

# Creighton Student Support Services

APRIL 2013



#### **Special points of interest:**

- **Hoots and Salutes!**
- **Study Tips**
- **Student Spotlights**
- **Faculty Spotlights**
- And more!

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### **Hoots and Salutes**



Congratulations to Nermina Demirovic for being selected a Decurion for COBA. Good job!



Congratulations to Fang Zheng for receiving a paid internship with the Union Pacific. Way to go!



Way to go Rachel Baiyee-Cady who was accepted for the UNMC Summer Medical Dental Education Program and the SMDEP internship program at Case Western Reserve University.



Congratulations to Ryan Freeman who will be attending an intensive language program in Bolivia after graduation.



Congratulations to Dylan Fills Pipe for being accepted into the SURP program through UNMC this summer.



Congratulations to Roger Gonzales for being accepted into the SURP program through UNMC this summer.



Congratulations to Brian Bennett for being accepted into the SURP program through UNMC this summer.



Congratulations to Jimmy Tran for his acceptances into the Schools of Public Health at UCLA, Twin Cities, UNMC, and San Diego State.



Congratulations to Shanice Nez for being accepted into the University of South Dakota and Sanford Research is Summer Undergraduate Research Experience (SURE).



John Khong was promoted in ROTC to a sergeant level. Great job John!

## Alumni Hoots and Salutes



Congratulations to Martin Yu was hired as an employee at MedWellRx. Way to go Martin!



Congratulations to Quang Nguyen who received a job as a programmer at West Corporation. Fabulous job Quana!



Congratulations to Rocio Mujica who is now a Bilingual Trade Assistant at Gavilon, Well done Rocio!



Congratulations to Krystal Boose who was hired as an Administrative Coordinator at Strategic Air and Space Museum. Awesome job Krystal!



Congratulations to Chester Ashong for being matched with the Houston VA for his Pharmacy Residency.



Congratulations to Martin Estrada for earning a \$1,500 Kaplan LSAT course. Way to go!



Laura Magana received the OPS Urban Teacher Internship at Kellom.



Tyler Peltier received Eagle Scout on Jan. 5, 2013. Way to go Tyler!



Congratulations to Jared Good who was invited to join the Pi Mu Epsilon-Math Honor Society.



Congratulations to Yueshi Lin for gaining admission into CU's Pharmacy School.



Congratulations to Brian Lu for gaining admission into CU's Pharmacy School.



Congratulations to Long Phan for gaining admission into CU' Pharmacy School.



Congratulations to Lili Mac for gaining admission into CU' Pharmacy School.



Congratulations to Dan Truong for gaining admission into CU's Pharmacy School.



Congratulations to Chanelle Ajimura for gaining admission into CU's Pharmacy School.



Congratulations to Josh Phelps for earning the position of Sales Consultant with Performance VW.



Congratulations to Lebree Perry who received a job with Target Corp as a Product Content Assistant and was accepted into a dual degree MBA and computer science program.



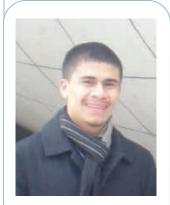
Congratulations to PJ Root who is now a Purchasing Specialist at Alegent Creighton Health.



Khole Keeler was accepted into a study aboard program for Spain for the first part of the summer.



Congratulations to Patrick Lam on his acceptance into Public Admin Masters Program!



Audel Salazar.

"One goal Audel
would like to
accomplish during his
lifetime is to visit
every country in the
world."



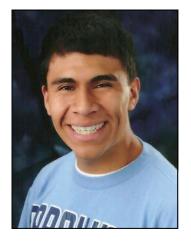
SSS Alum Audrianna Edmonds and Denise LeClair at Pat's Memorial service.

## Spotlight on Audel Salazar by Mamata Sapkota

Audel Salazar was born in Toppenish, Washington, and raised in Decatur, Nebraska. His friends also call him Del. He applied to Creighton University in hope of becoming an International Business major. He chose Creighton University because it is hard, expensive, and challenging.

