

# EXPANDED @LSMSA ORIENTATION Fall 2012

*10 weeks*

*5 categories*

*134 chances to have fun, make new friends, develop a new skill, stay healthy, get to know faculty and staff members, learn something new, get fit, improve your study skills, discover a new interest, or give back to the community.*

*Pretty cool, right?*



**Louisiana School**  
for Math, Science, and the Arts

*above. beyond.*

# *Expanded Orientation @ LSMSA*

## *The Challenge*

Throughout Expanded Orientation you will be expected to attend at least 10 Expanded Orientation events (two from each category). It's suggested that you complete at least 6 during your first 9-weeks at LSMSA and 4 during your second 9-weeks at LSMSA. There will be fewer sessions offered in the second quarter, so you'll want to take advantage of as many opportunities as possible during the first quarter.

## *Expanded Orientation Categories:*

- ▶ *Academic & Cultural*
  - ✧ *Health & Safety*
  - ♥ *Service & Leadership*
  - △ *Personal Development & Community Building*
  - ☺ *Social*
- Reference this guide for information about when events are happening during the first 9-weeks and what category each event counts toward. Each category is identified by an icon next to the event name.
  - A schedule of events for the second 9-weeks will be available in late September.
  - When you attend an event, sign in with the Orientation Leader.
  - Your attendance will be reported to your student life advisor at the end of each week. You can check with your SLA for an update on your progress towards completing the requirement.

## *The Rewards*

- You will meet new friends, staff, professors and administrators.
- You'll receive information and support to help you successfully make the transition to LSMSA.
- You'll have fun at social activities and learn about the many resources available at LSMSA.
- You'll get good food and be eligible to win one of many different prize packages at our Expanded Orientation wrap-up party!
- Completion of expanded orientation requirements allows you to progress in the level system at the end of the 1st and 2nd grading periods.

# Choose Your Own Path

## My Expanded Orientation Plan

► Academic & Cultural

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✱ Health & Safety

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♥ Service & Leadership

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△ Personal Development & Community Building

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☺ Social

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Other sessions I'd like to attend:

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# August 19 - August 25

## △ Sunday Morning Soiree (8/19 - 11:00 a.m. - Prudhomme Lobby)

*Please come to Sunday Morning Soiree with Prem to help kindle the fire within our soul and to care for and cultivate the saplings of love in our human heart through the words of poets and philosophers, saints and savants, humorists and satirists.*

## ✱ Morning Running Group (MWF beginning 8/20 - 7:15 a.m. - Caddo)

*Join Kristy outside Caddo at 7:15 am Monday, Wednesday, and Friday mornings for a light one mile jog around campus.*

## ► Visit Every Teacher (8/20 through 8/30 - Instructions available at front desks)

*Do you have the fortitude to breach the inner sanctum of your teacher's office? Do you even know where it is? Participate in this scavenger hunt and talk to your teachers one on one before you need to beg them for help (or even an extension!) Prizes will be awarded to the first few students to turn in their completed forms.*

## ☉ Intro to Eagle-Lympics (8/20 - 6:30 p.m. - Treen)

*Does your hall have what it takes to win a medal? Come learn what events you will need to win during in the Eagle-Lympics competition to bring that first place trophy home. We will look at the rules for each event and have demonstrations showing the way the games are played.*

## ► Don't Work Hard, Work Smart (8/22 - 7:00 p.m. - CPT Recital Hall)

*Discover the keys to working smarter, not harder. Discussion on topics such as excusitis, action habit, goals setting, effective time management, etc.*

## △ Flying Through Your Cleaning (8/22 - 7:30 p.m. - CPT Recital Hall)

*Do you feel like Room Inspection comes just a little too often or on the worst possible days? Maybe you suffer from C.H.A.O.S. (Can't Have Anyone Over Syndrome). Come learn how you can always have a clean room and just be 15 minutes from Inspection Passing Clean on any day!*

## ♥ Emerging Leaders Informational (8/23 - 5:30 p.m. - CPT Recital Hall)

*Emerging Leaders provides students a fun and exciting method to discover and develop their personal capacity to lead effectively while at LSMSA and in their future college and professional career. The program emphasizes theory based on self discovery. New this year, there will be individual tracks for sophomores, juniors and seniors. At this meeting you will participate in a short activity and receive a schedule for the semester.*

## △ How to Use a French Press (8/23 - 6:00 p.m. - Prudhomme Lobby)

*Join Andrew in embracing your inner coffee snob! Learn how to use one of the few LSMSA-approved coffee makers. This program will include brewing techniques, coffee ground selection, and proper disposal within the dorm. Attendees' names will be put in a drawing to win the French press used in the demonstration!*

### The 10% Rule

*"Life is 90% amazing and 10% difficult. We should never allow the 10% difficult to take up more than 10% of our time." - Harlan Cohen*

# August 19 - August 25

## △ Homesick Boxes for Girls (8/23 - 8:00 p.m. - 2W TV Lounge)

*Join Kristy and Courtney in the Caddo Lobby for a therapeutic session dealing with homesickness. Bring pictures, toys, and other mementos from home and create your own Homesick Box that can be used whenever you are feeling blue at LSMSA. You can make your box as personal as you want with letters of encouragement from home or from yourself. Peer Mentors will be available to share some of their experiences about their own adjustments to LSMSA.*

## △ How to do Your Laundry for Guys (8/23 - 9:00 p.m. - Prudhomme)

*Doing your own laundry is easy, but there's just a couple of things guys need to know to ensure that you don't damage your clothes...or the washing machines! Take a few minutes to make sure that you're doing your laundry the right way!*

