



Staff Directory

Tami Buffalohead-McGill
280-3468

Karen Thurber, Counselor
280-3007

Denise Le Clair, Writing
280-2166

Richard Jehlik, Science
280-2167

Pat Al-Greene, Math
280-2165

Sandy Cerveny, Admin. Ast.
80-2749



Son Nam Nguyen at the Luau

Location

First Floor
Markoe Hall

Hoots and Salutes to SSS Participants

Integrity Award

Congratulations to **Josalyn Funches** for winning the Center for Student Integrity Award. Way to Go!

Mercy Volunteer Program

Congratulations to **Katherine Wilberding** for gaining acceptance into the Mercy Volunteer Program in Guyana South America.

Academic Recognition

Chanel Ayano was inducted into the **National Society of Collegiate Scholars, the National Scholars Honors Society, and the National Dean's List.** Way to go!

UNMC Summer Research

Congratulations to **Meredith Keith** who was accepted to the University of New Mexico Summer Research program. Great!

CU Latino Student Association

Congratulations to the newest CULSA officers: **Guillermo Guzman** is President and **Lorena Zamarripa** is Treasurer. Way to go!

Phi Beta Lambda

Congratulations to **Guillermo Guzman** for taking 2nd place in Statistical Analysis at the

State Conference in Kearney. He is now eligible to compete at the National Conference in Chicago this summer.

Hui-O-Hawaii

Congratulations to **Evone Wong**, the newest Hui-O-Hawaii Vice President.

Upward Bound RA

Congratulations to **Trang Hoang**, she was selected as one of the CU Upward Bound Residence Advisors for the summer program.

NAACP Officer

Congratulations to **Lorena Zamarripa**, Vice President.

Spot Light on Son Nam Nguyen by Joanne Kim

Son Nam Nguyen, also known to many as just "Nam," is a freshman pre-pharmacy major. Technically, Nam's hometown is in Vietnam, since he was born there. His family moved to the United States in 1996 to paradise, Honolulu, Hawaii.

Nam's greatest achievements are learning English, graduating from high school with honors, and getting accepted into Creighton University. Nam did not know a single word of English when he arrived in the US. To learn such a difficult language, Nam studied and read dictionaries and tried talking to as many

people as possible. Practice makes perfect.

Nam left a place with beautiful beaches, warm weather and family and friends behind to come all the way to Omaha, Nebraska because through connections, Nam heard that Creighton had a well-respected reputation for their graduate school, especially the School of Pharmacy.

Nam, is active in Hui-O-Hawaii (Hawaii Club) and is a typical, busy college student and is transitioning quite well from high school to college. He is also involved with Boys and Girl's Club, tutoring every Thursdays at Kellom

Elementary and has gone on a Spring Break Service Trip. He is grateful for SSS and has greatly benefited from help with the FAFSA, chemistry help from Rich, and just the little reminders from the start that help him keep on track. Nam quotes, "The SSS staff are always nice and helpful. They are always so welcoming."

Nam's favorite Creighton professor is Philosophy professor, **Chris Pliatska**. He likes him because he is very knowledgeable in his field, he make learning very interesting and class fun. Plus, he has a great sense of humor.



Office Hours

Monday—Friday:

8:00 a.m.– 5:00 p.m.

Evening hours

Monday, Tuesday, and
Thursday

5:00 p.m.— 8:30 p.m.

Staff Hours

Tami Buffalohead-McGill

MWF 9:00 a.m.—5:00 p.m.

TR 9:00 a.m.—5:30 p.m.

Karen Thurber

M-F 8:00 a.m.—4:30 p.m.

Denise Le Clair

M-F 9:00 a.m.—4:00 p.m.

Rich Jehlik

M-F 8:15 a.m.—4:45 p.m.

Pat Al-Greene

MTR 8:30 a.m.—12:30 p.m.

MTR 5:30 p.m.—8:30 p.m.

Sandy Cervený

M-F 8:00 a.m.—4:30 p.m.

Lunch with Father Schlegel by Linh Do

On a Wednesday, March 21, nine students from SSS, along with Tami Buffalohead-McGill and Karen Thurber, had lunch with Fr. Schlegel, the President of Creighton University. It was an anxious moment for me, as well as the other eight in attendance. Many strange thoughts ran through my mind, like, what kind of person is Fr. Schlegel outside of his formal and demanding life? What am I going to ask him to make me sound intelligent? What is the possibility that I will choke on the food and ruin the lunch? Worst of all, what if I choke on a question asked by Fr. Schlegel and sound ignorant? These questions led to the little butterflies bouncing back and forth in my stomach, just like the other eight students who were waiting anxiously for the star of the day to arrive.

