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Hoots and Salutes!

Congratulations to **Chester Ashong** for receiving the Pharmacy Class of 2013



Leadership Award at the SPHAP Spring Banquet.

Congratulations to **Michelle Wang** on her summer internship for Nexus to help prevent blindness in Nebraska.



Congrats to **Saw Lot** who was sworn in as a U.S. citizen on July 15, 2011.



Congratulations to **Josh Phelps** for being identified as the



first **Tammi J. Preston** Scholar for the Reaching Your Potential Scholarship.

Congratulations to **Steven Buffalohead,**



Viet Do,



Shahd Hazim,



Hanh Nguyen,



Danielle Turner,



Namrata Sapkota, and for receiving the Reaching Your Potential Scholarship!



Yashswee Kc is the Teaching Assistant for general Chemistry this semester.



John Khong and **Shelagh Hardrich** are now Coeditors of the SSS Newsletter.



Congratulations to SSS alum **Audwin Brown** who is one of two people from the NE/IA region who was hired for US Bank's leadership development program.

Way to go! SSS alum **Randell Haduca** is working at an autism school in Baltimore.

Skill Book: Reading with Purpose *by Karen Rodriguez*

Skill books in general are very helpful for the procrastinating or struggling college student. According to this skill book reading should be able to help you reach your goals. It should also help you enjoy your life.

First off when reading any text one should look for a definition within a sentence. Often times the definition of



the unknown word is located right within the same sentence we are reading. One must also search for a restatement or synonym. This is to reassure you received the correct meaning to the unknown word. Also, one must look for an antonym.

According to this booklet, if

one reads well, one not only absorbs the information, they think about it too. The object of Reading with a purpose is to think about the information read. When finished with the reading, the student has to summarize their work. If one is able to make a summary then one has truly paid attention in their readings.

Spotlight on Rachael Norris *by Yitong Ma*



“Since Rachael joined the SSS, she feels that she has gotten better grades and definitely became a better student in college.”

Rachael Norris is a sophomore majoring in Exercise Science at Creighton. She decided to come to Creighton because it is close to her home, and it is an amazing school with great opportunities and services.



the professors she has had are all very kind and helpful, but Professor **Jennifer Yee** is her favorite professor because she is very up-beat and her class never get boring. She loves going to Professor Yee's class and she loves to ask all sorts of questions in that class.

Rachael joined the Student Support Service (SSS) because of all the help and opportunities offered to her. Through SSS, Rachael also meets a diverse group of people. She really likes the various types of assistance that SSS provides, such as the personal advice and support to help her with her stress in transitioning to college. Rachael is glad that she knows she always have someone there she can look to for help when she is away from her family. Since Rachael joined the SSS, she feels that she has gotten better grades and definitely became a better student in college.

Rachel Norris, always smiling.

the pep band semiformal in 2011. Rachael is also involved in the Pre- PT club, as she wants to become a children's physical therapist. Rachael considers getting accepted into and attending Creighton as one of her greatest achievements in life so far. She wants to get into Creighton's Physical Therapy School and graduate. Outside of school, Rachael works and volunteers. One of her most embarrassing moments is falling down on the mall.

If she won the lottery, Rachael would donate the money to children's hospitals and help her parents to pay off student loans. With access to a time machine, Rachael would choose to travel to the time of the early settlers because then she would not have to worry about electronics and be more family-orientated. That earlier society also did not have as much crime as today.

The most interesting event that has happened to Rachael at Creighton University is having a talk with the Jesuits. Rachael feels that they are all nice and have great advice that makes her reflect and improve. Rachael believes all

If Rachael could have any super powers, it would be to teleport: she wants to get to places as fast as possible. If a movie was made about her life, Rachael would title it *Rachael's Creek*, and she wants Katie Holmes to play her role in the movie.

The best advice for others: "Be yourself – it's a new beginning."

“Rachael feels that they [Jesuits] are all nice and have great advice that makes her reflect and improve.”



Emima Becirovic and Tami Buffalohead-McGill at SSS Awards Ceremony.



Creighton's Newest Sculpture *By Steven Buffalohead*



Littleton Alston

Over the summer I spent one full month, six days a week helping build, "The Spirit of Jesuit Education." The creator behind this sculpture, is sculptor and Creighton professor **Littleton Alston**. Professor Alston was commissioned to build the sculpture designed to honor Rev. John P. Schlegel, S.J., for his commitment to Creighton University.

Alston chose **Grant Bauer** and me to assist him with the build. Prior to this experience, I never really knew anything about sculpture but I have a good eye for 3D perspective. Grant on the other hand has used a welder, grinder, and cutter before. We made a pretty good team.