## ✧ 1st Annual Welcome Back 3-on-3 Basketball Tournament (8/25 - 1:00 p.m. - Gym)

*Form your own teams (4 people max). Cost is \$3 per team. Girls' points will be double! If you don't have a team and wish to play, just show up and we will get you on a team.*

## ✧ Taekwondo (8/25 - 1:00 p.m. - Dance Studio)

*Taekwondo is a martial art and the national sport of South Korea. It combines combat techniques, self-defense, sport, exercise, and in some cases meditation and philosophy. In 1989 taekwondo was the world's most popular martial art in terms of number of practitioners and has been an Olympic event since 2000. No jewelry; wear loose clothes. Please cut toenails and fingernails.*

## ✧ One-Mile Fun Run (8/25 - 1:30 p.m. - Meet outside the gym)

*Join Kristy outside the LSMSA gym for a light one mile jog around campus. Walkers are welcome!*

## ✧ Yoga (8/25 - 2:00 p.m. & 3:00 p.m. - Dance Studio)

*Learning to clear your mind and engage your body can greatly impact your stress level and improve your health. Whether you have participated in many yoga classes or if this would be you first, please join us as we focus on breath and movement.*

## ✧ Nia Dance Class (8/25 - 4:00 p.m. - Dance Studio)

*Nia is a path to condition, heal and express yourself through movement. Combining dance arts, martial arts and healing arts, Nia brings the body, mind, emotions and spirit to optimum health through music, movement and self-expression.*

### Conflict Management

If you find yourself in the midst of a conflict, try the following:

- Listen to what the other person has to say.
- Keep your voice on an even keel - shouting doesn't help anyone.
- Be willing to compromise, but do be assertive about your own needs.
- Let the other person know what's on your mind, calmly.
- Get help from a faculty or staff member if you are unable to resolve the problem on your own.

-Living in Community. (2010). PaperClip Communications

# August 26 - September 1

## △ Sunday Morning Soiree (8/26 - 11:00 a.m. - Prudhomme Lobby)

*Please come to Sunday Morning Soiree with Prem to help kindle the fire within our soul and to care for and cultivate the saplings of love in our human heart through the words of poets and philosophers, saints and savants, humorists and satirists.*

## ☺ Dessert with LASCO (8/26 - 1:00 p.m. - CPT Café)

*Enjoy dessert and meet Christian classmates, faculty, and staff. LASCO stands for the LA. School Christian Organization. We are a nondenominational Christian faith group that meets every Monday from 5:30-7:00 p.m.*

## ✨ Laughter Yoga (8/26 - 6:00 p.m. - CPT Black Box)

*HA HA HA, HO HO HO. Come spend an hour learning how to laugh at life's little hiccups! You will be guided through various laughing exercises and calming breath exercises. Class will close with a fountain of laughter that trickles into guided meditation. Come as you are! Comfortable clothing recommended. No experience required!*

## ✨ Morning Running Group (MWF - 7:15 a.m. - Caddo)

*Join Kristy outside Caddo at 7:15 am Monday, Wednesday, and Friday mornings for a light one mile jog around campus.*

## ► Celebrate Diversity! (8/27 - 11:00 a.m. - CPT Lobby)

*On your way to or from lunch, take a moment to stop by our table in the CPT Lobby and learn about our ongoing diversity appreciation series.*

## △ You're Different and That's Bad (8/27 - 5:00 p.m. - Cafeteria)

*At LSMSA, celebrating diversity is kind of a big deal. Sometimes, however, our differences separate us from other people. Join Kim and Mr. Little for activities and discussion about using the things that make you special to your advantage at LSMSA.*

## ☺ M&M BINGO (8/27 - 6:30 p.m. - CPT Café)

*A combination of a fun game and delicious candy. We will have a blast playing bingo with a sweet twist of using M&M candy for markers. This game will include a few regular rounds and a black out round and there will be M&M-related prizes.*

## △ How to do Your Laundry for Guys (8/27 - 9:00 p.m. - Prudhomme)

*Doing your own laundry is easy, but there's just a couple of things guys need to know to ensure that you don't damage your clothes...or the washing machines! Take a few minutes to make sure that you're doing your laundry the right way!*

## ✨ Healthy Stress Relief through Athletics & Recreation (8/28 - 6:00 p.m - Gym)

*Come discuss healthy ways to relieve stress through athletics and recreation at LSMSA. Opportunities to get involved with athletics, as well as other healthy outlets to relieve stress, will be discussed. Come blow off some steam and join the fun!*

## ► Get it Together! (8/28 - 6:30 p.m. - Boardroom)

*Get organized and plan your fall semester with Dr. Landry – organization and time management strategies for students. Bring your syllabi, a calendar (preferably paper), and a pen.*

# August 26 - September 1

✧ **Yoga** (Every TuTh beginning 8/28 - 7:00 p.m. - Dance Studio)

*Clear your mind, reduce your stress, and stretch your muscles through yoga.*

► **Note-Taking** (8/29 - 5:45 p.m. - CPT Recital Hall)

*Having an accurate and reliable set of notes for each class is critical to effective study. This session will explore how to take notes, how to identify test questions, and the importance of reviewing notes daily.*

✧ **Street Safety** (8/29 - 6:00 p.m. - CPT Café)

*Even in a safe, small town such as Natchitoches, it's important to recognize the risks associated with traveling on campus and in the neighborhood. Let's talk about a few simple guidelines that you can follow to protect yourself.*

► **An Introduction to the TI84 Graphing Calculator** (8/29 - 6:00 p.m. - HSB 242)

*So you have that new calculator that you really don't know how to use? Come learn how to better use it in your math and science classes.*

