Commencement 2019

Sacred Heart University Undergraduate Commencement 2019 will take place on Sunday, May 12, at 10 a.m. at Webster Bank Arena in Bridgeport, CT.

The SHU class of 2019 includes 1,122 undergraduates who will have earned bachelor's degrees.

Entrepreneur, inventor and philanthropist, Brian Hamilton '87, will deliver the commencement address at Sacred Heart University's 53rd undergraduate commencement. He will receive an honorary Doctor of Humane Letters degree.

Sr. Rosemary Donley, professor, Jacques Laval Endowed Chair for Justice for Vulnerable Populations, at the Duquesne University School of Nursing, will also receive an honorary Doctor of Humane Letters degree at commencement.

Students should report to the assembly area on the first floor of the arena parking garage no later than 8:45 AM dressed in cap, gown and hood. Medals for academic excellence, which are distributed through the Dean's offices prior to the ceremony, should be worn with the cap and gown, including hoods, cords, and regalia.

The Sacred Heart University Commencement Committee authorized the use of cords or stoles that recognize students who have achieved academic honors or who represent the following programs and/or organizations: academic programs, honor societies, officially recognized student organizations, athletics and alumni.

All graduating seniors that will be wearing an international sash for graduation have participated in study abroad, service trips, or representing their country of origin.

Guests can enter through the front entrance of the arena. Tickets are required for guests to be admitted and students may request up to 6 tickets for their guests. The graduate does not need a ticket. Seating is not assigned. Open seating is available on a first-come, first-served basis.

The night before the commencement exercises, Commencement Mass will be held on Saturday, May 11, 2019, 5 PM in the William H. Pitt Health and Recreation Center. Both graduate and undergraduate students and their guests are invited to participate. Line up for graduate and undergraduate students will begin at 4:30 PM in the bottom level of the William H. Pitt Health and Recreation Center.

Graduates should wear your gown and hood as you march in formal procession in this final community celebration of the Eucharist. For Catholics, this mass fulfills the Sunday obligation.

sacredheart.edu contributed to this article.

The Busiest Semester of your Life: Senior Spring

I remember when I was entering my senior year. It was weird because you knew it would be over soon, but you never really wanted to accept that fact. I was told by a few people who had done this graduation thing before that senior year was a tale of two halves. The first semester is busy, don't get me wrong, but there is typically less stress than the second semester of senior year.

That first semester most people are still enjoying college for what its worth and not thinking too much about the bigger picture. It's almost like a stage of denial. You know what is coming and when it will come, but you really just don't want to acknowledge it quite yet.

Second semester of senior year rolls around and then suddenly, it's crunch time. Think of it like game seven of NBA Finals or the Stanley Cup Playoffs; it's win or go home. Well, maybe not that dramatic, but most people will be going home after graduation.

The average second semester senior has a lot on their plate. Most of us are doing our best to balance the workload of our courses, internships or jobs, and applying to grad school and jobs.

For those trying to find jobs, good luck and hopefully most of those applications you send in at least get responses. Is it really that hard to send an email to applicants who get denied saying that you won't be moving forward with that person's application?? You'll realize that small things like that will frustrate you quite a bit once you get there.

Anyway, second semester senior year is a tough one. And I don't need to lecture you all on how busy that semester is. It's tough because, well, there a lot of people and places that you may never see again after you cross the stage. I think that reality start to set in for most seniors over the final few weeks.

Whatever free time you get from school work, internships, or applying for jobs, try and spend as much of it with each other. That's advice for any rising seniors because I think the seniors this year did a pretty good job of that. Best of luck to all who are graduating!
The Sacred Heart Spectrum

The Last Four Years of Pioneer Sports

BY DAN GARDELLA
Asst. Sports Editor

As the school year comes to a close, the class of 2019 prepares to graduate from Sacred Heart and enter the working world.

For some students, their journeys as student-athletes reach its end. For some teams and conferences, they leave a legacy of success in their respective sports that they have built over the past four seasons.

Over the past four seasons, the Women’s Basketball program has appeared in the Northeast Conference (NEC) tournament each season and appearing in the postseason three times, all of which in the Women’s National Invitational Tournament (WNIT). Forward Katherine Haines finished her Pioneer career by becoming the thirteenth player in Sacred Heart’s Division I program history to surpass 1,000 career points. Haines also recorded the program’s first ever triple-double in a win against St. Francis Brooklyn on Jan. 19.

The football team captured the program’s fourth NEC title in 2018 by finishing the season 5-1 in conference play, earning a share of the title. Senior running back Jordan Machun rushed for a career-high 1,400 yards, including a program record 318 yards against Bryant on Oct. 27.

