Juniors and Seniors:
Meet with Karen to make sure you are on track for fulfilling graduation requirements.

December graduates: Make sure you complete your Senior Check.

If you have not completed your midterm meeting, counselor meeting, or workshops, please call Karen Thurber at 280-3007 to schedule an appointment.

Spotlight on SSS Unsung Caretaker—Leslie Ann Simanek by Linh Do

For those of you who frequent SSS after hours, you will often run into Leslie as she is cleaning up our facility to make it a better environment for us. Leslie Ann Simanek has worked at Creighton University for thirteen years. She is originally from Omaha and lives with her husband and her two children, a 9 year old son and a 12 year old daughter. Leslie is easy to get along with and extremely funny. Leslie’s most prized possessions are her children, and they are also the reason why she works so hard. They are one of her greatest achievements because they contribute to her wonderful family. During the day she loves to be with her children and be involved at St. Peter and Paul’s school as a teacher’s aid. She is also involved with her church.

What Leslie likes most about Student Support Services is the friendly SSS environment and the people who make her feel welcome. It is also exciting for her because she gets to meet new people and new students. Leslie’s favorite music is pop and country blues, but she also likes a little bit of everything. Leslie also loves listening to the sound of the outdoors, like the wind, birds, and the trees. Leslie’s least favorite word is hate. Leslie’s favorite childhood memories are of the holiday get togethers—especially Christmas.

Leslie would be a wolf if she could choose to become an animal because they are intelligent, sly, and fast. The most exciting and interesting place she has been to is Maui, Hawaii where she went for her honeymoon. One piece of advice she would give to students to make her job easier is to smile and be friendly because that makes her want to come to work everyday.

Program Reminders

Please do not forget to swipe your student ID whenever you enter Markoe Hall.

Juniors and Seniors: Meet with Karen to make sure you are on track for fulfilling graduation requirements.

Pre-registration: If you need help with pre-registration please see Karen, Tami or Denise.

Don’t Forget
What is Okiciya Ti (oh-kee-chee-ya dee) by Josh Marshall, Intern

For the past few years a rag-tag group of Creighton students, faculty, and staff have been making a once-a-semester trip to the Rosebud and Pine Ridge Indian Reservations in South Dakota. They go during Fall and Spring Break to help promising young high school students complete the application for the competitive, prestigious, and extremely wonderful Gates Millennium Scholarship. As the years progressed, the brainchild of Tami Buffalohead-McGill and Raymond Bucko, S.J. grew from a few people in a minivan to two full-fledged programs with over two dozen participants this semester.

The Okiciya Ti Program (Lakota for “help each other to live”) is one of the programs involving Creighton students, and is run and financed by Cardoner. Okiciya Ti is in its second year. As a Cardoner intern, I plan events and help with the coordination of this program, which is most rewarding. Helping high school students, both in Omaha and on the reservations become paired with Creighton students who will be able to work as role models and guides is one of the highlights of what Cardoner at Creighton does to help students understand vocation-as-calling. The fact that many Student Support Services students were part of this most recent excursion makes me feel that the program has a promising future indeed.

October 14th through the 16th the these students—from undergraduate to pharmacy and medical school—gave up some of their Fall Break to travel to the Rosebud reservation. There they immersed themselves in the rich culture of the Rosebud Lakota people. They stayed at the historic St. Francis Mission; toured the Fr. Buechel Memorial Museum and the Fr. Buechel Memorial Museum (another Creighton connection: Fr. Bucko teaches a four-week summer field-school there with Creighton students); visited the Sinte Gliska University Sincangu Cultural Center; and were able to watch and learn about the Sinte Gliska University Bison herd. All of this in addition to working with high school students and building camaraderie through cooking and eating every meal together.

If you are interested in helping out promising, minority high school students attain their goal of getting a college education, please consider participating in Okiciya Ti and helping it grow. Please visit the Cardoner website: www.creighton.edu/cardoner for more information.
Spotlight on SSS Senior—Joey Tibbals by Kelly Spaan

The spotlight this month is on SSS student, Joey Tibbals. Joey is a senior at Creighton University who will be graduating this December with a degree in athletic training.

Joey has obtained a major internship with the Atlanta Braves baseball team. His internship will include administering first aid, making sure the players are properly hydrated, practice and train with the team, and provide any other assistance required to the Braves. His internship will begin around February 15th and end sometime in April, depending on when spring training wraps up. Joey will be located in Orlando, Florida, for the duration of his internship.

This internship is very exciting for Joey because his dream job is to be a head-trainer for the Atlanta Braves. How cool is that? When asked how he got so lucky to have attained this internship, he says he knew someone in one of his athletic training classes who knew someone involved with the Braves. Joey says he learned that sometimes it is more important who you know, than what you know.

