

December 2007

Staff Directory

Tami Buffalohead-McGill
tamib@creighton.edu
280-3468

Karen Thurber, Counselor
karenthurber@creighton.edu
280-3007

Denise Le Clair, Writing
leclair@creighton.edu
280-2166

Richard Jehlik, Science
rjehlik@creighton.edu
280-2167

Pat Al-Greene, Math
palgreene@creighton.edu
280-2165

Debra Foster, Grad. Intern
280-3384
debrafoster@creighton.edu

Sandy Cerveny, Admin. Ast.
sandycerveny@creighton.edu
280-2749

Good Bye, Debra!!

Debra, on behalf of SSS, you have provided us over the first semester. Your smile and personality always brightened our days. the newsletter staff would like to express our gratitude for all your help and care

Thank you for your support. I know that you will be missed very much! We wish you the best in your future endeavors.

Preparing for Finals *by Cheryl Ligon*

Preparing for finals is more than just studying hard. You also need to prepare yourself physically. Now is not the time to be pulling all-nighters. Lack of sleep interferes with your ability to remember—if you don't sleep well, all the studying you do is a wasted effort. Think it's ok to survive on cap naps late at night? Here's some interesting research that might make you reconsider.

In a Harvard study, students did not learn as well when they tried to learn material after a 3-hour sleep, although students who learned first, then slept and were awakened, learned the material. According to the study, the slow-wave sleep of the "beginning stage of the night's sleep is what really sets the brain up for storing new information" (Born, J. 2000. *Nature Neuroscience*, Vol. 3, 1335-39).

Another study in Italy showed that recall of

learned information is a problem for students who sleep in short, disturbed cycles and that "the cycling of REM and Non-REM together is more important than just sleep amounts for memory formation of verbal information" (Ficca, G., et al. 2000. *Behavioral Brain Research*. Vol 112(1-2), 159-163).

In other words, **sleep a solid 8 hours and try to get to sleep before midnight to take advantage of that slow-wave sleep.**

It takes some planning to avoid all-night cramming. **Set up a schedule to review for each exam. Make a chart and count back 5 days from the exam date. Each day, plan to work a little on your review.**

First: List materials to be reviewed. Think about the chapters, kinds of notes, and what kind of test you are preparing for.

Second: Write out a plan for review with dates and times.

Space your study out over the five days. Studying every day for a short 40 - 50 minute session is more effective than a long 3-hour one. Writing out a plan helps you keep to it.

Third: Make study aides like summary notes, concept maps, or a self-quiz. Just rereading your notes is not enough. Use as many different ways to review as you can. Use your voice to help you remember better.

Fourth: Put your plan in action! Now is the time to get together with your study group or a friend to quiz each other.

Fifth: Plan a reward: Talk on the phone with a friend, buy a delicious cup of coffee or other treat, start a pick-up game of basketball with friends, or just relax with your favorite music. And most importantly, feel confident that you know the material!

TRiO
STUDENT SUPPORT SERVICES



Spotlight on Brittney Lydick *by Cheryl Ligon*

Talking to Brittney always makes for an interesting conversation. Her spontaneity and random stories are quite entertaining. Brittney is a firm believer in being a unique individual. She is an extremist and loves to do anything that gives her an adrenalin rush. For example, she has been cliff diving since the age of 4 and the highest cliff she has ever jumped from was 75 ft. She also wants to become a white water rafting guide someday "So," Brittney says, "If anyone is brave enough, you should look me up in about eight years, and I'll take you down the river."

Currently, she is at Creighton for nursing, but definitely interested in switching to an environmental science major. Brittney is very happy that Creighton gave her an academic scholarship. So far this year, Brittney has joined the Ski/Snowboarding Club and the Environmental Club. She also plays percussion in the wind ensemble.

SSS has been a very beneficial experience for her. "I have grown out of my shell and I am no longer afraid to ask for help when I need it. SSS has taught me to be more efficient with my time and managing my hectic schedule."

