



Loc Hoang helps to hang a piñata on the branch of a tree at the annual SSS Soiree.

## Hoots and Salutes

Congratulations to **Guillermo Guzman** on securing an awesome internship with the Lindsay Corporation.



Salutes to **Kathy "Kat" Daotay** for donating her luxurious hair to **Locks of Love** this summer.



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

Toll Free (888) 896-1588

Email: [info@locksoflove.org](mailto:info@locksoflove.org)

<http://www.locksoflove.org/>



Erica Stewart looking like a real physician.

## My Experience at the SMDEP *By Erica D. Stewart*

Last summer my life was forever changed because I decided to spend it with a group of talented and gifted individuals at the Summer Medical and Dental Education Program (SMDEP) at the University of Nebraska Medical Center. From June 1<sup>st</sup> to July 12<sup>th</sup>, I was given the pleasure and the honor to participate in this 6-week program that provided me with life-long lessons about hard-work, dedication and what it will take to become a medical professional.

To be completely honest and candid as possible about what led me to this experience, that when I received an email from Tami about this program, I felt so loaded with school, work, and other activities at the time that I wasn't even going to apply. I read the email and said to myself, "**This sounds like a great program that will be beneficial to me in the future,**" but then I got lazy and under-motivated and

decided to just pass it up. But one day, Karen and we were talking about it, and I was second-guessing my previous decision, and I asked myself, "What's the harm in trying?"

So on February 25<sup>th</sup>, 2008, less than a week before the application was due to the National SMDEP office in Washington, DC., I decided to go for it. What did I have to lose? After I submitted my application, I went on a Spring Break Service Trip and was anxious about my application status during the entire service trip. To make a long story short, I received an email after I returned from my trip that informed me that I had been accepted into the program. A surge of excitement ran through my system as a result of this news, and my life has changed drastically ever since.

The six-week experience was no vacation for any of the participants. We had to start the day early and finish it

strong. We had a four-hour early morning session on the sciences that began on the second week and changed each week. The morning sessions of week two were dedicated to math, week three was dedicated to physics, week four was all about chemistry and week five was dedicated to biology. I have to say, it was difficult staying awake, but the sessions were satisfying and provided me with a great wealth of review material for the MCAT.

During the afternoon sessions each day, we spent time discussing more of the human side of medicine and dentistry, with sessions devoted to issues within certain disciplines, such as public health, health disparities, and medical ethics. As a participant of this program, I really got to experience both sides of the healthcare profession and



Erica Stewart showing off her professional smile.



What's colder than ice? ICE COLD! Steele Valenzuela is preparing for the upcoming cold weather.

## My Experience at the SMDEP Continued

truly understand that it's not all about the white coat and the stethoscope; it's about humanity and the greater good of all people. A physician or a dentist is to carry themselves with professionalism and compassion that is genuine and truthful, and I have discovered that I have both in a bountiful amount.

In addition to class each day, each participant was granted four shadowing opportunities and several volunteer opportunities in the student-run clinics in impoverished areas all over the city of Omaha. I had the opportunity to shadow physicians in the emergency room, family medicine, radiology and gastroenterology. My eyes were open to what it truly takes for a physician to interact and better communicate with his or her patients and how some develop lasting relationships with them. The doctor-patient interaction



that I witnessed while shadowing were the moments that cemented my decision to truly go for my dreams of becoming a physician.

Aside from the academic side of the program, I met and became close friends with many of my fellow participants. I learned that it's very easy to make friends with people who share your interests, especially your career choice. There was a great ease when it came to getting along with everyone because we were all so open to the possibilities of being close and encouraging one another to simply go for what we want in life. We helped one another and were truly there for one another in ways I never thought we would be.

To conclude, if you are currently a freshman or a sophomore who has aspirations towards a career in medicine or dentistry, I highly recommend the Summer Medical and Dental Education Program as a launching pad. There are several universities throughout the United States that host this program, usually at their medical/dental schools. You can't afford to sit and watch your dreams fly by. You have to catch up with them and allow them to flourish. I've become a better person and a better student by participating in this program, and I believe that participants have much to gain and nothing to lose by taking six weeks in the summer towards realizing their goals.

For more information about SMDEP, please visit [www.smdep.org/](http://www.smdep.org/). Applications are being accepted starting **November 1st 2008!**

## Role Models *by Lebre Perry*

**Steele Valenzuela** is a freshman who defines a role model as someone who is always willing to help you out in any situation. Steele says he has a role model in his high school guidance counselor. Steele says "He helped me with anything and everything, and he always pushed me to work harder and to be a stronger person." Steele says the greatest achievement his role model

helped him with was applying and being accepted to college, Steele says, "especially Creighton."