When Fr. Schlegel walked in the room, he greeted us with a smile and a warm handshake, which alleviated the anxiety in the room, but we all know, remaining time was riddled with the possibility of error. Fr. Schlegel, Tami, Karen and the nine students moved to the table, and we started our meal.

As we were situated, Fr. Schlegel asked us about our semester, and some of the highlights we experienced over the course of this year.

The nine students, one by one, shared their achievements with Father while wondering if the fork they were poking the salad with is the appropriate fork. (Unfortunately I used the wrong one, as did Marie Zephier, one of the other participants.)

While enjoying lunch, Fr. Schlegel and the students conversed about issues that



impact first generation and low income students, especially concerning the reduction of government support with respect to financial aid and TRIO programs. The discussion addressed issues concerning the lack of resources, cuts to government funds, and the resulting harmful outcomes that may occur as a consequence of these actions.

Another issue brought up by two outstanding SSS students, Marie Zephier and Kristina Smith, were their concerns about the support resources and financial aid available for single parents at Creighton. They articulated their fears and the experiences of single parents, which include

limited housing and day care. They felt some bright, single parents may not be able to further their education at Creighton because of the lack of financial resources and other barriers.

Father Schlegel also had individual conversation with students who sat around him to learn more about the students. MeLitta Wilson was one of the students who had a one on one conversation with Fr. Schlegel, and she was very impressed with Fr. Schlegel's down to earth personality. She was very pleased when Fr.

Schlegel encouraged her to continue to write poetry, and he also commented that she would be a wonderful teacher one day.

As we interacted and conversed with Fr. Schlegel, we found out that he is a first generation student who had to strive hard to be where he is today.

Many students commented, when I asked them about how they felt about the lunch, that they had a great time. We were very impressed by Fr. Schlegel, who is genuine and down to earth; he was somewhat on our level in terms of duties, relaxation, and life experiences. His humorous comments and outgoing spirit made us relax and enjoy our time with him.

SSS Student that met with Reverend Schlegel



in May with a B.S. in E.M.S. and will officially become a license NREMT in July. He has recently been accepted into the Society of Jesus (Jesuit).

MeLitta Wilson was born in Omaha, Nebraska. She is majoring in elementary education with an

endorsement in special education. She is actively involved in All Our Kids Mentoring (Yanny) program and much more.

Lorena Zamarripa was born in Paramount, California but was raised in Guadalajara, Jalisco. Lorena is involved with the NAACP, Creighton University Latino Student Association as Public Relations Officer, DREAMS, Multicultural Advisory Council, serves as a Gates mentor, participated in the fall and spring Okiciya Ti Cardoner Immersion program and the Anna Taylor Waite Leadership Program.

Marie Zephier, is originally from Pine Ridge, South Dakota. Marie is a Health Administration and Policy and Business Management major. She is in the Public Relations Officer for the Native American Association and is a Gates Millennium Scholar. Marie also has a three year old daughter.

Ariel Chi is originally from Taipei, Taiwan, but lived in the U.S. all her life. She is majoring in finance and international business with a minor in Spanish. She is involved in the Anne Waite Leadership Program, the Peer2Peer program, and works full-time between her two jobs for SSS and PayPals.

Linh Do is from Lincoln, Nebraska and will be attending Creighton's Occupational Therapy School in the fall of 2007. Linh is committed to volunteering. He is a volunteer at CUMC, a Gates mentor, and Okiciya Ti Cardoner Fall break Immersion program participant.

Guillermo Guzman is originally from Morelia, Michoacán, Mexico. He currently works at Cassem and Tierney Law Firm. He plays guitar for a local Mexican conjunto group, is vice-president of the

Creighton University Latino Student Association, a member of Phi Beta Lambda Business association and Gates mentor.

Kristina Smith is a double major in political science and philosophy. She works as a secretary in the mayor's office and was an intern on the Jim Esch Campaign. Kristina was the founder and former president of the Peer2Peer program, a member of Hunger Clean-up, part of the single parent support group, a member of Phi Sigma Tau, and Phi Sigma Alpha, a former Decurion, and a member of the college Democrats.

Erica Stewart is from Kansas City, Kansas and she is majoring in biology and pre-medicine. She is active in CUASA, NAACP College Chapter, Deglman Diversity Committee, and the Pre-Medical Society.