I learned something new every day. Working with a

professional sculptor is one of the best experiences I have ever had. I learned how to grind, cut, bend, and weld stainless steel. Other projects I worked on involved carving out lines for the hair of a four foot head, which took awhile. The head was cast from plaster. So it was like butter compared to stainless steel.

The sculpture is made out of entirely stainless steel and stands approximately 15 feet

tall. The abstract sculpture was dedicated on Monday, June 6, 2011 and is located on the south side of Opus Hall near the corner of 20th street on the Mall. According to Professor Alston, "The design begins with simple geometry and gradually grows into free form gesture in space forming a true transformation that grows toward the light."

So if you have not seen it already, I recommend you check it out.



"Working with a professional sculptor is one of the best experiences I have ever had."



Steven Buffalohead giving his grandfather, Steve Buffalohead, his birthday present.



“He joined SSS because the program offers various types of assistances, advice, and support. Korey also likes the opportunities to meet new people in SSS.”



“Outside of school, Korey practices judo and spends time with photography.”



Dr. Pat Al-Green is smiling because he is happy to see SSS students for math.

Spotlight on Korey Higa *By Yitong Ma*

Korey Higa, from Oahu, Hawaii, is a freshman majoring in Nursing. Korey decided to come to Creighton University because his college counselor told him that Creighton has a wonderful medical school. In addition, Korey wanted to get away from home since he isn't a fan of restrictions. Korey also believes he will avoid making bad choices when he is away from home.

Korey learned about the Student Support Services from the letters and brochures sent to his house. He joined SSS because the program offers various types of assistances, advice, and support. Korey also likes the opportunities to meet new people in SSS because he likes to be social and have a good time. He has benefited from the free, although limited, printing at the SSS computer lab.

Korey was awarded the Creighton Academic Scholarship because of his great achievements in high school. He considers getting

into Creighton University was one of his greatest achievements in life so far. Korey plans become a nurse practitioner. Another of his long-term goal is to travel the world. Korey is currently in Hui O Hawaii Club, Pep Band (playing the euphonium), and the Health Career Opportunity Program. Korey's favorite professor is his RSP teacher, **Dr. Cosimano** because she is really friendly and sensible.

The most interesting event that has happened to him at Creighton University was being featured in the Campus Photo of the Week. He was in a tiger outfit being carried by girls at the lip-sync competition.

Outside of school, Korey practices judo and spends time with photography. He likes the competition and the strategy about judo while it keeps him physically fit. He likes photography because it is fun to take pictures of memories and take cool shots. The most fun he ever had was jumping off a forty-foot high waterfall with his best friends. His most embarrassing experience is running around in a gorilla suit

and playing basket ball because he lost a bet when he was playing video games with his friends.

His family is unique in that his mother's side of the family can speak Chinese frequently, but he cannot. If Korey won the lottery, he would first get a car, pay off his tuition, and then get a house in Omaha because he thinks the school housing at Creighton University is small and expensive.

If he had access to a time machine, he would travel to the future to find an amazing invention before the actual inventor and become rich by claiming his rights. If he had superpowers, Korey would like to have the ability to read people's mind because he wants to know what others think of him.

If a movie was made about his life, he would like it to be about his random, impulsive adventures with his friends back in Hawaii and Korey would let Neal Patrick Harris to play his role in his movie.

Korey's best advice for others is "Be yourself."



Spotlight on Dr. John Calvert *by Amal Barre*



“He advises students to ask questions inside and outside of class and not to be afraid because professors want to help their students.”



“Dr. Calvert feels that passion, a sense of calling, hard work, social positivity, and goal setting all lead to academic success.”

Dr. John Calvert is a professor of Middle Eastern History at Creighton University. Dr. Calvert is originally from Alberta, Canada. He has been in the United States and teaching at Creighton in the history department for 17 years.

What Dr. Calvert enjoys the most about working at Creighton University are the students, his colleagues, and the students’ awareness and passion for social and justice issues. Throughout his career here, Dr. Calvert has had SSS students in his classes and has worked with Denise. He believes that SSS students are motivated and serious. He believes SSS students have different reasons for being in SSS, one being the assistance that SSS offers students to help them succeed at Creighton University.

Dr. Calvert feels that passion, a sense of calling, hard work, social positivity, and goal setting all lead to academic success. He advises students to ask questions inside and outside of class and not to be afraid because professors



Dr. John Calvert

want to help their students. As a professor, Dr. Calvert emphasizes class participation because class engagement demonstrates a student’s effort.