Steele believes that role models are important in life because they help the people who look up to them strive to be as good as they are. Steele believes that the youth of today do not have many positive role models and too many negative role models.

Steele says he believes he is a role model to his brothers and sister because he always does great things to give them an idea of what to follow. Steele believes that being a role model has really impacted his life because it makes him have more self confidence knowing someone looks up to him.

## Upcoming Events! *by Angel Le*

The **Multicultural Retreat** will take place from Friday, September 26th, through Saturday, September 27th, at the beautiful Niobrara State Park. Registration is online through Campus Ministry.

Kaplan is having their **Pre-Health Edge Event** on Wednesday, October 1<sup>st</sup> from 5:30 p.m. to 8:30 p.m. at the University of Nebraska Medical Center, Durham building.

CUASA is presenting **SHOWTIME** on Thursday, October 2<sup>nd</sup> and October 9<sup>th</sup> from 8:00 to 10:00 p.m. in the Harper Center ballroom.

On Friday, October 3 the **Pancho Sanchez Latin Jazz Band** will play at the Holland Performing Arts Center (Kiewit Concert Hall) at 8:00 p.m.

Student Activities Office is

having a **Leadership Retreat** on Saturday, October 4<sup>th</sup>, noon to overnight at the Griswold Retreat Center.

Attend the **Career Fair**, Wednesday, October 8<sup>th</sup> from 11 a.m. to 3 p.m. in the Harper Ballroom.

Sue Selde is presenting **Healthy Lifestyles** on Wednesday, October 9<sup>th</sup> from 3:30 to 4:30 p.m. in Harper 4008.

There is an **Internship Forum** on Friday, October 10<sup>th</sup> from 3 p.m. to 4 p.m. in Harper 3027.

Cardoner is funding the **Chinle, Arizona Immersion Trip** which will take place from Sunday, October 19th through Friday, October 24th.

**The Capitol Steps** will occur on Thursday, October 23rd at 7:30 p.m. in the Orpheum

Theater.

On Saturday, October 25 at 8:00 p.m., the **Cirque de la Symphonie** will perform at the Holland Performing Arts Center (Kiewit Concert Hall).

**Inroads Internship Program** will present on Tuesday, October 28th in Harper 4008 at 3:30 p.m. The program describes internship opportunities for minority college students. Organizers will collect your resume and try to match you with an organization.

Rolee Kelly from Kaplan will be doing a presentation on **Graduate School** preparation on Wednesday, Oct. 29th, 3:30 p.m. in Harper 4008.

Remember to sign up for the **Henry Doorly Zoo** event on Saturday, November 15th

## 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

Sandy Cervený, Admin. Ast.  
sandycervený@creighton.edu  
280-2749

## Office Hours

Monday—Friday:  
8:00 a.m. – 5:00 p.m.

Evening hours

Monday, Tuesday,  
Wednesday and Thursday  
5:00 p.m. – 8:00 p.m.

## Staff Hours

Tami Buffalohead-McGill  
M-F 8:00 a.m.—4:30 p.m.

Karen Thurber  
M-F 8:00 a.m.—4:30 p.m.

Denise Le Clair  
M-F 8:30 a.m.—5:00 p.m.

Rich Jehlik  
M-F 8:30 a.m.—3:00 p.m.

Pat Al-Greene  
M-TH 9:00 a.m.—Noon  
5:00 p.m. – 8:00 p.m.

Sandy Cervený  
M-F 8:00 a.m.—4:30 p.m.

## SSS Graduate *by Brittany Korus*

My name is Brittany Korus and I am a recent grad from CU Nursing School! Graduating from college was fun, sad, and scary all at the same time.

Luckily life for me after college has changed for the better. I took my nursing boards and passed on the first try, and I am now working at Bergan Mercy hospital here in Omaha. I am working as an RN on the orthopedic floor, and I am really liking it!

I also recently became engaged to a wonderful man, and I am planning my wedding!!

I am so grateful for my Creighton education and



wouldn't trade my college years and memories for the world.

In the next couple of years I am planning on going back to school for a master's degree.

I want to give a big thanks to Karen Thurber and SSS for all their help throughout the years. You all are great! Keep up the great work!!





Marissa Begay holds a handful of snacks and candies from the SSS Soiree.



