Sacred Heart University
Class of 2017
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...And just like that our favorite 4 years have come to an end.

It was the scariest thing, packing up the car and leaving the world I knew and loved. When I arrived at Sacred Heart University in August 2013, I had no idea what to expect. Even though I was the third kid in my family to attend SHU, I still didn’t know what to expect. Will college be hard? Will I constantly be living in the library? Will I make friends? Will I find a home in this new place?

Freshman year, although one of the best times in your life, was more likely than not your most confused time. What did you want to get involved in? Where are all my classes? What is the difference between the HC, UC, and SC? What’s so special about Red’s?

Sophomore year, finally, you know and understand where your classes are and chances are you not only got involved but you found where you belong. You know never to take an 8am, by choice, and you understand to order Linda’s Buffalo Chicken Quesadilla at your 1:30AM trip. You know the difference between the HC, UC, and SC. And if you were lucky enough, you lived in JHill, but you still don’t understand why there’s always a line going into Red’s???

Junior year, by now you’re a pro. You’re an upperclassman. Ah, living off-campus but yet, you have to find parking; why are there more students than spots? The Martire Business & Communications Center opened and a whole new world was brought into our lives with Einstein Bagels. The Petty Concert made SHU sell out the Pitt. And if you were lucky enough, you turned 21 before May and got to experience Red’s for the first time, but it wasn’t until Senior Year you understood why you loved it.

Senior Year, and the denial begins. You cannot believe the best four years are finally on the last chapter. This book is closing, and you have to begin again in 9 months, but you have 9 months. Pioneer Pride, Senior Pub Nights, Greek Life, Performing Arts, Sports, Community Service, now was the time to take everything and leave your mark. As much as the Class of 2017 wanted to leave a legacy, it was SHU that left the legacy in us.
We had four years to grow, learn, laugh, play, and love. We grew into the people that we wanted to become. We may have lost ourselves once or twice but we figured it out. We learned everything we possibly could, not just knowledge, but lessons about how to shape our futures. There were nights with our friends we laughed so hard our stomachs ached. We had our time to make mistakes and learn from them, we had our chance to be free. We had the chance love, ourselves, each other, our differences, our similarities. And we owe it all to SHU. Sacred Heart gave us the ability to become the people we are today. They gave us our lifelong friends and our lifelong memories, and for that we thank Sacred Heart. Congratulations Class of 2017, it's time we go our separate ways and begin our new story.

I hope this book for you is what it is for me; closure on the greatest memories of our lives (so far!). Never forget all the amazing times you had with your best friends. Whether is was pulling an all-nighter in the library, or singing along with the live music in Red's. Remember that this is not the end of the story, it’s only the beginning. And do not go into the real world with your heart, go with your Sacred Heart.
Letter from the Class of 2017 President:

Theresa Fletcher

Hello Everyone! How are you all doing today?! I would like to give giant hello and welcome to Dr. Petillo, the Board of Trustees, Faculty, Staff, Mothers, Fathers, Grandparents, Siblings, and everyone in between. I feel like I am forgetting some people.... Oh yeah my Pioneer family, the Class of 2017.

My name is Theresa Fletcher. Everyone here at SHU knows me as T, and I am the Student Government Senior Class Resident for the Class of 2017! And even more importantly, I have been the Bingo caller for the last 3 years here. Because of this I have to say.... B4! All jokes aside, it is an honor to stand here and represent my fellow Pioneers that are seated here today.

When I was first asked to give a speech at Commencement I wasn’t quite sure what to say. It is very hard to put the 4 most amazing years of our lives into words. I'm sure everybody here remembers their first day on campus, standing there in their brand new Sacred Heart sweatshirt staring at their newly decorated freshman dorm and thinking to themselves, how long until my parents are coming to pick me up for break? But there is something about this place that instantly drew us here during our first visit.

It's funny because our school is named Sacred Heart and I think that's the perfect name for us because what drew all of us here in the first place is that Sacred Heart attracts the people with the biggest hearts. In my family, we have a code that we live by. The three most important things we live by the 3 Fs Food, Friends and Family.” When I think about it, in the four years we have been here, Sacred Heart has given each one of us these things.