Dr. Calvert lived in Egypt for a year, traveled throughout the Middle East and Asia, and speaks Arabic. He recently published *Sayyid Qutb and the Origin of Radical Islamism*. In fact, he won the Dean’s Award for Research.

He used to be a Resident Advisor (RA) of Creighton House, which was alternative housing for students. As an RA, he was challenged and

had interesting experiences. Dr. Calvert looks forward to see students graduate and succeed every year.

When not working hard, Dr. Calvert likes to go hiking, mountain climbing, and listen to world music, especially jazz. Dr. Calvert is most proud of being a father.

His favorite childhood memory is spending summers with family at a lake cottage.

If Dr. Calvert won the lottery, he would make sure that people he cares about are financially secure and would invest in higher education by funding students who are unable to pay for college.

If he had access to a time machine, Dr. Calvert would want to travel to Rome during the time of Emperor Augustus (the height of the Roman Empire) and see how Rome managed its affairs and witness the workings of a great empire.

Dr. Calvert advises others to be “Interested in the world and have passion for learning and discovery.”



Spotlight on Shelagh Hardrich *By Yitong Ma*



“She likes the tutoring provided by the SSS because the specialists and student tutors help her with her homework, keep her on track, and train her to study more effectively.”

Shelagh MaRee Hardrich is a junior majoring in psychology and secondary education. Shelagh decided to come to Creighton because she wants to stay in Omaha where she was born. She believes Creighton is better than other private and public colleges in Nebraska. The scholarships and grants she received also contributed to her decision to select Creighton. Shelagh is a Diversity Scholar and Reaching Your Potential Scholar.

Shelagh joined Student Support Service because it offers helpful advice and assistances to get through college, and she thinks that it is a great way to meet new people as well. She likes the tutoring provided by the SSS

because the specialists and student tutors help her with her homework, keep her on track, and train her to study more effectively.

Shelagh serves as a Gateway mentor and participated in the Fall Break Immersion trip to Eagle Butte in South Dakota. She is a mentor for a junior at Central high school, runs a Pokemon Trading Card Game League, she works at Sitel for DirecTV and writes grants for the Gateway program.

Shelagh loves psychology and her favorite professor is **Dr. Huss**. Shelagh described Dr. Huss as hilarious and a wonderful person to hang around; she feels she learned a lot in Dr. Huss' class.

Shelagh considers getting into Creighton University one of her greatest achievements so far.

most interesting experience so far at Creighton. She had a great time meeting new people and socializing with her friends.

The most fun Shelagh ever had is the night she hung out with her friends during the opening ceremony of the College World Series, which was her most embarrassing and ridiculous experience as well, because she over imbibed and danced like crazy at the ceremony.

If Shelagh won the lottery, she would buy a brand new car since her current car is old and crappy. She save the rest of the money for the future. If she has access to a time machine, Shelagh would like to travel to the future to see what will happen next. She said the past has already happened and there is no meaning in changing it.

If Shelagh could be a superhero, she would like to be like Professor Xavier in X-man who could read, control, and influence human minds. If a movie was made about her life, Shelagh would include all the crazy stuff she did with her friends, and Zoe Saldana would play her role in the movie.

Shelagh's best advice for others: “Don't stress out about anything that you don't have control over and have fun with life.”



far. One long-term goal that she would like to accomplish during her lifetime is graduating from college and becoming a child psychologist. Shelagh recalls, she thinks the foam party during the Welcome Week is the



Samantha Riley smiling .

Tips and Tricks *By Samantha Riley*

Heuristics are rules intended to help you solve problems. When a problem is large or complex, and the optimal solution is unclear, applying a heuristic allows you to begin making progress towards a solution even though you can't visualize the entire path from your starting point.



you must concentrate.

1. Daily goals. Without a clear focus, it's too easy to succumb to distractions. Set targets for each day in advance. Decide what you'll do; then do it.

2. Worst first. To defeat procrastination learn to tackle your most unpleasant task first thing in the morning instead of delaying it until later in the day.

3. Peak times. Identify your peak cycles of productivity, and schedule your most important tasks for those times. Work on minor tasks during your non-peak times.

4. No-comm zones. Allocate uninterrupted blocks of time for solo work where

5. Cone of silence. Take a laptop with no network or WiFi access, and go to a place where you can work flat out without distractions, such as a library, park, coffee house, or your own backyard. Leave your common gadgets behind.

6. Mini-milestones. When you begin a task, identify the target you must reach before you can stop working.

7. Timeboxing. Give yourself a fixed time period, like 30 minutes, to make a dent in a task. Don't worry about how far you get. Just put in the time.