Audel is also a member of Student Support Services. He joined Student Support Services because he was encouraged by Tami and his brother Steele. One of the things he liked best about SSS was Pat's almonds and his sense of humor. Through Student Support Services, he has greatly increased his mathematical skills and believes he is more prepared for his future.

Audel was awarded with the Diversity Scholarship. He said his biggest accomplishment was making his mother proud by attending Creighton University. He is a very adventurous and friendly person. At Creighton, he is involved with the Creighton University Latino Student



Association (CULSA), Native American Association (NAA), and Colleges Against Cancer.

One goal Audel would like to accomplish during his lifetime is to visit every country in the world. The ideal dream for him is to travel around the world while working for a company.

His favorite Creighton University Professor is Dr. Hall because Audel likes the way Dr. Hall teaches the class.

Audel has a natural talent when it comes to making friends and getting along with others. The most interesting thing that has happened to Audel while at Creighton University was making his first friend.

Two interesting things he does outside of school are shopping with his friends and meeting new people. Audel is also an extraordinary fiction writer. He enjoys writing in his free time.

The most fun he ever had was going to the Worlds of Fun amusement park. His most embarrassing experience was falling asleep and waking up in math class five minutes later when the teacher was trying to call on him.

If Audel won the lottery, he would pay off his student loans and put the remainder in stock. If he was given access to a time machine, he would travel to Alexander the Great conquer the Middle East. If he could be any superhero, he would be Superman because the Man of Steel is indestructible. If a movie was made about his life, it would be about his struggle and success in his life. He would want Channing Tatum to play as him.

Audel's best advice is "Don't just chase your dreams, catch them."

## Spotlight on Justin Sears by Blair Nelson

Justin Sears is a freshman at Creighton University. Justin is from Lincoln, Nebraska. He is a Medical Anthropology major who is also on the premedicine track. Upon graduation Justin hopes to work internationally as a medical doctor in communities that need medical care the most.

He chose Creighton because he was attracted to the strong academics and its Jesuit values. Justin stated, "This institution transcends traditional academics in its focus on well-rounded students, on service, and on leadership in the community. There are tons of opportunities here."

Justin decided to join SSS because of the help it provides as students navigate through college and career goals. The process can be complicated, but it is easier with the help SSS provides. said, Justin community feel SSS of because the people are so nice and willing to help." SSS provided Justin with great opportunities such as the fall



break immersion trip to the Rosebud-Sioux reservation. SSS also helped him with developing better study skills and with tutoring.

Justin's favorite Creighton professor is Dr. Mattson because of his amazing ability to concisely present chemistry in a simple way.

Justin is equally involved at Creighton and engaged academically. He made the Dean's list during the fall semester. This past fall, Justin attended the service trip to the Rosebud-Sioux Native American Reservation and also helped with the Millennium Gates Scholarship Workshops. Justin's greatest achievement so far was earning the rank of Eagle Scout.



Justin would like to travel the world, so he can learn from the different cultures and perspectives of other people. His dream job is to be a medical doctor in a place with high need for medical care. This would be an extremely high paying job for him, not monetarily, but in the reward of seeing people get better so they can continue their lives.

If Justin won the lottery, he would save enough money to pay his tuition at Creighton and medical school. After that, he would donate the rest to Patch Adams' Gesundheit Institute in Virginia, a free, full-scale hospital and health care eco-community.

If given access to a time machine, Justin would stay in this place and time. He stated, "This is an exciting time for me to be in." Justin's best advice for others is "If you have a goal in mind, remember to work hard and focus on each step and what can be done in this moment. And, of course, don't forget the other people in the world."



Justin Sears smiling for the camera with a friend Nicole Springer.

"Justin would like to travel the world, so he can learn from it and from the different cultures and points of view other people have."



Miss Shanice Nez is happily relishing the candy that she collected.



Rachel Baiyee-Cady

"Don't wait until the last minute when asking for a letter of recommendation. Don't forget to write a thank you card."



