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TRiO
STUDENT SUPPORT SERVICES

Hoots and Salutes to SSS Participants



Congratulations to **Nick Goulette** as the new Vice President of the Creighton Association of Human Resources.

Congratulations to **Herman Ing** who received the Hilton Hawaiian Village Scholarship.



Congratulations to **Amber Bennett** who was featured in the Omaha World Herald Living Section as one of Omaha's "heroes" for her community leadership.



Congratulations to **Amy Lan Ahn Dao** for recently becoming a citizen!

Congratulations to **Guillermo Guzman** who became a citizen on September 11th.



Congratulations to **Emerick Huber** on successful completion of the HIPAA Training.



Congratulations to **Lorena Zamarripa** for being named Beadle for the College of Business.



Congratulations to **Brandon Harrison** who had 300 people attend his band concert.

Congratulations to **Tu Tran** for earning an INROADS internship with Pfizer.



Congratulations to **Shakilah Hill** for earning an INROADS internship with Kutak Rock Law Firm.

Congratulations to **Chester Ashong, Charisse Bordeaux, Tai Do, Sammi Herman, Loc Hong, Monica Ibarra, Alpha Opese and Allison Weston** for earning the Gates Millennium Scholarship.

What is Peer 2 Peer?

The first year of college means a leaving home for a new place, saying good by to good friends, and making new ones, giving up home cooked meals for eating on the run or in the dining halls, asking permission to have the car to managing getting there on time on your own. The first year means so many changes, so much more to coordinate and be responsible for, it

can be overwhelming for a first year college student.

SSS sponsors a way for first year students to negotiate the maze of college. Peer2Peer pairs sophomore and junior mentors with first year students to form a partnership. In weekly meetings with their protégé, mentors provide guidance and a person to turn to help manage all the stresses and challenges of being a

college student. Mentors and protégés also have fun with others in the Peer2Peer program through activities Peer2Peer offers, like movie nights and bowling. Mentors learn valuable leadership skills while being a friend who has been there—and succeeded.

New protégés will meet their mentors at the Soirée, the SSS "welcome to college" fall event.



Adventures in Michoacan *by Cheryl Ligon*

Carlos Atencio, now a sophomore, came to Creighton from Albuquerque, New Mexico, interested in studying Pharmacy, and is especially proud to have survived his first year of college. Carlos has been actively involved on campus and has had many volunteer roles. He is also interested in becoming more active in CULSA at Creighton. This summer Carlos joined **AMIGOS de las Americas** and worked as a volunteer in the La Piedad, Michoacan region of Mexico for nine weeks.

AMIGOS is a non profit, non governmental, and non religious organization which strives to empower young leaders and strengthen multicultural understanding within the Americas. High school and college volunteers come to AMIGOS from all over the US, train for an entire year, and are assigned to a county. The volunteers are expected to live as the people live and become completely immersed in the culture,

speaking Spanish daily, and eating the local foods for the entire summer. Volunteers might provide classes to youth or participate in community work.

Carlos took on a lead role as a project supervisor, ensuring the safety of nine teenagers. He supported these volunteers by arranging for housing and food as well as visiting them weekly to assist in problem solving and to respond to the volunteer's emotional health and safety.

"The best part of my summer was watching my volunteers grow and mature," Carlos says. "I watched them from when they were new volunteers who did not have much experience with what they were doing, grow into mature young adults who actually had the power to do something and who had the ability to empower other people of other countries."

Carlos shaped these young adults into strong independent leaders. Interactions with the other supervisors he lived with also gave him insight about life and how the world works. "Over the summer, I became very independent and learned how to take care of myself and to deal with any situation that arose from living and working in a foreign country." Returning back to the US was a difficult shift for Carlos. "The lifestyle of Mexico became so normal that returning to everything and adjusting back to life here was a chore."

AMIGOS is always in need of volunteers and excited to receive any help. Any interested readers should contact Carlos at carlosatencio@creighton.edu.



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

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.—8:30 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.