Men’s Lacrosse appeared in three straight NEC tournaments, including two semifinals appearances. Seniors Max Tuttle and Joe Saguigle will leave their last impression on the program as two of the most decorated players in the program’s Division I history. Saguigle is currently the program’s all-time leader in career points while Tuttle sits third all-time.

On the ice, the Women’s Ice Hockey team captured the program’s first New England Women’s Hockey Alliance (NEWHA) championship in 2018 by beating St. Anselm. The championship capped off a 27-6-2 season. The senior class accounts for 79 total wins in their four-year careers.

The Bowling team concluded their 2019 season by earning a bid to the NCAA Tournament by claiming their fourth ever NEC championship by defeating Fairleigh Dickinson. In the tournament, the Pioneers knocked off Caldwell to advance to face off with top seed and defending national champion Vanderbilt. The team’s season came to an end following losses to the University of Nebraska and the University of Maryland Eastern Shore.

Women’s Volleyball continued their consistent success in the NEC by appearing in three of the past four conference tournaments. In 2016, the team won the regular season title, finishing with a 13-1 record in conference play.

The Women’s Outdoor Track and Field claimed three straight NEC Championships and is looking for their fourth straight title at the 2019 NEC Championship this weekend at Central Connecticut State University.

De Ja New

BY NEIL GRASSO
Asst. News Editor and Senior Communications Major

If you picked up a copy of our editor’s issue early last fall, you might have noticed that my graduation date was set for 2020. Since I am currently writing in this issue, you can safely assume that my plans have changed.

Over this past winter break, I noticed that I had a chance to graduate early if I really applied myself this semester. It was an absolute whiff/wind to say the very least. After a semester filled with too many credits to count, enough homework assignments to fill a village, and the stress of the usual extracurricular activities mounting week after week, I would be lying to you if I told you I wasn’t a bit relieved to see this all possible. I also learned that I probably never had to explain to my friends why I couldn’t do certain things because of the long, complicated list of other responsibilities that I had to tend to first.

These are the things I most certainly won’t miss.

Then there were the moments that I wish I had back. The ones where tending to certain responsibilities for work, school, or extracurriculars weren’t as important as making memories with friends. Hindsight may be 20/20, but that doesn’t make the regret feel any better.

After that, there were all the moments I hope I never have to experience again, like the countless 4 a.m. nights doing homework, the days that I felt disconnected from those around me, and the times I had to explain to my friends why I couldn’t do certain things because of the long, complicated list of other responsibilities that I had to tend to first.

That doesn’t sound too comforting, but that’s because this isn’t all that I realized. I realized that the majority of people here, even those who have careers and families, aren’t really sure what they want to be when they grow up either.

I like to think that that’s because I am surrounded by people that are consistently looking to grow as professionals and, more importantly, as people. Sacred Heart has provided me with a place in which growth and development are encouraged in almost every aspect. I have been challenged as a student, as an athlete, as an employee, and as a friend in various ways.

At my former university, I felt stuck, as if I was surrounded by an overwhelming cloud of complacency. At that time, I knew I needed something new, something that would invigorate me and propel me to new heights. But I wasn’t exactly sure what that was. It turned out to be Sacred Heart.

Now, as I sit here writing this article, I have the same feelings I did two years ago as I sat in my freshmen dorm room. But I’m in a much better position now than I was back then – and I have Sacred Heart to thank for that.

At Sacred Heart, during this semester from hell, I learned that students, professors, and faculty members alike all have to ask themselves “what’s next?” on a pretty consistent basis. I also learned that knowing the answer to this question is not what is most important – it’s knowing that you can be successful at whatever you do end up putting your mind to that counts.

Maybe I’ll write for a newspaper.
She Said: Becoming Seniors

I am (almost) a senior in college. Wow, I never thought those words would be coming out of my mouth so soon. Being a senior in college was always a thought that seemed so far in my future. I remember how it felt to be a senior in high school—it was all bittersweet. I was sad to leave my hometown friends but I was excited to be able to live with my best friends, and I will continue to keep those friendships strong so that they will last far beyond our senior year.

Graduating senior year felt very different, there is no definite plan for life after college. I could apply for jobs, I could go to grad school, I could move back in with my parents, or I could move out into my own place... the possibilities are all up in the air.

Going into my senior year of college I am making a point to live in the moment and enjoy every last thing that college has to offer me. I will enjoy every last year I had before leaving Sacred Heart. As I approach my 4th year of college, I look back at all of the friendships I have created, both big and small. College has introduced me to so many amazing people, and I will continue to keep those friendships strong so that they will last far beyond our senior year.