Check out the handsome Jimmy with his loot!

## Advice for Asking for Faculty Recommendations by Rachel Baiyee-Cady

When asking for a letter of recommendation make sure that you are choosing the right recommender. If you asking a faculty member, you should ask yourself these questions: Do they know my name? Have I talked to them outside of the classroom? Did I receive a "B" or higher in their class? When asking recommender, you should ask 3-6 weeks before the deadline of the application. You also what to help them write a good letter. Give the recommender a resume that includes awards, volunteer experience, and work experience.

If needed, also give them a copy of your transcripts.



When asking for recommendation, it is best to ask in person, but you can always email them, too. In the subject line make it simple, "Recommendation for Jane Doe." Start the letter by addressing them by name. If you have a more personal with relationship professor, address them by the name you normally call them. Then give a brief description of yourself and why you're interested in the

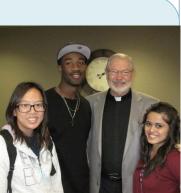
scholarship. As the deadline approaches, check in with the recommender. You can just send them a friendly reminder that the letter is due in a week. The final most important thing to tell the recommender is thank Whether recommender writes the letter or not make, sure you tell them thank you. There are also a few things that you should not do when asking for а letter of recommendation. Don't wait for the last minute when a letter of for recommendation. Don't forget to write a thank you card. Don't forger to tell them about the status of application.



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Quamesha Hayes and Samantha Brodrick.



Yueshi Lin, Chevas Fletcher, Roc O'Connor, and Mamata Sapkota.

## Mamata thanking Derrick Yim for donating 30 boxes of Girl Scout cookies to

SSS students.

Derrick earned his undergraduate (89) and Dental (93) degrees from Creighton.

Derrick is from Kaneohe, Hawaii.

## Congratulations to Fall 2012 Dean's List Students

Jordan Allen Chester Ashong

Jessica Bakhit

Amal Barre

Emina Becirovic

Mariassa Begay Steven Buffalohead

**Emmanuel Chavez** 

Ming Chen

Eden Chik May Chun

Nermina Demirovic

Zipporah Drake

Martin Estrada

Chevis Fletcher

Xavier Glover

Jared Good

Alexis Victoria

Gonzalez

Kapelekua Gramberg

Kelsey Rhea Ham

**Ashley Hauger** 

Viet Q. Ho

**Antwonette Hobbs** 

Heidi Hoffman

Ricky Huang

Juan Jaimes

Yashswee KC

Ilmihana Kendric

SoRa Kim

Samuel Kor Lin T. Lau

Lotplar Laywah Jacky Lee Kary Leung

**Daisy Liberato** 

Yueshi Lin

Brian Lu

Yitong Ma

Lili Mac

Laura Magana A. Jooniper Carrera

Morales Shanice Nez

Franchesca Nunez Ingrid Ordonez- Flores





Laney Ginn

When asked about her favorite CU professor, Laney replied, "All of them so far! Creighton's professors are awesome!"



Veronica Faber, Father Bucko, and Jimmy Tran enjoying the SSS Fallfest.

## Spotlight On Laney Ginn by Blair Nelson

The small town of Trumbull, Nebraska, is the hometown of 205 people, including Creighton University's very own Laney Ginn. Laney is a freshman this year. Her preferred nickname is Laney Cole.

Laney graduated valedictorian of her class from Doniphan-Trumbull Public Schools. She is on the pre-medicine track with an undecided major. Creighton's beautiful campus, small-town feel, and Jesuit values made Laney decide to join Creighton.

Laney learned about SSS through Morgan Pusek. Laney stated, "I enjoy the faculty and the other students in SSS." She also likes SSS because it has allowed her to meet diverse people with interesting backgrounds. The most beneficial part of SSS for Laney has been the Supplemental Instruction.

Laney is a member of Creighton's Appropriations Committee, which decides on funds for student life. She



also will be in the Cortina program in the fall.

