



SOUTHERN UNIVERSITY SYSTEM **BOARD OF SUPERVISORS**

Chancellors' Reports

Submitted for the

October 2018

Board of Supervisors Meeting

THE **chancellor's** **REPORT**

AGTOBER 2018

*Hella
Fall!*

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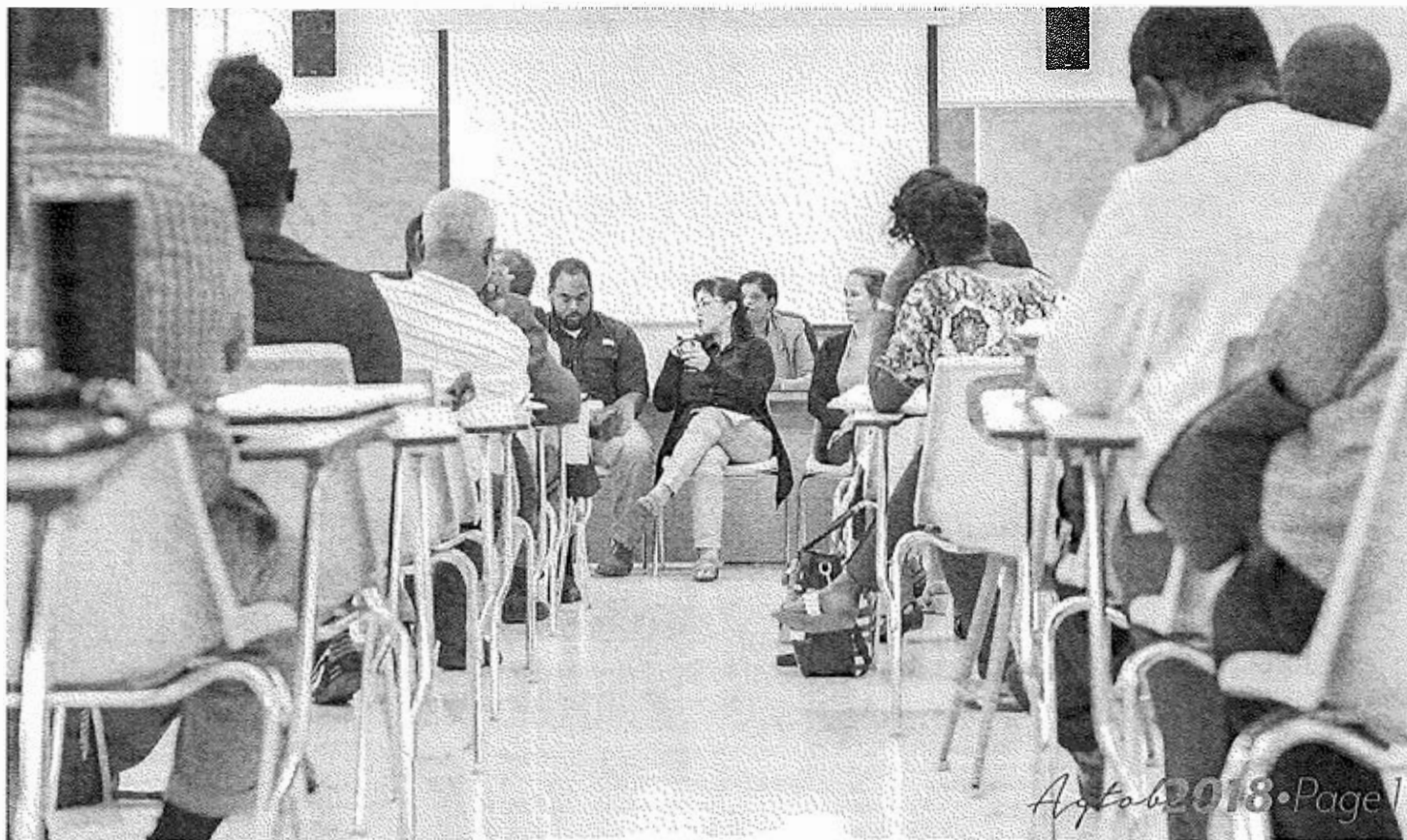
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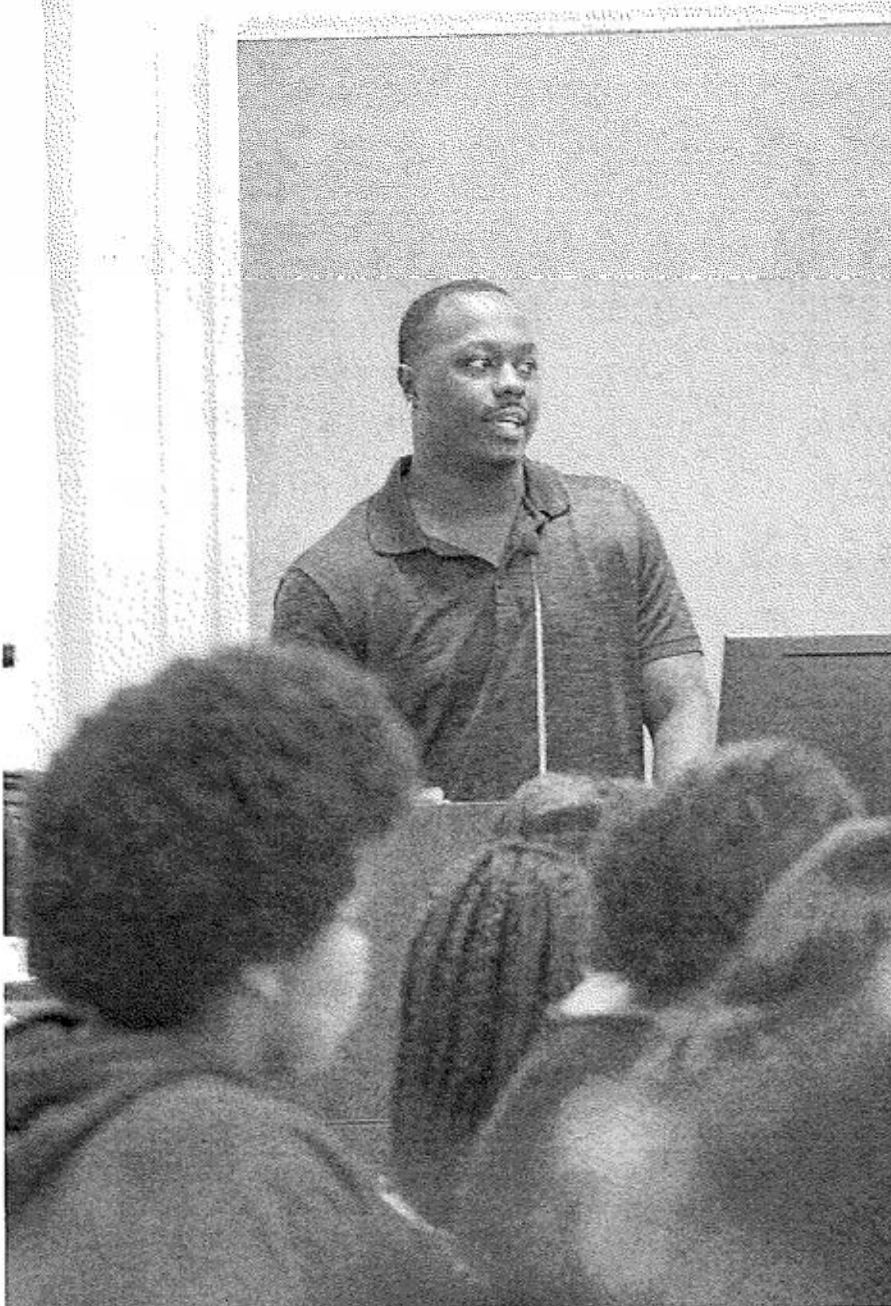
Agtober **2018**