☺ **You're Making Your Own Postcard and That's Hip** (8/29 - 8:00 p.m. - Caddo)

*Take a trip back to the days of old by sending a card through the United States Postal Service! Magazines and craft supplies will be provided to make artful masterpieces.*

► **How to Write a Lab Report** (8/30 - 4:00 p.m. - CPT234)

*Learn to write and love lab reports.*

△ **Not Your Momma** (8/30 - 5:00 p.m. - Caddo Lobby)

*Have a room full of dirty laundry or a sink full of dishes? Learn how to do some basic household chores and enjoy some easy to make foods that you get to create.*

♥ **Sophomore Leadershop: The Iceberg** (8/30 - 5:30 p.m. - CPT Recital Hall)

*The iceberg represents your leadership. The 10% above the water is your skill. The 90% below the water is your character. It's what's below the surface that sinks the ship.*

△ **Personal Fitness 101** (8/30 - 6:30 p.m. - SAC)

*Did you know that we have a fitness center? Do you want to use it, but aren't sure how? We will discuss all of the equipment and how to properly use each one. We'll cover workout routines and can discuss individualized workouts to suit your needs.*

△ **Hemming it Up** (8/30 - 7:30 p.m. - Caddo Lobby)

*Mama's not here to fix your hems or replace your buttons. Come learn how to do these simple mends for yourself and earn a repair voucher from Mary Bess.*

△ **Fit to be Tied** (8/30 - 9:00 p.m. - Prudhomme 2nd Floor Lounge)

*At some point, every guy needs to learn how to tie a necktie. Join us for a quick lesson in tying simple necktie knots. You, too, can be a sharp-dressed man!*

△ **What Not to Wear** (8/30 - 10:30 p.m. - Prudhomme Lobby)

*"Is my skirt too short?", "Are these shorts ok?" An interactive fashion show that will educate the women of Caddo on the proper dress code for everyday attire, class, formal events, and required events. No more minor infractions for our students.*

# September 2 - September 8

## ► Algebra Needed for Science Courses (9/4 - 2:00 p.m. - HSB 342)

*Students have a chance to practice the algebra topics that occur in chemistry and physics courses.*

## ✧ Wellness Fair (9/4 - 4:00 p.m. to 6:00 p.m. - Gym)

*Activities include a personal fitness test, personal health stats (blood pressure, heart rate, BMI), delicious snacks that promote a healthy lifestyle, information about the new "Food Plate" initiated by President Obama, information on the new LSMSA Fitness Club and the opportunity to sign up for this semester's Fitness Challenge.*

## △ Say Hello to the Counseling Center (9/4 - 5:00 p.m. - HSB 101)

*The counseling center is here to support students academically, socially, and personally. It also provides a comprehensive college counseling program. Come to the counseling center to discover more about our services and meet your counselor.*

## ✧ Yoga (Every TuTh - 7:00 p.m. - Dance Studio)

*Clear your mind, reduce your stress, and stretch your muscles through yoga.*

## ✧ Morning Running Group (MWF - 7:15 a.m. - Caddo)

*Join Kristy outside Caddo at 7:15 am Monday, Wednesday, and Friday mornings for a light one mile jog around campus.*

## ► What Happened to My Files (9/5 - 4:00 p.m. - CPT 255)

*Managing your electronic files can be a hassle. All of us have lost a file we need; usually when we need to print it just before class. This session will discuss how files are saved on the LSMSA network. Tips and tricks for managing your files will be presented.*

## ► Managing Your Time (9/5 - 5:45 p.m. - CPT Recital Hall)

*Henry David Thoreau said, "If you love life, then you must love time, for that's the stuff life's made of." Time management is the key to successful study management. This session will explore how to make the most of your time so that time is available not only for study, but for social, athletic, and other events as well.*

## ► Understanding the Level System (9/5 - 6:00 p.m. - HSB Boardroom)

*Could we have made it more confusing if we'd tried? Come meet with Ms. Istre and Ms. Shumate to ask any questions you have about the new level system.*

### Staying Safe on Campus

- Lock your door whenever you leave your room. Always lock up your bike.
- Don't keep valuables in plain sight.
- Avoid keeping large amounts of cash in your room, purse, or backpack.
- Never prop doors. Locked doors are locked for a reason.
- Avoid walking alone. Walk with companions on- and off-campus.
- Stay on approved paths when off-campus.
- Return to a building immediately if you are outside and hear weather sirens.
- Report any concerns or suspicious activity to a staff member.



# September 2 - September 8

## △ After the Honeymoon: How Not to be Frenemies (9/5 - 8:00 p.m. - 2W Lounge )

*This program will equip roommates with the skills to make healthy relationship choices and draw clear boundaries. We will laugh and learn as we use comical scenarios to understand how to better co-exist together.*

## △ What Not to Say (9/6 - 4:00 p.m. - CPT Recital Hall)

*Learn how to win friends and influence your SLAs and professors! Join Ms. Istre and Ms. Shumate as we go over some tricks to effectively communicate your needs in a way that makes the adults in your life more willing to help you out!*

## ♥ Junior Leadership: Hosts and Guests (9/6 - 5:30 p.m. - CPT Recital Hall)

*Leaders take the initiative in relationships. They are intentional about them. They see themselves as hosts, not guests, and go out of their way to connect with people and provide for them.*

## ✧ Nia Dance Class (9/7 - 4:00 p.m. - Dance Studio)

*Nia is a path to condition, heal and express yourself through movement. Combining dance arts, martial arts and healing arts, Nia brings the body, mind, emotions and spirit to optimum health through music, movement and self-expression.*