When asked about her favorite CU professor, Laney replied, " All of them far! Creighton's professors are awesome! All of my professors deserve recognition. Elliot-Hall, Meisel, Gunn, Parsons, Whipple, Kokensparger were all amazing teachers semester."

Laney works a part time job as a CNA at the Lutheran Home in Omaha. She will soon be switching to work as a Med-Aide. She also volunteers at the University of Nebraska Medical Center once a week. One of Laney's goals is to travel to fifty or more countries in her

lifetime. Laney's ideal dream job would be either an architect or a carpenter.

The most interesting thing that has happened to Laney since she started her adventure at CU in August was Hurricane Kiewit. Laney, along with other Kiewit residents, were evacuated from the building after a sprinkler head broke on the fourth floor, causing a flood.

The most fun Laney ever had was on her European trip. Laney was on a Mediterranean cruise with some of her close friends from high school. If Laney one the lottery, she would give ten percent back to her hometown church, fifty percent for a retirement fund, and forty percent would go to her travels.

If Laney was given access to a time machine she would travel to ancient Greece. When asked why she simply stated, "It's awesome!" Laney's advice to others is "Make sure you're the crazy one." APRIL 2013 Page 7

## Winter Break Experience by Victoria Banks

Over the winter break, I had the opportunity to attend the Passion Conference. Hosted in Atlanta, Georgia, and about twenty years old, the conference is for "university age" students, and about 60,000 from across the U. S. and globe attend.

The conference is hosted by Louie Giglio and John Piper, with musical acts like Chris Tomlin, Kristian Stanfill, and David Crowder. I attended with my best friend's church, but several local churches from my hometown also attended.

The Georgia Dome was filled with the energy of so many youth, and honestly, I didn't know quite what it was about until the third day



I was there! The conference centered on Isaiah 26:8-"Yes, Lord, walking in the way of your laws, we wait for you; your name and renown are the desire of our hearts."

Essentially, it was a worship conference. But what made it extraordinary is that the point of the conference was to explore justice in the name of Christianity. Over the course of four days, the leaders introduced the students to the issue of

modern day slavery, which includes the exploitation of people for labor, sex slavery, or being incarcerated against their will by the use of force. The conference explored revolutionary ways in which to combat those problems.

The 60,000 students donated over \$3,000,000 towards rescue efforts, prevention efforts, and recovery programs. This money contributed toward efforts overseas as well as supporting safe homes in Atlanta and across America.

It was truly exciting to see young people from all over the world come together in their love for God and their desire to change the world.



Victoria Banks

"The 60,000 students donated over \$3,000,000 towards rescue efforts, prevention efforts, and recovery programs."

# Congratulations to the SSS students admitted into the Cortina Community!



Amanda Alvarado



Nicole Springer



Mamata Sapkota



Julian Bill



Laney Ginn



Aarjoo Bk



Akuel Majouk



Nick Tvrdy



Jordan Allen



Justin Sears



Franchesca Nunez



Veronica Faber enjoying a nice day on the lawn.



Dr. Eugene Selk

"It is easy to spend time socializing. Students need to find a balance for time studying and time socializing in order to receive high grades."



**Blair Nelson** 

### Spotlight on Dr. Eugene Selk by Blair Nelson

For 42 years, Creighton University has had Dr. Eugene Selk as a philosophy professor. He prefers his students to address him as Dr. Selk.

Dr. Selk is originally from New Holstein, Wisconsin. He is a professor of philosophy, specifically of philosophy of science and ethics. He enjoys the students, administration, good colleagues, and the Jesuit tradition of Creighton University.

Last year was the first year that Dr. Selk participated in Supplemental Instruction (SI) with SSS. He had a good experience with the students. He stated, "The students were gracious. They were also very open for discussion and learning new things."

Dr. Selk's advice for students is to get organized. He recommends having a calendar that is checked regularly. He also recommends putting down

when you start things, when it is completed, and how far along you are on the calendar. Another piece of advice from Dr. Selk is to use time wisely. He stated, "It is easy to spend time socializing. Students need to find a balance for time studying and time socializing in order to receive high grades."

