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Hoots and Salutes to SSS Participants

Congratulations to **David Arriaga** as the new Vice President of the Creighton

Latino Student Association.
Congratulations to **John-Paul Gurnett** who recently

received a leading role in Creighton University's production of "Our Town."

How to Prepare for Midterms *by Denise Le Clair*

With midterms approaching soon, it is important to get help as soon as possible and stay healthy.

Before the test:

Come see us!

♦Worried about taking tests? See Karen or Denise

♦Need help with test taking skills and essay exams? See Denise

♦Need help on Math? See Pat. Science? See Rich

Create a study timeline!

☐ Set up a schedule during your study time to review your notes and practice problems everyday.

☐ The Night before organize, notes and get a good night's sleep.

☐ Eat a good breakfast and review notes one last time.

During the Test:

It is important to remain calm and relaxed to help you recall information. Taking a few deep breathes can help you clear your mind.

Set up a plan: Read the entire test first and budget your time. Pay close attention to instructions. Write down memory devices and other material you might forget. Work through the test answering the questions you know first. Check your paper for unanswered questions.

After the Test:

RELAX!

Remember, an exam is a test

of your knowledge, not of your worth.

De-Stressing the Test: Six Tips for Surviving Midterms Week:

1. Eat healthy meals and drink plenty of water—need to fuel your brain cells
2. Get plenty of sleep—do not pull any all-nighters
3. Take time to exercise
4. Create a time table for review—no cramming!
5. Keep it all in perspective.

Phone: 402-280-2166



Schedule Your Midterm Meetings *by Rich Jehlik*

Good luck on midterms and have a great fall break!!

Be sure to meet with the designated SSS staff for a midterm meeting the first week you return from break.

The mid term meeting is

especially important if you are struggling in a class or just to keep you on track for reaching your academic goals.

The last day to withdraw from a class is October 29th.

Please note which staff member you are to meet with

for your midterm meeting:

Rich: Acosta to Earth

Pat: Ecoffey to Lindsay

Denise: Loeffler to Shleton

Deb: Shortman to Zuniga

Karen: all first year students.

TRiO
STUDENT SUPPORT SERVICES



SSS in the Know—Mary Higgins *by Ryan Wong*

Mrs. Mary Higgins is the Assistant Vice President for Student Retention. All who have not met Mary Higgins should get to know her well. A native of Omaha, Higgins was the head coach for the women's softball team for ten years. She decided to settle down a bit, began working in the retention office nine years ago, and continues to work there today.

Her office works closely with many faculty members in the SSS program and, if needed, she can assist or contact students. She praises SSS for its work. "This department is integral, especially for freshmen and sophomores, as they get adapted to the CU environment academically and socially. SSS is a major front door for students that can benefit from their services."

Higgins enjoys her job, whether it is working with students and her colleagues or building relationships. For the past thirty-five years, she has dedicated herself to Creighton. Higgins is also active in community matters. She is on the Board of Directors at Marian High School and involved with Creighton Prep.

When asked about factors that lead to academic success, Higgins suggests that adequate preparation in high school, class participation, and review are essential. **"Treat procrastination like a virus and avoid it."** Also, it is important to develop strong time management skills.

Higgins has many achievements so far in life. She has been married for twenty-five years and takes care of her two children who

are currently in college and thriving. Professionally, she had many wins and national rankings on softball teams and also developed a nationally competitive program. Although not obvious, her work in the retention office has helped parents and students alike and is the most important aspect of her occupation. Mrs. Higgins states that among her greatest achievements at CU is that "I am very excited to be on the ground floor of the Ratio Studiorum Program. This program has such great opportunities for freshmen and sophomores to learn about themselves and discover their passions."

How to Contact Mary Higgins

Location: Administration

Building Room 236

Phone: 402-280-1212

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.

Debra Foster

M-F 8:00 a.m.—4:30 p.m.

Sandy Cervený

M-F 8:00 a.m.—4:30 p.m.

What is the Office of Student Retention?

The Student Retention Office exists for the purpose of assisting students who are struggling with issues that could interfere with their continued attendance at Creighton. Higgins serves as a liaison between students and appropriate resources that are available on campus. In addition she is involved in a variety of

University efforts designed to positively impact overall retention of undergraduate students.

In "Strong programs important for student retention," by Christine Galt for the Creightonian, Mrs. Higgins says, "Retention is a major focus for nearly every university just because most colleges and universities are driven by

tuition."

"A strong retention rate also indicates a high level of satisfaction and shows that we are meeting the needs of students."

Higgins also states the primary reasons students leave Creighton University are due to a lack of finances and academic struggles.

