

August 2008



Cheree Hatfield finds her ideal study space.



Guillermo Guzman uses the computer lab to get a head start on his assignments.



By the second day of classes Song Zheng is tired from all the studying.

## We Moved to the Harper Center!

We have kept a close watch on the Mike and Josie Harper Center for Student Life and Learning, waiting until it opens and now it is finally here! Over the summer, the SSS office moved out of Markoe Hall and into the 4th floor of the Harper Center.

The new space has a lot to offer the staff and students. The office includes a study/lounge area, nine testing/study rooms, a computer lab with 19 computers, multi-purpose conference room, a work-study area, a workroom, and offices and storage for staff. The new space also has new furniture throughout.

Besides the SSS office the Harper Center houses:

- 500 seat theater
- Alumni Sports Café
- Ballroom



Our new computer lab in the Harper Center houses 19 computers.



Our new Lobby Area in Harper Center.

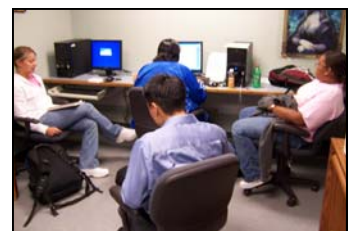


Our old Lobby area in Markoe Hall.

- Bookstore/Spirit shop
- Card Services
- Career Center
- Center for Service and Justice
- Classrooms
- Coffee House
- Commons/Lounge spaces
- Convenience Store
- Counseling and Psychological services

- Student Health Services
- Disability Accommodations
- Enrollment Management
- Financial Aid
- Fitness Complex
- International Programs
- Meeting Rooms
- Multicultural Affairs
- Student Employment
- Student Success and Retention
- Undergraduate Admissions
- Office of the Vice President for Student Services
- Welcome Center

The hours of operation for the Harper Center are Monday-Friday 6:30 am to 11 pm and Saturday and Sunday 10 am to 11 pm. The SSS office will be open from 8:00 am to 4:30 pm Monday-Friday.



The old Markoe Hall computer lab housed six computers.

**TRiO**  
STUDENT SUPPORT SERVICES

## Hoots and Salutes

Congratulations to **Chanel Ayano** for being accepted into the School of Pharmacy!

Congratulations to **Lan Anh Dao** for being accepted into the School of Pharmacy!

Congratulations to **Lynn Tran** for being accepted into the School of Pharmacy!

**Meredith Keith** will be a Decurion for Dr. Rudi Mitchell

and **Adrian Sandoval** will be a beadle.

**Cheree Hatfield** will be a welcome week leader for the students in Dr. Rudi Mitchell's RSP Group.



Lynn Tran shows she has a beautiful smile!

## Spotlight on Lynn Tran *by Sheila Field*

Lynn Tran is a first year pharmacy student from Honolulu, Hawaii. Before getting into pharmacy school, which is her greatest accomplishment, Lynn majored in psychology and minored in biology. She would love to work closely with those fields in the future. Lynn chose Creighton because she wanted to get into pharmacy school and heard about the reputation of the program. Once at Creighton, she started saying she came because of the people.

Lynn was contacted about being in the SSS program and decided to join because she felt she could benefit from the help that SSS offers. She has benefited from SSS in many ways for instance she has seen Denise and Karen for help many times. She enjoys SSS because "Everyone is so comfortable with each other and trusting. Even with authority figures, everyone is equal in their input to make SSS better. Everyone at SSS listens to one another."

One of the most difficult but rewarding experiences Lynn has had was being a Welcome Week leader. She said, "Training tested me socially, emotionally, mentally, and physically. It was a big step for me and very out of character. I don't open up to others very easily, and it takes time for me to trust people, but being a welcome week leader meant pushing all of those things aside and being there for the new students." Lynn also looks forward to the Luau every year. She likes that it gives other people a chance to learn about her and where she comes from.