Dr. Selk defines class participation as discussing in class but attendance also plays a part in participation. Academic success, in the eyes of Dr. Selk, will come as long as the student has good study skills. One tip from Dr. Selk is to rewrite the material when you are studying. He finds that rewriting the material really helps with memorization.

Dr. Selk is acting as the Chair of the department. He is part of the mission identity, academic policy, and discipline committee along with continuing to write and publish.

He finds that his greatest achievement far is so teaching. He gets the most satisfaction from teaching when he influences his The students. most interesting thing that happened to Dr. Selk in class at Creighton was when a student fainted in class. The student was fine and wasn't hurt.

Dr. Selk has been happily married for forty years. He has two daughters and six grandchildren. His favorite h o b b i e s i n c l u d e photography and travel. He has travel to Europe many times and China five times.

If he won the lottery he would give three fourths of the money to charity, along with a sum of it to Creighton to set up scholarships. If Dr. Selk could be a super hero he would be any type of academic superhero.



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## Study Habits and Tips by Chevis Fletcher

Welcome back ladies and aentlemen! Break out the rented textbooks and the fresh pens and pencils because it's the start of a new year and a new semester, new teachers and new classmates, new class a n d material experiences. To help you start your year off right. Here are the top five study habits and tips for 2013:

Do NOT procrastinate! — I know, I know... if it's not due until next week, why start it now? But you and I both know that the day before its due you'll be wishing you'd at least started working on it sooner. Don't kick yourself later; instead, give yourself a pat on the back because this year you'll be able to go to bed earlier instead of pulling an all-nighter the day before the assignment is due.

Learn from your previous mistakes! — Chances are that if you didn't get all A's in the Fall, there were probably some things you could have done better. Maybe it was to make a better effort to stay awake in class or maybe you neglected the first tip of this article— you procrastinated too much. Whatever went wrong last semester, don't let it happen again. Learn from your mistakes.

Remember why you are here! — As I'm sure most of you know, our country is in a recession. How can you reduce the impact of the recession on your life? Keep your grades up, so you can be better qualified for jobs! The competition is fierce, and the recession just made it fiercer. So stay on top of your game and remember why you're here.

Sacrifices will benefit you in the long run! – It's Friday night, should you go to the fraternity party or start studying for your test on Monday? It's a rhetorical question, but remember the first three steps of this article, and the answer should be clear. Don't

procrastinate, learn from your previous mistakes, and remember why you are here. I'm sure that party is going to be great, but will it really benefit you later. No! Make the sacrifice, you'll thank me later.

Make Mom and Dad proud!

— Who do you love the most? Of course, your Mom and Dad! And why did they send you here? Because they want you to have a successful future! What is the best way to begin a successful future? Get good grades! Not only will your parents be proud of you, but you will be proud of yourself as well. Mom and Dad love you, show them that you love them too.

You've heard all the rest before—get a good sleep, eat a balanced breakfast, seek tutoring, don't put pleasure before responsibility—but remember the five study tips of 2013, and you will have the foundation of what makes a good student.

Good luck with the school year, and may God bless you.



Steph Waters and Chevis Fletcher.

"Stop procrastinating by watching television. Go to the library to get your work done."



Spring 2013 Winnebago Immersion trip ice breakers.

Bianca Baker

What are your plans after you earn your bachelor degree? Maybe you want to consider graduate school.

## Graduate & Professional School by Bianca Baker

Four years for undergraduate studies seems like a lot of money and school already. So why waste time, money, and effort to go to graduate or professional school when already have you Bachelor's degree? Like everything else, graduate professional school and come with both advantages and disadvantages.

In some cases, graduate school is necessary. However, even if graduate school is not required for your dream job, you might want to consider getting a graduate degree because it comes with many advantages.