## ► LGBT Film Festival (9/7 through 9/13 - Trips TBA)

*Join LSMSA's Gay-Straight Alliance on a trip to Shreveport's Robinson Film Center to watch a documentary, independent film, maybe Margaret Cho's featured guest performance!*

## ► What is Art? (9/8 - 11:00 a.m. - Recital Hall)

*This will be a directed discussion on what is art, why does it exist, what use is it, etc. How do religion, politics and commerce affect art, and vice-versa? Why study art?*

## △ Gardening Behind Caddo (9/8 - 3:00 p.m. - Caddo Backyard)

*Do you still like to play in the dirt? Do you have a green thumb? Come join us behind Caddo as we plant flowers and vegetables that we will enjoy for the rest of the year.*

## ✧ Spa Night (9/8 - 7:00 p.m. - Caddo Lobby)

*Come enjoy a night of fun and relaxation in the Caddo Lobby. There will be several stations including everything from facial masks to nails. Delicious snacks and a calm spa-like atmosphere will be provided.*

## △ Hit the Books, Not the Boys. Hit the Grades, Not the Girls (9/8 - 8:00 p.m. - Prudhomme)

*Passion for books oughtn't to be replaced by the infatuation for the company of boys. Aiming for good grades oughtn't be averted by aiming for good-looking girls. There will be time for the fun and frivolities of youth later in the greener, greater living/learning pastures. Now is the time for the good books and good grades.*

**Going home this weekend?**

**Remember to complete the overnight trip request by noon on Thursday!**

# September 9 - September 15

## △ **Sunday Morning Soiree** (9/9 - 11:00 a.m. - Prudhomme Lobby)

*Please come to Sunday Morning Soiree with Prem to help kindle the fire within our soul and to care for and cultivate the saplings of love in our human heart through the words of poets and philosophers, saints and savants, humorists and satirists.*

## ► **LGBT Film Festival** (9/9 through 9/13 - Trips TBA)

*Join LSMSA's Gay-Straight Alliance on a trip to Shreveport's Robinson Film Center to watch a documentary, independent film, maybe Margaret Cho's featured guest performance!*

## ✧ **Morning Running Group** (MWF - 7:15 a.m. - Caddo)

*Join Kristy outside Caddo at 7:15 am Monday, Wednesday, and Friday mornings for a light one mile jog around campus.*

## △ **Life as an Introvert: Challenges and Advantages** (9/10 - 6:00 p.m. - CPT Café)

*Do you avoid large crowds? Rather listen than speak? You may be an introvert. A discussion (you are not required to talk) about how introversion is good and what difficulties you may encounter. Extraverts welcome.*

## ► **Hear Smart, See Smart, Do Smart** (9/10 - 6:00 p.m. - CPT Meeting Room B)

*Ever wonder why some classes are easier than others? It could be a combination of the way the information is presented, how you absorb class material, and the way you study. Join Mr. Little and Kristy as they help you explore your learning modality so it becomes your advantage.*

## ► **Managing Your Memory** (9/11 - 5:45 p.m. - CPT Recital Hall)

*One of the best ways to do well in school is to perfect your memorization skills. In this session you will learn memorization techniques that will help you remember, retain, and understand all types of information.*

## ✧ **Yoga** (Every TuTh - 7:00 p.m. - Dance Studio)

*Clear your mind, reduce your stress, and stretch your muscles through yoga.*

## ► **How One Student Earned 74 Hrs of College Credit** (9/12 - 5:00 p.m. - Boardroom)

*LSMSA offers students several different ways to begin earning college credit while in high school. Learn how Articulation, Dual Enrollment, Advanced Placement, and Summer College Enrollment Opportunities can be used to earn college credit.*

## ► **How to Ace a Math Test and Still Be Cool** (9/12 - 6:30 p.m. - CPT 231)

*Learn tips and techniques to help you ace your math tests.*

## △ **Say Hello to the Counseling Center** (9/13 - 5:00 p.m. - HSB 101)

*The counseling center is here to support students academically, socially, and personally. It also provides a comprehensive college counseling program. Come to the counseling center to discover more about our services and meet your counselor and positive characteristics.*

# September 9 - September 15

## ♥ Senior Leadership: The Mirror Effect (9/13 - 5:30 p.m. - CPT Recital Hall)

*As a leader, your followers will be a reflection of you. Not only will you attract others like yourself, but over time, those who follow you will mirror both your negative and positive characteristics.*

## △ Defining Success: The Ingredients to Having a Happy Life (9/13 - 6:00 p.m. - CPT Recital Hall)

*This course will explore what it means to be a "Success" in life. Students will learn concepts such as defining what "success" is, finding your direction, discovering your strengths, setting and achieving goals, handling stress and anger, conquering negative thoughts, overcoming fear of failure/success, and much more.*

## ☺ How to Have a Pet in a Pet-Free World (9/13 - 7:00 p.m. - CPT Café)

*What would you prefer...a dog, cat or maybe a fish. We're gonna take it back to elementary art class where we will be making paper pets to last a lifetime. You will be able to create a lifelong friend who you can name and love. Best of all - this pet will be very "low maintenance".*

## ▶ Algebra Needed for Science Courses (9/14 - 2:00 p.m. - HSB 342)

*Practice the algebra topics that occur in chemistry and physics courses.*

## ✧ Nia Dance Class (9/14 - 4:00 p.m. - Dance Studio)

*Nia is a path to condition, heal and express yourself through movement. Combining dance arts, martial arts and healing arts, Nia brings the body, mind, emotions and spirit to optimum health through music, movement and self-expression.*

## ☺ The Heat is On! (9/14 - 8:00 p.m. - Prudhomme Lobby)

*Come meet Mr. Wilbur Scoville at the Crunchy Chips and Savory Salsa program! There will be a special bowl sans capsaicin oil for the uninitiated guests.*