Jeny enjoying her summer vacation in Miami!



Jeny is showing off her beautiful smile

## Recycling *by Sheila Field*

Creighton's campus has a new recycling program.

So what's trash and what's not?

### Recyclable in the blue paper bins:

Paper of all types

Office paper

Envelopes

Copy paper

Colored Paper

Newspaper

Magazines

Catalogues and phone books

Cardboard of all types

Plastic containers of all types

Pop/water bottles and cans

Metal containers of all types



### Not Recyclable in the blue bins:

Glass

Plastic bags

Construction material

Tissue or Paper towels

Food or liquid

The SSS office has blue recycling bins throughout the office and a trash can in the workbook.

## Ramadan *by Jeny Acosta*

This September, from the 1<sup>st</sup> of the month until about the 30<sup>th</sup>, all Muslims around the world are observing **Ramadan**., the ninth month in the Islamic calendar which determines each month by the new moon.

Ramadan is a holy month in Islam during which all Muslims fast from sunrise to sunset each day. Fasting consists of not eating, drinking (not even water), smoking, or putting anything into your body. Also, fasting means not engaging in any sexual thoughts or behaviors and not lying, gossiping, cheating or other such behaviors.

Every night before going to bed during this month, Muslims make their intention to fast the next day. About half an hour before dawn Muslims usually wake up to drink water and have a pre-dawn meal called Suhoor in order to be hydrated and

energized for the day, then pray to begin fasting. Later that day when the sun sets, Muslim break their fast with something small, such as a little bit of water and some dates, then pray, and finally enjoy a meal.

It is mandatory that all Muslims, unless ill, pregnant, too elderly, or traveling, fast during this holy month in order to experience what less fortunate people experience every day. Ramadan helps keep Muslims humble and grateful for what is given by God. Fasting also helps Muslims develop self-control. By fasting Muslims are constantly conscious of personal actions and behavior.

At the end of Ramadan is Eid, a holiday which Muslims celebrate by wearing new clothes, exchanging gifts, and sharing a feast together.



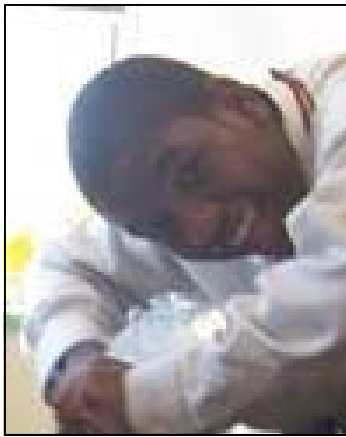
As I Muslim, I personally look forward to Ramadan each year. It is a time when people come together every night to share and reflect upon God's greatness and gifts to us. I am able to take time to reflect and be grateful while spending more time with loved ones. Although it is difficult to get the body used to fasting, after the first two or three days it becomes easier. Besides trying not gain too much weight from feasting every night, Ramadan is a month filled with happiness and good times for Muslims.

If anyone is interested in experiencing what it is like to fast for one day and then breakyour fast at sunset by sharing a feast with other people who have also been fasting, please feel free to contact me for more information at [jenyacosta@creighton.edu](mailto:jenyacosta@creighton.edu).

## Close Up with DeVon Billups *by Ely Ramos*

**Devon Billups**, a freshman at Saint Peter Claver High school, is working in the Offices of Student Support Services and Disability Accommodations, through of a program at his high school. At Saint Peter Claver, students attend classes four days a week and work one day a week, in order to pay for 70%-75% of their tuition. Creighton has eight interns this year, and SSS was fortunate to get Devon as our intern.

When asked what he liked about working at SSS he stated, **"I am kept busy and I'm never bored."** He also



enjoys being around Creighton students because he lives vicariously through the students at SSS. One thing that he really dislikes is

when he is called a "kid" just because we are four or more years older. He likes to be treated as one of the members of our SSS community. **Devon says, "I am very mature for my age, but the only difference I do see between people my age and the college students at Creighton is they are more sophisticated."**

In the future, Devon plans to go to law school either here at Creighton or at UCLA. Devon's motivation to achieve his goals is to be a good example for his little sister, niece, and cousin.



Monica Ibarra, Chant Knight and Devon Billups playing with bubble wrap.



Jessica White and Amber Bennett enjoying their time at the Soiree

## Time Management Plans *by Ryan Wong*

Time management is an issue that faces every college student. If you are having trouble managing your time for school or do not know where to begin, there is a solution! SSS would like to inform you that **Denise LeClair** is available to help you to develop a time management plan. We

encourage you to use this opportunity to help yourself become more organized. Developing a time management plan can also relieve some of the stress off of your shoulders!