8. Batching. Batch similar tasks like phone calls or errands into a single chunk, and knock them off in a single session.

9. Relaxify. Reduce stress by cultivating a relaxing, clutter-free workspace.

10. Deadline. Set a deadline for task completion, and use it as a focal point to stay on track.

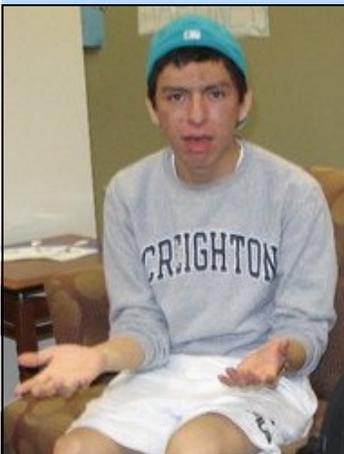
11. Punctuality. Whatever it takes, show up on time. Arrive early.

12. Glittering prizes. Give yourself frequent rewards for achievement. See a movie, book a professional massage, or spend a day at an amusement park.

13. Quad 2. Separate the truly important tasks from the merely urgent.

14. Slice and dice. Break complex projects into smaller, well-defined tasks. Focus on completing just one of those tasks.

15. Single-handling. Once you begin a task, stick with it until it's 100% complete. Don't switch tasks in the middle. When distractions come up, jot them down to be dealt with later.



Willie White's confused expression.



Sky Morgan and Monica Ibarra stopping for a photo during the Challenge our Youth summer program held at Creighton University.





Karen Rodriguez smiling and dressed for a night out.



Rich Jehlik and Nermina Demirovic enjoying the SSS Award Ceremony.



K'Tawna Nelson ready to head out for an enjoyable night.

Omaha Symphony *by Karen Rodriguez*

The Omaha Symphony has many different community partnerships. The Omaha Symphony extends their arms to a wide variety of people. They range from young children and students to senior citizens. The opportunities the Omaha Symphony provides to their fellow citizens of Omaha are astounding.

They also have a community partnership with the SSS office. They graciously provided the SSS office with ten tickets for two concerts during the fall. These are to take place during October 2011 and December 2011, corresponding with the holiday seasons. They also provided various other services. These include shadowing prior to the events.

According to **Adam Goos**, Vice President of Education and Community Partnerships of the Omaha Symphony, their goal is to expose students to different cultural events. They want students and people to connect with the music that is performed at the concerts. Through the shadowing program, students in SSS will be able to meet the concert artists prior to the events.

They will also in some cases be able to see the director in their rehearsal before the event. Mr. Goos, said another purpose of these community partnerships is to educate people to the Symphony scene. He said, "A lot of people think that to go to a concert in a symphony they have to dress in a tux or a long dress. This is not the case. We encourage people as much as

possible to come in slacks and jeans." This provides a more comfortable and welcoming sort of environment for students as well as the rest of the world.

Maryle Reimers, the Coordinator for Education and Community partnerships for the Omaha Symphony, agrees with Mr. Goos in that the opportunities presented by the Symphony are extremely important to both the symphony and the community. One of the goals that the Omaha Symphony is to continue the connection between audience and music. This goal is on its way to being achieved thanks to the shadowing opportunities and the concert tickets that the Omaha Symphony is providing.

Fun on Campus *by K'Tawna Nelson*

Fall is here! The weather is getting colder, the sun is going away earlier, and the outside scenery {trees, flowers, etc.} is looking a bit duller. So, what exactly is there to do on campus when the weather is making these changes? How can you stay involved and make friends before the weather gets too dreadful and everyone wants to stay inside?

This weather is perfect for outdoor activities. It's not

hot, so you won't get heat exhaustion, and it's not too cold, so frostbite shouldn't be an option. It is the perfect time to go out play Frisbee or throw the football around with some dorm mates or even just random people who aren't locked in their room studying.

It is also a good chance to get out and meet new people. There will be plenty of people out on the mall or in front of the KFC enjoying the last few weeks of nice weather we

have, so why not take the opportunity to meet others.

Another thing to do, if you haven't already, is go downtown. There is so much to do at the Old Market or even make a trip to the Iowa border by walking on the Pedestrian Bridge. There are plenty of things to do in Omaha that aren't too far from campus that are enjoyable (at least before it gets cold).



“When it comes down to it, it does not matter what you look like, dress like, or act like, we are all still part of the Creighton family.”