Land-Grant Campus holds staff & faculty **CONVOCATION**

The campus of Southern University has been seeing lots of motion and activity since the beginning of the Fall 2018 semester. Preparation from all of the various departments and offices has been made to receive our Jaguars with opening arms for a successful and prosperous academic year. The Land-Grant campus underwent preparation of its own during the Faculty and Staff Convocation. The convocation was an opportunity for Land-Grant executive leadership to hear the plans and vision of those tasked with equipping tomorrow's agricultural professionals. Each department spoke of new tactics and programs it will implement for the duration of this school year. Students had an opportunity to have their voices heard and concerns addressed as their student representative was present and attentive during the convocation. The Land-Grant campus is fully prepared to revolutionize the way we teach, research and extend ourselves to the community as well as providing more opportunities for our students to participate in outreach and research projects. There is much work to be done and a high standard of excellence but our professionals and students are more than excited to step up and carry the torch to take the Land-Grant campus and each department to the next level and into the future.



ICE CREAM,



It is a safe assumption that we all love ice cream. Especially FREE ice cream. The department of Family and Consumer Sciences held an ice cream social last month to welcome agricultural students back from the summer break, as well as embrace new incoming freshmen. Students from all three departments showed up to have their chance at winning various prizes, which included Southern University spirit gear as well as items specific to the Land-Grant campus. During the ice cream social, students of all areas had the chance to mingle, meet and form bonds that will serve them later this year as well as further down the road in their academic path. The staff and faculty also took time to answer any questions about specific programs, majors and scholarships as students socialized amongst each other. The Land-Grant faculty and staff served our students their choice of 2 flavors with over 10 toppings to partake in. The ice cream social set the tone and broke the ice for a lot of students getting familiar with each other as well as seeing who their professors and administrators were. If the ice cream social is any indication of what this year has to offer, much like the ice cream and various toppings, we know the future is sweet!

you scream!

SUALGC hosts ice cream social





AMTX

displays sustainable designs



The FCS 497 Section of Apparel, Merchandising and Textiles held an exhibit in Pinkie Thrift Hall showcasing their creativity and vision. The course objective was to execute sustainability in design. Students were challenged to make clothing items out of recyclable items that would be eye catching, as well as resourceful and not cause environmental strain. The students represented themselves and the department well as clothing items were made from things such as leaves, shopping bags and even food packaging. Fashion is a billion dollar industry that thrives on raw materials and has often times come under scrutiny for methods and materials used to execute the designers' wishes and consumer's demands. The Family and Consumer Sciences students have committed their academic studies to being apart of the solution and revolutionizing the way we do clothing. Change in any industry is difficult to undergo but our students are starting early in exploring and exhibiting ways to use what is already available from waste materials and nature. After speaking with AMTX Director Dr. Doze Y. Butler, it is apparent that the student body is fully dedicated to clothing and finding new ways to express themselves that won't harm our way of life on earth and that ensures more exhibits and showcases are on the horizon for the program.



The SUALGC has completed its second certification class. Baker, LA received a new crop of individuals who will contribute to local farmers markets and work to improve quality of life for residents. Among the recipients were Councilwoman Glenda Bryant who reached out and asked us to host a class in the town. Baker, LA is growing and taking steps toward becoming more agriculturally involved to better serve citizens and forge a long lasting partnership with the Land-Grant campus. Mayor Darnell Waites stated that this effort cannot happen without the Land-Grant campus.

BAKER, LA



WORDS unscrambled

Hint: All words have the same letters as "agriculture"