Joey grew up in Lion Springs, Iowa, a town with a population of 500 people. He decided to attend Creighton because it has an excellent Physical Therapy program and when he visited for a campus tour, he thought it was a beautiful place. He also says he has never been to a place besides his hometown where all of the people were so nice. He reflects back on his years at Creighton with great fondness. He will never forget the people he has met and the experiences he had. Joey says they are friends for life.

He also enjoyed giving back to the community with the extensive volunteer opportunities offers to students. Joey says that SSS contributed to his success because it offered a lot of resources so that he could do better in his classes and in life. He is thankful that SSS provided all their services free of charge.

We wish you the best of luck in your endeavors, Joey.

Go Braves!

Reminder from Karen and Denise

Karen wants to remind all SSS students to remember to complete all five requirements. If you want to know which requirement you still need to finish, please come in and look at the book at the front desk or call Karen at 280-3007.

Students who attend an event outside of SSS, please remember to send Karen a summary of the event to get count for workshop.

Finals will be here faster than you think. Denise wants to remind SSS students to please take advantage of the help available at Markoe Hall. Do not wait until the last minute to finish papers. Come in and see Denise to go over your papers.

Seeing Denise make the difference between earning a better letter grade—maybe earning an ‘A’ rather than a ‘B’!
Over fall break, five SSS students participated in an Immersion trip to South Dakota on the Rosebud reservation sponsored by the Cardoner Okiciya Ti program. Linh Do, Trang Hoang, Luis Vasquez, Lorena Zamarripa, and Josh Marshall spend their break helping local high school students with the Gates Millennium Scholarship. All four students enjoyed the experience and gained much knowledge that could not be taught in a classroom.

Luis Vasquez said it was a great experience to get to know and learn about other cultures, especially a great culture like the Native Americans. He felt he helped the students because the student he helped felt very comfortable with him. They did not have a problem in telling him information about their personal life when they were doing their personal information for the Gates Millennium Scholarship application. Contributing her time during fall break to go help students who are not fortunate made her feel good about herself. Trang Hoang realized that a group of strangers can really become good friends just by being with each other for three days. She sees this experience as one that is very valuable because not only did she learn a lot from the trip, but also she learned from each individual in the group. She gained knowledge about Native Americans. Previously she had little knowledge about their culture before going on the trip. Contributing her time during fall break to go help students who are not fortunate made her feel good about herself.

Linh Do learned a lot when he went to the school and saw the school’s interaction with the Native American students. They visited St. Francis school and did a question and answer session about college and careers. He was pleased to see how many questions they had and how corporative the students were. The students gained more insight about college. The immersion participants also visited two museums. It was eye opening to see how creative and resourceful the Native Americans were with resources to survive. They saw many tools and clothing made for different uses. There were also colorful regalia and creative design that really amazed him.

Linh also helped mentor Native American students on Gates Millennium scholarship. He tried his best to help them complete their scholarship application and increase their chances to receive the scholarship. This experience improved his communication skills. Just helping a person improving their future was a rewarding experience.
Hoang Kim Trang is originally from Vietnam and has been living in Omaha, NE, for the last three years. She is pre-physical therapy.

Trang enjoys listening to classical music, although one of her fellow SSS students is trying to convert her to Green Day and My Chemical Romance. She is annoyed by people who wake her up while she is sleeping. Trang’s least favorite phrase is “I don’t know.”

Trang is an excellent listener and very intent on getting to know a person. She also enjoys talking about her past in Vietnam and educating others about the culture in Vietnam. She is very caring and is always concerned with others’ well being. She is a hard worker and is attempting everyday to be the best student and person that she can be.

One of Trang’s most embarrassing moments is when she thought South Africa was a continent, but it is actually a country.

Trang was a recipient of two different full tuition scholarships, but gave up both scholarships to attend Creighton. Trang had a difficult time deciding between Creighton and a state school. Finally, she decided to attend Creighton, regardless of the current financial burden and the future one (loan debt). Even though it was tough, she is happy with her decision. At this point in time, Trang does not view the financial burden or other hardships (such as taking the 50 minute bus ride to Creighton everyday) as difficulties anymore because she thinks the challenges she currently faces give her the courage and motivation to go forward. In fact, she believes that if everything was paid for, she wouldn’t push herself as hard as she does.

Trang chose Creighton over other states schools, for the opportunity that Creighton provides student for volunteering and service trips. This fall she was fortunate enough to attend the South Dakota Immersion Trip (Okiciya Ti) to South Dakota sponsored by the Cardoner Program along with four other SSS students. Trang chose to do it because she did not want to be useless over the Fall Break. She wanted to do something productive. Through this trip she learned more than she expected. She made friends with many wonderful people with whom she still keeps in touch with. Plus she felt proud that she did something to help the students from South Dakota. She enjoyed helping them apply for the Bill Gate scholarship and talking to them about her college experience. She knows that she made a difference in opening the door of collegiate opportunity for those students.