Denise is also available to go over the Myers-Briggs Type Indicator (MBTI) and StrengthsQuest with you.

After taking these questionnaires, she can identify ways to improve your study habits based on your individual learning style!

Either stop by Denise LeClair's office in SSS or give her a call at 280-2166 to set up a meeting and schedule an appointment.



Loc Hoang and Mary Doan express their excitement after the piñata breaks.

## How I Use My Strengths *by Ryan Wong*

After completing the StrengthsQuest questionnaire, I discovered my five top strengths were **Harmony, Futuristic, Discipline, Learner, and Positivity.**

**Harmony** is a value I hold dear. I use this strength both inside and outside the classroom. When working with a group, I try to bring a sense of calm to each

individual. Having the ability to bring happiness and peace to others brings happiness and peace back to me.

**Discipline** helps me to stay focused on my daily tasks. Whether I have homework or tests for class, I set a daily schedule to study and relax. Being able to prioritize my time is important. Discipline guides my actions and helps me to achieve my goals.

My strength of **Learner** really fits me well. I love learning new things on a daily basis. Learning new material helps to keep my mind awake and active.

All of these strengths helped me to get to the place I am today. I look forward to further developing these strengths.

Ryan Wong



Harmony, Futuristic, Discipline, Learner, and Positivity.





Cheree smiling proudly after she got done writing tips on how to make an effective study habit.



Cheree is studying hard for her upcoming examinations. Good job!



Cheryl and Carlos pose with Math Specialist Dr. Pat Al-Greene.



A group of SSS students prepare to play a game of Mafia during the Soiree.

## To Brighten the Mind: A Study Guide *by Cheree Hatfield*

I am not going to give you the basic “five easy & helpful tips” sort of study help. Honestly, people need to find the way that best suits them when it comes to studying because, let’s face it, studying is not easy. I do not mean to say that studying is like learning to fly, sans the jet, because it is possible for people who are not superheroes. It is more like brushing your teeth. Before you write me off as crazy, let me explain. Study habits are like oral hygiene in several ways. For both there are certain habits that we have, places we do it, and tools that we use.

Did you ever have one of those mornings when you wake up notice that you forgot to set your alarm and have to rush out in panic so you are not late for that 8:30 class? In this case, it makes sense to skip the brushing and just grab a stick of gum; but when you find yourself having enough time to brush and you just do not, that is when it’s time to rethink your habits. As a fellow student, I too have experienced the “study or watch the new episode of ‘House’” type of dilemmas. It is important to remember that the more you do not study, the more you will fall behind. Eventually, you settle into a pattern that is harder to break out of, a pattern many of us know personally called Procrastination. You keep planning to catch up on your

Philosophy reading, but you do not follow through and before you know it, it’s finals week (Dun, dun, dun...). There is a way to fix it, but like any habit, procrastination is a hard one to kick. The main advice to thwart the foe that is the double-headed turtle is Routine. Set up a schedule or simply set aside a portion of time each day (including Thursday and Fridays) to study and do homework. Sometimes it may take longer than others, but you’ll get in the habit of doing your work, and it’ll get progressively easier to ignore the temptation of “Dancing With the Stars” reruns. In the way that regular brushing makes for healthier teeth, regular studying makes for healthier grades.

Unless you have a sink in your bedroom, you probably do not brush your teeth there. The obvious facility for brushing is the bathroom because it has the proper amenities. Likewise, with studying, the library is a great place to study because it has almost anything you could possibly need, and it is easy to find, too! There are three libraries on campus, all of which offer neat little work spaces for studying. However, unlike tooth brushing, one can study most anywhere. The most important thing is to find somewhere that is proactive to your study habit formation. For me, my room is not a study zone because it is not conducive to the focus I need. There are too many distractions (like the

television). It’s not that you can’t study in your room, but if you do you’ll notice that maybe it takes you longer to read chapters or complete assignments because you just aren’t focused on your work in that environment. However, everyone is different, some people are capable of studying in their room; but most, I think, are like me and would be better off trying to study in the bathroom.