With junior year ending, I guess it is time to finally admit that I am going to be a senior next semester. Okay, that is a little scary to say. I am starting to wonder, what did time go?

Going into my freshman year of college it felt like forever until I was going to be a senior. One phrase that I heard repeatedly from other seniors was, “enjoy your college career, because it goes by very quick.” Although I did not understand how quick time goes as a freshman, I am starting to realize it now. As I say goodbye to this year’s graduating seniors, I wonder how I am going to feel when I am in their position next year. I remember it like it was yesterday opening my acceptance letter from Sacred Heart and being thrilled that I got in. Now, here I am writing a piece on how I feel about going into my senior year of college. Without a doubt, I can say that having about a million different thoughts and emotions running through my brain. I met amazing people and friends at Sacred Heart, which makes me sad that in a year I probably won’t be seeing them as often as I do now.

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When we started out as little freshman four years ago, campus looked very different from the way it does today. Take a look at all of the buildings that Sacred Heart has built or bought since we started.

From top left to bottom right: Bergolio Hall, WSHU and Public Safety, West Campus, the Upper Quad, JP's Diner, Toussaint Hall, Bobby Valentine Recreation Center, and CHE. Photos from Sacred Heart University.
I wanted a sorority little sister who liked everything I liked: pink, glitter, and excitement. I got one who likes rap music and sports, and she's exactly what I needed. Then I adopted two more who share in my passions and laughter. I ended up with three young women who have changed my life and forced my heart to grow three sizes bigger. They make me laugh, and they make me brave. And I would not trade the soccer games, guard performances, or Linda's dates for the world.

I wanted to be an RA and I became a Resident Success Assistant to the best residents I could ever ask for. I have had the opportunity to live and laugh with the most amazing students who challenge me and love me. And they have thoughtfully listened and learned about healthy relationships through my programs. And I know I have made a difference in their lives teaching them to always "Look out for each other.'"

I wanted to study broadcast journalism, and I'm graduating with a degree in journalism. I may have taken the print route, as the Editor in Chief of The Spectrum but I am now more well-rounded as a journalist. And SCMA has given me the most amazing experiences in classes and with professors in both print and broadcast.

I also got to be on Student Government, be a Panhellemic Recruitment Counselor, sit on the Panhellemic Judicial Board, represent my sorority on a Congressional Hill Lobbyist visit, interview celebrities like Jenna Hager Bush and Aly Raisman, and meet my best friends forever—all things I never knew I wanted, but definitely needed.

In the last four years I have found that not everything happens for a reason. But you can find purpose and meaning in everything that happens. And that it's not always what you wanted, but it's exactly what you needed.

### Legacy of a Leader

**BRYANA CIELO**

**MANAGING EDITOR**

It's not everyday that we meet something who has the ability to truly lead.

Sure, a lot of people have been in positions where they have given the job of leading others, like the captain of a high school sports team. Now, I'm not knocking those positions—trust me. I was one. And I had a great time. But when sophomore year rolled around, things began to look up. Maria and I met my best friend and little sister. I joined the newspaper. And I started doing CrossFit. In November of that year I scribbled in my messy handwriting on an index card, and I taped it to my dorm room wall. And only then did it hit me what I had written: It's not always what you wanted, but it's exactly what you needed.

Life doesn't give you what you need. It's not always what you wanted, but it's exactly what you needed.

I thought I had ruined the paper. (I haven't yet.) But I wouldn't have known the way to fix it if Victoria hadn't been there to guide me through it.

As I transition into my position as Editor in Chief next year, I know that I've learned from every step of the way. I feel pretty confident in my ability to lead next year, which is 100% because of Victoria. I know that the job is tough, but I also know that she is so tough, which is what a true leader has to be: well versed, experienced, and courageous enough to take on the responsibility of being in charge of over 30 people. It takes a lot of hard work and sacrifice to be in charge of something this big, and she dedicated herself fully to the job.

I can't write this article without bragging a little bit. Victoria is headed to Syracuse where she was accepted into their very prestigious journalism program. She has worked harder than anyone I've ever seen and she deserves it so much. I am so proud to have worked with someone who is such a role model to me and has taught me more than I would have ever known—not only about writing and editing, but about leadership, courage, and teamwork.

Without her by my side, I don't know how I will be able to take on my new job next year. I'll be lucky if I can do it half as well as she did.

Her role and legacy here means a lot to The Spectrum as a whole, and I think I speak for everyone on our staff when I say that we are going to miss her more than words can express.
To the graduating seniors, if you can remember back to your senior year of high school—perhaps it was a time of uncertainty and excitement. The same goes for those of us that are more certain than others about the future: people must be ready no matter what. Final exams are also a thing, just in case you forgot, and “confidence is key” sounds like a good mantra to keep in mind.