Lynn is a disciplined and motivated student. She even surprises herself sometimes in the middle of the school year because she is not tired of doing homework. Lynn's favorite professor at Creighton is **Madame Lund**, her French professor. Lynn likes how Madame Lund actually cares about student progress and teaches more than just the language. Lynn also likes how Madame Lund rewards students for their efforts.

Lynn was surprised that she is able to live on her own. Since she is the first one in her family to leave Hawaii straight from high school, her independence was surprising to her family as well. She is able to keep on top of her school while also managing to cook, clean, and do her own laundry.

One place you will not find Lynn is at a swimming pool. Even though she is from Hawaii, she does not know how to swim. When she was three, her older sisters let go of her in a pool and she was traumatized from that experience and never learned how to swim. When she is not studying, Lynn likes to go shopping with her friends at Target and the grocery store. They also like to go to Cold Stone and eat ice cream until they are sick and cold.

The possession Lynn loves most is her laptop because it lets her stay connected with everyone she cares about, and it lets her find funny stories about celebrities. Lynn is happiest when she is physically and mentally drained and takes some time to do nothing because the nothing she is doing is for her and not for someone else. Lynn is annoyed when people do something

wrong, blame others, and then get angry because they are embarrassed for themselves. She says, "I thought we weren't in high school anymore." Lynn does not like people using the word "stupid" because "it's too weak and vague to express how someone really feels about something and when said to others, it can be very mean." Lynn loves to hear is "my little cousin laughing; her crying pales in comparison."

Lynn's most embarrassing moment was when she figured out someone was not her friend when that person told her she disliked her. Her favorite childhood memory is finding a kitten and telling her dad "Mom said it was okay to keep her," and then telling her mom "Dad said it was okay to keep her!" If she could be an animal, she would be a lion because her zodiac sign is Leo. When she was little, she loved big wild cats. She would also like more of the bravery lions have.

Vietnam is Lynn's choice for most exciting place she has been. She said, "I was seven and a half and a brat, but everyone still loved me and kissed or squeezed me when I didn't want to be kissed or squeezed. It was hot, and there were so many mosquitoes, but now that I look back on it, I loved it. I've never felt more at home or loved. I also got electrocuted there. VERY exciting, indeed."

Lynn has advice for others, **"work hard and know why!" She has seen many people give up because they don't know why they are trying so hard. "If a person knows why then they will make it sooner or later because they will care enough to."**

### Office Hours

Monday—Friday

8:00 a.m. – 5:00 p.m.

Extended Hours

Wednesday

8:00 a.m. – 8:00 p.m.

### Staff Hours

Tami Buffalohead-McGill

M-F 8:30 a.m. – 5:00 p.m.

Karen Thurber

M-F 8:00 a.m. – 4:30 p.m.

Denise Le Clair

M-F 8:00 a.m. – 4:30 p.m.

Rich Jehlik

M, W, F 12:30 a.m. – 4:30 p.m.

T, TH 8:30 a.m. – 2:30 p.m.

Pat Al-Greene

M, T, TH 10:00 a.m. – 4:00 p.m.

W 2:00 p.m. – 8:00 p.m.

Sandy Cervený

M-F 8:00 a.m. – 4:30 p.m.



## New Building New Rules!

-No food or drink in the Computer Lab.

-Please clean up after yourself if you make a mess.

-Do not go behind Sandy's desk.

-Do not go into someone's

office when they are not there with out permission.

-Please use the printers for academic purposes only.

-The printers and copier are for SSS students only. Do not let friends who are not in SSS use the printers or copier.

-Please keep the noise level down in the lobby area.

-Do not go into the work-study space unless you are scheduled to work.

-Log off the computer when you are done to protect your documents.



Laser Tag offers a great opportunity for leadership development.