Important Information for Sophomores!

This year all sophomores will have the opportunity to take the **StrengthsQuest**. This assessment will identify your five strongest traits. Knowing what your strongest traits are will help you to better understand yourself and how you fit into this world.

StrengthsQuest is designed so that a student can focus on their positive attributes instead of their negative traits. Your strengths can help you maximize your potential by learning to understand, apply and develop your strengths.

StrengthsQuest codes will be administered through the Residence Halls. **To take the**

SQ online, you will need to get access codes from your Residence Advisors. If you live off campus, you can visit the **Career Center** (located in Brandeis) and receive a code from **Sandy Ciriaco (280-5560)**.

We are looking for **100% participation!** Let's reach this goal.

Locks of Liz by Cheryl Ligon

When meeting Lizette Orihuela for the first time, it is nearly impossible to ignore her beautiful, long flowing tresses. Soon, however, Lizette will donate her most prized accessory to

Locks of Love. She feels compelled to donate to this charity because she has seen cancer first hand in her family. After Lizette's aunt was diagnosed with cancer and began losing her hair a few years ago, Lizette wanted to do something to help others. Now she has found a way to help those in need.

According to its website, **Locks of Love** it is a public non-profit organization that provides hairpieces to financially disadvantaged children under 18 who



Liliana Jacinto, Cheryl Ligon, Monica Ibarra & Liz Orihuela

suffer from long-term medical hair loss. **Lizette believes that doing this for young children is precious and invaluable. By restoring their self-esteem and their confidence, they can face the world and others.**

Although Lizette is doing this to help others, she is ready for a change as well. "It's

**For more information on
Locks of Love
and how to donate:**

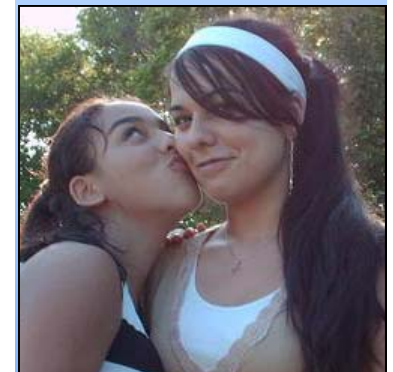
Toll Free (888) 896-1588
Email: info@locksoflove.org
<http://www.locksoflove.org/>

freshman year and it will be good to start with a new look." Lizette is enjoying her first year of college life, excluding the daily search for a parking spot. Her major is currently undecided or rather "still evolving."

Lizette loves being a part of Student Support Services because she needs to have the support in this new unfamiliar environment. **"I also wanted to meet people similar to myself, especially at Creighton where there's not a high percentage of minorities. I am happy to continue with the TRIO program and take advantage of tutoring and all the wonderful opportunities that I was given as a member of the Classic Upward Bound**



Lizette 'Liz' Orihuela shows off her long luxurious hair.



Michelle demonstrating her sisterly love for her big sister Liz.

How I use my Strengths by Chanel Ayano

Chanel Ayano is a sophomore originally from Honolulu, Hawaii and plans to become a pharmacist.

My strengths are Learner, Achiever, Futuristic, Responsibility and Focus, I was not at all surprised. As always, I am a person who is willing and eager to learn new things. As a result, I

strive to achieve goals never losing sight of my vision of the future. In doing so, I responsibly complete tasks, both for school and volunteer work, on time and with complete focus. This explains my five strengths. As one can see, all of these five strengths work together for me. There is not one particular strength which stands out from the rest.

Instead, they combine together, enabling me to achieve any goals in school and life. As I further progress through my college experience, I hope to develop each of my five strengths more. In doing so, I may be able to develop other strengths which are not listed in my top five as of today.