Tho Vu is from Vietnam and has lived in the United States for 17 years. He will graduate



Marie Zephier enjoying a conversation with her fellow SSS students.



Erica Stewart converses with Father.



Ariel Chi listens intently to the conversation.

Counting down to finals week... Top ten ways to prepare for finals! By Joanne Kim

"Finding effective ways to study and control stress can make the difference between failure and success."

With finals just one week away, most of us around this time are feeling more tense and stressed. According to PR Newswire, 80% of students' stress comes from studying for more than one final. I believe that is the case for all of us. You are definitely not alone on this one; we are in the same boat.

Although stress is normal, there are ways to alleviate this tension while still being prepared physically and mentally for the big week. [With help from Sue Selde, here are my ten strategies to prepare for finals.](#) So take a deep breath and read the ten tips for your road to success.

1. Studying must be ongoing

As you know, studying for certain classes cannot be crammed into a single night. There is no way to process the information, understand it, and to practice it. Reviewing your notes and doing practice problems everyday by dividing the work into days will greatly aid your understanding of the material. Repetitive short sessions are more effective than longer ones.

2. Be an active studier

According to the pamphlet from Sue Selde, we only remember 10% of what we read, 20% of what we hear, 30% of what we see, 50% of what we hear and see, and

60% of what we say. However, we are able to remember 90% of what we say and do. So practice active studying habits. Which use as many of our senses as possible. Self-quizzing is an effective way to be an active studier. Recite information verbally, write material on white boards, make flashcards, and physically act out what you might be studying, if it applies (for example: pretend to be historical character).

3. The mind, body and soul all needs to be functioning properly.

In order to study, your mind needs to be at peace. With a peaceful mind, we have a clear and positive attitude. Even if you need to trick your brain into thinking you are excited to study, information is easier to retain. The soul and body also need to be in accord with the mind, so you can perform at optimal levels. If your body feels ill, it is hard to focus. Also, when your spiritual soul is not at peace, your mind and body becomes disturbed as well.

4. Pick a place to study: not on your bed! Your bed should only be for sleeping. Pick a place you are comfortable with, somewhere with good lighting, enough desk space and few or no distractions.

5. Find a study partner!

Finding a study partner is a great way to bounce ideas off each other. First, study individually so that you can grasp the material. Then study with others to reinforce

ideas by justifying your answers and drawing ideas out. You can quiz one another back and forth.

6. Take study breaks. Study breaks are a must. Your brain becomes exhausted from sitting and studying one subject for too long. Exercising is a great way to feed your brain with oxygen. Also, taking a break to use the restroom, drinking water, or just relaxing by reading a magazine or listening to music is a great way to de-stress. Another great break is to take a relaxing shower. By taking breaks, it creates more short sessions of studying which equal more retention. Switching to a different subject then going back to study what you previously studied is more effective than studying one subject for an entire day then another the next. Time management is KEY.

7. Put good food and plenty of H₂O into your body.

Eating balanced meals provides energy for the brain. Eat breakfast daily. According to BBC News, breakfast is the most important meal of the day. Do not eat snacks while studying. You will not be as focused and can not keep track of what you eat. Instead, chew gum which can improve your ability to retain information and relieve nervous energy and stress, according to a scientific research. Remember drink lots of water!

8. Get a good night's rest.

Absolutely no caffeine or

sugars before bed. In order to get a good night's rest, a person must not eat two hours prior to sleeping. Sleeping allows the brain to refuel, so it can absorb new material, and transfer information from short to long term memory. Sleeping more = thinking clear =acing the test!

8. Prepare by getting things ready the night before.

Pack your bag with pencils, erasers, and study notes. Then pick out an outfit you like wearing and makes you feel happy. This also applies to male students as well. Feeling good will boost your confidence. It may sound silly, but it does help! Don't think too much about the test being difficult. There's nothing more you can do but be cognitively ready and tell yourself that you have studied and are ready.

10. Take the longer route to class.

When walking to your test, take the longer route to give yourself more time. This doesn't mean to go out of your way but maybe instead of taking a shortcut from Rigge Science Building to get to the second floor of Hixon, walk down to the first floor of Hixon and then go up to the second floor. Don't arrive too early for the exam because you will end up worrying. Don't arrive late because you will feel even more stressed about not being on time and not having enough time to finish, instead give yourself enough time arrive about 5-10 minutes earlier to find a comfortable seat.

SSS in the Know—People to know on Campus by Ariel Chi

Sue Selde in Academic Success is this month's SSS program. She values the



Sue enjoying the SSS Lunar New Year celebration with Anthony Weasel Bear.

person to know.