For example, if you are interviewing for a job and have a higher degree than your competitor, you are more likely to get the job. Once you get a job, you are more likely to have an increased pay rate because of your degree. Ultimately, by going to grad school, you are strengthening and broadening your education, therefore, you will be

looked up to and respected.

Although graduate school seems to sound not so bad. there are а few disadvantages that you may want to consider. While in grad school you still have to pay for tuition, books, food, rent, etc. and you will make very little income. Another two or four years of school can be very expensive and could put you further into debt if you decide to take out loans. However, in the end it will be worth it because you will make more money, but you have to sacrifice time and money to get this higher degree.



Jimmy Tran is majoring in environmental science and decided to take the leap and attend graduate school for public health.



## Health and Wellness by Chevis Fletcher

What is the most common New Year's Resolution among Americans? You guessed it! Lose weight! So in this article, you will find some alternative ways to lose weight, without killing yourself in the gym or starving yourself-you have to walk before you can run. But these tips are not just for the overweight, but also for the physically fit who wish to maintain their health and wellness.

Stay off the shuttles and lose the car keys. Walk - You don't need to jog or hop on a treadmill, but simply make an effort to walk whenever possible, especially if your destination is a campus building. Personally, I never use the shuttles. I walk everywhere, and by doing that alone, I built better abs and increased my vertical by inches. I know it sounds simple, but by walking continuously you will see visible results within months, if not weeks. In addition, you will be surprised at how effective the giant hill between Deglman Hall and the Harper Center will be for your workout. If you live in Kenefick, you will really meet your wellness goals.

Start your day with eggs. — Make cereal a thing of the past, and if you don't eat breakfast, you'd better start. Even if eggs are the only thing you eat in the morning, this high-protein food will provide you with energy to make it through the entire morning and into the afternoon. Your afternoon meals will be your decision, but I urge you to choose them wisely.

Stay away from French fries - The rated number one worst food in America, you guessed it, French fries. A baked potato is great, potato chips not so much, but French fries are the absolute worst of the three. This food provides you with tons of empty calories, but no nutrients. Yου should eliminate these from your diet altogether. A regular diet of French fries will add three pounds to your waist per day. I am NOT kidding.

A midday nap. — Most college students can relate to this. A midday nap is like a recess for your body after a long day of walking around campus and exercising your brain. Personally, I like to take a

midday nap in addition to a good night's sleep. This way I can stay energized throughout the day and avoid falling into tiredness and laziness. This midday nap should be no more than 1-2 hours. Don't get lazy and stay on the couch for too long, but give your brain a chance to restart itself and proceed with the second half of your day.

**Incorporate spirituality into** your well-being. - Zen Buddhism, praying to God, etc. You should be doing something spiritual. We are three-part beings: Mind, Body, and Spirit. As college students we exercise our minds quite often. Body was covered in the last four tips. But don't forget about your spirit. Praying to God or indulging in some other form of spiritual connectedness will make you feel better about yourself and will work psychologically to ensure you that a higher power is will make sure everything is okay.

These five tips for better Health and Wellness will certainly improve or maintain your fitness goals.



**Chevis Fletcher** 

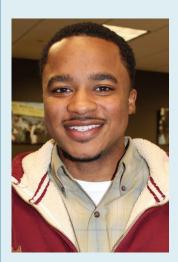
"These tips are not just for the overweight, but also for the physically fit who wish to maintain their health and wellness."



Matt Wilson posing for the camera.

Victoria Banks

"The simplest way to dispel stress is simply breathing-deep and unencumbered breaths. Exercise is always an effective way to change the ingrained rhythms of our day, but is not always possible."



Tierre Maclin enjoying the last Bucko Potluck.

## Stress Maintenance by Victoria Banks

Unfortunately, just about everyone experiences stress between homework life classes, dorm and cafeteria food, our social lives and work schedules, there is always something else that could be on our minds. Stress is not always a problem; in fact, it can stimulate creativity and spur our efforts to complete a project or achieve all we need to. The issue then is when stress becomes an overwhelming factor in our mental processing. The body not know the difference between "positive" and stress "negative" **Both** stress. stimulate the same chemical response regardless of our emotional outlook. The girl who is rushing in order to pledge а sorority experiencing the same



Yoga Poses

chemical process of stress that a guy pulling an all nighter for a test that his grade depends on.