As we know, Linda’s, one of our dining halls offers the best, I mean 5 star catering people. There's nothing better than those buffalo chicken quesadillas with sour cream on the side. More importantly, Sacred Heart has given us food for our minds. Sacred Heart taught us the little things like remembering to put water in your Easy Mac before sticking it in the microwave, and the importance of being patient while waiting for a parking spot, all the way to living on our own and becoming strong independent individuals. In the classroom, we were challenged in not only our subject matter, but our professors also made us think outside the box. They taught us how to think for ourselves, push ourselves, and achieve things that we never thought we could. They taught us to be pioneers and pave our own path through life. I'm sure you all remember a time you needed help and your professors pushed you to go the extra mile and helped you out with a smile. Our faculty taught us We Are Pioneers, and pioneers take all the challenges life hands them head on and know that no obstacle is too big to overcome. We will make mistakes and fail sometimes, but it’s a learning experience to help us succeed and better ourselves. We can do it because we have obtained the educational foundation that taught us to never give up.

But the most valuable lesson I think we can all take away from our Sacred Heart education, is the importance of the second “F,” Friendship. This reminds me of one of my favorite quotes “There are big ships and smalls ships but the best ship is friendship” When we all first arrived at Sacred Heart we were a bunch of strangers. However, over these past four years, we have made bonds that we will hold with us for the rest of our lives.
I want you all to think about all the memories you have created since you first arrived here. I want you to just close your eyes for a minute and think of your friends, think about all the amazing memories we have created here. Think about the bonds that you have created and how the friendships you have made here will stand the test of time. Some of memories I certainly will take with me are getting food at Linda's at 2 am with my friends. Making mac and cheese all the time with my floormates as a freshman. Going out on the quad and throwing the football around with my sorority sisters. Playing intramural basketball with my team. Meeting up with my friends to study at the library and we look at our books for only about a minute because we can't stop laughing and having fun. But I will certainly always remember sitting with everyone at Mass on Sunday night at 7 in the Chapel. I'm sure all of you have similar memories, and these memories are what will always connect us. Over the past four years we went from being just classmates, to being friends, then to being much more than that and that is where the third "F" comes in, We have become a Family.

Before I talk of our Sacred Heart family, I need to talk about our families. Take this moment to thank your family. Without them we would not be here and who we are today. For every time you called your parents on the phone and said hi my phone broke, the car broke and I am also broke. Thank you always being here for us. Thank you for all the love and support you have always given us, we love you and thank you.

There is a common conception about Sacred Heart that we are a school where everybody opens doors for each other, but in reality we are much more. We are a school that always welcomes everybody with open arms. Our Sacred Heart family not only shows love for each other, but we share our love and compassion with the entire community around us as we help others. Whether it is through Habitat for Humanity, Best Buddies, Volunteer Programs, Greek Life Organizations or any of the other amazing community service based organizations on campus, we show that with love and compassion we can change the world. Even with all of the amazing things we do for the community, the most amazing thing about Sacred Heart is that once somebody enters this campus they become a part of this giant family forever. We have all made our own little families with our friends and bonds that will never be broken.

Never forget that while we might be graduating, we are a family that feels for each other. When one member of our family is hurting, we are all hurting and we stand by each other when we need it the most. We are a family that shares in the joy when somebody succeeds and always there to cheer them on. My advice for after graduation is simple. If we continue to live out all these values that our time at Sacred Heart has taught us, then we will all be very successful in life. Love one another, be kind, laugh, cry, have fun, and work hard because if there is one thing I know, it's that I may be very tall (6 feet), but life is very short. I wish you all nothing but happiness and success in your lives. We are all connected though our hearts and the bonds we have made here. We are SHU and that is a family I am proud to call myself part of.

Now for this next part, it won't be a hassle, its all about the tassel.
As I follow in the footsteps of all the Class Presidents in SHU history:
Step 1 - raise right hand
Step 2 - grasp tassel
Step 3- move tassel from right to left
Step 4- Release tassel

Congratulations Class of 2017, Alumni of Sacred Heart University
Pioneer
Pride
Performing Arts Program
Greek Life
SENIOR PUBL NIGTHS
SENIOR PUB NIGHTS
SENIOR PUB NIGHTS
SENIOR PUB NIGHTS
SENIORITAVILLE

DAY 1: “CHEESEBURGER IN PARADISE”
SACRED HEART AT STONEBRIDGE

DAY 2: “ANOTHER DAY IN PARADISE”
SACRED HEART AVALON TAKE OVER:
MOHEGAN SUN

DAY 3: “IT’S 5’OCLOCK SOMEWHERE”
COMMENCEMENT BALL

DAY 4: “COME MONDAY”
FAMILY DINNER DANCE

DAY 5: GRAD”SHU”ATION
COMMENCEMENT CEREMONY
Day 1:
“Cheeseburger in Paradise”
SHU at Stonebridge
Day 2:
“Another Day in Paradise”
SHU Avalon Takeover
Day 3:

“It’s 5 O’Clock Somewhere”
Commencement Ball
Day 4:

“Come Monday”
Family Dinner Dance
Special Thanks

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