RECGLUAIRUT

AGIRELTU

RIATECL

LGAERUR

ECRIRUT

ACRIG

AELIG

RTAGIU

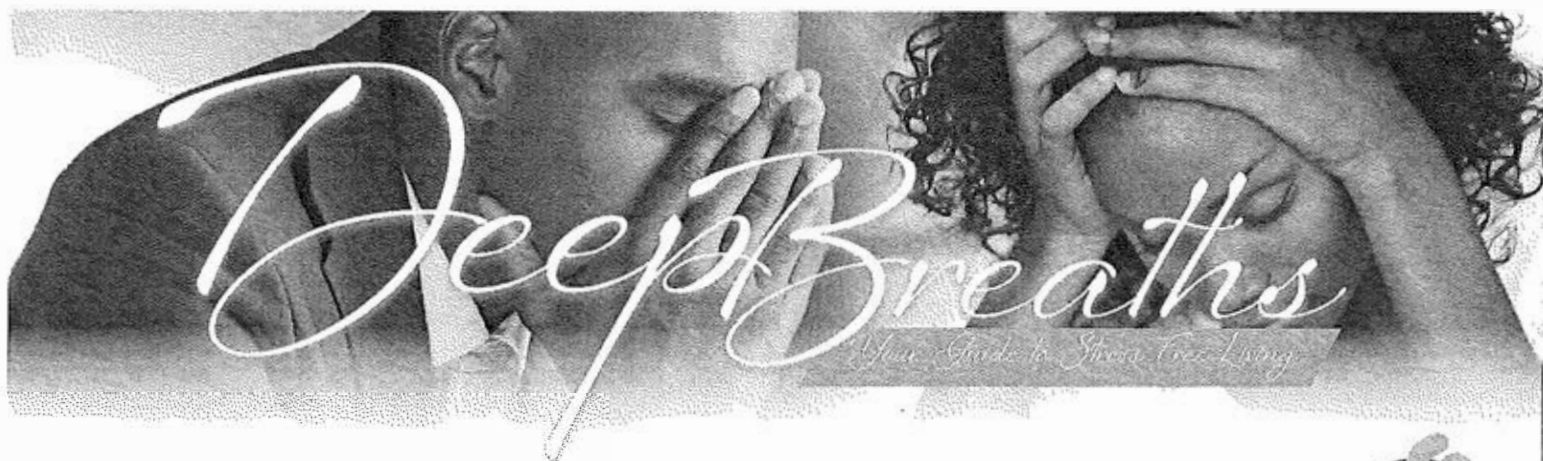
ETARC

AREC

EUCAT

RCEGA

Agriculture, Ligature, Article, Regular, Recruit, Cigar
Agile, Gutter, Reach, Acre, Acute, Grace



Stress is a significant contributor to health problems in modern society. The impacts of stress include severe anxiety, strain in marriage and other relationships, and can even lead to substance abuse and suicide. There have been numerous studies linking stress to technological advances that cause our world to be more fast-paced and competitive. While the causes vary from person to person, successfully coping with stress depends on one common thread; how we respond. There is a quote that states "Life is 10% what happens to us and 90% how we respond." It's customary to panic when unfavorable situations arise and add challenges to our life. It is up to each individual to take control of their situation in order to protect their emotional stability and overall peace of mind. Maintaining a clear head and having a game plan when problems arise is a way to keep stress from taking control of your mind and having negative effects on your body and your life. Take the time to understand what factors contribute to stress in your life, then plan out and practice doing those things that help you control and reduce the stressors in your life. To the right are a few suggestions to help you do this.

Stretching helps you to feel more relaxed by releasing tension in your muscles and reducing the production of stress hormones in your body.

Stretch



Vent

Talking with close family or friends who can provide positive, healthy feedback can help you constructively cope with stress and leave you feeling better about a situation.

Listening to your favorite tunes gives your brain a chemical release that soothes and relaxes the brain.

Music



Say No

Avoid the tendency to try to be superhuman. Learn to balance your work and life commitments and don't overload. Complete duties at a steady rate to avoid build up.

With the obligations of work and family, it is vital to find something you enjoy that gives you joy to do and brings you peace and relaxation.

Hobbies



UnPlug

Turn your phone off! Stories on social media and television news can bring on feelings of insecurities and even fear. Each day, designate time to relax without your phone or TV.

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Smile



79%

of Americans feel stress on a daily basis.

*Statistic from New York Post



41%

of Americans say there isn't enough time to fulfill their obligations.

*Statistic from Gallup



65%

is the increase of smartphone and tablet use on antidepressant use.

*Statistic from Medical Expenditures



3.7 billion

prescriptions ordered by physicians.

*Statistic from CDC

get organized

Have you ever been in a time crunch? Perhaps you were preparing for a presentation or trying to complete a report before the deadline. Likewise, have you ever experienced searching for critical documents needed to complete these tasks under a pile of papers and books? Disorganization and procrastination decrease productivity and contributes to stress. Creating a system of organization and workflow improves your work environment as well as the quality of your work. Try the three tips below to help you be more organized and productive, and also less stressed at work.