Brittney gets her love of



Brittney and a friend pose with their snowboards

exploration from her mom. Every summer she and her mom go on a road trip for about two months. These trips are spontaneous, Brittney says they never take a map; they just go wherever the road takes them. Her mom grew up in Oregon and Idaho, so she knows a lot of cool spots from her childhood. One of their first stops on the road is Twin Falls, Idaho. Located on the edge of the Snake River, Twin Falls is full of canyons and waterfalls. One is called Shoshone Falls and Derkes Lake, which is located about half way down the canyon of the Snake River. Known for its rock climbing, Derkes Lake is full of cliffs just asking to be jumped off. Brittney is not a "certified" cliff diver, but she has been doing it since I was four years old, so has plenty of experience. Derkes Lake is like the public pool of Twin Falls. The water is crystal blue and freezing cold but you hardly notice because it is usually around 100 degrees outside. Here ws the spot of her craziest cliff diving

experience when she was 14 years old they hiked up to some of the hidden lakes, which are scattered all around the canyons. There was a terrible drought that year, so the water levels were down about 15 feet. There were several others jumping off the same cliff, and they seemed to be landing safely. So Brittney proceeded to dive off of a 60 ft cliff, doing four front flips on her way down. Just as she was turning into her dive, she hit the water at a completely vertical position, making her dive straight down into the rocks below. She woke up many hours later in the Twin Falls hospital, with a cast on her left arm and staples in her head. Although cliff diving may seem crazy after this story, Brittney says it is actually exciting, and this was the only time she was injured throughout her 15 years of diving. It definitely didn't stop her from jumping the next summer.

The second must-do activity on her road trip on her list is white water rafting, a passion she hopes to turn into a career someday. One of the best places to go rafting is on the McKenzie River, located just outside of Eugene, Oregon. Filled with class three and four rapids, it is a six hour trip on nothing but the intensity of rapids around every turn.

Office Hours

Monday—Friday:

8:00 a.m.— 5:00 p.m.

Evening hours

Monday, Tuesday, and Thursday

5:00 p.m.— 8:00 p.m.

Staff Hours

Tami Buffalohead-McGill

M-F 9:00 a.m.—5:00 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—3:00 p.m.

Pat Al-Greene

MTR 8:30 a.m.—12:30 p.m.

MTR 5:30 p.m.—8:00 p.m.

Sandy Cerveny

M-F 8:00 a.m.—4:30 p.m.

Cont. Spotlight on Brittany Lydick

Brittney and her Mom's trips are not completely filled with maniac adventures. One of her favorite things to do to relax her muscles overworked by rafting is to go to the hot springs located in the Cougar Dam just above the McKenzie River, it is a two mile hike up the mountains to get to this natural hot tub. It starts with a giant cave, from which the hot water flows into a six foot waterfall, filling up a giant pool with 110 degree water. This pool then falls down into several other pools, like stairs ranging in different temperatures as going down. The hot springs is one of the most amazing experiences of her life. She has met some pretty cool people there too, because people travel for hundreds of miles to visit the hot springs. For example,

last year they met a hippie named Donald. He was homeless and dedicated his life to going to hot springs and camping. Brittany & Donald talked for hours as he told about his trips to Alaska and South America. Another person Brittany met was Dominique who owned his own natural tea company and gave them free samples. The hot springs is on the top of Brittany's top ten places to visit.

According to Brittany, by far the coolest thing that has happened to her at Creighton was experiencing the foam party.

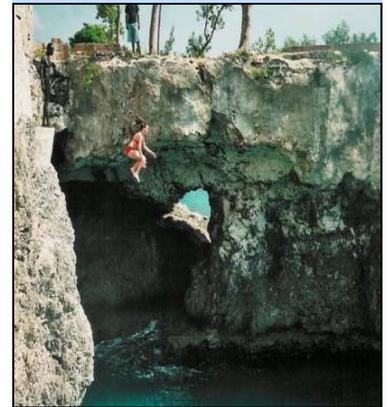
Her most prized possession is her piano. She has had the same piano since she was born, and she could not live without it. "On this piano, I have trained for countless hours and

prepared for hundreds of competitions and performances. It is from the 70s, brown, and one of the ugliest things you have ever laid eyes on, but that is why I love it. It looks like it would sound like crap, but once your fingers touch those keys, the sounds make you fall in love." She is really into 70s rock music, and she also loves jazz, Frank Sinatra. "I have a great appreciation for the true talent in which the old time singers used to have, especially Frank Sinatra."

Next time you see Brittany, ask her about her road trips across America with her mom or what she learned from her most embarrassing moment trying to impress a group of boys. Brittany, is quite an interesting intelligent girl.



Brittney and her mom pose for a quick photo.



Brittney jumping off of a cliff!

Celebrating The Holidays *by Brenda Agüero*

Over Winter Break all SSS students will go to their cozy homes to be with their family over the holidays, but many have different customs for celebrating the holidays. Some are traditional while others could be considered non-traditional ways of spending this holiday season.