To everyone working on their first job or pursuing their dream job, congratulations. The next chapter of your life is about to begin. Remember to take a deep breath, relax, and enjoy the moment. It is the beginning of a new chapter in our lives and now it is up to us to turn the page. Remember the past, keep these memories and friends made in college in your heart forever, and above all, never give up.

As this semester comes to close, we can say that we are Free. Free from our undergraduate years and moving on to our post-grad endeavors, whether they be more school, working, or doing whatever our free hearts desire.

“Freedom” – Beyoncé feat. Kendrick Lamar
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“Came A Long Way” – Offset
We've come a long way. Simple as that. We went through many ups and downs, shed many tears, laughed many laughs, and stressed through it all. We now can finally say that it is over, and though the journey was long, we have grown so much.

“Show No Regrets” – Daniel Caesar
Speaking of coming a long way, we have done some questionable things throughout our years. As we look back and reminisce on it all, let's just hope nothing was too questionable or cringey, to the point that we regret it. I mean hey, at least it will make for an awesome story to tell down the line.

“Bahamas” – A$AP Mob
For those of you who were preoccupied with working or grad school, I hope you enjoy your summer and soak up the sun in many exotic places, like the Bahamas. I envy you, but if you stressed nearly as much as I did this year, then I know it is well-deserved.

The Red's Effect
Take a peak at flashbacks from student government sponsored Senior Pub Night. Cheers to the class of 2019. Photos courtesy of Sacred Heart.

Finishing Strong and Staying Confident
To everyone working on their first job or pursuing their dream job, congratulations. The next chapter of your life is about to begin. Remember to take a deep breath, relax, and enjoy the moment. It is the beginning of a new chapter in our lives and now it is up to us to turn the page. Remember the past, keep these memories and friends made in college in your heart forever, and above all, never give up.

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The 2018-19 Sacred Heart soccer team took on Iona College at Park Avenue Field, in a 3-2 defeat. They would go on to lose their first seven games of the season, before winning their first one on the road against Saint Peter’s, 6-0. The team would go on to win four more games during the season, which included three conference games, to finish their campaign 5-13 overall and 3-5 in conference play. The men's soccer team also finished 3-5 in conference play during their campaign, while going 4-12-1 overall. The graduating seniors ended their collegiate careers with a 2-1 overtime victory against St. Francis Brookmyn at Park Avenue Field on Nov. 2.

Women's soccer's season opened in Chestnut Hill, Mass, with a 3-0 victory over Providence College on Oct. 10 during the regular season and 9-5 in conference play, earning them the right to play in the NEC Tournament. They defeated top-seeded LIU Brooklyn, before falling to Bryant in three sets in the championship play. Field hockey began their season on Aug. 25, defeating Lock Haven in Bethlehem, Pa, 3-2. They started their season by winning four of their first five games. They then dropped five of their next seven.

The team would earn conference wins later on in the season against Bryant and LIU Brooklyn and would qualify for the NEC Tournament. They lost to Monmouth in the conference quarterfinals, 7-1.

The football team began their season with a 35-6 victory at Campus Field against Lafayette on Sept. 1. After winning their first three games, they dropped their next three, before going on another three-game win streak. After a 28-24 loss to Duquesne on Nov. 10, the team won a share of the NEC Championship with Duquesne on Nov. 17, when they defeated Saint Francis, 13-7.

The cross-country teams also began their season on Sept. 1, where they competed at the Stony Brook Season Opener. The men's team would finish in sixth out of eight places in their NEC Championship race, while the women's team finished third in their race. Sept. 1 was also the opening date for women's rugby, who went 11-14 overall and 7-5 in conference play.

The golf teams opened their fall seasons in early to mid-September. Men's golf opened at the Dartmouth Men's Invite on Sept. 15, finishing their fall slate with a second-place finish at the SHU Spring Invite. Both ice hockey teams opened in October. The women's team went 20-8-4 overall and 9-4-3 in conference play. They lost to Franklin Pierce in the New England Women's Hockey Alliance semifinals, 3-2. Men's ice hockey went 16-17-4 overall and 15-13-3 in conference play. Their season ended with a loss to Rochester Institute of Technology in the Atlantic Hockey quarterfinals.

The fencing teams opened on Oct. 28, at the Big One Invitational in Northampton, Mass, where four fencers earned medals. The basketball teams opened their season in early November. The men's team went 15-17 overall and 11-7 in conference play. They lost to LIU Brooklyn in the NEC Quarterfinals on March 6, 71-62. The women's team went 19-13 overall and 14-4 in conference play. They defeated Wagner in the NEC Quarterfinals and lost to Saint Francis U in the Semifinals. They competed in the WNIT, where they lost to Georgetown 90-59.

