

## CALENDAR OF EVENTS

WHEN			WHAT	WHERE
Tuesday	09/12/23	12pm	Student Senate	Dunlap A&B
Wednesday	09/13/23	4:30pm	Intramural Basketball Rosters & Forfeit Fee Due	Student Life Office, Welsh
Thursday	09/14/23	11am	Constitution Day	Outside of Dunlap
Friday	09/15/23	12:30pm	E Sports Meeting	Prairie Hall
Friday	09/15/23	5pm	Graduation Applications Due	Registration Office/Online

# INTRAMURAL BASKETBALL

**INTRAMURAL ROSTERS AND FORFEIT FEES ARE DUE TO THE STUDENT LIFE OFFICE IN THE WELSH CENTER ON SEPTEMBER 13 AT 4:30PM**



**GAMES WILL BEGIN ON TUES. SEPTEMBER 19 AT 6PM**

**Pick up Roster Forms in the Student Life Office**

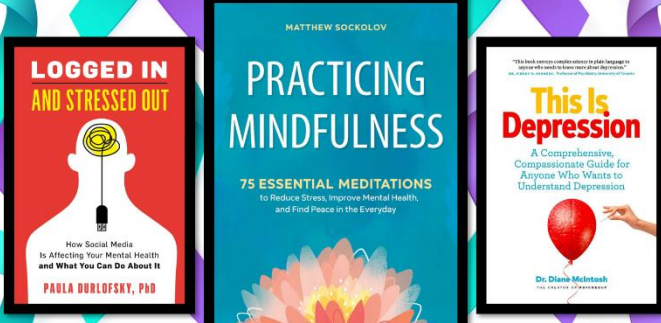
*\*Late rosters will not be accepted\**

## Fall 2023 Graduation Applications due Friday, Sept. 15



[southeast.edu/graduation](http://southeast.edu/graduation)

September is Suicide Prevention Month  
Check out our Display in the LRC Basement



# STUDENT SENATE

-Milford Campus



**SENATE IS THE VOICE OF THE STUDENTS -LET YOUR VOICE BE HEARD BY HELPING SOLVE PROBLEMS AND PLANNING EVENTS.**

**MEETINGS ARE HELD ON TUESDAY'S AT NOON IN DUNLAP**


If interested come to a meeting.  
For more info:  
[sharrifeld@southeast.edu](mailto:sharrifeld@southeast.edu)  
402-761-8227

**REQUIREMENTS:**  
6 Credit hours in a program of study  
2.0 GPA (waived for new students)




Representation is needed from all programs

**JOIN A FREE TRAINING ON SUICIDE PREVENTION**





QUESTION PERSUADE REFER (QPR) GATEKEEPER TRAINING TEACHES HOW TO RECOGNIZE DISTRESS IN OTHERS, HOW TO OFFER HOPE & HELP OTHERS TO CONNECT FOR MORE SUPPORT

SCAN THE QR CODE TO CHOOSE THE BEST DAY & TIME FOR YOU (SEPT 18-22 AT 12P ON ZOOM)!  
SCC STUDENTS ARE ENTERED IN A DRAWING FOR PRIZES-BRING FRIENDS & EARN MORE ENTRIES!



CONTACT: [Kiantzen@Southeast.edu](mailto:Kiantzen@Southeast.edu) OR MORE INFORMATION  
ONLY ONE SESSION REQUIRED FOR QPR GATEKEEPER TRAINING

**SPIRE SPOTLIGHT CHALLENGE CALENDAR**  
September 11<sup>th</sup>- September 15<sup>th</sup>



CONTACT: [sharrifeld@southeast.edu](mailto:sharrifeld@southeast.edu)  
402-761-8227

