

The SASEcret to Making Your Dreams Work

Spring 2023 GBM #1



Sign In!



Carpool Form to
After Social



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Presentation**

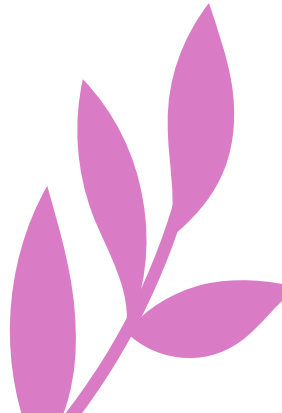


03

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Icebreaker - Guess the Healthy Food

Do not look at your card!

- Hold your card to your forehead
- Try to guess the healthy food on your card by asking people questions
- You can only ask **one question** per person
- The question must be a **yes or no question**
- You have **10 minutes**

Fall '22 Semester Recap

SASE NC, SASE Sports, Service, Social, Technical, Academic, Fundraising, GBMS, and more



The Importance of Healthy Habits!

In past GBM's we have taught you how to get an internship position, how to be successful in one, but taking care of yourself is just as important!

Living a healthy lifestyle has been proven to **boost productivity, decrease burnout,** and contribute to overall **career success!**



What we are focusing on today...

Physical/Mental Habits

Eating Habits

Money Habits



+

Healthy Physical/Mental Habits

+



+



10 minutes



Physical Activity and Mental Health

10 min. for 10 essentials:

Physical activity ≠ exercise

Better cognitive function

Better endurance

Improvement in mood

Improved sleep

Stress relief

Releases endorphins

Increased energy and stamina

Growth of new neurons

Alleviate social withdrawal



Healthy Eating Habits




Healthy Food

It's very important to establish a healthy relationship with food



Eat a balanced diet

Make sure to get in your fruits and vegetables, whole grains, protein and dairy



Don't "ban" foods

Limit your intake of food that are higher in calories, sodium, saturated fat, or sugar instead of dropping them forever

Create a schedule

Create a routine of eating your meals roughly around the same time

VeggieMeter

Colorful Fruit and Vegetable Consumption



Carotenoids From Food Are Stored in Fat Cells and Skin



Veggie Meter® Uses Reflection Spectroscopy to Measure Skin Carotenoid Levels



VeggieMeter

- It takes about **4 weeks** of eating more fruits and vegetables daily to see an increase in your veggie meter score

- **General Pop. Avg = 200**

- **Good to aim for about 300-400**



VeggieMeter

Can you beat my score of **291** ?

If you can, you win a SASE sticker :)

Healthy Money Habits





Managing What You Already Have

Bank Accounts

Checking vs. savings, overdrafting, monthly fees

Credit Cards

Build credit score, cash back, automatic payments, treat it like a bank account





Discover it



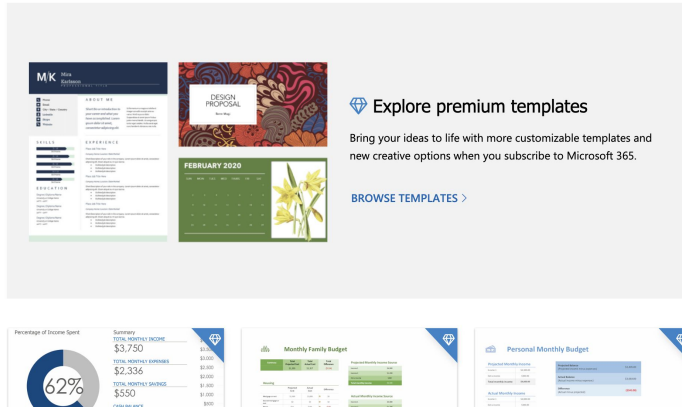
Chase Freedom Student



Bank of America Customized Cash Rewards for Students



Budget Spreadsheets



The screenshot shows a webpage for Microsoft Office templates. At the top, there are three preview cards for budget templates: 'MK', 'DESIGN PROPOSAL', and 'FEBRUARY 2020'. Below these is a section titled 'Explore premium templates' with a diamond icon, followed by the text 'Bring your ideas to life with more customizable templates and new creative options when you subscribe to Microsoft 365.' and a 'BROWSE TEMPLATES >' link. At the bottom, there are three more preview cards: 'Percentage of Income Spent' (showing a 62% gauge), 'Monthly Family Budget', and 'Personal Monthly Budget'.

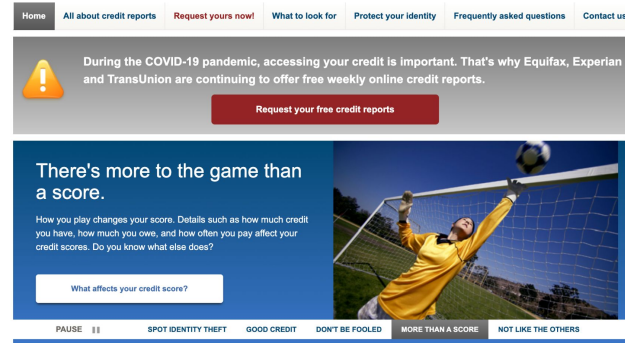
<https://templates.office.com/en-us/budgets>



Credit Score

AnnualCreditReport.com

The only source for your free credit reports. Authorized by Federal law.