Homecoming at Creighton *by Martin Estrada*

Homecoming week at Creighton is a special week where current students and alumni take pride in being blue jays. Welcome week is packed full of events that student organizations and students participate in. Throughout the week, organizations compete in different events and at the end of the week; one is crowned winner of Homecoming week!

This year’s theme was “Creighton goes back to the future”. Creighton University’s gender and Sexuality Alliance (GSA) has won the past four consecutive years and are in the lead for the 2011 champion title once again.

Monday’s event consisted of patio square painting. GSA

took 1st place with their “Safe Spaceship” design. The idea of the “Safe Spaceship: ties into the GSA’s mantra of creating a safe environment for all students on campus to share their stories and gain comfort and support from their fellow peers. Not only is the GSA a safe space, but a unified community of people working towards equality and education Creighton’s campus on LGBT issues and topics.

Tuesday’s event was the Mr. and Mrs. Blue Jay Pageant. Martín Estrada won the title of Mr. Blue jay 2011 representing the GSA. Martín competed in drag to encourage the dissolution of judgment and labels on campus. “When it comes down to it, it does not matter what you look like, dress like, or act like, we are all still part

of the Creighton family. I decided to do drag because I wanted to make a statement about diversity and individuality. I strongly believe that Creighton should encourage and support all aspects of diversity, whether it be ethnicity, gender, economic status, or sexual orientation. People should be able to fully be who they are.”

Thursday’s event is CU letters painting. The letters will be left around campus during the school year to demonstrate the Creighton pride each organization has. As treasurer of the GSA, Martín has great plans for next year’s homecoming and the GSA will continue to be a strong organization on campus contributing to education, diversity, and equality.



Nermina Demirovic and Martin Estrada are happy.



Rich Jehlik and Nermina Demirovic enjoying the SSS Award Ceremony.





*"I'm a Nebraskan,
and I love corn."
-Angel Le-*

Karen Thurber



**SSS Assistant Director
and RSP200 Advisor**

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*"First year students
please set your
midterm meetings
with Karen now."*

Nebraska? Where is that on the map? *By Angel Le*

Hey, have you ever wondered what is cool about Nebraska besides the corn, the steak, and her bipolar personality when it comes to the weather? Although, Nebraska isn't like Vegas, New York, or California, Nebraska has its own unique things and places that would make you go "OMG really?"

Here are 14 fun facts about our state!

1. Nebraska was once called "The Great American Desert".
2. In 1927, Edwin E. Perkins of Hastings invented the powered soft drink Kool-Aid.
3. The Lied Jungle located in Omaha is the world's largest indoor rain forest.

4. Nebraska is the birthplace of the Reuben sandwich.

5. Spam (canned meat) is produced in Fremont.

6. Nebraska has the U.S.'s largest aquifer (underground lake/water supply), the Ogallala aquifer.

7. The 911 system of emergency communications, now used nationwide, was developed and first used in Lincoln, Nebraska.

8. Nebraska has more underground water reserves than any other state in the continental U.S.

9. Lincoln County is the origin of the world's largest "Wolly Mammoth" elephant fossil.

10. The largest porch swing in the world is located in Hebron, Nebraska and it can sit 25 adults.

11. The University of Nebraska-Lincoln weight room is the largest in the country. It covers three-fourths of an acre

12. In 1950, Omaha became the home of the College World Series.

13. Borsheim's in Omaha has the largest jewelry store in the nation.

14. The Henry Doorly Zoo in Omaha has the world's biggest indoor rain forest exhibit.

Source:

<http://www.50states.com/facts/nebraska.htm>

Counselor's Corner with Karen Thurber

Welcome to our 47 new SSS students.

We only have 2 students who need to complete their orientation meetings. We still have 5 CU Planners available.

Seniors: The deadline to apply for graduation in December 17, 2011 is October 13, 2011. Go into NEST and complete the required forms.

Juniors: try to get updated resumes in for workshop credit. Do your Financial Literacy Workshop meeting if

you have not done so.

Sophomores: Please complete the Strength Quest assessment. It is fun and helps you in writing personal statements and helps me in writing your recommendations. If your advisors has you do it, please email your codes to me, I can give you workshop credit. If I get codes for you, I will let you know soon. If you don't get anything on this, please let me know.

First Years: You are doing

great on completing Orientation, Assessments and College Success meetings. We will be setting midterm meetings for after fall break.

For midterm meetings: If Denise, Tami or Karen is your sophomore advisors, please see them for the midterm meeting. Karen will see all the first year SSS participants. The office will email each student individually to let you know who to see this semester. Sandy and work study may be calling you to set an appointment.

Student Support Services

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**“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.

Dr. Mary Longo with her former RSP101 students

