystander actions to advocating for and supporting those impacted by high risk behaviors, the members of the Student Affairs staff are here to help. Please do not ever hesitate to contact our office - 352-588-8992. Check out the website at the following link: http://www.saintleolionscare.co