Spotlight on Ryan Wong *by Jeny Acosta*

Have you met Ryan Kaponoamekealoha Makali'i Wong?

If you haven't, here is your chance to meet this Kailua, Hawaii, native freshman who is headed into pharmacy. He does not have a particular nickname, so he just goes by Ryan. Before arriving at Creighton, he worked over the summer with 6th graders and says it was the most fun he has had in his life!

When asked what brought him from beautiful Hawaii to Creighton, Ryan answers that Creighton's academic reputation and its sense of community lured him here. Ryan earned two scholarships, the Office of Hawaiian Affairs Scholarship and the Honolulu Police Relief Scholarship. He joined SSS when he came to Creighton to meet new people and take advantage of the assistance offered. Ryan praises SSS for how great everyone is. He says in his first semester, he has already gained friendships



Ryan Wong. enjoying the beautiful scenery outside Markoe Hall.

and feels like SSS is another home.

Ryan's involvement doesn't stop at SSS. He is in the Hui O' Hawaii club, the Pre-Pharmacy club, and the Freshman Feedback group. He also sets aside time to go to mass at St. John's on Sundays. With all this along with classes, Ryan says his greatest achievement so far is surviving college altogether.

His favorite professor this semester is **Professor Crampton** of the Chemistry department because of "his

sense of humor and the neat experiments" in his class. Although many people have had braces before, Ryan says he is unique because he had braces for six years, from 7th grade until he graduated from high school! Although he loves being at Creighton, Ryan misses his family and his home, so his most prized possessions are the pictures of his friends and family.

The most interesting place he has been is Boston. Ryan says if he could be any animal he would be a lion because it rhymes with Ryan! He also enjoys Hawaiian music because it reminds him of home. Ryan loves to spend time with his grandparents and his uncle and enjoys listening to the sounds of the ocean. However, Ryan gets annoyed when people don't hold doors for other people and dislikes the word "try."

His advice for everyone else, "Enjoy each and every moment in life."



Ryan Wong.



Ryan Wong at the SSS Soirée.

When is pre-registration for the spring?

Pre-registration for the spring semester begins soon after you return from fall break. It is critical you take the courses needed for your major, pre-professional plan of study and CORE requirements on time.

An easy way to determine what classes are needed is through your **NEST** account under **Student Records** then

under **Degree Evaluation**. If you have not declared your major, use the **'What If Analysis'** to discover the courses required for the major you are considering.

If you need help printing, finding, or printing the Degree Evaluation, please see Karen, Denise or Tami for assistance.

Pre-Registration Dates

October 30, 31, Nov. 1	Seniors, Pharmacy/Hlth Professions
Nov. 2, 5, 6	Juniors & Pharmacy/Hlth Professions
Nov. 7, 8, 9	Sophomores
Nov. 12, 13, 14	Freshmen



Loc Hoang enjoying an egg roll at the SSS Soirée.



Lilliana Jacinto and Monica Ibarra graduating from South High School.



Monica Ibarra enjoying herself at the Hui-O-Hawaii Luau.



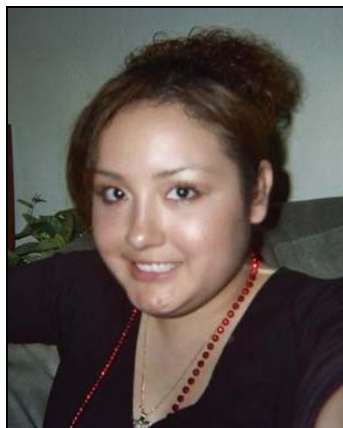
Monica Ibarra expressing her natural joy for life.

Spotlight on Monica Ibarra by Cheryl Ligon

"Do what makes you happy, be with who makes you smile, laugh as much as you breathe, love as long as you live" is Monica Ibarra's life motto.

Monica is a first year student at Creighton University. She is an inspirational and well-deserving recipient of the Gates Millennium Scholarship. Monica struggled with Lupus throughout high school, yet she is still an extremely optimistic person. "Life is so beautiful and full of wonders, but it can be taken away in an instant. I learned that we must live life with passion and make the most of it everyday."

Inspired by firsthand experiences in the hospital, Monica is pursuing a career in nursing. Her goals in college are trying new things, meeting new people, and gaining more cultural experiences. Monica chose to pursue the Freshman Leadership Program (FLP) because she wants to become a well rounded person while at college. Her motivation to achieve great things in college is drawn from her parents.



