Happy Birthday shoutouts: Holly Sun
Emily Ladines
Matthew Hieronimus
Carrie Johnson
Jordan Hajacos

Welcome New Hire shoutouts:
Qi Miao-SLC/Alumni
Mike Rahimzadeh-Grad Student worker
Katie Chabot-Commons
Meryl Chen- S|R
Grace Gallo- S|R
Sophia Hall- S|R
Thalia Irwin-Commons
Jasmin Kim-SLC/Alumni

Please follow the QR code to take the post training survey on our live Zoom sessions and Brightspace Modules. Responses accepted until 11:59 on 9/14
We want your feedback
Chocolate Mug Cake

**Ingredients:**
- 1 tbsp butter
- 2 tbsp Milk
- 2 tbsp sugar
- 2 tbsp all purpose flour
- 1 tbsp cocoa powder
- 1/4 tsp baking powder
- pinch of salt
- 1/2 oz semi sweet chocolate chips

**Instructions:**
Place mug and butter in microwave to melt
Add all other ingredients to mug and mix until batter forms
microwave for 1 minute.
*Optional additions
1 Teaspoon peanut butter
Scoop of Ice Cream after cake is done
Tips for Online schooling:

1. **Hold yourself accountable and be your own Boss**
   It's tough when you're not in a lecture hall with a watchful eye of the professor. Do your studying and reading ahead of time. Manage your time effectively as if you had a deadline.

2. **Reread what you write**
   Since your communication is primarily emails or a platform like Brightspace you should reread what you typed to ensure there are no spelling errors like shorthand text many of us use on a daily basis.

3. **Get to know your professor**
   Take advantage of how much more access you have to ask questions besides being engaged in class (virtually), emailing to seek clarification or continue an interesting conversation can or simply introduce yourself. Down the road you may need a letter of recommendation and opening the lines of communication can help!

4. **Set up a distraction-free positive work environment**
   Having your Keurig near for a caffeine boost is always a good idea.
   If having earbuds in helps keep you focused on your work do that!
   Try to avoid going down the rabbit hole of social media platforms.

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**Interested in being a part of SEAB?**

**Student Employee Advisory Board**

**Email:** danielle.l.recco@vanderbilt.edu