Chanel Ayano



Learner, Achiever, Futuristic, Responsibility and Focus



**Gorden Pang
Sophomore**



**Cheree Hatfield playing
Twister at the GDP Game
Night.**

**The most common
means of citation are
MLA and APA.**

WHEN IN DOUBT SEE DENISE

**FOR EXTRA CLARITY SEE
DENISE**

**TO GET THE BEST GRADE
POSSIBLE SEE DENISE**

**Denise is available for help on
this topic and to assist SSS
students.**

Spotlight on Gorden Pang *by Sarah Belt*

When asked the question "Is there anything extraordinary about you?", Gorden Pang's immediate answer is "Not really." Meeting Gorden and getting to know him leads one to believe otherwise.

An Omaha native and Creighton Prep graduate, Gorden is a first generation college student. He and his brother are also first generation citizens. His parents immigrated to the U.S. in the mid-1980s. His cultural background is a source of pride for Gorden. His favorite childhood memory is visiting relatives in Taiwan. His most prized possession is a necklace his father gave to him that has their family name engraved on it. He is also involved in Creighton's Asian Students

Association.

However, Gorden's ethnic background is not the only aspect that defines him as a person. An International Business and Finance major at Creighton, Gorden received the Jesuit High School Scholarship, has been on the Dean's Honor Roll and involved in the Anna Tyler Waite Leadership Program. He has consistently raised his GPA over his academic career and gives some credit to Student Support Services for that achievement.

"I'm a first generation kid going to college and was required to be involved in SSS freshman year. But it turned out to be quite helpful, so I decided to stick with the program. I receive a lot of help for school and

meeting with Karen Thurber helps me reach my academic goals," Gorden says.

Additionally, there are a number of little facts that also show the kind of person Gorden is. His favorite sound is rain or a waterfall. If he could be any animal, he would be a shark because a shark is never "another fish's prey and can travel the seas." He plays sports, likes to read, and is annoyed by "listening to people gossip." Gorden's academic achievements, cultural background and open mind show the core of who he is. However, it is best summarized through his advice to others. **"Show kindness and love to promote a positive environment throughout the world."**

Truth about Plagiarism and How to Avoid it *by Cheryl*

We all hear about it so often in school. We know to avoid it. But does everyone know how? There are many tips on how to write an essay or paper without plagiarizing and while citing it properly. The key to steering clear of plagiarism is learning how to paraphrase and focus on specific details of the topic. It is critical to one's academic integrity to properly cite in a paper. It is unethical to present someone else's ideas without proper citations. As Denise LeClair, writing specialist for SSS, says "Paraphrasing is an art—you really have to learn the material to put the ideas in your own words."

Make sure that when using **ANY** word from the original source, it is placed in quotation marks and cited.

Paraphrasing is extremely important in writing. To paraphrase means to express or share the idea of the author in an entirely different way- **this includes changing sentence structure**. The best way to paraphrase is by covering up the original material and think of a way to write it out in a unique way. Later compare it to the original. If any parts read the same, it is plagiarism. You **MUST** cite at all times if you paraphrase to respect intellectual property and give credit to that author. A

paraphrase is not indicated by quotation marks, but must be cited to give credit to the author of the idea.

In writing a paper in a fresh perspective it is important to interpret the purpose of the statement you want to paraphrase. **Whether using paraphrasing or quotes, a good rule of thumb is to come up with a good anchors. An anchor is a phrase that transitions the idea or example of the writer smoothly into the paper. To introduce these anchors for what was paraphrased use attributions; for example, explains, exerts, holds, argues, or demonstrates.**

SSS in the Know—Don Bishop *by John Paul Gurnett*



Have you ever wondered how you ended up here at Creighton?

For many students, one man was pivotal in their enrollment. His name is Don Bishop, and he is the Associate Vice-President of Enrollment Management. With that title, come many different responsibilities. "I set guidelines for policies for admissions and financial aid. I also make sure we follow strategies in consultation with others. **I put emphasis on students who are hard**

workers. It's important to reduce the importance of test scores and focus on work ethic and service."