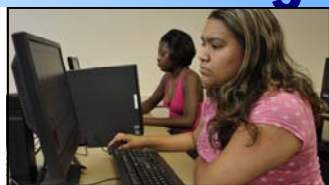
## SSS Student's Use of Program Services

Last year September had the highest number of people who swiped their card when entering Markoe Hall with a **total of 807.**

**September 2007 also had the highest daily total of students who came in on one day with a total of 62 .**

**Last year, the average monthly number of students who swiped their card was 420, and the average daily total was 26, with Monday and Thursday having the highest number.**

A frequent visitor to the SSS office between working in the office and studying, **Brenda Aguero** used the office every day. Brenda said, "I use the office probably every hour. The only time I didn't use the office



Brenda Aguero using the facilities. last year was when I was in class." Brenda came in to the office most often to use the computer lab, but she also came to study in the conference room with friends and study by herself in the study rooms. She also came to talk with friends and to see Tami and Karen. In the new space, Brenda plans to use the study rooms more often because there are more of them, and she also plans to use the study/hang out area and the computer lab.

**Melissa Choi**, a student in SSS, also used the office everyday.

Between classes, Melissa goes to SSS because she does not live on campus. She goes there for everything: eating, sleeping, studying, using the computer, and talking to the staff and other students. She feels that she will use the new space like she did the old space because it is "one million times bigger." Melissa gives advice to new students about the office: "If you are struggling with a class or teacher or anything, go in and talk to someone. No one judges you, and the staff are willing to help you out."

**Students keep coming to the SSS office to talk to staff about problems or just talk, study and meet new people. It is a great place to have.**



Laser Tag offers a great opportunity for community building.



Laser Tag offers a great opportunity to make friends with other SSS members.

## Workshops

**Thurs., August 28th**

StrenghtsQuest, 8:15 pm, Student Center Ballroom.

**Sun., August 31st** Laser Tag

4:00 pm to 6:30 pm. Meet at 20th Street fountain by Harper Center.

**Tues., September 2nd** Fall Break

Service Trip info meeting 12-12:30 pm and 4-4:30 pm, CCSJ

**Wed., September 3rd** Self

Defense, 3:30 pm to 4:30 pm, Harper Center 4008

**Wed., September 10th** Easy to

Fix, Often Overlooked, Writing by Instructor Standards, Editing 3:30 pm Harper Center 4008

**Wed., September 10th**

Involvement Fair, 11:00 am-2:00 pm, Student Center Ballroom

**September 10th, 11th, 16th**

Job/Internship Search, Harper Center 2015

**September 12th, 18th, 24th**

Resume Writing ,Harper Center 2015

**Saturday, September 13th**

Soirée, 1:00 pm-3:00 pm ,Rigge Science Square

**September 15th, 17th, 23rd,**

**24th** Interviewing Techniques, Harper Center 2015

**Wed., September 17th** Tutoring

and Sign-up, 3:30 pm-4:30 pm, Harper Center 4008

**Sun., September 21st** (Cultural

Event) *Intimate Apparel*, 7 pm, Omaha Playhouse

**Wednesday, September 24th**

BlueLine and NEST, 3:30 pm-4:30 pm, Harper Center 4008



Laser Tag is great fun!



## Staff Directory

Tami Buffalohead-McGill

tamib@creighton.edu

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280-3468

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280-3007

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Harper Center 4023

280-2166

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280-2167

Pat Al-Greene, Math

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Harper Center 4021

280-2165

Sandy Cervený, Admin. Ast.

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Harper Center 4008

280-3384

Main Desk

280-2749



## College Tips *by Sheila Field*

The transition to college can be difficult. Many students feel overwhelmed or even homesick, but don't worry, this happens to many when they first come to college. College brings on whole new responsibilities and a tough work load for all students. Here are some tips from Quintcareers.com to make the transition to college an easier one and to keep students on track.

**Get to know your roommate and others in your Residence Hall.** You will find you like your residence hall room better if you like the people you are around. Also the people you live with are probably going through some of the same things you are so you can relate and work through things together.

**Get organized!** Know due dates, deadlines, and activities. Keep the important dates in an organizer or calendar to stay on track.