You would not brush your teeth with Pine-Sol or a broom. To keep your teeth healthy you probably use toothpaste, a toothbrush, and floss; these are the tools of oral hygiene. The list of study tools is a bit longer. The tools that help one study are highlighters, note-cards, charts, summaries, vocab lists, and tutors—though they may resent the tool reference. These are all things that can help you study more efficiently. I doubt I am the only person in this world who struggles to stay awake while reading textbooks, and really, the only thing that keeps me from using them as a pillow is taking notes. I highlight and underline passages and write notes in the margins, but if I want to sell it back later then I take external notes in a notebook or on my laptop. If there are key terms or concepts that I know I will need to remember, I put them on note-cards because making flashcards is helpful when developing associations

## To Brighten the Mind: A Study Guide Continued

between terms/concepts and their definitions/descriptions. If there is a term I am not familiar with, like *metonymy*, I write it down on a vocabulary list with its definition. However, if I cannot make sense of the text at all on my own or I cannot figure out how to solve a probability, I ask for someone else's help. If you have a toothache, you do not go to a podiatrist, so I do

not just stop a random person on the mall and ask them to explain The Categorical Imperative. Instead, you find someone who is well versed in the area. The Student Support Services staff is amazing when it comes to asking for help, and if none of them knows, they will help find a tutor that does. If you use these tools properly, they can make your study time easier and more efficient.

Oral hygiene is much easier than studying, but they have some similarities. There are habits to form, places to utilize, and tools at our disposal, but the key to both studying and tooth brushing is action. I could give someone a toothbrush and toothpaste, but unless the person uses them, they have no purpose. So take the pieces I've described you find helpful and start studying!



Kathy snacks on candies outside on the mall at the Soiree.

## Tutors, Study Groups & Supplemental Instruction

Resource	Subject	Day	Time	E-mail
Rich Jehlik	BIO 211	Wednesday, Friday	3:30p.m.-4:30p.m.	rbj11023@creighton.edu
Rich Jehlik	CHM 321 Dr. Gross	Wednesday, Friday	1:30p.m.-2:30p.m.	
Rich Jehlik	CHM 203 Dobberpuhl	Tuesday, Thursday	10:30a.m.- 11:30a.m.	
Rich Jehlik	BMS 111	Tuesday, Thursday	2:00p.m.-3:30p.m.	
Rich Jehlik	ART 368	Monday, Wednesday By appointment	2:30p.m.-4:30p.m.	
Sarah Norris	PSY 111	Call:913-484-3560		sarahnorris@creighton.edu
Kathryn Maccan	Theology	By appointment		KathrynMaccan@creighton.edu
Andrew Hickman	Philosophy	By appointment		Andrewhickman@creighton.edu
Lan Uyen Tran	PHY 211 BIO 211	Tuesday, Wednesday	T: 5:00pm-7:00pm. W: 2:30p.m.-8p.m. By Appointment	Lanuyentran@creighton.edu
Brendan Joyce	Accounting Economics			brendanjoyve@creighton.edu
Vincent Ko	CHM 321/322	Monday thru Friday	1:30pm-5pm Appointment at Night/weekend	Vincentko@creighton.edu
Kathy Daotay	BMS111	Tues, Fri	1:30pm-3:00pm	Kathydaotay@creighton.edu
Alex Wilkie	BMS111	Thursday	1:30pm-2:30pm	Alexwilkie@creighton.edu



Kitty Brougham shows students the MBTI in the SSS Conference Room.

### 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 the  
Harper Center or on  
the website.*

## Student Support Services

Creighton University  
2500 California Plaza  
Mike and Josie Harper Center  
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, 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*

We are doing a great job! We have more students working with the Specialists. Only 44 students need orientation meetings. Only twelve first year students need to complete Group 1 and six students need to complete Group 2.

Everyone is doing a great job working with Rich, Pat and Denise. Keep it up!

Use the computer lab. 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 and complete the tutor request form.

Get plenty of rest and 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 on the first floor of Harper.

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

Come in for your Counselor meeting now. Remember midterm meetings are after Fall Break. Midterms are coming up—study!

Remember to email Karen your workshops for credit.

Complete your resumes for the Career Fair.

**First Years:** See Karen to do two year plans required for RSP class.

Some of you need to complete Group 1 and Group 2.

**Sophomores:** See Karen to do last two year academic plans. 18 out of 52 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. Then we can add your name to the list and make a bulletin board.

Do you need assistance to apply to Pharmacy School? See Karen.

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



Harper Room \_\_\_\_

Phone: 402-280-3007

Email:

[karenthurber@creighton.edu](mailto:karenthurber@creighton.edu)

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

Seniors graduating in December should be applying to graduation by October 11th.