Trang is very familiar with the tedious process associated with the Gates application; she applied for the scholarship last year.

Trang impressed the group with her culinary skills.
Cultural Events and Workshops

Cultural Events are designed to provide SSS students with a wide variety of cultural opportunities. Participants have the opportunity to meet other students through Cultural Events such as plays and concerts. Both tickets and transportation are provided free of charge for SSS students. Attendance counts as one workshop credit.

Make reservations by contacting Rich (280-2167 or rjehlik@creighton.edu) or signing up on the SSS bulletin board in Markoe Hall. At least 15 names are necessary. Please do not be a “no-show.” If your plans change you must let us know twenty-four hours prior to the event, so we can offer the ticket to a student on the waiting list.

**November 15th—Creating a 4 year plan (workshop)**
Karen Thurber is the host of this workshop. She will help students to determine what kind of classes they need to take for the next seven or eight semesters.
Markoe Hall—3:30-4:30 Room 110

**November 18th—San Jose Taiko**
~ Powerful Japanese drums combined with the rhythms of music from around the world~
Reservation due by November 10th
Leave Markoe Hall to Holland Center at 7:00 PM

**November 29th—Personality Styles**
This activity is designed so students can learn about themselves and which major and career they would enjoy to pursue. Those who participate will also have chance to learn about other people’s interests.
Markoe Hall 3:30-4:30 Room 110.

SSS workshops offer numerous opportunities throughout the year to assist students with aspects of their personal, academic, and career goals.
CONGRATULATIONS

The following students have completed all their requirements for the Fall

Acenith Garvey
Ariel Chi
Amanda Lindsay
Amy Oum
Adam Karr
Anthony Weasel Bear
Audwin Brown
Bidong Riek Tot
Carlos Atencio
Carolyn Kor
Conchita Klintworth
Cheree Hatfield
Cindy Nguyen
Danine Cohen
Da' Keisha Granderson
Deadre Currie
Donnel Ecoffey
David Plutschack
Emmanuel deJesus
Guillermo Guzman
Igor Maslanka
Janette Catron
Jasmine Cadiz
Jesta Thomas
Juan Hao Cai
John Paul Gurnett
Jordan Herman
Jordane Choquette
Krystal Curry
Kenneth Stable
Keshia Bradford
Kinesha Shelton
Lan Anh Dao
Lan Anh Tran
Lawrence Chan
Linh Do
Lisa Peters
Luis Vazquez
Melissa Choi
Paul Tran
Shae Fickel
Sandra K.L. Chee
Semir Demicovic
Shannon Docken
Shawneita Irvin
Tara Manning
Tiffany Ramelb
Tho Vu
Thu Thuong Tran
Trang Hoang
Vincent Ko
Xai Vang
“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

Kelly’s Advice Corner—Tips for Alleviating Stress

Kelly Spaan is from a small town in Iowa. She is currently a junior at Creighton University. She is interested in skin care, magazines, watches TV and gossip with her friend. She also loves to listen to music, read books, and relax after a long day of class. A fun fact about Kelly is that she drinks all of her fuzzy beverages out of a straw so that it does not stain her teeth. Kelly is currently looking for love and if anyone is interested please stop by the front desk where she works every day.

1. Manage your time well. It is crucial to set aside time each day to do your homework. Even if something is not due until next week, get started on it. It is better to make a dent in an assignment/project day by day than to wait until the last minute to do everything. The key is to prevent stress from accumulating.

2. Give yourself a break! Set aside time each day to do something that you enjoy. It could be an hour of television, a do-it-yourself facial, or chit-chatting with a friend. The key to getting tasks accomplished is knowing that you will get rewarded when you are finished. A secret hint of mine is to do homework in two hour blocks each day. It prevents those all day study sessions.

3. Set aside time to exercise each day, I can even just be walking to and from classes. Fresh air always helps, even if it is 15 degrees outside.

4. Eat healthy meals at regular intervals. Proper nutrition will prevent feeling sluggish and lazy throughout the day.

5. Remember to do deep breathing exercises on a daily basis. Even though we all breathe, sometimes we hold our breath when we are stressed, so just stepping back for a second and counting to ten in correlation with your breaths can be a very effective tool.

6. If you think your stress is too much to control, get help. It does not make you a weak person to admit when you need help with your stress levels. You can get help from anyone you feel comfortable with: family, friends, or a counselor.

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.

Student Support Services
Creighton University
2500 California Plaza
Markoe Hall
Omaha, Nebraska 68178
Phone: 402-280-2749
Fax: 402-280-5579
E-mail: moniquebryant@creighton.edu

Breathing exercises on a daily basis. Even though we all breathe, sometimes we hold our breath when we are stressed, so just stepping back for a second and counting to ten in correlation with your breaths can be a very effective tool.