Sue Selde, born and raised in Omaha, is the Academic Success Coordinator for undergraduate students and supervisor of the Strategies for Academics Success course. She has been with Creighton for three years, and she chose to teach at Creighton because it is a Jesuit University. She enjoys being at Creighton because she can make a difference in students' lives.

Selde teaches study and organization skills, and many of her students are in SSS,

SSS program because of what it can do for students and because it has such diversity. She enjoys learning about the culture of each one of her students.

As the Academic Success Coordinator, Selde believes the most important skill is time management and the key to success is attending class. As a teacher at Creighton University, she believes class participation is crucial because it helps students learn from each other and see ideas from different perspectives.

How to contact Sue Selde

Sue has an extremely busy schedule because she is very successful in helping students maximize their academic potential on an individual basis and through the class she teaches:

Strategies for Academic Success.

The best way to schedule an appointment with Sue is through email at SueSelde@creighton.edu.

Outside of work, Selde enjoys spending time with her children and exercising. Her greatest achievements are her children and her husband.

The most exciting place she has been to was Rome, and she had the most fun when she went skiing.

Her favorite childhood memory is shopping with her grandmother, who raised her and immigrated to the US. Sue likes to listen to Rock and Roll music and loves the sound of children laughing.

If she could be an animal, she would like to be a tiger because they are fast. It annoys Selde when people are not open to ideas, and her least favorite word is hate.

Sue Selde's advice for others is to be grateful.

"I just love Sue! She is so nice and is willing to help you no matter what. She really cares about you as a person as well as a student."

— Nicole Gaughan —



Sue knows all the best people.

"Sue Selde is the most wonderfully helpful person I have ever met in my life. She is a life saver and I don't think I would've been able to survive college life without her help. Not only does she try her hardest to help you find a solution to your problem, but she keeps in touch with you to find out how it's working out for you and if we need to meet again. Love her to pieces!"

— Meghan Nolan —



Sue took time out of her busy schedule to join us in celebrating the Lunar New Year.



Lorena Zamarripa, like all the other participants, enjoyed her time with Father Schlegel.

For extra tips when taking a multiple choice test by Joanne Kim

1. When taking a test, answer the easy questions first.
2. If there is a question you don't know how to do, especially a multiple choice exam, skip it and then make sure you go back to it later.
3. Be sure to read the whole question!
4. Don't ever change an answer unless you have misread the question, or you have found the answer in the test through another question. Your first instinct is usually always correct.
5. Try to answer the question first by covering the choices, then find the answer that matches closest with the one you have in mind.
6. Remember, being nervous is normal; however, don't let it take you over!
7. Go into the test with confidence!

Good luck with finals. Finals means you are one step closer to summer!

SSS Student Reflections on Service

Bidong Tot attended the Cardoner sponsored immersion trip to the Rosebud and Pine Ridge reservations in South Dakota. He participated in this service trip because he enjoys working with high school students and to learn more about another culture. On this trip Bidong had the opportunity to assist students with the Gates Scholarship application, visit Native American museums and learn more about the Lakota tribe.

Service is important to Bidong because he is committed to giving back to the community, whether it is a place he has never been before or in his community. He feels it is important for people to know that we all care for one another as members of the human race.

For Bidong the most rewarding part of the trip was that the students Creighton worked with will continue to work hard and be able to go to college. Bidong would recommend this trip to others because it was a

wonderful experience, and as a college student, it is important to help others attain a college education. He feels Creighton students can have an impact by helping high school students, so they don't have to struggle like their parents because they never went to school.

Through this experience Bidong learned how important it is to improve the chances of others getting an education. He learned that through his education, he can help build a better community for his family and friends. He also learned a little about the first people who started this country. He is grateful to be in this country because of them.

Lan Anh Tran went to Mankato, Minnesota for a spring break service trip. Her group stayed at temporary housing for homeless people until permanent housing can be found. The place is called Theresa's House. They also helped at the Salvation Army and a thrift store. They made

dinner for the guests who live in Theresa's House and was able to get to know them and hear their stories.

Lan Anh participated in this service trip because she loved the experience she had on her first service trip and decided to do it again. The service trip was important to her because it allowed her to experience and discover the world outside of campus. It was not only important but beneficial to her group as well. The service trip helped her raise many questions about herself and the issues surrounding her life. She feels she got more out of the trip than the people she helped because of the many wonderful insights and experiences she gained over the course of the service trip.