Due to this lack of differentiation, the body becomes inundated with stress and no longer responds in a healthy way in order to balance itself out.

Stress "relievers" often vary from person to person, depending on how introverted/extroverted a person may be. An important step is to identify stressors—whether it is a particular situation at work, an overload of homework, or relational issues. Once you have identified the main source of stress, you are more empowered to isolate the issue and see it in the correct perspective.

The simplest way to dispel stress is simply breathingdeep and unencumbered breaths. Exercise is always an effective way to change the ingrained rhythms of our day, but is not always possible. Practicing yoga stretches and intentionally allowing the body to relax is one of the most effective ways of rebalancing the body. Some people may be inclined to talk to a healthy outlet, such as using counseling or receiving perspective from a close, trusted friend.



## Reflection on Dwight L. Ford by Mamata Sapkota

On Wednesday, January 23rd I had an opportunity to listen to a guest speaker, Reverend Dwight L. Ford, M. Div. He is known as an innovative leader, author, thought-provoker, and public theologian. He holds a Bachelor of Arts degree from Western Illinois University and a Master of Divinity degree from Harvard University.

I was very delighted that I had a chance to listen to

Dwight L. Ford. I was exhausted coming from my last class. By the time, I got to the luncheon I felt lazy and was not wide awake until he started talking. His voice sent a powerful message that makes you want to listen to him. He did not just keep me awake, but I became aware of things he was talking about. He had some great things to say that not only affected certain citizens but

everyone.

Dwight L. Ford serves as the executive director of the Martin Luther King Jr. Center, a comprehensive program and service-providing community center in Rock Island, Illinois. He did not just mention what Martin Luther King Jr. did for the civil right movement. I would highly recommend students attend the Martin Luther King, Jr. Luncheon in future.



Reverend Dwight L. Ford has a life commitment of serving the church and underserved populations of the world.

"I would highly recommend students attend the Martin Luther King, Jr. Luncheon in future."

## In Memory of Pat Al-Greene

December 5, 1945 - February 4, 2013

"Pat, math was never our thing. I asked for help my Freshman year, and I got much more than I could have. I loved your sense of humor and your awe for astronomy and astrology. With those memories I have with you, you will be forgotten. never Walking by your office door will make me smile more than anything because of the good times we had in there. God Bless."

Ramon Chavez Jr.

"Pat has taught me that living simply and frugally is the best way to live. He told me that I could always live cheaper and that 'stuff' does not make you feel more accomplished, love does."







Pat's son Bob Al-Greene and his mother at the Memorial.



Pat Al-Greene and Steph Waters.

#### **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

"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

We're on the web www2.creighton.edu/sss

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

Seniors, remember to apply to graduate on the NEST system. Two surveys are also required of you. We need to do an exit survey before May.

#### ALL STUDENTS:

If you did not complete the FAFSA, it needs to be done.

Copies of yours and your

parents' W-2s and 1040s need to be in the financial aid office. If you did not do the IRS pre-fill on the FAFSA, they will not process your award. Remember to do the Financial Aid Office verification form

Please schedule your midterm meeting to take

place after spring break.

Registration dates for next fall are below.

If you need help with preregistration or need to complete a 4 year plan, see Karen.

If you need help with Scholarships, see Tami.



Karen Thurber SSS Assistant Director and RSP200 Advisor

Harper Room 4017 Phone: 402-280-3007 Email:

karenthurber@creighton.edu

Tues., Wed.

April 9, 10

Seniors, Pharmacy/Health Professions, Graduate

Thurs., Fri.

April 11, 12

Juniors, Pharmacy/Health Professions

Mon., Tues.,

April 15, 16, 17

Sophomores

Wed.

Thurs., Fri.

April 18, 19

Freshmen and Special