Learn more about LUPUS:

<http://www.lupus.org/newsite/index.html>

During her high school years, dealing with the anti-immune disorder lupus caused her many setbacks, but she stayed dedicated to her work and stayed focused with her goals.

In the beginning Monica frequently missed school but that did not stop her from

what I want." Having Lupus has changed her life physically and mentally. "Lupus has changed my view on life— I appreciate things more."

Physically, Lupus changed the way Monica's body functions. "Since I was diagnosed, I have gained 80lbs, but I am slowly losing them." Dr. Sanchez is one of her heroes. This wonderful man gave her medical attention and saved her life when Monica did not have health coverage and other doctors would not see her.

Her greatest accomplishment yet has been receiving the Gates Millennium Scholarship. It took hard work, dedication, and much outside help. Monica is proud to be the only Latina in Omaha to receive this scholarship, but more importantly, she feels that she learned a lot about herself through the process. The essay questions especially made Monica look inside herself. She discovered how much of a leader she is.

We wish Monica the best for her first semester and look forward to her leadership skills blossoming.



Monica Ibarra, Liz Orihuela, Noma Calzanda, Lilliana Jacinto, Cheryl Ligon, Sylena Padilla & Brenda Aguero at a Creighton University Latino Student Association event.

excelling. "I would find ways to catch up, like staying after school and getting tutoring from teachers. My parents have always taught me to achieve and work hard for

How I use my Strengths *by Cheree Hatfield*

Cheree Hatfield is a sophomore majoring in English and is pre-law.

I was surprised at first, but the more I thought about it, the more my five strengths made sense. The major surprise was Intellection. I wasn't aware that I was someone who "liked to think" because I was always under the impression that thoughts had to be of something complex. However, I was wrong, and I've realized that I do reflect quite a bit and that I do, in fact, enjoy intellectual conversations and debates.

Connectedness is very important to me in my daily life because I derive so much from my faith. My sense of people's equality can be traced back to my beliefs in fair play and equality. Connectedness, is something I use everyday when I interact with people. I try to avoid

Cheree Hatfield



Adaptability, Input, Connectedness, Intellection and Consistency

treating any person differently from another unless it's necessary—like with authority figures.

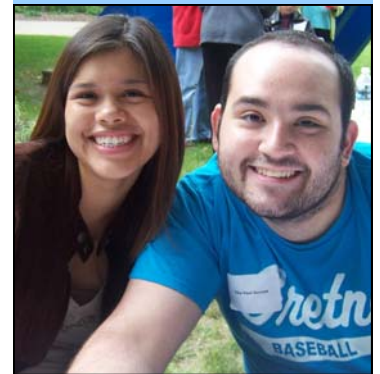
I would say Adaptability fits me well and it is the strength I use most often. I've always had a "go with the flow" personality and most people see that as carelessness, but it really is a strength to not be phased by everything. I don't worry much about anything, and I try to take surprises in stride.

Most people know that it may take a while for me to get to know them, but I can engage in trivial conversations with almost anyone. I'm prepared every day because I live in the moment and don't plan things out in a airtight schedule, but rather a loose plan. I use this when my professors decide to give a big assignment, or I just get an email at the last minute telling me about a meeting I need to attend. I benefit from this because I can usually make room for the unplanned for event in my schedule. I also benefit from this because I don't stress myself out over things.

I would love to develop my Input strength. I know a good deal, but I don't know enough and sometimes I feel like I don't know anything. I think if I concentrate on this strength I can apply it to a greater extent in my academic life.



Cheree Hatfield making playdough flowers at the Gamma Delta Pi game night.



Lorena Zamarripa and John Paul Gurnett.

The top Strength SSS Students Share

Out of the 42 SSS students that took the Strengths Quest assessment 13 (31%) of them had **Includer** among their top five Strengths.

How does Gallup Define an Includer?

Includers want to include people and make them feel part of the group. In direct contrast to those who are drawn only to exclusive groups, Includers actively avoid those groups that exclude others.

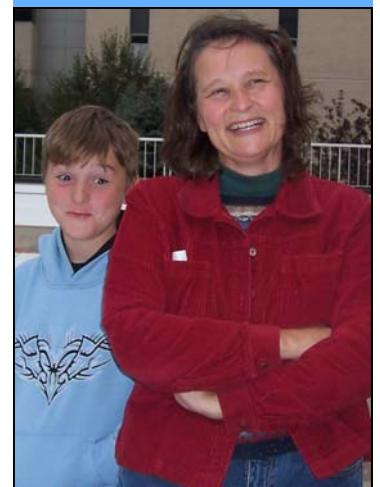
They want to expand the group so that as many people as possible can benefit from its support.