During his tenure as VP, Bishop has increased the number of students of color and other underrepresented students on campus. He is also important in referring student to the SSS program. **He has also reversed 1 million dollars of aid money from entitlement merit to need based.**

Before coming to Creighton, Bishop previously worked at Cornell University as Associate Dean of Students and Enrollment Management at the Cornell School of Hotel Administration.

Bishop received his undergraduate and graduate degrees in economics from the University of Notre Dame.

Bishop came to Creighton because he was looking for a small Catholic college. He choose Creighton because academically it was the best. Bishop says the one major difference between Creighton students and students from the Ivy League are that Creighton students are "ambitious, but humble." Bishop adds, **"If you look at the success of students in SSS, it is a lot higher than expected. The students are responding. Success is their number one goal, and they are achieving."**



Fall 2007 Incoming Students

21% are first generation college students

21.7% come from households earning less than \$60,000

21.5% are students of color or from underrepresented groups

25% had ACT scores of 30 to 36—placing them in the Top 3% in the nation

51% had ACT scores of 27 to 36—placing them in the Top 10% in the nation

New Student joins SSS Newsletter Editorial staff

Cheryl Ligon is a freshman from Omaha and a graduate of Benson High School. Cheryl is currently undecided between a major in Biology or Journalism.

She believes that working on her writing skills through her involvement with the SSS newsletter will expose her to journalistic experiences that will help her decide a career

path that best fits her. She loves working and talking to other people, so she is enjoying this job so far! She hopes to strengthen her writing and communication skills.

How I use my Strengths *by Cheryl Ligon*

My first reaction when I received the Strengths results was that it matched my personality perfectly. It

also helped me learn that I did have strengths and how I could work to develop them.

The strengths that fit me best are Competition, Achiever and Responsibility. I use them daily. I use Achiever, Responsibility, and Learner in school and in my relationships. Competition helps me in school and other activities. Using Includer, I notice others who maybe do not have friends, or look lost

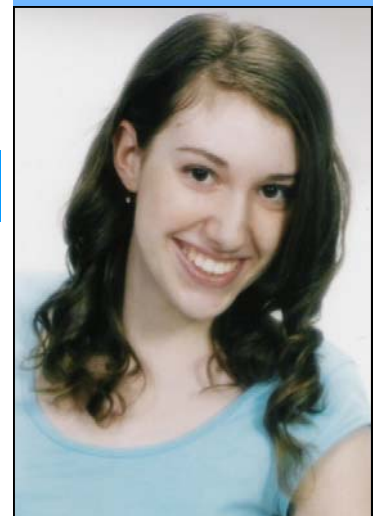
and out of place. I can relate, so I try to make them feel part of the group. It also helps me make friends with people.

Competition and Achiever help me do my best all the time, work long hours, be completely focused and immersed. I love that I can do this, especially when I am studying late at night. Being an Achiever along with Responsibility helps me avoid procrastination.

Cheryl Ligon



Achiever, Includer, Learner, Responsibility and Competition



Cheryl Ligon is a former participant in Creighton's Upward Bound Math Science program.



Karen Thurber
Academic Counselor

Counselor's Corner *with Karen Thurber*

Karen would like to thank the **98** students who completed their orientation within the last seven days. If you have not done so, please see Karen to complete your orientation.

Congratulations to Sue Selde, she has a new position in Nursing. Her replacement will be hired in the future. In the meantime,

all Arts and Sciences and COBA students should see Karen or Denise for academic success or study skills assistance. Nursing students can see Sue in Criss II, Room 195G or call 280-2254. If you are in Pharmacy, you can make an appointment with **Linda Scheirton** by calling 280-3108 or emailing

scheirtl@creighton.edu.

Remember that the Student Support Services Annual Soiree is coming up on **Saturday, September 15th from 1pm to 3pm in the COBA courtyard**. Hope to see you all there!

Don't forget to e-mail Karen your workshop summaries, so you receive credit.

Get Involved on campus

The **CREIGHTON INVOLVEMENT FAIR** is this **Wednesday, September 12th**, from **12:30 to 3:00 p.m.** on the Skinner Mall.