**Find your ideal study place.** Think about where you like to study, then search the campus to find that special place to fit your needs.

**Go to class!** Sleeping in or avoiding a boring lecture is tempting but not wise. If you skip class you might miss important information that could be on the test or a change in a due date.

**Read the Syllabus.** Make sure you know course requirements and deadlines. There is no excuse for not getting work done. Look ahead and stay on top of homework.

**Meet with professors.** Only good things can come of this. Professors have office hours to meet with students. They want you to come in and get help



when you need it.

**Get to know your academic advisor.** This is the person you should talk to when you need to add/drop classes, choose a major/minor, and create a schedule. If you feel you do not get along with your advisor, request to change advisors. This person should be the one you go to for academic help.

**Seek a balance.** Make sure you study, but also make sure you are not always studying. Study hard to play hard!

**Get Involved!** There are many clubs and organizations that you can join on campus. This will give you a sense of belonging, and you will meet new friends and learn new skills and feel more connected to the school. Just make sure you do not go overboard!

**Take advantage of study resources on campus.** There are labs for almost every subject that has tutors on hand waiting to help you. You can also get help from the SSS staff and tutors.

**Make time for you.** Take time to relax and de-stress! This may be doing yoga or listening to music or even watching a movie.

**Don't feel pressured to make a decision right away on a major or career choice.** Take your time and discover what it really is that you want to do. Don't worry that others seem to have their life mapped out, who knows they might change.

**Get to know other students in your classes.** Try to get to know at least one person in your class. This will help you out when you

miss a class and need notes, or if you need someone to study with.

**Use the Career Center.** If you are unsure about your major, go to the career center. They are trained to help you find what is right for you. They can even help you plan and prepare for your future in college and beyond.

**Don't procrastinate.** If you wait until the last minute to do something, often times your grade reflects that. Prioritize! A good tip is to pretend the due date is closer than it is so you get things done early!

**Stay healthy and eat right.** Make sure you don't eat pizza for every meal! Eat a balanced diet. Also make sure you are getting enough sleep and exercise. This will help you stay well and not have to miss classes.

**Learn to cope with homesickness.** It is natural to miss the family and friends from home. Find a way to deal with those feelings. You might try phone calls and emails.

**Stay on campus as much as possible.** You might be tempted to leave if you are homesick, have a job, or miss a boyfriend or girlfriend. The more you stay on campus, the better you will get to know campus life and your new friends.

**Get professional help when you need it.** Go to the Health Center if you are feeling sick, depressed, isolated, or overwhelmed. You can also talk to your RA or visit with the staff of SSS.

**Be prepared to feel overwhelmed.** A lot is going on and changing in your life right now. Be prepared to feel unprepared or overwhelmed the first couple weeks of school. Remember you are probably not the only one feeling this way. Things will get better, and you will find your rhythm. It just takes a little bit of time.



## Recent Graduate: Joshua Marshall

Joshua Marshall recently graduated from Creighton University and during his time here, Joshua was in SSS. Today he is in the Peace Corps in Morocco.

After graduating, Joshua worked at Cardoner at Creighton as an intern. In March of 2007, Joshua began his 27 month service in the Peace Corps. After three months of technical and language training, he and 60 other people were sworn in as volunteers, and he headed off to his site in Morocco. He is working in the field as a rural health volunteer. Joshua has learned to speak Tamazight, one of the three largest dialects of the Amazigh, also known as Bebers, the indigenous people of Morocco and North Africa.

Joshua lives in the farming community of Bebers in the southern province of Ouarzazate. The province is called "the Hollywood of Morocco" because many movies have been filmed there. Some of the movies are "Babel," "The

**If you are interested in learning more about the Peace Corps see:**  
<http://www.peacecorps.gov/>

Hills Have Eyes," "Gladiator," "The Man Who Would Be King," and "Bourne Supremacy."