Lizette Orihuela will be flying to Mexico for the first time in years and is very

excited.

Usually, though most students spend their time with family, as will **Carlos Atencio**, who goes to visit his grandparents for Christmas Eve, and there enjoys eating wonderful tasting tamales, and attending family parties.

Mike Beverly plans on celebrating the holiday by going over to his grandmothers house and eating as much as his stomach can handle! After

everyone opens their gifts, the whole family sits around the house and watches holiday movies and drinks hot cocoa.

Louis Jackson will be going home to Houston, TX where it is nice and warm. He will spend the holidays with his parents, grandparents, cousins, aunt and uncle. He expects to have a warm Christmas, birthday, and New Years which are all on the same week for him.



Brittney takes in the beautiful scenery.



Louis Jackson looking good!



Mike Beverly decked out in blue.

Carlos Atencio



Significance, Futuristic, Focus, Competition and Analytical

Finals Schedule

Hour	Monday, Dec. 10	Tuesday, Dec. 11	Wednesday, Dec. 12	Thursday, Dec. 13	Friday, Dec. 14	Saturday, Dec. 15
8:00-9:40	MWF Classes Meeting at 7:30	MWF Classes Meeting at 8:30	MWF Classes Meeting at 12:30	TuTh Classes Meeting at 2:00	MWF Classes Meeting at 10:30	
10:00-11:40	MWF Classes Meeting at 9:30	MWF Classes Meeting at 3:30	MWF Classes Meeting at 11:30	TuTh Classes Meeting at 12:30	MWF Classes Meeting at 1:30	Saturday classes will be examined at regular Saturday sessions
1:00-2:40	TuTh Classes Meeting at 9:30	TuTh Classes Meeting at 11:00	MWF Classes Meeting at 2:30	TuTh Classes Meeting at 3:30		
3:00-4:40	TuTh Classes Meeting at 8:00	CHM 203 (3:30-6 p.m.)	MTH 103, 135, 137, 141, 201, 245, 246, 310, 347	PHY 211, PHY 212 (3-6 p.m.)		

Please note:

Classes meeting MTu, MW, MWTh, MF, WF, MTuWF, MWThF, MTuWThF will have exams at the same time as MWF classes.

Classes meeting TuThF, TuWThF, or Tu or Th only will have exams at the same time as TuTh classes.

Class meetings are determined on the basis of lecture, not lab.

Exceptions to the examination schedule will be made only for students who would have four exams on one day. In this event, see the Dean.

Classes beginning at times other than listed above will have exams at the period closest to the actual beginning time, i.e., classes beginning at 1:00 p.m. TuTh will have exams at the same time as classes beginning at 12:30 p.m. TuTh.

LATE AFTERNOON AND EVENING CLASSES

Classes beginning at 5:00 p.m. or later will have exams at the first class at the regular time within the final exam week period.

How I use my strengths *by Carlos Atencio*

Carlos Atencio is a sophomore planning to become a pharmacist.

The **StrengthFinder** report said that my five strengths are **significance, futuristic, focus, competition and analytical**. I was very satisfied with the results and did not find many surprises

with them.

After looking at my five strengths, I feel that futuristic fits me the most because I am always looking toward the future for new opportunities and new relationships. I actually expected to get the futuristic strength because I feel that I am a very futuristic person.

Competition also fits me very well because I am a very competitive person. I find myself competing for the best grades in my classes.

I would like to develop my analytical skills so that I can live my life only accepting what is above satisfactory and of the greatest quality.

Spotlight on Jamie O'Brien *by Carlos Atencio*

There's a new face that can be seen around SSS. If you haven't met Jamie O'Brien yet, you more than likely will. Jamie is a sophomore and second year member of SSS. Many may have never seen or heard of him until he joined the work study program. He works four days a week here at the front desk.

Jamie, who was born and raised in Fort Dodge, Iowa, originally had a few opportunities to play football at some small colleges, but followed a gut feeling to attend Creighton University in pursuit of a career in the medical field. Shortly before coming to school in August, Jamie switched to the college of business. "I guess you could say I was a little indecisive prior to coming to school." Jamie joined SSS because he knew that Creighton had a prestigious name and was one of the tougher private schools in the mid-west and he would need all the extra help he could find. Jamie really likes that there is always a helping hand and somebody will either help you or if they can't, they will find somebody who can. Since joining SSS, he has benefited tremendously by improved grades. Last school year Jamie was a C average student. This fall at mid-terms, he earned four A's and one B+. "Now that I

know what it takes and that I can get the grades I want, it has made my outlook on class and school in general much better."

