No matter where you go, heart is home.
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Letter From The Editors

Congratulations Class of 2018, we did it!

Throughout our undergraduate years, we both explored different opportunities within the many clubs and organizations that Sacred Heart had to offer. Although we had different interests in what we chose to be involved in, we both found a passion for Student Government which led us here, to our senior yearbook!

This 2018 edition is to focus on the events and highlights of the senior class of 2018 at Sacred Heart University. Inside this yearbook, we hope you will enjoy looking back at the moments and memories of our senior year.

Being able to design this year’s yearbook was a pleasure. We hope that you enjoy reminiscing through the pages of this book, not only a year from now, but in many years to come.
Christopher Cofrancesco & Kristyn Velez

We, as the 52nd graduating class, have helped Sacred Heart continue to uphold its reputation of being a welcoming community with exceptional leaders and students. Each and every thing we accomplished during our short four years has contributed to shaping the future of SHU. Whether it was in the classroom, through athletic achievements, on the Edgerton Center stage, through philanthropic endeavors with Greek brothers and sisters, and volunteering by helping others locally and globally; we have all made an impact on this campus and within our community. Through our actions, we were not only able to share a little bit of our Heart but our Pioneer spirit.

As you continue into the world as Sacred Heart University Alumni, remember your Pioneer roots. "Long Live the Pioneers," means not only remembering our time spent here at Sacred Heart as undergraduates, but also forging new paths to create, challenge, and change the world as a forever Pioneer.

Although Sacred Heart will continue to expand and flourish in our absence, always remember that Heart is where the home is.
Letter from 2018 Class President

It is an honor for me to stand before you today because never in my wildest dreams would I have thought that I would get an opportunity quite like this. I also never would have imagined that I would have to follow what was coined the greatest commencement speech in SHU history delivered last year by T Fletcher, but here goes nothing.

At the very first Senior Pub Night back in September, I urged each of you not to count down the days, but instead make the days count. Cliché I know, but we have all watched in anticipation as the clock in Red’s counted down the days until this moment. Today, graduation day. Four years ago, this university looked completely different and so did each of us. Four years ago, we walked onto campus after falling in love with a place that immediately felt like a home away from home. Four years ago, we naively began navigating all the triumphs and successes but also the heartbreaks and adversity that came along the way.

But four years later, I can tell all of you this for certain...we are leaving here with everything we need. To me this boils down to three things: home, heart, and happiness.

Answering the question of why I chose Sacred Heart University is an easy one. Sacred Heart feels like home and became just that for each of us. This university is so much more than just a place where we went to receive our degrees, instead it is a community that is incomparable. A community that celebrates together, a community that mourns together, and a community that has changed each and every person that has gotten the privilege to become a part of it.

And for that change I have seen in myself, I cannot thank all of you enough...because home isn’t always a place, instead you find home in the people you surround yourself with or the people I’d like to call my home team. Everybody has a home team, these are the people that you call when there are mac n’ cheese bites at Linda’s, when your car battery dies twice in one day and you are stranded in the North parking lot, when your exam is about to start and they are still sleeping in their bed, the people who are simply “unforgettable” –sorry French Montana we are still not over it. Your home team has become your family and will be the people making embarrassing toasts on your wedding day, celebrating your new job or promotion, telling your kids about all the poor college decisions you made, and lending a shoulder to cry on when you need it the most. Hold these people close and never let them go because the home team you find here at Sacred Heart is once in a lifetime.
Samantha Pignatelli

Ever since I was a little girl, my dad preached to me something simple: put your heart into every single thing you do. Because no matter what this life throws your way, it is your heart that can conquer it all. In the last four years, the faculty and staff at this university have challenged you to take a step out of your comfort zone for a reason. Your family has stood by as your number one fans and your biggest supporters for a reason. You have worked tirelessly, pushed yourself to achieve things you would have never thought possible, and quite simply put your heart into everything you did for a reason. This reason is quite simple: This university has changed you, but your heart is what will change the world. Sacred Heart may be done with you today, but you are not done with it. Because from this moment forward, your heart is what will touch the lives of all those you encounter even in the most insignificant ways. Your passion is more than any paycheck so don’t be afraid to fail and continue to put your heart into everything you do.

And finally, happiness is this moment right now. The past four years have brought us to this moment surrounded by our families, mentors, and the friends that have become family—a moment that I would not change for the world. No matter what your plans are for after graduation, whether they are returning for grad school, pursuing your dream job, or if you are like me still trying to figure it all out: you only have this moment once. So smile and be grateful for all that has gotten you here today, all that you have, and all that you will be. The little things in life matter because all the big moments in life cannot be accomplished without them. To the half of you that have tuned me out, to the quarter of you who can’t hear me over your throbbing headaches, and for all those still with me: remember that dreams without goals are just dreams.

To the Class of 2018, I will leave you with this: Behind you, all your memories. Before you, all your dreams. Around you, all who love you. And within you, all you need.
SENIOR PUB NIGHTS
And So The Adventure Begins

MAY 9
Stonebridge

MAY 10
Mohegan Sun

MAY 11
Commencement Ball

MAY 12
Family Dinner Dance

MAY 13
GradSHUation - Commencement Ceremony

No matter where you go, your heart is home.
COMMENCEMENT BALL

MAY 11, 2018
FAMILY DINNER DANCE
GradSHUation
GradSHUation
52nd Commencement - May 13, 2018
GradSHUation
52nd Commencement- May 13, 2018
In Memoriam: Caitlin Nelson

Butterfly Kisses

Don't cry for me please don't be sad
Hold on to the memories of the times we both had
don't dwell on the dark thoughts hold on tight to your wishes
Sending you hugs and butterfly kisses

I walk beside you I am there all day long
I am right here but you think I am gone
You don't see me but I can see you
What ever the problems I will help you get through

I am the wind in your hair the sand in your toes
Butterfly kisses that you feel on your nose
I am with you at sunrise and sunset
But you can't see me is my one regret

I sit right beside you when you are sad
As you look through the photos of times we both had
I watch you sleeping I hold you so tight
Before I go I kiss you goodnight

I will watch over you from heaven above
Forever you will be my one true love
Hold on to your dreams and all of your wishes
Sending you hugs and butterfly kisses

By
John F. Connor

kind·ness
/kind'nis/
noun
1. The quality of being friendly, generous, and considerate.
2. A kind act.

#CaitlinInspires
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