HELP STOP INTIMATE VIOLENCE. Several events will be held from **September 30th to October 6th** on campus. A information

table, campus walk and poster campaign are some of the activities currently planned. Come and show your support for this important week of events.

The **MILTON MILLER FAMILY** would like to invite you to join them on **Friday, November 16th** from **1:00-2:50 p.m.** in

room BIC G09. The Miller family will share the significance of traditional Omaha tribal dance, song and regalia at a special session of the pharmacy elective course "Learning Through Reflective Service: The Native American Experience."



Donnel Ecoffey, Jesse Padilla and Keshia Bradford playing Twister at the GDP Game Night.

September Cultural Events

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.** Attendance counts as 1 workshop credit.

Friday, September 14th—THOROUGHLY MODERN MILLIE (Omaha Playhouse) 2002 Tony award winner for best musical. A Kansas girl goes to New York for a new life where this country girl becomes flapper.

Saturday, September 15th — SOIRÉE FREE FOOD! Come see old faces and make new friends at this year's annual Student Support Services Soirée, which will be held in the Riggie Science Square from 1:00pm - 3:00pm.

Friday, September 21st—CROWNS (Omaha Playhouse) A gospel musical and dance play exploring the African American heritage as seen by a Brooklyn woman who moves to the South to live with her aunt.

Saturday, September 22nd — METRO POW WOW Come and

join us for an afternoon of cultural exchange at the Metro Pow Wow. This gathering of various native nations and fun activities will promises an enjoyable afternoon.

Wednesday, September 26th—BLACKBOARD AND SELF SERVE (Markoe Hall) This workshop will provide important instructions to guide all students with using the resources the university has provided to them. Many professors are now starting to use these web sites, so it is imperative to have a basic knowledge of these tools.



Keshia Bradford builds playdoh figurines with **Selyna Padilla and Sierra Buffalohead** at the GDP Game Night.

Spotlight on Ariel Chi *by Sarah Belt*

No one is super-human, but some people might think that Ariel Chia-Yin Chi is. Her academic achievements certainly give that impression.

A senior at Creighton, she is a Finance, International Business, and Spanish major. She was a 2003 Distinguished Scholar. She has been on the Dean's Honor Roll for both academics and social responsibility-service leadership. She was a National Merit semifinalist, involved in the National Youth Leadership Forum in Technology and is a member of the National Society of Collegiate Scholars.

Although she was born in Taipei, Taiwan, Ariel grew up in Nebraska. However, that didn't keep her from extensively traveling. She studied in Chile this past summer. She visited her family in Taiwan as well as traveling to Singapore and Malaysia with her cousin, which she says is the most fun she's ever had.

Ariel is a hard worker, and one would think that one of her many academic achievements was her greatest so far. But for Ariel, it's an experience that taught her about strength. In one semester she was able to pull off what many people only dream of doing.

"I took 18 credit hours, worked full-time at Pay-Pal, part-time for SSS and helped my parents with their new restaurant, Mandarin Fusion. It was a tough semester."

Although Ariel is busy, she uses her free time to be with friends and family. Family is very important to her, which is why you'll see her in the Student Support Services office so much. **"It's always a family atmosphere at SSS," she says.**

Along with the responsibility and self-motivation that she displays, Ariel is a child at heart. "I have this cabbage patch kid doll that I've had since I was young and she's just beautiful to me."



Ariel Chi with her little sister Lynn.



Ariel enjoying a rare treat—a vacation!