They hate the sight of someone on the outside looking in. They want to draw them in so that they can feel the warmth of the group.

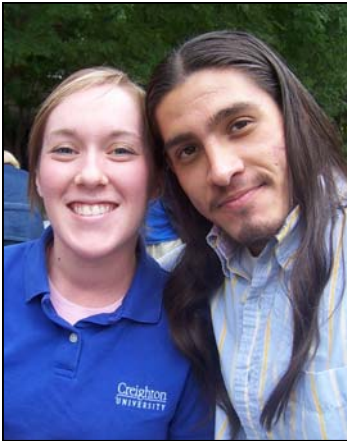
Includers are an instinctively accepting people. Regardless of race or sex or nationality or personality or faith, Includers

cast few judgments. Judgments can hurt a person's feelings.

An Includers accepting nature does not necessarily rest on a belief that each of us is different and that one should respect these differences. Rather, it rests on the conviction that fundamentally we are all the same. We are all equally important. Thus, no one should be ignored. Each of us should be included. It is the least we all deserve.



Nick Thurber and Karen Thurber enjoying the Piñata at the soirée.



Mary Roy and Guillermo Guzman enjoying themselves at the SSS Soirée.



Anthony Allee and Katie Shaffer at the SSS Soirée.



Jessica White and Amber Bennett at the SSS Soirée.

SSS Perspectives on Diversity by Ely Ramos

*The technical definition of diversity, according to the Merriam-Webster dictionary, is the condition of being **diverse**: **VARIETY**; especially: the inclusion of **diverse** people (as people of different races or cultures) in a group or organization.*

Several SSS students were asked what their definition of diversity is and how it enriches their lives?

Carolyn Kor is a senior majoring in Biology. "Diversity is more than just different faces and ethnic backgrounds.

Diversity is different interpretations of a given situation that is influenced by but not limited to culture, age, socioeconomic background, and faith. It is difficult to define diversity because the word itself is evolving and can be applied to anything from differences in body shape to favorite ice cream.

The growing diversity issues presented at Creighton has augmented my learning and understanding of different perspectives and world issues. This fascinates me. Learning about different diversity issues has inspired me to be a participant in many cultural, community building and community services activities which enriched my Creighton undergraduate experience I

will take this knowledge with me after I graduate."

Mehgan Nolan, a sophomore nursing student, shared her definition as "variety: similarities but differences between us that make us unique and individuals, yet unite us when we can accept and appreciate these differences." Mehgan states that diversity allows her to encounter new and different experiences with people who help her learn and understand unfamiliar things.



Luis Vasquez, sophomore pre-medicine student, stated, "More than a physical action, like mixing people, it is the exchange of thoughts, ideas, and beliefs through interaction; putting yourself in the other person's situation, as well being able to understand what that person has encountered."

Lilliana Jacinto, a freshman, stated that diversity is comprised of different cultures, religions and races. She states that diversity has played a major role in her life. She is from a Hispanic background, and she grew to love her culture



and its traditions. Throughout her life, she has met people from different religions and cultures, and it amazes her how different people are, but yet similar in many ways. She says, "you live and learn diversity in various ways, but the ultimate goal is to enjoy life."

James O'Brien, a sophomore, states that diversity to him is just simply being in the presence of people from more than one race or ethnic background that differs from his. Diversity has enriched his life in many different ways. Throughout high school he had a social network with friends of many ethnicities. By having these friends, he became talented at working with different kinds of people. He also was a multi-sport athlete, and he competed with different types of people who all had different styles, work ethics, and different views of the world. Most importantly, diversity enriched his life by teaching him to respect all people and allows him to view life from different angles. All of these have made him a more well-rounded person and has enabled him to learn many interesting ideas.



SSS Perspectives on Diversity Conti.

Albert Two Bears is a senior majoring in Native American Studies. Albert shares his view of



diversity as an overall different way of viewing the world. This can be the way we view objects, customs, people in our lives and also has an effect on how we interact with others. Albert said diversity enriches his life because the different ways of thinking allowed him to fully formulate his own views. He has borrowed aspects from other cultures that helped

him further develop his own culture. He says Diversity helps to break down barriers and above all, makes us a more tolerant society.