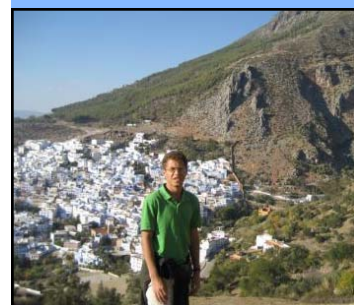
As a volunteer, Joshua works with "the staff of the local *sbitar* (clinic), commune and commune president, schools, and other associations and community members to identify and address the community's health needs and develop educational programs specifically for the area."

In the summer nothing much happens because it is so hot, so Joshua enjoys other activities such as learning about the community he is in and about Islam, Morocco, the King, Arabs and Bebers. In turn, Joshua tells them about America. He says, "Since Morocco is only one of two Arab-Muslim Peace Corps countries, I take extra seriously the cross-cultural component of my job."

Joshua has discovered how

powerful language is. He observes, "What you speak says a lot about your class, education, background, etc., needless to say. In conversations, it isn't unusual for the people to speak all languages at once! Sometimes a single sentence will contain three or four languages. Some Berber children and adults are ashamed to admit that they speak Berber because it still carries a stigma of being the language of the poor and uneducated and worthless."

Once his time in the Peace Corps are over, Joshua plans to travel with his grandmother and sister before moving to Seattle to work for the Bill and Melinda Gates Foundation. He also hopes to get an MPA while in Seattle. He will consider pursuing law school or just continue to work in the international development field. Whatever Joshua decides to do, he is already a very accomplished man and will go on to do even more great things.



## Summer Pre-Law Experience



Xai Vang and Cheree Hatfield.

This summer Cheree Hatfield and Xai Vang participated in the LSAC PLUS Program Summer 2008 Pre-Law Institute in Lincoln, Nebraska. This experience provided the girls with valuable information about their decision to go to law school and how much preparation it

takes to just get in. Before going to the summer program, they took several first year law school courses that gave Xai and Cheree insight into what law school would be like and information about future careers. The summer program included a tour of the



Cheree in action.



Xai Vang hard at work.

Nebraska Capital, where they met the Chief Justice of the Supreme Court and sat in on actual court cases at the Douglas County Courthouse. Most of all, the experience better prepared Cheree and Xai for the future and what it is like to be a lawyer.

## Student Support Services

Creighton University  
2500 California Plaza  
Mike and Josie Harper Center for Student  
Life and Learning  
Omaha, Nebraska 68178  
Phone: 402-280-2749  
Fax: 402-280-5579  
E-mail: [tamib@creighton.edu](mailto: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 as well as 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*

Welcome back! Remember to check out the new facility in the Harper Center suite 4008. We now have 15 computers and several study/testing rooms. There are two lounges and a conference room. Come and visit and stay awhile!

Remember to complete the orientation meeting. First year students, please sign up as a Protégé with the Peer2Peer program. Only three mentors are left. Contact Denise LeClair or Emmanuel de Jesus.

Complete a tutor request form and talk with Rich if you desire tutoring this semester. Please start early. Don't wait till you have problems. Start with a tutor to help you the whole semester.

Make your appointments with Denise to review a paper soon. She needs two or three days notice.

Workshops are being planned, and you need to complete two as an upper-class student. Tami is looking for assistance with

Gates workshops on Aug. 20<sup>th</sup> and Nov. 1<sup>st</sup>. Grant Mussman will be talking about StrengthQuest on Aug. 28<sup>th</sup>. Tami will be taking students to Laser Tag on Aug 31<sup>st</sup> around 4:00 pm. Remember there are scholarships for you if you are interested in taking a Fall Break Service Trip and applications are due Sept. 8<sup>th</sup>. Ken Stable will have a Self Defense workshop on September 3<sup>rd</sup> in Harper 4008. I'm looking forward to seeing everyone and working with you all year.



**Harper Center room 4017**

**Phone: 402-280-3007**

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# Welcome Back!