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TRiO
STUDENT SUPPORT SERVICES

Hoots and Salutes!

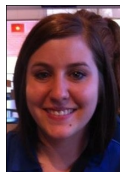
Congratulations to **Peter Khong** and **Daisy Liberato** for getting accepted to a Theological and Philosophical conference in Harvard.



Antwonette Hobbs presented at Norris Middle School on study skills. Her sorority, Delta Sigma Theta Sorority Inc., does regular educational development programming. They selected Norris because of 41 middle schools in NE this school ranks 40 in math and reading. They hope to make a positive impact. Way to go!



Katie Cannella would like to give a big shout out to **Shelagh Hardrich, Nina Nguyen, Kerri Trujillo, Willi White,** and **Rachidi Adedokoun** for being generally awesome! "Thank you each for your hard work and dedication over the past few months, your hard work is paying off!"



Amal Barre was accepted into the CCSJ service trip



to Winnebago, NE. Way to go!

Congratulations to **Josh Phelps** and **Namrata Sapkota** for being selected as the student coordinators for the AZ/NM trip!



Yashswee KC and **Patrick Lam** were selected as coordinators for the Winnebago Immersion. Congratulations!



Lili Mac, Ashley Hauger, and **Chevis Fletcher** were selected as the student coordinators for the Eagle-Butte Immersion trip! Congratulations!



Congratulations to **Daisy Liberato** and **Dilasha Neupane** for being selected as the student coordinators for the Rosebud Immersion trip!



Jimmy Tran was re-elected as one of the representatives in the Creighton Student Union. Congratulations!



Sheila Field has a new job as a CNA at the Veterans Hospital. Congratulations!



Congratulations to **Emina Becirovic, Ken Cai, Carmen Chagolla, Jason Nguyen** and **Lauren Magana** for getting accepted for the AZ/NM Immersion!

Congratulations to **Asmita Paudyal, Winona LaPointe, Ramon Chavez, Yueshi Lin** and **Matthew Kor** getting accepted for Winnebago Immersion!

Congratulations to **Juan Jaimes, Raven Charles, Kiera Hirayama** and **Bryan Bennett** for getting accepted for the Eagle-Butte Immersion!

Congratulations to **Baptiste Beauvais, Lauren Murphy-Moore, Edward Parish, K'Tawana Nelson** and **Paul Nguyen** for getting accepted for the Rosebud Immersion!

Congratulations to **Steven Buffalohead** who has a new job at Nebraska Furniture Mart.

Jessica White is now Executive Team Leader At Target. Congratulations

Amber Bennett is Administrative Program Assistant for 100 Black Men.



The things he likes most about being in SSS are the faculty, the people, and all the events he has the opportunity to participate in.



Peter has benefited from SSS through the financial aid he is provided and all the aspects of support he has received.

Spotlight on Peter Khong *By K'Tawna Nelson*

Peter Khong, known to others as "Khongo", is a junior at Creighton University. He is double majoring in Theology and Philosophy with a minor in Biology.

Peter's hometown is Gretna, Louisiana. When he applied for admission, he didn't know anything about Creighton, but it was the only university he applied to.

Peter says he joined SSS because there are so many minorities in the program, and he enjoys mingling with them. Peter has benefited from SSS through the financial aid he is provided and all the aspects of support he has received. The things he likes most about being in SSS are the faculty, the people, and all the events he has the opportunity to participate in.

At Creighton, Peter is involved with tutoring as a Supplemental Instructor for Theology 100, taught by **Dr. Hall**.

His greatest achievement thus far is his acceptance and participation in the McNair Graduate Opportunity Program at the University of New Hampshire. This summer research internship is one of the biggest scholarship programs.

Peter can play both the piano and guitar by ear. Outside of school, Peter likes to make music and cook. His favorite types of music are R & B, Hip Hop, Trans, Pop, and Korean Pop.

The most fun he ever had is when his friends and he got together for a BBQ on Memorial Day. The most embarrassing experience in Peter's life was when he got locked out of his boarding school in the snow wearing only his boxers.

If he were to win the lottery, he would first spend the money to open a restaurant and the rest would go to charity. If he had access to a time machine, Peter would go back to when he was 5 or 6

and tell himself about popular music today so he can start making it as he grew up.