## ♥ Community Service Opportunity (9/15 - TBA - Depart from residence halls)

*See TC for more information on this opportunity to give back to the local community.*

## ☺ Beat the Heat (9/15 - 1:00 p.m. - Caddo Backyard)

*Beat the Heat in the Caddo back yard! Join Kristy and Jenny for a fun afternoon of music, frozen treats, and water games! Shorts should be worn over bathing suits!*

## ☺ Learn to Tie-Dye! (9/15 - 3:00 p.m. - Caddo Deck)

*Come learn how to tie-dye your favorite shirt, bandana, or socks! Bring the article of clothing you'd like to be dyed, and an SLA and student will teach you how to tie-dye with cool colors, patterns, and designs!*

## △ Come Fly the Fighting Kite with Prem (9/15 - 4:00 p.m. - Prudhomme)

*When you were a child, you used to fly the kite like a child. Now you are young men and young women; it is time for doing away with childish kite-flying. It's time to learn the art of Fighting Kite Flying from the ninja kite-flyer from Nepal. Come experience the extension of your soul dancing against the blue of heaven!*

# September 16 - September 22

## ► Brunch @ Indigo (9/16 - 11:00 a.m. - Prudhomme) \$

*You Eagles do not live by the cafeteria food alone. You need food bearing the bouquet of the spices from India--the food of the royal gourmands, the Rajas and the Maharajas of glorious Hindustan. All you need is a few \$\$\$. My friends at the Indigo Restaurant at Shreveport will take care of our hunger for salubrious cuisine. Spaces limited. Sign-up in advance.*

## ♥ Knit for a Cause (9/16 - 3:00 p.m. - Caddo)

*Do you like to knit or crochet? Looking for a way to feed your love of knitting, use up some of your stash and benefit a worthy cause? We'll select a charity from a list of options and will meet several times throughout the year to knit (or crochet!) for a cause.*

## ✧ Morning Running Group (MWF - 7:15 a.m. - Caddo)

*Join Kristy outside Caddo at 7:15 am Monday, Wednesday, and Friday mornings for a light one mile jog around campus.*

## ► Celebrate Diversity! (9/17 - 11:00 a.m. - CPT Lobby)

*On your way to or from lunch, take a moment to stop by our table in the CPT Lobby and learn about our ongoing diversity appreciation series.*

## ☺ You're a Winner and That's \_\_\_\_\_? (9/17 - 4:00 p.m. - CPT Café)

*Nothing beats the feeling of implementing a great strategy and winning as much as possible...right? Join Kim for an exciting game of strategy, collaboration, and competition with your peers. In the end, the game will prove who the real winners are at LSMSA!*

## △ Such Vulgar Language, Mr. Prufrock! (9/17 - 6:30 p.m. - HSB Boardroom)

*This session will discuss the daily language (both appropriate and inappropriate) used by students and teachers in the school setting.*

## △ Manners for Men (9/17 - 9:00 p.m. - Prudhomme 2C Study Room)

*Etiquette is often overlooked in our more casual, "dressed-down" culture. However, young men are wise to learn a few simple guidelines for how to behave in "polite company." Good manners can help you to feel more confident in social situations, and you might even be surprised to learn how important etiquette will prove to be as you grow up!*

## ► How to Succeed in Biology (9/18 - 6:30 p.m. - CPT Recital Hall)

*Learn tips and techniques to help you do your best in Biology at LSMSA.*

## ✧ Yoga (Every TuTh - 7:00 p.m. - Dance Studio)

*Clear your mind, reduce your stress, and stretch your muscles through yoga.*

## ☺ Bacon: A Celebration! (9/18 - 7:30 p.m. - 1B)

*20 pounds of bacon. Bring your own activity; TC will supply the bacon.*

**Make a point to call home regularly. Your parents miss you!**

# September 16 - September 22

## ► **Avoiding Test Anxiety** (9/19 - 5:45 p.m. - CPT Recital Hall)

*Many students suffer from test anxiety. The degree of anxiety you experience at test time can enhance or decrease your performance on the test. A little anxiety is useful in psyching you up. Too much anxiety psyches you out and greatly diminishes your performance. This session will explore the causes of anxiety and how to prevent and alleviate it.*

## ► **An Introduction to the TI84 Graphing Calculator** (9/19 - 6:00 p.m. - HSB 242)

*So you have that new calculator that you really don't know how to use? Come learn how to better use it in your math and science classes.*

## △ **You Can be a Gamer and Not Fail Out...** (9/19 - 6:00 p.m. - Prudhomme)

*Team up with Andrew to learn how to play video games and still succeed at LSMSA. This will be an exercise in scheduling, discipline, priorities, & goal setting.*

## ► **LSMSA Visual Arts Contests & Other Opportunities** (9/19 - 6:30 p.m. - A106)

*Students will be briefed on the various art contests, shows, and opportunities that will be happening throughout the year. Topics will include: choosing competitions, how to submit artwork, contest due dates, and criteria for various art awards.*

*Limit: 12 students*

## △ **Making the Most of College Fair** (9/20 - 4:00 p.m. - CPT Café)

*Come learn how to get more than just free swag at the college fair. We will discuss useful questions to ask university representatives, so you can make the most valuable use of your opportunity to learn about more than 40 universities without even leaving campus!*

## △ **Chocolate for Comfort** (9/20 - 8:00 p.m. to 10:00 p.m. - Caddo Lobby)

*Feeling homesick for family, friends, room, pet(s), and church group is a normal stage that most LSMSA students work through before feeling completely at home on campus. If you have found yourself missing home since moving to Caddo please join your peer mentors and SLA's for Chocolate for Comfort. Listen as your peers share their stories of homesickness while peer mentors provide first-hand advice on dealing with homesickness and learning to connect your LSMSA family.*

### **How to Talk to Your Roommate**

#### ● Go in expecting success.

Expecting failure = an almost absolute guarantee that the problem will get worse.