Wrestling began their season on Nov. 4, at the Tiger Open in Princeton. They'd go on to have their best start to a season in program history. They went 3-2 in their first five matches, before going 2-5 in dual matchups. Swimming and diving went 6-1 during the regular season and finished in sixth in the NEC Championships. In equestrian, Hunt Seat qualified for the National Hunt Seat Championships. Western placed fifth at the Semifinals at Florida State University.

Men's volleyball was under the direction of first-year head coach, Robert Bertucci. The team went 5-16 overall and 3-11 in conference play. The bowling team went on to win the NEC Championship and advanced to the NCAA Tournament, where they knocked out the defending champions, Vanderbilt, in the quarterfinals. They'd end up losing to Nebraska and the University of Maryland Eastern Shore to be eliminated.

The men's lacrosse team went 9-5 overall and 4-2 in conference play. They will play Hobart in the NEC Semifinals on May 2. Women's lacrosse went 2-13 overall and 1-5 in conference play.

Baseball, softball, rowing, and track and field are all still wrapping up their seasons.

How Being a Student-Athlete Prepared Me for the Real World

BY MELANIE DASILVA
Sports Editor and Sports Communications Major

For as long as I remember, people have always told me that being a student-athlete will help me after graduation when I am applying for jobs. I have always been told that being a student-athlete is impressive to many businesses. In my resume and cover letters, and also in interview opportunities, I should lead off with the fact that I was a student-athlete in college.

Why is this such an impressive factor to employers? Well through the grapevine I have found out that employers associate college athletes with the same traits they are looking for in prospective employees.

Going through four years as a student-athlete I can say that it has definitely prepared me for the real world and I understand why it is such an impressive trait for employers to have.

Being a student-athlete is like having a full-time job and also attending school at the same time. Managing hours of practices, meetings, lifts, and games along with going to class and figuring out a time to do homework is extremely difficult. Even though it was hard I would not have traded in the past four years since it prepared me for the working world.

Being a student-athlete means that you have to be mentally tough. There are a lot of failures when it comes to being an athlete, sometimes more than we want there to be, but we always move on and continue to compete. Student-athletes learn to be mentally tough even on days they don't feel their best. As an employee, this can be translated into tough even on days they don't feel their best. As an employee, this can be translated into someone who can be counted on during any circumstances and employers love that.

Throughout my four years as a student-athlete, I learned that time management is extremely important. I don't think I would have passed my classes if I did not manage my school work effectively around my tough soccer schedule. Translating this into the work place will help me ensure that I get all of my work done and meet any important deadlines.

Most students also tend to be leaders and are looked at as leaders whether they are right or wrong. To be a good leader you have to be confident and a strong communicator, and most athletes have these traits. Being a leader on a team can translate well into their future job because you have the potential to become leaders in their company.

Another trait of being a student-athlete that will help me after graduation is the fact that it made me a good teammate. Being a good teammate makes you a good coworker in any given workplace. The ability to work with other people towards a common goal was something we as student-athletes have learned to understand for the entirety of our playing careers. Being a good teammate means we are coachable, teachable, and respectful, and we have an attitude that the goals of the team are more important than our personal goals. That is why transferring this mindset into our future work place will not be a problem.

Most college student work place do not actually have real employment experience, so it is hard for each and every one of us to step into the field quickly and easily. I am not here to say the only way you will land a job and be successful is if you were a student-athlete. I am just saying that it is highly respected by employers. The character traits and experience a student-athlete has and develops in their four years of college translate well into the workplace and they will definitely prepare me as I graduate and apply for my first job and jobs ahead.
Senior Week Schedule

Wednesday, May 8, 2019

Welcome to the Alumni Association BBQ
Chapel Quad @ 12PM

Hi Ho, Hi Ho, It's off to Senior Week we go!
Informational Session in the Edgerton
3PM & 5PM

The Magical World of Stonebridge
Stonebridge, Milford, CT
8:30PM

Thursday, May 9, 2019

Presidential Brunch
63's Dining Hall
11AM

To Mohegan and Beyond
Mohegan Sun, Uncasville, CT
5:15PM

Friday, May 10, 2019

Student Commencement Ball
North Parking Lot
7:30PM

Saturday, May 11, 2019

Family Dinner Dance
North Parking Lot
6:45PM

On behalf of the 2018-2019 Spectrum Editorial Board, thank you for reading this year!