Peter would be Superman if he was able to be any superhero because he wants to be able to fly. If a movie was to be made about Peter's life, he would have it centered around all the aspects of his life, including his childhood, boarding school, college, and some romance. The actor he would choose to play him in this movie is Brad Pitt.

A goal Peter would like to accomplish in his lifetime is to travel to Korea. His dream job is to produce music. At CU, Peter has had many memorable experiences. He says the most interesting of them is the foam party. His favorite professor is **Reverend William Harmless, S.J.** because "if it wasn't for him, I wouldn't be majoring in Theology."

If Peter could give any advice to others he would tell them to **"Treat other people right."**



"Treat everybody with kindness and respect, savor every day and the small gifts the day brings you."

Apply for Student Employment on Campus

To learn more about the opportunities see:

<http://www.creighton.edu/studentemployment/>

For the Application Procedures see:

<http://www.creighton.edu/careercenter/jobs4jays/index.php>

If you need help with the application please see Karen Thurber assistance.



Yashwee KC and Daisy Liberato at the SSS FallFest.

Spotlight on Therese McGrath By Jared Good

Therese McGrath works in the Office of Student Employment on the second floor of Harper. She is the Assistant Director of Financial Aid and Student Employment. She also coordinates the work study program, assigns all work study students to a job, monitors their earnings to make sure they don't go over, helps non-work study eligible students find an on-campus job, runs the financial aid website, and verifies student files.

Ms. McGrath came to Creighton because she always enjoyed working with students, knew of Creighton's great reputation, and really wanted to be a part of the college. Ms. McGrath loves what SSS does, and has known the wonderful staff for years. She especially likes the SSS annual award ceremony, the wonderful support we give to our students, and the fact that we always turn out such great students.

For Ms. McGrath, academic success comes from good self-discipline, being in class, taking notes, using resources, and making sure work is done on time. If you do all you are able to do, then you should have no problems excelling academically.



When Ms. McGrath is not at work, she is active in a beagle and basset dog rescue. She owns three dogs of her own, and holds animal rights near and dear to her heart.

She also loves playing tennis, and is currently in the process of trying to learn to play the piano. One of Ms. McGrath's greatest achievements is working at Creighton for over 25 years and developing such great relationships with students and staff. One of the most exciting things she has done at Creighton is being asked to say grace at a University luncheon last December and being able to serve on various committees such as the Committee Status of Women and search committee for new employees.

Some of the most interesting places she has ever been are to Stonehenge, the rock of Cashel, and Chichen-itza, the famed Texas book depository,

and stood on the spot where Kennedy was shot.

One of Therese's fondest memories is from when she was a child, around October her mom would purchase caramel, melt it, and together they made candied apples together after school. The memory just instills that old fashion sense of security and child-like innocence you had about the world. She also loved the walks she would take to and from school, because it always gave her a chance to daydream.

If she ever won the lottery she would pay off her bills, invest some of it so she would never have to worry about money, give some to the pet rescue she works with, and then endow a Creighton scholarship in honor of her mother. It would be called the Dorthy McGrath Scholarship, and it would go to a student who held a job in high school and was raised by a single parent.

If she could have any super power, it would be the power of super intelligence, so she could find the cure for cancer and other diseases.

Lastly, Ms. McGrath wants to give us all this piece of advice; **"Treat everybody with kindness and respect, savor every day and the small gifts the day brings you."**



The thing she likes most about SSS is that before everyone even knew each other, there was already a sense of trust there.



Spotlight on Karen Rodriguez by K'Tawna Nelson

Karen Rodriguez is a freshman Pre-Med major at Creighton. She was born and raised in San Diego, California. Karen chose to come to Creighton because she wanted a small Catholic school where she could know her professors and her professors would know her.

Karen joined SSS because she saw it as a great opportunity to meet new people. She has benefited from this program through workshops provided. She says the workshops have helped her get started on the right foot in college. What she likes best about SSS before everyone even knew each other, there was already a sense of trust there.

The greatest accomplishment Karen has had thus far is being chosen to be a peer counselor where she helped make people more aware of issues they may face. Her

greatest accomplishment is when she was a volunteer at an Equestrian therapy facility. There was a man who could only get around in a wheelchair, but by the time she was done helping, she and her group were able to get the man to walk on crutches. Karen's goal and ideal job are the same. She would like to become a cardiologist.