Jamie's biggest involvement at the time is in Greek Life. He was very happy that he

"Never give up. You can't see the rainbow until you sit through the rain."

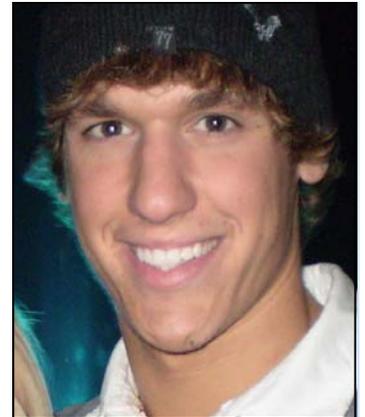
pledged and joined a fraternity here because he was worried about the small school social life and this helped make the adjustment to college life easier. Besides the social aspect, joining a fraternity has forced Jamie to become involved in the community. "After the first time I did it here, I fell in love and enjoy helping in the community."

Jamie's favorite professor at Creighton is **Dr. Tim Bastian** because he is the type of "small classroom professor" that he attended this school for. "Bastian is very down-to-earth and cares for each individual student." The most exciting thing that has happened to Jamie at Creighton so far would be being accepted into his fraternity. When asked what was extraordinary about him, Jamie simply replied his love for people. He loves to meet

new people, to talk to different people, and learn about them. If Jamie isn't in the class room or at work, he will be in the Kiewit Fitness Center. The two other activities that are most important to Jamie outside of school are hunting and fishing. Jamie's most prized possession is the State-playoff trophy that he earned with his football team in the fall of his senior year. "Football has always been my life, and it was hard to leave it, so that trophy is my strongest memory."

Jamie's most embarrassing experience was in elementary school when he wet his pants in the outfield during a baseball game. Jamie's favorite childhood memory was when a well-known dirt bike rider to his party and delivered a new dirt bike for his 10th birthday. The most exciting place Jamie has ever been was also the most fun he had ever had. Last January, he attended a wedding in Puerto Vallarta, Mexico. It was his first time flying and his first time seeing the ocean. Jamie's least favorite word is "can't." A sound that he likes to hear is a very talented piano player.

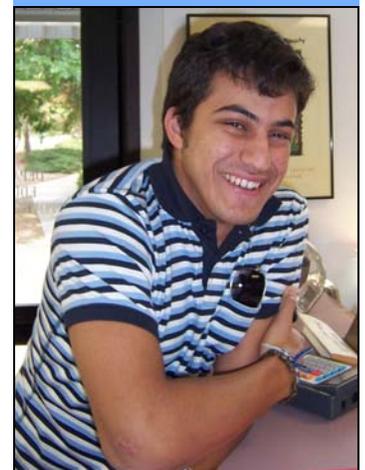
Jamie's best advice to others is: "Never give up. You can't see the rainbow until you sit through the rain."



Jamie O'Brien flashing his bright smile.



Shelia Fields smiling for the camera.



Luis Vazquez sporting his sunny disposition.

Student Support Services

Creighton University
2500 California Plaza
Markoe Hall
Omaha, Nebraska 68178

Phone: 402-280-2749

Fax: 402-280-5579

E-mail: tamib@creighton.edu

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.

Counselor's Corner *with Karen Thurber*

Congratulations to the 85 students who have completed the five SSS requirements.

There are 60 students who only need one requirement, 20 students who need two requirements, 21 who need three requirements, 3 students who need four requirements and 4 students who need five requirements. It is very doable to get all five requirements done by Christmas break.

Please set an appointment or email your workshop summaries in to me.

The remaining workshops are: **Christmas Carol on Nov.**

30th, and the Potluck on Dec. 5th.

I hope everyone is registered for Spring classes. If you have concerns, please contact me. Check the NEST every week to see if others have changed their schedules and opened class opportunities for you.

Remember to complete the FAFSA online over break. The Financial Aid Office staff will require you to give them a copy of your parents and your W-2 and 1040s if you file taxes. Please bring these copies back to school with you.



Markoe Hall Room 122

Phone: 402-280-3007

Email: karenthurber@creighton.edu

I hope everyone has a safe and restful break from school. When you get back we will begin the orientation meetings. Enjoy the holidays.
Karen