Expecting success = an increased desire to see the problem resolved.

#### ● Make eye contact.

Lack of eye contact = uneasiness, anger, doubt, and wishy-washiness.

Eye contact = connectedness, assertiveness and confidence in your message.

#### ● Use "I" statements.

"You" statements place blame and tend to put people on the defensive.

"I" statements express ownership and allow you to explain your feelings.

-Roommate Connections. (2011). PaperClip Communications

# September 23 - September 29

## △ **Sunday Morning Soiree** (9/23 - 11:00 a.m. - Prudhomme Lobby)

*Please come to Sunday Morning Soiree with Prem to help kindle the fire within our soul and to care for and cultivate the saplings of love in our human heart through the words of poets and philosophers, saints and savants, humorists and satirists.*

## ► **Visit the Grand Ecore Visitor's Center** (9/23 - 1:00 p.m. - Depart from Prudhomme)

*From a 80-foot high bluff, learn about the role of the Corps of Engineers in the development, preservation and enhancement of water resources in the region. Grand Ecore Visitor Center offers extraordinary views of the Red River and information on local wildlife, culture and displays of local waterway exploration.*

## △ **Make Your Own Calendar** (9/23 - 2:00 p.m. - Caddo Lobby)

*Wondering where all your time goes during the day? Come and learn some simple time management techniques and create your own personal calendar to utilize in your room.*

## △ **You're Making Ramen and That's Salty!** (9/23 - 4:00 p.m. - Caddo Lobby)

*Who makes the best Ramen at LSMSA? Ramen will be provided and some spices and other ingredients will be available. Competitors are allowed to include their own ingredients as they compete to discover who is LSMSA's Top RAMEN Chef! A panel of student and staff judges will sample Ramen concoctions and declare a winner and a prize will be awarded.*

## ✧ **Morning Running Group** (MWF - 7:15 a.m. - Caddo)

*Join Kristy outside Caddo at 7:15 am Monday, Wednesday, and Friday mornings for a light one mile jog around campus*

## ► **Movie: *Uncounted*** (9/24 - 6:30 p.m. - CPT Recital Hall)

*The 2012 Presidential race is already revealing the divisive state of the American electorate. The elections of 2000 and 2004 were marred by controversy regarding the counting of votes, first in Florida, and then in Ohio. Critics of recent efforts to amend voter registration laws in numerous states have argued that these laws are intended to make it harder for certain groups, and younger voters in particular, to cast their votes. The film **Uncounted** examines the current state of the election process in the United States. Information on how to register to vote will also be provided.*

## △ **How to Tie-Dye Your Cupcake** (9/24 - 8:00 p.m. - Caddo Lobby)

*What's your color? In this program, you will be given the opportunity to be a creative baker and use the colors of your choice to make a sweet treat to enjoy. We will have fun toppings and learn how to swirl our fill to enjoy a "tie dye" cupcake treat.*

## △ **I Got in Trouble for THAT?!** (9/25 - 7:00 p.m. - CPT Recital Hall)

*At LSMSA, we have many policies that differ from your home school. TC will cover policies and talk about how to prevent small issues from becoming large ones.*

## ✧ **Yoga** (Every TuTh - 7:00 p.m. - Dance Studio)

*Clear your mind, reduce your stress, and stretch your muscles through yoga.*

# September 23 - September 29

## ► An Introduction to MathType (9/25 - 6:15 p.m. - CPT 230)

*Do you wish the fancy scientific notation and math expressions in your lab reports and writing prompts looked better and were easier to insert? If so, this is the session for you. MathType is a powerful interactive equation editor for Windows and Macintosh that lets you create mathematical notation for word processing, web pages, desktop publishing, presentations, etc... In this one hour session, you'll get a brief introduction to using the program in Microsoft Word so that your technical writing looks fantastic. Bring your laptop (MAC or Windows based). We'll begin by installing the program for FREE (normal cost \$97) on your computer and will then practice inserting equations and symbols into your documents.*

## ► Digital Tyranny: Your Music Sounds Awful and You Don't Even Know It (9/26 - 6:00 p.m. - CPT Recital Hall)

*The digital era has ushered in unprecedented technological advances in sound reproduction, making it easier and cheaper to produce and share music. Ironically, the very same technology which could produce much higher quality sound is instead used to produce easier-to-consume lower-quality "instant" sound. Take a few minutes to learn about how music is recorded and "reproduced" digitally, and how you can appreciate better-sounding music.*

## ♥ Sophomore Leadership: The Starving Baker (9/30 - 5:30 p.m. - CPT Recital Hall)

*This is a common hazard for leaders. Sometimes we're like the baker who spends too much time baking bread for others. We forget to eat ourselves. Leaders must feed themselves for personal growth.*

## Under the Weather?

- Contact a staff member. If you're in the dorm contact your SLA or call the front desk. If you're at school go to the nurse's office. (Don't forget that you must call the front desk or see the nurse **BEFORE** the start of your classes or you will receive unexcused absences!)
- Take medications ONLY as directed by the nurse.
- Use over-the-counter medications only as intended. Make sure that you read the labels. Some medications should not be taken together. (Remember that your parents must give permission for you to have medications in your possession.)
- Avoid caffeine, particularly caffeine or ephedra pills. (Students need written parental permission to possess caffeine, ephedra, or diet pills.)
- Drink plenty of fluids.
- Get lots of rest!