The most interesting thing Karen has experienced at CU is her RSP class. Karen says Professor Rettig is her favorite professor because she is very confident and accomplished. She also says she admires her. An interesting thing about Karen and her family is that at home they speak Spanish. Her hobbies consist of volunteering and horseback riding. The music she listens to the most is Alternative Rock.

The funniest time of Karen's life was the summer before she started at CU. Her most embarrassing moment happened here. She had

scanned her card to go into Gallagher and instead of pulling the door open, she was pushing it. After doing this numerous times, the people around her finally decided to tell her she was trying to open it wrong. If Karen were to win the lottery, she would use the money to pay for college. If she had access to a time machine, she would go about ten years from now in the future so she could know the events that were going to take place within that time. Karen says that the two super powers she would like to have are flying, so she could go home and back in no time, and invisibility because she is very shy. If there was a movie being made about her life, she would have Khloe Kardashian play her in the movie because she is funny and shows her insecurities and does not hide them.

The best advice Karen would like to give others is **"Don't Procrastinate."** People told her this, and it went in one ear and out the other. She doesn't want this to happen to other people.



"Our other equally important goal is to help all the students realize that they can go to college, and to work hard to succeed in high school to make that possible."



"We have seen great results come out of our efforts on these trips including many of the students we mentored getting the scholarships, and many of them even attending Creighton right now."

Making a difference *By Steven Buffalohead*

Josh Phelps is a junior at Creighton University and is majoring in marketing. Phelps got involved with the **Gateway Immersion trips** because Tami Buffalohead, SSS Director, recommended that he try one because he was looking for a



Josh assisting students at Chinle High School

good way to get involved. He really enjoyed it and has gone on two more trips and is now coordinating the next trip to the Navajo reservation.

The main purpose of the trip is to help students who live on the reservations apply for the Gates Millennium Scholarship, which is one of the best scholarships available. "Our other equally important goal is to help all the students realize that they can go to college and to work hard to succeed in high school to make that possible," said Phelps. He also helps students with resumes and college applications as needed.

Four different immersions travel, to AZ/NM (Navajo), Winnebago, Cheyenne River, and Rosebud/Pine Ridge. Josh is helping coordinate the AZ/NM trip this year, which was the first

trip that he went on. Anyone in Student Support Services can apply to go on the trips. Josh helps interview applicants to select the students that are serious about the mission of the trip.

Phelps has gained a greater understanding that everyone is not as fortunate as he is which makes him feel very good that he can help people reach higher education who may not have if the trips didn't exist. He has also gained a greater understanding of Native American culture and



Josh editing essays

life on the reservation. He continues to go every year because he finds great satisfaction in helping others and learning more about Native American culture.

As an Immersion Coordinator, Josh will be overseeing all the details with the help of his fellow trip coordinator, **Katie Cannella**, and the

Gateway Coordinator, Jessica Swisher. His Responsibilities would include planning for travel, food, accommodations, presentations, cultural events, and service opportunities in the community. He has chosen to be a leader because he has three of these trips under his belt and thinks that he could effectively lead the group. He also thinks that it will help him develop his leadership skills further.

Asked, "Do you feel that you really are making a difference?", Josh replied, "We have seen great results come out of our efforts on these trips including many of the students we mentored getting the scholarships, and many of them even attending Creighton right now." If you want to make a difference and really grow as an individual, come on these trips, give help to other, and make lasting friendships.

“The Group drove more than 2,500 miles to visit with over 145 students, in more than 10 classrooms, at three high schools in Gallup, NM and Chinle, AZ.”



Jason Nguyen editing essays

“These students were very responsive to any help that was given and I really think they all did very well with the ideas and changes that we helped them make.”

The Immersion Experience *By Josh Phelps*

During the recent Fall Break, a group of seven Creighton SSS students and **Katie Cannella** — went on an immersion trip to the Navajo Nation Reservation to promote college access and the Gates Millennium Scholarship as well as get students excited and prepared for the college experience.