Monday	Tuesday	Wednesday	Thursday	Friday
<b>S</b> SPIRITUAL Leading a meaningful life and mindfully savoring the present.	<b>P</b> PHYSICAL Caring for the body and tapping into the mind/body connection.	<b>I</b> INTELLECTUAL Engaging in deep learning and opening to experience.	<b>R</b> RELATIONAL Nurturing a constructive relationship with self and others.	<b>E</b> EMOTIONAL Feeling all emotions, reaching towards resilience and positivity.
List two strengths you have that you bring to your community.	Try to eat one serving of vegetables at each meal this week.	Visit <a href="http://learningscientists.org">learningscientists.org</a> to learn more about study strategies!	Do an act of kindness toward someone on campus today!	Think about a mistake you've made, now imagine you're your own "best friend". How might that friend talk you through it.



**Celebrate CONSTITUTION DAY**

Thursday, September 14  
11am-12:30pm, Outside of Dunlap  
FREE Popcorn

Student Activities-Milford **FREE Pocket Constitutions Available**

**INFORMATIONAL MEETING**

LEARN ABOUT MILFORD ESPORTS CLUB AND VARSITY TEAMS

ALL STUDENTS WELCOME | PRAIRIE HALL | SEPTEMBER 15TH 12:30 PM

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**CLUB MEMBER ONLY MEETING**

ATTEND THE FIRST CLUB MEETING AND MEET VARSITY COACH CHRIS CUMMINS

WELSH GYM ESPORTS ROOM

SEPTEMBER 19TH AT 4:30

**It's Easy to Make an Appointment with SCC Tutors:**

1. Go to **"My Courses"** on the HUB and open any Canvas course
2. Click on **"Request a Tutor"** in the left column
3. Complete Registration (first time only)
4. Select **Milford Tutor Center** in the drop down at the top of the page
5. Choose a subject to find the correct tutor (if subject is not listed, choose a different Center)
6. Select an **appointment box** the specific subject tutor at desired time.
7. Complete appointment form and click on **"Create appointment"**
8. Check your email or text for confirmation and further instructions!

"The journey of a thousand miles must begin with a single step." - Lao Tzu

#wordstoliveby

**988 SUICIDE & CRISIS LIFELINE**

**LENOVO SCC EMPLOYEE/STUDENT/ALUMNI PURCHASE PROGRAM**

Discounts

- This is used for Personal Purchases only
  - Friends and Family included
  - Our Lenovo Team focuses on Commercial Grade solutions
    - If it has the word Idea in front of a Product – its Consumer
    - If it has Think in front of the Product – its Commercial
- They have Payment Plans available, you can get more info on the site
- You also have access to 3rd Party Partners for software and accessories

Click this link:  
<https://www.lenovo.com/us/en/scsneb>

**Southeast COMMUNITY COLLEGE**

**FAST Refund**

Get your student refund faster with an electronic deposit in your checking account or reloadable debit card. It's safe, easy, and will save you a trip to the bank when your refund arrives.

1. Simply log in to the Hub
2. Under WebAdvisor for Students, select Student Financial Info
3. Fast Refunds!

Contact Union Bank & Trust at 402-323-1777 with any questions.

**UBT**  
Union Bank & Trust.  
"You belong here."

**SNAP** Supplemental Nutrition Assistance Program

Need help buying food?  
**Apply for SNAP**

SNAP (formerly Food Stamp program) helps individuals and families buy nutritious food. Call the SNAP Outreach Team to find out if you are eligible. They'll even help you apply!

**1-855-444-5556**  
**Se habla Español**

**FoodBank OF LINCOLN** | **FOODBANK FOR THE HEARTLAND**

THE HAPPEN IN'S IS A WEEKLY PUBLICATION FOR SCC STUDENTS.

ITEMS MUST BE SUBMITTED TO THE STUDENT LIFE OFFICE BY 12 NOON EACH THURSDAY. THE HAPPEN IN'S IS ALSO AVAILABLE ONLINE AT

<https://thehub.southeast.edu/studentsrvs/stuactivity/Pages/default.aspx>