The screenshot shows the homepage of AnnualCreditReport.com. At the top, there is a navigation menu with links: Home, All about credit reports, Request yours now!, What to look for, Protect your identity, Frequently asked questions, and Contact us. Below the menu is a grey banner with a yellow warning icon and the text: 'During the COVID-19 pandemic, accessing your credit is important. That's why Equifax, Experian and TransUnion are continuing to offer free weekly online credit reports.' A red button below the banner says 'Request your free credit reports'. The main content area has a blue background with the headline 'There's more to the game than a score.' and subtext: 'How you play changes your score. Details such as how much credit you have, how much you owe, and how often you pay affect your credit scores. Do you know what else does?'. A white button below the text says 'What affects your credit score?'. On the right, there is a photo of a soccer player in a yellow jersey. At the bottom, there is a blue bar with the text: 'PAUSE || SPOT IDENTITY THEFT GOOD CREDIT DON'T BE FOOLED MORE THAN A SCORE NOT LIKE THE OTHERS'.

<https://www.annualcreditreport.com/index.action>



Investing in the Future

Retirement Accounts



401K

Savings account for employees

Roth IRA

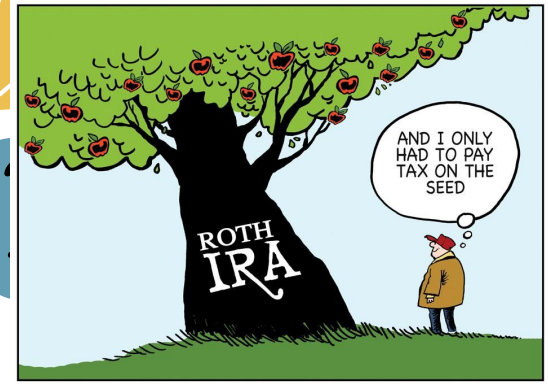
Retirement Investment plan

Investing



Start Early

Diversify





Kahoot Time!



Jesse Siu

Alumni Spotlight

- **Major**
 - Industrial and Systems Engineering
- **Graduated**
 - Spring 2021
- **SASE Involvement**
 - Academic Chair (19-20)
 - Alumni Chair (20-21)
- **Fun Fact**
 - She stays strapped with the Lactaid



Integration Consultant at

UKG

Our purpose is people



Internal Plugs



Street Clean up



SASE SERVICE:

STREET CLEAN UP

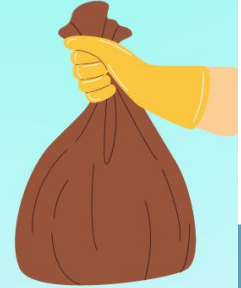
SATURDAY, FEBRUARY 11

12-2PM

300 SW 16TH AVE

SIGN UP:

[TINYURL.COM/SASESTREET](https://tinyurl.com/sasestreet)



Tech Plug

Forms to 3d print will stay open until Sunday, 2/12 @11:59pm, or until we reach 30 submissions!

Check out our website if you want to view the recorded workshop.

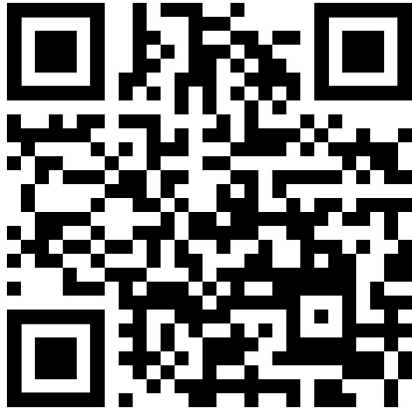


Printing form



BNSF Railway

RSVP



<https://tinyurl.com/BNSFResume>





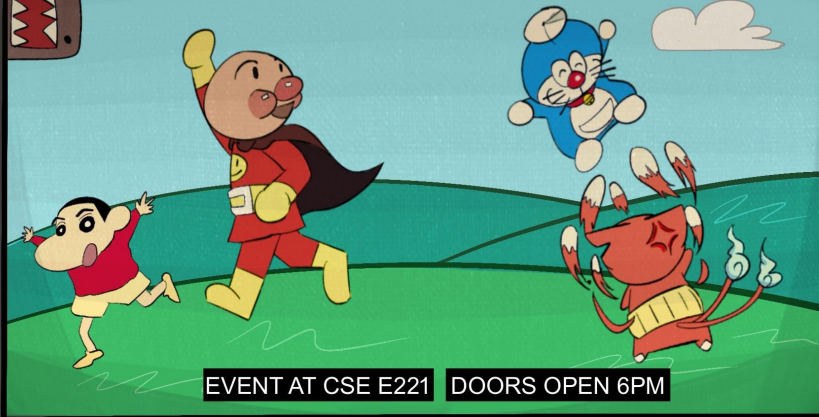
External Plugs



BIG LITTLE

APPS DUE
2/19

Reveal : 2/22



EVENT AT CSE E221 DOORS OPEN 6PM



JAPANESE STUDENT ASSOCIATION

GBM #1

SLSA WELCOME!