The group drove more than 2,500 miles to visit with over 145 students, in more than 10 classrooms, at three high schools in Gallup, NM, and Chinle, AZ. Creighton students have been participating in the trip to New Mexico and Arizona since the Fall of 2006 and each year, helped more students apply for and earn the Gates Scholarship.

During the trip, the Creighton students conducted presentations and workshops for college bound junior and senior students. The presentations focused on the requirements of the various scholarship essays and examples of strong applications. After presenting, the Creighton students held workshops to edit scholarship essays, brainstorm essay topic ideas, and assist with resume development.

Co-coordinator **Josh Phelps**



Ken Cai and Katie Cannella in action at the food bank

said, “It seems that the students look forward to our visit more each year and some of the students we visited even decide to come to Creighton from these high schools” (including Marissa Begay, Adrian Sandoval, and Victoria Tsosie).

In addition to working hard to help students with applications, Creighton students gained knowledge about the rich Navajo culture by visiting the Cultural Center in Tsaile, AZ and taking in the natural beauty of the landscape at the Canyon de Chelly National Monument. The group honored to spend the closing night with the Begay family for a traditional Navajo meal in a Hogan.

The highlight of the trip was the delicious food served at the Begay’s home - Navajo Tacos, pork ribs, mutton stew, and Navajo tea (a secret family recipe). Marissa’s grandmother, who speaks

fluent Navajo, shared many interesting facts about her Navajo culture, and her two uncles honored the group by singing happy birthday for one of the students in the Navajo language.

On the last day, students gave back to the community by spending a day working at the Food Bank run by the Our Lady of Fatima Catholic Parish. The food bank is a major source of food for some of the local people and the students bagged groceries for more than 300 of those families. In the process of bagging groceries, students were blessed with the opportunity to meet individuals who were receiving the food and other generous individuals who frequently give their time to assist in the operations of the food bank. This was just a small way that the group showed appreciation to the organization that provided housing during their stay in Chinle, AZ.



Mary Begay cooking mutton ribs while Emina and Namrata watch.



Marissa Begay and Ashleen Marr out on the town.



Tai Hoang with Elijah Lot, Saw's beautiful son.

The Five Pillars of College *by Adrian Vega*

Being successful at college involves more than just arriving on campus. The first experience of college is living in a dorm and meeting your dorm **roommate**. Your roommate has the potential to become one of your best friends but also possibly be not only nerve-racking but also tense. It is important to remember that this person is also in the same shoes as you and possibly feeling the same emotions as you are. In my opinion, I suggest breaking the ice by going to dinner together or sharing where you're from and what brought with you to Creighton. With time, you will definitely develop a better relationship and understand each other's boundaries.

"You do not need a lot of money in college to have fun. You just need to know how to budget your money and be smart."

Another concern at college is **money**. One student said, "You do not need a lot of money in college to have fun you just need to know how to budget your money and be smart." Making a budget on weekly and monthly spending is very helpful.

"Take the initiative to get to know your professors."

Being successful in the academic world means taking the initiative to get to **know your professors** on a personal level. This will not only allow you to know more about your professor, but to ask him or her any questions about the material being covered in class. You can also discuss more about what he expects in his work and how he intends to grade.

"To be organized means to be aware of when your test dates are, when projects, homework, or presentations are scheduled for."

Another key to being successful is **being organized**. Be aware of test dates and, when projects, assignments, or presentations are due. This means planning accordingly so that you spread out important studying days so that you can make sure you are prepared. Balancing your

social life with your academic life can be a burden, but it is not impossible if you learn how to properly plan ahead of time.

"Be Involved."

Before I let you go on your experience of college, I will leave you with one last bit of advice: **get involved** on campus. It can be a pleasant and worthy investment. Joining clubs like student government or the local band can be a way to relieve stress, make friends, and build up your resume. You can also join a fraternity or sorority in order to make new friends and connections. Make your presence on campus known. College is a great opportunity to make long-lasting relationships as well as job and internships connections.

Source: "Getting the Most Out of College" by Alan Faber, Ph.D. A copy is available in the Student Support Services Office.



The things she likes the most about SSS are the tutors and staff that help her with her homework.



Yitong Ma with Edward Parish

Help for writing, reading, math and theology are all the things that Yitong says she has benefited from because SSS.