Tutors, Study Groups & Supplemental Instruction

Resource	Subject	Day	Time	Location
Rich Jehlik	BMS111	Tuesday & Thursday	1:30pm-3:30 pm	Markoe 110
Rich Jehlik	CHM111	Tuesday & Thursday	8:30am- 9:30am	Markoe 110
Rich Jehlik	CHM203	Mon., Wed. & Friday	1:30pm- 3:30pm	Markoe 110
Rich Jehlik	CHM321	Monday, Wednesday & Friday	By Appointment	Markoe 110
Rich Jehlik	BIO211	Monday, Wednesday & Friday	12:30pm -1:30pm	Markoe 110
Amy Xie	Chinese	Tuesday Thursday	11:30am-1:30pm 1:00pm-4:00pm	Markoe
Leslie Vela	Spanish	Tuesday & Thursday	10:00am-1:00pm	Markoe
Lindsey Neff	ACC201	By appointment	By appointment	Markoe
John Paul Gurnett	THL100 Dr. Eller	Monday & Wednesday	3:30pm-5:00pm	Markoe 112
Pat Al-Greene	Math	Monday, Tuesday & Thursday	8:30am-12:30 pm 5:30pm-8:30 pm	Markoe 119
Denise LeClair	English	Monday-Friday	8:30am -4:00pm (Except Tues/Thurs 11-Noon & 2-3pm)	Markoe 122

FREE TUTORS FOR ANY SUBJECT

Do you need a tutor in a subject area not listed? Just see Rich Jehlik to request a tutor.

You must complete a tutor request form available in Markoe hall or on the website.

Student Support Services

Creighton University
2500 California Plaza
Markoe Hall

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.

Editorial *by Sarah Belt*



When the Creighton campus flooded with people on the 22nd of August, I was one of those many students. Waking up in an exhaustion-inspired daze, I began to get myself back into the routine of school. I made sure to get up at 5:55 am. I observed how long it took me to get ready, so I could use my time better. I put my clothes out the night before and packed my bookbag.

The first day of the fall semester seemed to go effortlessly. “I’ve got this,” I thought to myself. “I’m gonna rock this semester. I won’t forget any assignments, I’m gonna get up and go to bed at the same time every day, I’ll

turn everything in on time, and I’ll get those straight A’s I’ve been longing for since freshman year!” It all seemed so perfectly simple. Boy, was I wrong.

I shouldn’t have been surprised that only two days later I woke up late and managed to make it to class on time by the skin of my teeth. While I used my weekend to study, just as I had planned, a theology assignment took six hours to complete because I was striving for the perfection I “knew” was needed in the course. By the end of the weekend, I had actually burnt myself out on the first assignments of the semester. “Could this *really* be happening already?” I thought.

In a panic I started to think about everything that needed to be done, about all the assignments that needed to be completed, about how I was a senior now so my graduation requirements needed to be in order. I terrified myself with these thoughts. And this all occurred *within the first week*

of the semester.

“I’m insane,” I thought. “Why can’t I just be like the rest of my classmates at Creighton?” It wasn’t until a friend, who I always thought had everything together, called me in frustration. She poured out to me the exact worries I was experiencing. “I have a bad case of senioritis. I can’t seem to get *anything* done!”

“Wow, someone else feels the same way!” I said to myself. So, it got me to thinking. Do my friend and I have realistic goals for ourselves? Do we think that the only thing important in the world is doing assignments perfectly and getting the best grades? My answer was, no.

No one can expect to have super-human powers. No one can expect to be able to control everything that happens. We can only control *this present moment*. Yes, I want to be accepted to graduate school. I want to do well on my finals and midterms. But I also want to be able to enjoy those accomplishments and enjoy

my life outside of Creighton. I believe these are all goals that most of us have. But how can we achieve those goals, if we don’t take a step back and look at what’s in front of us at this exact moment in time? It’s hard to accept, but sometimes not everything is going to get done. Sometimes, relationships, work, or even other courses take precedence, and it takes strength to step back and say, “Ok, I’ll just have to improvise here.” It doesn’t mean we can’t have the best grades; it just means that we can have the best grades *for us*. It’s hard to realize our own limitations. But once we’ve accepted that we’re not superheroes, that we are *human beings*, life gets a little easier, and the stress that we feel can be less intense. So the next time you feel like it’s all too much, that you’re not capable of everything you want to do, take a step back, breath and realize you’re in control of only this moment, and that’s all that matters.