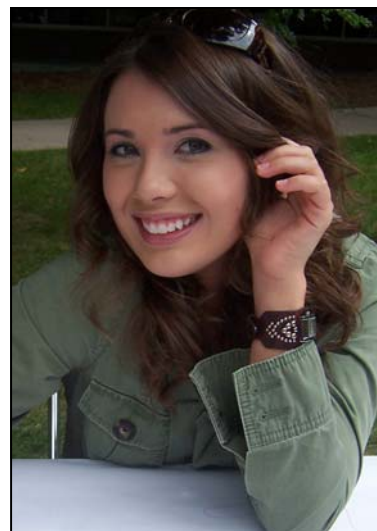
Amy Oum is a junior planning to become a pharmacist. For Amy diversity means having differences among culture, race, ethnicity and religion. Amy states that in our changing world it is important to have an understanding and



appreciation of diversity.

Having diversity in her life helps her see the world in a different perspective. It provides her with the opportunity to learn something from people with different backgrounds. Amy believes every person has something of importance that they can offer someone else through their own experiences and background.

In conclusion, diversity goes beyond mere looks; it is thoughts, ideas, customs, and outlook on life. It is what makes us interesting.



Brittney Lydick creates beautiful art on the table cloth at the SSS Soirée.



Wade Pearson and Dr. Michel Mallenby enjoying themselves at the SSS Soirée.



Kathy Daotay celebrating her victory at the SSS Soirée.

Cultural Events for October

CULTURAL EVENTS are designed to provide students with a wide variety of cultural opportunities. **Both tickets and transportation are provided free of charge for SSS students.**

Wednesday, October 3rd—Inroads Internship Presentation: The mission of INROADS is to develop and place talented minority students in business and prepare them for corporate and community leadership.

Friday, October 5th—Baby Shower: Please attend the baby shower for Liliana Murillo, Mary Roy, and Brandi Shortman. If you know friends or family who have baby clothes and other items to donate, bring them.

Bring gifts, if you wish!

Saturday, October 6th—Henry Doorly Zoo: Please join us for this educational and exciting, exploration.

Wednesday, October 10th—Healthy Lifestyles, Nutrition & Wellness: Discuss working out, proper eating habits, and getting enough sleep. Karen may bring in a nutritionist.

Tuesday, October 23—Diversity Day. New—not on the workshop schedule. This student initiated event will revolve around food and culture. Bring your favorite family dish to share from 11:30 am to 1 pm. Any food that you love will do. Sign up for the event at the Bulletin board.

Wednesday, October 24th Graduate School Preparation—

Rolee Kelly from Kaplan will explain on how to apply for graduate school. Kelly comes from Kaplan, a test prep company, which provides beneficial ways to prepare for graduate tests such as the MCAT and LSAT

Wednesday, October 26th El Museo Latino: This museum was the first Latin historical art museum and cultural center in the Midwest. Come view the amazing art exhibit and wonderful cultural exhibits. The Latin American Remembrance of the Dead celebrated is in early November in correspondence with All Saints and All Souls, please join SSS in viewing this special exhibit.

Student Support Services

Creighton University
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Markoe Hall
Omaha, Nebraska 68178

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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*

Karen Thurber, Academic Counselor, has a few important announcements and reminders to help you stay on track.

Congratulations to SSS participants:

- More participants are working with the Specialists, Denise, Pat and Rich. Keep it up.
- Only 20 Student Support Services students need orientation meetings. If you are one of the 20, please see Karen.
- Only 7 First Years need to complete Group 1 or 2. If you are one of the 7, please see Karen.

Reminders:

Use the computer lab, but

please watch the amount of paper that you waste. PLEASE ONLY USE for school related work. Due to budget cuts, we have less money for paper in our computer lab line item.

Remember that you can print your own degree evaluation on NEST. See Karen for assistance.

If you need tutoring in a subject, let Rich know. He is the Tutor Coordinator for SSS.

Come in for your Counselor appointment now. Remember midterm meetings after Fall Break.

Email Karen your participation summaries of outside events for workshops credit.

Do you need to apply to Pharmacy School? If so, see Karen.

Preparation for midterms:

Study, don't miss class, and see your professors.

Get plenty of rest, don't pull all nighters. Eat good food, avoid junk stuff, even if it is fast.

If you feel like you are not healthy, please see Student Health.

Be good to yourself. You get sick and you can't study and it is not good for you.

First Years— see Karen to do two year plans for your RSP class.

If you need to complete Group 1 and Group 2, please see me.

Sophomores— See Karen to do two year academic plans.

28 out of 40 have completed Strengths Quest. Get your code from Sandy Ciriaco in the CAP Center if you have not taken the quick assessment. She is at 280-5560. We will add your name to the bulletin board.

Juniors—Do you need to look for internships or apply to professional schools. Karen can help.

Seniors—Do exit surveys with Karen if you have not done so.

December graduates should applying for graduation by October 11th.