Nhu Le in Harper.

Spotlight on Yitong Ma *By Rachel Norris*

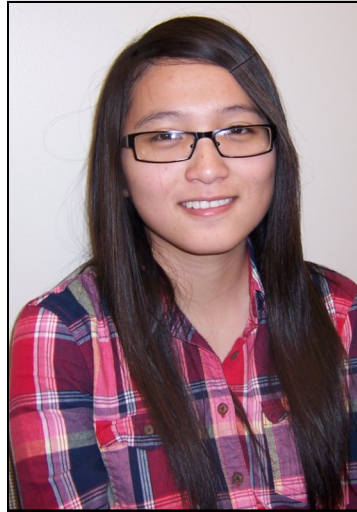
Yitong Ma is a pre-med freshman majoring in biology. Yitong was born in China but has lived in Hawaii for the past five years.

She chose to go to Creighton University because of the excellent academics and because Creighton is ranked number one in the Midwest. Yitong joined SSS because it offers guidance and assistance to insure that the students become successful in college. What she likes best about SSS is that the tutors and staff help her with her homework. Help in SSS for writing, reading, math and theology have all benefited Yitong.

Even as a freshman, Yitong is already very involved at Creighton. She is in many clubs such as Pre-Med, Pre-Vet, MAPS, and Biology.

Yitong feels that, so far, her greatest achievement is coming to Creighton.

One goal that Yitong would like to accomplish in her lifetime is to travel to



different countries in Europe and Asia. Another goal that she has set for herself is to become a pediatric cardiologist.

For Yitong, the most interesting part of being at Creighton is meeting people from different parts of mainland U.S. since she is from Hawaii. Her most embarrassing moment was being caught sleeping in class! The most fun that Yitong has ever had was going to Disneyland with her family.

Something interesting about Yitong's family is that she has two little sisters, one that is fifteen years younger than she, and another who is

seventeen years younger. Yitong's favorite CU professor is **Dr. Mary Longo**. She says that Dr. Longo is very helpful, very nice, and very patient! If Yitong ever won the lottery, she says that she would first pay off her student loans and save the rest for the future.

If she was ever given access to a time machine, Yitong says she would travel to the future because she already knows the past and is curious about what will happen next.

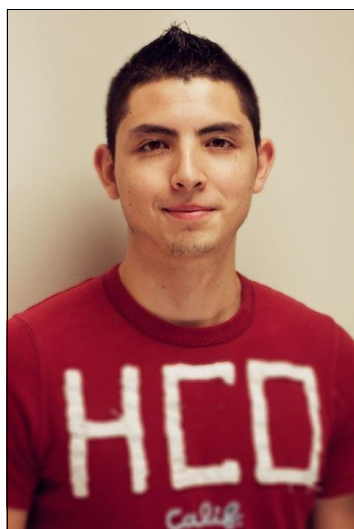
If Yitong could have any super power, it would be to communicate with animals. She would love to know how animals feel and what they are thinking. What a caring person!

If a movie was made about Yitong's life, she says it would be about her immigration from China to the United States in 2006 because it was a significant transformation in her life.

The best advice for others that Yitong has is **"Talk to your professors, Really get to know them."**

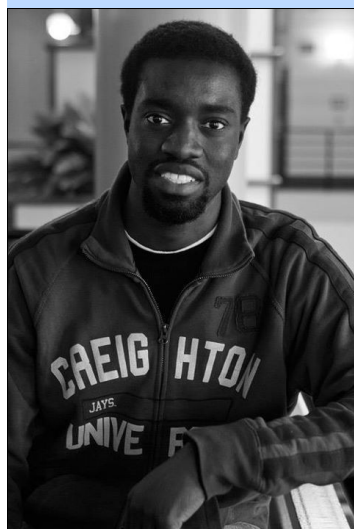


Supplemental Instruction and Tutoring



Emmanuel Chavez in SSS.