LIST

- Write down daily tasks
- Prioritize these tasks in order of time sensitivity.
- Do not deviate from your list.
- Set realistic goals and delegate in order to get items completed.



TRASH

- Organize your work in file paper or electronic file folders
- Throw away, re-purpose or donate Anything that is used or obsolete.
- Remove items that add clutter to your Environment and reduce usable space for organization.



DO IT

- Do it NOW!
- Handle small tasks (sending emails, refiling papers) as soon as possible.
- Set dates to accomplish And reminders. As soon as you Complete one task, immediately move On to the next.

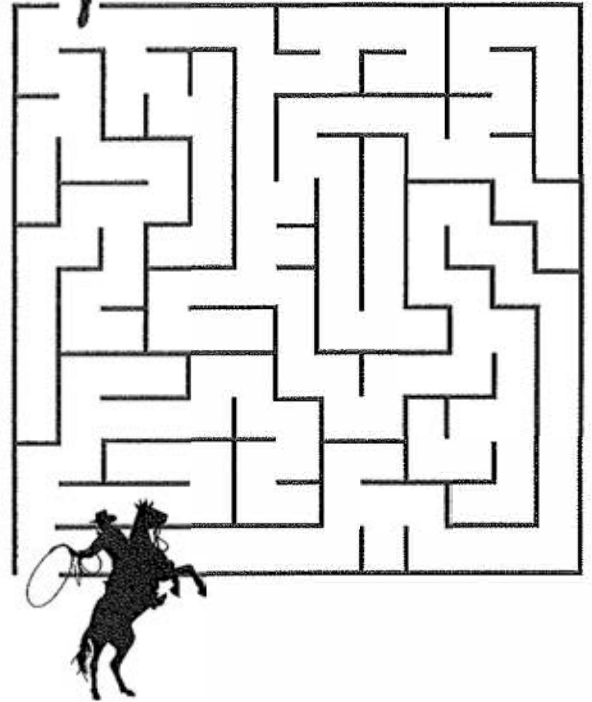
OFFICE SUPPLIES

U Z E R T R E P A P U R S U M E F Q J M
O N B T I M E S H E E T I P R G Q W O R
Q I I E P T Z A A L I X K A S M O J I C
O M Q R P X F D P C W W W Y R J G O L M
K P R N J X R A K A H T T S E E H E O F
I N K P E N T Y F I F D O B T S X P F R
U C Q M P S N V T O I H L A H C V A T U
G G R N C O C E S N F F S T G I D T R B
H H P M T X O O T O A G X T I S D U O B
G P B E Y U I F L T X W N E L S B G P E
N R I Y T F B F B E M X R R H O O A W R
I P R L F F J I X B A E M Y G R R R W B
T L K A C J M C G O C K Y D I S E G I A
E A E X D R A E U O H X S P H I T A K N
E N Y L U N E W B K I K K E G Q U G B D
M N B Z U V E P M Y N Z P N J K P E K T
C E N H I R C L A R E D L O F D M B E R
E R J Z O K F E A P B M E H Z K O A E S
P R I N T E R R J C A U G P K B C G S W
Y N H O I J H M G J C B Q P T O M A U G

BATTERY
CALENDAR
COMPUTER
FAX MACHINE
FOLDER
GARBAGE BAG
HIGHLIGHTER
INK PEN
MEETING
NOTEBOOK
OFFICE
PAPER
PAPERCLIP
PHONE
PLANNER
PORTFOLIO
PRINTER
RUBBERBAND
SCISSORS
SOFTWARE
STAPLER
STICKYNOTE
TAPE
TIMESHEET
WHITEOUT



Dr. Phillips needs a ride to the Livestock Show! Can you find a clear route to get him there on time?



What is the next number?

16, 06, 68, 88, ?, 98.

*The next number is 78. The sequence is 86-91 upside down.

This 5 letter word becomes shorter when you add two letters to it. _____

*Short

Can You Solve The Equation By Moving Just 1 Matchstick?

$$7 - 9 + 2 = 1$$

*7-9+5=1