# September 30 - October 6

## ☼ **Morning Running Group** (MWF - 7:15 a.m. - Caddo)

*Join Kristy outside Caddo at 7:15 am Monday, Wednesday, and Friday mornings for a light one mile jog around campus*

## △ **What Not to Say** (10/2 - 4:00 p.m. - CPT Recital Hall)

*Learn how to win friends and influence your SLAs and professors! Join Ms. Istre and Ms. Shumate as we go over some tricks to effectively communicate your needs in a way that makes the adults in your life more willing to help you out!*

## ☼ **Yoga** (Every TuTh - 7:00 p.m. - Dance Studio)

*Clear your mind, reduce your stress, and stretch your muscles through yoga.*

## ♥ **So You Want to be an Ambassador?** (10/3 - 4:00 p.m. - HSB Boardroom)

*Think you've got what it takes? This meeting will introduce new students to the basic responsibilities of ambassadors, the application process, and the characteristics that we look for when selecting ambassadors.*

## ▶ **How to Succeed in Biology** (10/3 - 6:30 p.m. - CPT Recital Hall)

*Learn tips and techniques to help you do your best in Biology at LSMSA.*

## ▶ **How to Ace a Math Test and Still Be Cool** (10/3 - 6:30 p.m. - CPT 231)

*Learn tips and techniques to help you ace your math tests.*

## ☼ **Deep Relaxation** (10/3 - 7:00 p.m. - Dance Studio)

*Based on Yogic deep relaxation, students will should wear comfortable clothing, socks, and bring either a yoga mat or large towel. (Some mats will be provided.)*

## ▶ **Presidential Debate: Domestic Policy** (10/3 - 8:00 p.m. - CPT Recital Hall)

*Come watch and discuss the presidential debates with Mr. Little.*

## ♥ **Junior Leadership: The Native American Talking Stick** (10/4 - 5:30 p.m. - CPT Recital Hall)

*The talking stick reminds us that before we lead, we must listen. Leaders seek to understand the perspectives of others before they communicate their own points. They show empathy and ask good questions. As a result, they earn the right to be heard.*

## △ **Passive Aggressive Communication** (10/4 - 6:00 p.m. - CPT Recital Hall)

*Movies like **Mean Girls** and **The Clique** have given Passive Aggressive Communication a BAD name!!! Come to the CPT recital hall and find out why being Passive Aggressive is AWESOME .....and I guess we can talk about other types of communication too.....maybe...whatever. Free Snacks.*

## ☼ **Scrabble Your Words** (10/4 - 6:30 p.m. - Caddo Lobby)

*Are you competitive? Are you a great speller? Are you a game board junkie? Join us for a FUN night of Scrabble! You can pick a partner and challenge others or just play a quiet Scrabble game for two. Prizes for the winners!*

## ☼ **Pumpkin Painting** (10/6 - 3:00 p.m. - Prudhomme Lobby)

*Join Andrew in decorating the dorms for the Halloween season! Parents are welcome to attend and can bring their own pumpkins.*



## Get Control of Your Time!

1. Use a planner. Write down due dates, appointments, practices, lessons, school events, and anything else you shouldn't forget.
2. Make a daily "things-to-do" list, prioritize, and check off each task as you complete it.
3. Start each day with planning time. Take ten minutes to review yesterday's "to do" list. Look ahead to the next few days. Then, make your plan for the day.
4. Include your personal values and goals in your planning. What's important to you? Spending more time with family or friends? Getting fit or staying fit? Turn hopes and dreams into realities by building them into your daily "things-to-do" list.
5. Be flexible. Things change. Give yourself room to adapt to new circumstances and take advantage of new opportunities.
6. Eliminate tasks you don't need to do, or tasks it's too late to do, or tasks you don't really care about. Don't clutter your "things-to-do" list with trivial things.
7. Try not to overschedule yourself. Too many things to do? Which ones can you live without?
8. Learn to say NO. Stay focused on your own goals and priorities. What matters most to you? Pleasing other people should not be at the top of your list.
9. Find and use little chunks of time. In between classes, while you're waiting for your favorite TV show to begin—these are little chunks of time you can put to good use. Choose something small, get it done and get it out of the way.
10. Identify time stealers. Spending too much time on the phone or online? Surfing the web all day? Watching TV? Procrastinating? Reclaim this lost time.
11. Conquer procrastination.
12. Plan some time just for fun. But get your work done first. Free time feels freer when you don't have unfinished business.

*From Life Lists for Teens by Pamela Espeland*

# October 7 - October 13

## △ Sunday Morning Soiree (10/7 - 11:00 a.m. - Prudhomme Lobby)

*Please come to Sunday Morning Soiree with Prem to help kindle the fire within our soul and to care for and cultivate the saplings of love in our human heart through the words of poets and philosophers, saints and savants, humorists and satirists.*

## ☺ What Can You Do with Mod-Podge (10/7 - 3:00 p.m. - Caddo Lobby)

*Ever wonder how to put a picture on the front of your notebook and make it stay or how to make a glossy shine on your latest craft project. Come join us for an afternoon of crafting fun including Mod-Podge, glitter, and much more.*

## ♥ Knit for a Cause (10/7 - 3:00 p.m. - Caddo)

*Do you like to knit or crochet? Looking for a way to feed your love of knitting, use up some of your stash and benefit a worthy cause? We'll select a charity from a list of options and will meet several times throughout the year to knit (or crochet!) for a cause.*

## ✧ Morning Running Group (MWF - 7:15 a.m. - Caddo)

*Join Kristy outside Caddo at 7:15 am Monday, Wednesday, and Friday mornings for a light one mile jog around campus*