Tuesday, February 21st
from 6:00 to 7:00
in LIT109!

@slsa.ufl

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THE COURT IS IN SESSION

MEET THE BOARD
AT OUR
AFTER-SOCIAL
AT TEA BESTEA!



MONDAY FEB. 20TH
DOORS OPEN 5:30 PM

LIT 0120
START/END 6-7 PM

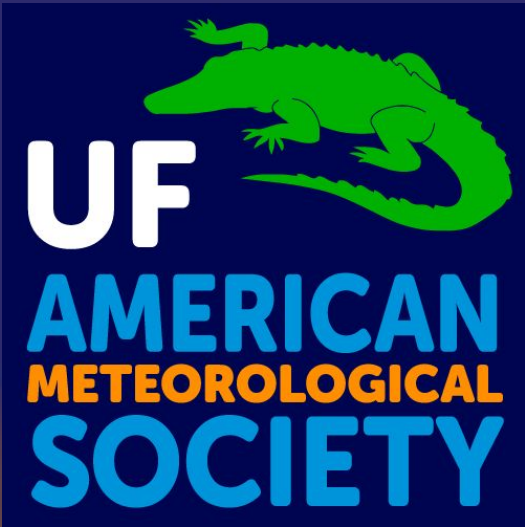
KUSA PRESENTS:

SEOLLAL

JOURNEY INTO THE DEEP

FEBRUARY 11TH | 6:30 PM | DOORS OPEN 5:45 | REITZ GRAND BALLROOM





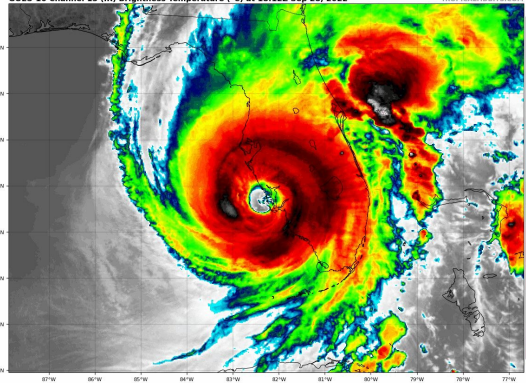
- Next GBM: February 15th at 7:00 PM in Turlington Hall TUR3018



Linktree!
(Groupme/IG/Facebook)



GOES-16 Channel 13 (IR) Brightness Temperature (°C) at 18:12Z Sep 28, 2022



TROPICALDIBTS.COM TBW: Tampa, FL 38 UTC 28 September 2022 moe.maf.fsu.gov/mississippi.html 0.53° (VCP 112)



TLSA x SASE Fundraiser

Pricing:

3 for \$2.50
5 for \$3.50
8 for \$5.00

Pick-up Info:

Monday 2/13, 4-7 PM
Tuesday 2/14, 5-7 PM
Both @ Turlington

Flavors:

Salak fruit
Cream Soda
Mango
Watermelon
Coconut

Order Form:

In Linktree or below!



After Social

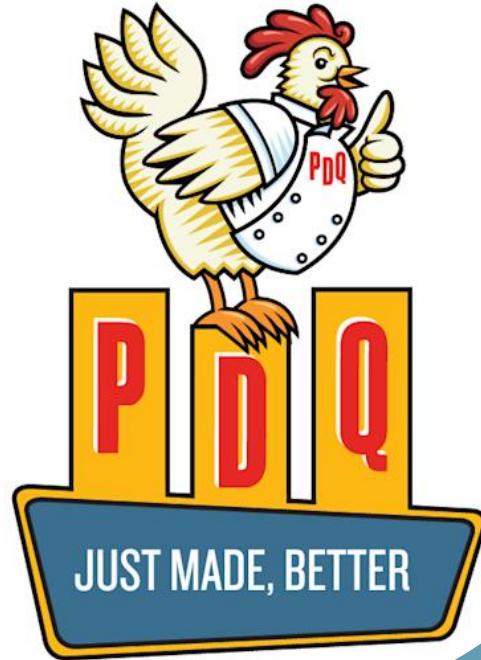
Aftersocial will be at PDQ!!

Address:

3403 W University Ave,
Gainesville, FL 32607

Make sure to say you're
with SASE !!

Carpool
Form:



MENTOR-MENTEE WEEK

M&M Reveal and
PDQ fundraiser
Feb 8 after
GBM #1



Dinner at Blaze
Feb 10 at 9PM

MOVIE AND
BOARD GAME
MATHERLY 107
FEB 9 AT 6:30PM



1st M&M
Challenge:
Explore the
Swamp
due Feb 20



Mentor-Mentee

Mentors may step outside and wait in
turlington plaza

Please follow the SASE board members

Mentees stay put :)

Mentor-Mentee Reveal



Step outside into the world of SASEworks!

Find your mentors in Turlington Plaza!

Follow the SASE board members



1



3



2



Shrek's Swamp



<https://tinyurl.com/sasemmreveal>