Resource	Subject	Day	Time	Location
Rich Jehlik (SI for Mattson)	CHM 203	Thursday	4:00 pm–7:00 pm (Tuesday 4:00 pm–7:00 pm during test week)	SSS Room
(SI for Fletcher)	CHM 321	Wednesday	4:00 pm–7:00 pm (Tuesday 4:00 pm–7:00 pm during test week)	SSS Room
	BMS 111	TBA	TBA	SSS
	CHM 111	TBA	TBA	TBA
	Other Science Subjects	By appointment	RichardJehlik@creighton.edu 402-280-2167	



Chester Ashong in Skutt.

Adrianna Magistro (SI for Longo)	ENG 121	Thursday	7:00 pm–8:00 pm AdriannaMagistro@creighton.edu	SSS Conference Room
Steele Valenzuela	Italian	By appointment	SteeleValenzuela@creighton.edu	SSS
Peter Khong (SI for Hall)	THL100	Tuesday	5:00 pm–7:00 pm PeterKhong@creighton.edu	SSS Room
Brianna Byllesby	PSY 111 PSY 313 PSY 341 PSY 351 PSY 473	By appointment	BriannaByllesby@creighton.edu	SSS
Jillian Stuckenschaeider	ACC 201 ACC 202 (Eibes)	By appointment	JillianStuckenschaeider@creighton.edu	SSS
Pat Al-Greene	Math Statistics	Monday–Thursday (for other times call for an appt. at 280-2165)	12:15 pm–6:00 pm	Harper 4021



Marissa Begay in SSS.

Denise LeClair	English	Monday–Friday (for best results call for an appt. at 280-2166)	8:30 am–4:00 pm	Harper 4023
Yashwee KC	CHM 203	By appointment,	ykc96940@creighton.edu	SSS
Kristine Ward	Physics	By appointment	KristineWard@creighton.edu	
Kelly Westhoff	CHM 532 (Parsons)	By appointment	KellyWesthoff@creighton.edu	

Karen Thurber



**SSS Assistant Director
and RSP200 Advisor**

Harper Room 4017

Phone: 402-280-3007

Email:

karenthurber@creighton.edu

*Work with Denise
on speed reading,
editing papers, and
test anxiety.*

Counselor's Corner with Karen Thurber

We had 145 students completed midterm meetings before **Oct. 31st!** Way to go. Keep up the great work.

Spring 2012 registration:

Nov. 2, Wed., 3, Thurs. -
Seniors, Pharmacy / Health Professions, Graduate

Nov. 4, Fri., 7, Mon. 8, Tues. -
Juniors, Pharmacy and Health Professions

Nov. 9, Wed., 10, Thurs., 11, Fri. - Sophomores

Nov. 14, Tues., 15, Wed., 16, Thurs. - Freshmen and Special

December Graduates

For Interviews and Résumé Assistance, schedule meetings now. Remember all SSS participants must have an updated résumé on file.

November will have financial literacy workshops set. Please attend or see Pat or Karen for a meeting. **Everyone** needs a financial literacy meeting.

Sign up for recommended campus events for workshop credit. Email Karen a summary of the event with the date for workshop credit.

Juniors: redo résumés and schedule Appointments FOR mock interviews for graduate school and internships.

Sophomores: Please email Karen your Strength Quest codes if you have not done so.

First Years: You are great for completing orientation, assessments and college success meetings. We will do midterm meetings during the

week of Oct 24th. Most of the appointments are set.

Some of you have already scheduled a midterm meeting. Stop by and sign the notebook at the front of the office. I have posted known events and workshops. Please sign off on completed events.

We have added three events at the Orpheum Theater.

Work with Denise on speed reading, editing papers, and test anxiety. Keep working or start working with Rich and Pat. Eat right, rest, and take time out for yourself.

Please delete emails so that your CU mail does not stop working. Professors and others may be trying to reach you!



Matt Wilson out Halloween night dressed to frighten the trick-or-treaters.



Josh Phelps, Emina Becirovic, Katie Cannella, Carmen Chagolla, Marissa Begay, Laura Magana, Namrata Sapkota, Jason Nguyen, and Ken Cai with the Begay family.

Student Support Services

Creighton University
2500 California Plaza
Mike and Josie Harper Center
Suite 4008
Omaha, Nebraska 68178

Phone: 402-280-2749
Fax: 402-280-5579
E-mail: tamib@creighton.edu
Website:
<http://www2.creighton.edu/ssss>

**“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.

Student Support Services *Fall Fest*