## ► Celebrate Diversity! (10/8 - 11:00 a.m. - CPT Lobby)

*On your way to or from lunch, take a moment to stop by our table in the CPT Lobby and learn about our ongoing diversity appreciation series.*

## ✧ Stress Management Workshop (10/9 - 5:00 p.m. - Counseling Center)

*You are invited to join a Stress Management workshop led by counselor, Cindy Allen. The workshop will meet for 6 consecutive weeks. Students will discuss topics such as the nature of stress, what causes it, and how we can all cope better with it.*

## ► Understanding the Level System (10/9 - 6:00 p.m. - HSB Boardroom)

*Could we have made it more confusing if we'd tried? Come meet with Ms. Istre and Ms. Shumate to ask any questions you have about the new level system.*

## ✧ Yoga (Every TuTh - 7:00 p.m. - Dance Studio)

*Clear your mind, reduce your stress, and stretch your muscles through yoga.*

## ♥ Senior Leadership: Rivers and Floods (10/11 - 5:30 p.m. - CPT Recital Hall)

*Both are bodies of water. Floods damage. Rivers are useful in many ways. The difference: focus. Leaders must channel people, time and money toward one focused vision.*

## △ "What's Your Dream?" (10/11 - 7:30 p.m. - CPT Café)

*"You've got to have a dream, if you don't have a dream, how you gonna have a dream come true?"--South Pacific. Let's take some time to dream a little out loud and set smaller goals to see how we will accomplish them a little at a time so we don't get discouraged halfway there!*

**Make a point to call home regularly. Your parents miss you!**

# October 7 - October 13

## ► Vice-Presidential Debate (10/3 - 8:00 p.m. - CPT Recital Hall)

*Come watch and discuss the presidential debates with Mr. Little*

## ► The 100th Anniversary of the Titanic (10/12 - 6:30 p.m. - CPT Recital Hall)

*Today marks the end of the 1st grading period and chances are you've had a stressful week and you might be feeling a bit discouraged. No matter how bad your first 9-weeks grades might be, it won't be as tragic as the sinking of the Titanic. Join us for a documentary film on the Titanic disaster to help keep things in perspective!*

## △ Quesadilla Night (10/12 - 10:00 p.m. - Caddo Lobby)

*An interactive night of cooking and eating. This program will equip you with the tools necessary to make a "mouth watering" quesadilla. Ingredients and instructions will be provided. Students will cook and enjoy their own modified creations of a great recipe. It's going to be an in-house Taco Bell night!!!*

## ► Titanic: The Artifact Exhibit (10/13 - Depart at 9:00 a.m.) \$\$

*"On April 15, 1912, the RMS Titanic met an untimely end when it sank after colliding with an iceberg in the middle of the North Atlantic Ocean. The accident claimed the lives of over 1,500 passengers who brought with them hopes that were never realized and dreams that never came true." (www.sciport.org) Join Ms. Emily and Ms. Mangum on Saturday as we travel to Sci-Port to view the exhibit. Spaces are limited. Advance sign-up required.*

## ► Trip to Caddo Indian Reservation (10/13 - Depart from Caddo at 10:00 a.m.)

*Take a trip back in time to the Adai Indian Nation Cultural Center and experience a day in the life of the Adai Caddo Indians. Space is limited so sign up quickly. Bus will leave from Caddo at 10am. Bring money for admission and lunch. Advance sign-up required.*

## ☺ Backyard Bash (10/13 - 8:00 p.m. - Prudhomme Backyard)

*Come enjoy music, food, and fun behind Prudhomme Hall, and when the sun gets low nothing ends a day better than hotdogs and s'mores. Enjoy the simple fun of sitting with friends and meeting new people while enjoying the warmth and light of a crackling fire. Fun begins at 8pm and ends at curfew. Don't miss out.*

### Sleep Well

An all-nighter might seem like a good idea — for now. Yet messing with your sleep patterns can have long-term effects. It can:

- Affect your memory. Tired people have trouble remembering things.
- Cause tasks to take longer. Concentration and retention will be compromised.
- Make you irritable. You may say or do something you'll regret when overtired!
- Impact your health. You're more susceptible to colds and the flu when tired.
- Make you a dangerous driver. Drowsy driving is the leading cause of accidents.
- Affect how you look. Your eyes are brighter, your skin is clearer, and your body has more energy when you get good, regular sleep. Try to make it a priority.

-Finding Your Place. (2010). PaperClip Communications.

# **August Required Events**

## **Saturday, August 18th**

- Required meeting: Student Life - 6:30 p.m. - Treen
- Curfew - Midnight

## **Sunday, August 19th**

- Required meeting: Academics - 1:30 p.m. - Treen
- Curfew & hall meetings - 9:00 p.m.

## **Monday, August 20th**

- Required meeting: Advising - 9:00 a.m. - Treen
- Academic advising - 9:30 a.m. - TBA
- Required meeting - 1:00 p.m. - Treen
- Curfew - 10:00 p.m.

## **Tuesday, August 21st**

- Classes meet as scheduled
- Normal curfew begins

## **Friday, August 24th**

- Required weekend session - 4:30 p.m. - Treen
- Community dinner - 5:30 p.m. - Cafeteria
- Eagle-Lympics - 8:00 p.m. - TBA
- Curfew - Midnight

## **Saturday, August 25th**

- Returning students: Summer accomplishments survey\* - 9:00 a.m. - TBA  
*\*If not completed by the end of the day on 8/23.*
- Seniors: Meeting with Counselors - 10:00 a.m. - TBA
- New students: Study Power Test - 10:00 a.m. - TBA