Lan Anh strongly recommends this program to others. Through this experience she learned a great deal about herself and received answers to many questions.



Kristina Smith and Marie Zephier also enjoy the lively lunch conversation.



Erica Stewart enjoying the lunch with Father Schlegel.

Spot Light on Keshia Bradford

Interviewed by Linh Do and written by Taria Wolfe

The spotlight star for this month is Keshia Bradford, is a junior who is studying Health Administration and Policy at Creighton University. She would also like to pursue a minor in communication.

Keshia Monai Bradford was born in Sioux City, Iowa but raised in Crescent Iowa a small town of 600. One extraordinary thing Keshia says about herself is "I'm the melting pot of America. I'm mixed with so many different ethnicities that it's hard to say I'm just one thing. I'm African American, Blackfoot Indian, Chinese, Syrian, French, German, and I'm also Santa Fe Indian....pretty mixed." Keshia was also named after Keshia Knight Pulliman, who played "Rudy" in the Cosby Show.

Keshia decided to come to Creighton University because it was close to home. She joined SSS because they offered her a grant and when she learned more about the program she realized how helpful SSS could be. Keshia likes the staff the most here at SSS because "they are always helpful and they have helped me grow over the years. I have benefited greatly through all the support! Looking back, I see where I started and where I am now."

Keshia is involved in the newly established Native American Sorority, Gamma Delta Pi, as a founding member. She is also Vice-



President of Social Affairs for the Indian Cultural Society and a mentor for Native American students. Her greatest achievement is being able to get good grades despite having such a busy schedule with activities and work.

The most interesting thing that has happened to Keshia would be "when there was a fair going on in the student center, and they asked me to fill out a survey for a chance to win a sweatshirt or something. Knowing that I never win anything and the fact that the girl who asked me to fill out the survey was really nice, I couldn't say no, so I filled out the survey and won a free Creighton sweatshirt!"

Keshia's favorite professor at Creighton is [Dr. Mary Ann Danielson](#) because "she's always insightful and willing to meet with me if I have any questions." The most interesting thing that has happened to Keshia in the classroom is when she had a coughing attack in class,

"which was pretty interesting." Keshia plans after graduation to get a job in the healthcare field, "I want to see if I can get paid to go for my masters."

The most interesting place Keshia has been is Oklahoma. "I have never been to a place where you see so many different cultures, especially the Native American cultures. Keshia's most prized possession is her grandmother's old Bible. "She was very much into her religion, and every time I use it, I always think of her."

Keshia's favorite childhood memory is running through sprinklers on a hot day. Her most embarrassing moment was when she was walking and she tripped over the bricks on the mall. "Luckily I didn't fall, but I was close." If Keshia could be an animal, she would be a panther because "they are such beautiful animals." A sound Keshia likes to hear is the sound of money, and she does not like to hear the squeaking of her car. Keshia is annoyed by "dumb people who don't use common sense."

Keshia best advice to others is: **Work hard and stay focused. Don't listen to other's negativity. If you know your goals, don't let anyone deter you from them.**



Keshia serving food at the Indian Cultural Society Banquet.



Keshia racks up points at Laser Tag.



Keshia at the Gamma Delta Pi celebration welcoming their new sisters.

Student Support Services

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Website:
<http://www2.creighton.edu/eop/studentsupportservices/>

**“Education is a companion
which no future can depress,
no crime can destroy, no
enemy can alienate it and no
nepotism can enslave.”**

Ropo Oguntimehin

SSS is one of the five federally funded TRIO programs at Creighton University under the Department of Educational Opportunity Programs. SSS is grant funded through the Department of Education to provide comprehensive services to help students achieve a successful college experience by increasing academic performance, retention, and graduation rates. SSS also works to foster an institutional climate supportive of the success of economically disadvantaged students, first generation students, and students with disabilities. The strength of the SSS program is providing comprehensive support to eligible students at Creighton University who have the ability and desire to succeed at Creighton University but would benefit from additional advocacy, academic, personal, financial, and career support. SSS is a resource that provides personalized and comprehensive support services for eligible participants to help them achieve their full potential.

CONGRATULATIONS

**to the following students that
will be graduating**



Wilson Azer

Cedora Barnett

Deadre Currie

Josalyn Funches

Jenna Gerdom

Denise Kapua

Doan Lai

Jeff Merrell

Lisa Peters

Lamonte Shockley

Lan Ahn Tran

Kirsten Treadwell

Tho Vu

Katie Wilberding

Taria Wolfe

Beth Woodward

Valerie Zimmerer
