

Staff Directory

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Debra Foster, Grad. Intern
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Director's Welcome

It is my heartfelt pleasure to welcome our new and returning students to Creighton and the Student Support Services (SSS) program. The SSS staff spent the summer preparing for your return. We sincerely hope you enjoy and benefit from the many initiatives, workshops, and programs we have planned for the fall. We

look forward to a wonderful fall semester filled with shared memories and abundant successes. Last year's success is evidenced by the 2006-07 students profile. We are also delighted to welcome a new member to our staff, Debra Foster who will spend the fall semester with us as a graduate intern.

Hoots and Salutes to SSS

Even during the summer, SSS students are still hard working as ever.

Congratulations to **Princella Parker** on her multimedia internship at the Forum Newspaper in Fargo, ND.

Congratulations to **Acenith Garvey** on her new job at CMES as a Cardiac Technician.

Congratulations to **Kendra Sears** on her internship at Nike's World headquarters. She was 1 of 175 chosen from all over the world!

Congratulations to **MeLitta Wilson** on her new job as a direct service provider for Developmental Services of Nebraska.

Congratulations to **Krystal**

SSS Highlights

Fall 2006 Student Profile	
4.0 GPA	5
Dean's List	23%
3.0 GPA & Above	55%
Average GPA	2.91
Spring 2007 Student Profile	
4.0 GPA	7
Dean's List	30%
3.0 GPA & Above	56%
Average GPA	2.89

Boose on her appointments as Family Weekend Coordinator, Creightonian Advertising Manager, and DEX VP Public Relations and Recruiting.

Congratulations to **Carolyn Kor** for being named House Advisor for Kiewit Hall.

Congratulations to **Lori Schnepf**, on her engagement.

Every author has an editor--and so do you!

Discover your inner writer! See me early and often!

Denise Le Clair has two degrees from the University of Illinois at Urbana: a Bachelor's in English and a Master's in Library Sciences.

As the **SSS Writing/Reading Specialist**, Denise helps students develop study strategies for their college courses and assists student in all phases of writing a paper, from developing a thesis to

final proofreading.

No matter what the subject--from accounting to theology--**Denise can help you with prewriting, editing, and proofreading.** You can ask Denise a grammar question, to work on ideas with you, or give your paper an in-depth review. Make an appointment through email, phone or stop by her office at any time.

Markoe Hall Room 122

Phone: 402-280-2166

Email: leclair@creighton.edu

"I greatly enjoy helping you get your ideas on to paper with clarity and style."

Call, email or stop by!





Spotlight on Debra Foster *by John Paul Gurnett*

For the fall semester, SSS will be joined by a wonderful woman by the name of Debra Foster. Deb is a graduate school intern who will be working in SSS while she finishes her degree in college student counseling. Debra comes to us with degrees in communication and psychology from UNO.

For Deb, there was no question as to where she wanted to do her internship. “I talked to people about working here, and people had positive things to say. It’s also a religious environment. Everything just worked for me. This is where I needed to be.” For Deb, religious enrichment was just as important as academic quality. “Creighton is not just an educational environment; it also has a religious, passionate, and spiritual side. Creighton is very peaceful.

I can be myself.” For Deb working in SSS has been a learning experience. “At UNO I did academic advising in the College of Business, but here I have to become familiar with so many different colleges and requirements,” stated Deb. Deb has come into contact with a few students, and she is excited to experience the many different personalities of the program.

When not in the SSS office, Deb can usually be found at her church where her husband is the minister. Fourteen years ago, Deb’s husband made the

decision to leave his corporate job with IBM and pursue the ministry. Deb and her husband started a small church in South Omaha on 30th and R called New Hope Apostolic. At the church, Deb and her husband put a particular emphasis on the neighborhood. Part of their ministry involves working

would get in the cars with the drug dealers, and he learned that these kids realized what danger they were in, but they knew of no way out. We buried a lot of young men, but we saved a lot more.”

After a while, their little church became too small to accommodate the church members. Deb and her husband had to find a bigger church. “We didn’t want to leave the neighborhood, or South Omaha, but we could not find any available space.” After a long search, they finally found the perfect spot; unfortunately, this required them to move to North West Omaha. “It was a difficult move, but many of our parishioners stayed with us despite the distance.”

Deb and her husband also started doing prison ministry. “We have a passion to help those individuals who do not have role models.” She also serves on many different committees throughout the city.

Even with her passion for helping others, Deb has the time to be a mother to three children, two of are in college and one is a student at North High School.

Deb’s advice to others is “to make the most of this time. It’s never coming back. You have to seize the moment. I hope all SSS students will make the most of each day. There may be a better day, but this day will never come back.”

Markoe Hall Room 111
Phone: 402-280-3384

Call or stop by — Deb would love to meet you!

directly with the disadvantaged of the neighborhood. Often this included drug addicts, gang members, and criminals. Through this active ministry Deb and her husband are trying to make a positive change in the neighborhood. “We had to show them that there was another way. We did this by listening to them, crying with them and then teaching them.”

While at New Hope Apostolic, Deb and her husband became the stand-in mother and father to many of the teenagers in the neighborhood. “There were many young kids who had no family support, which is why they turned to gang violence. Many kids who are in gangs do not choose that lifestyle. My husband would sit down with these people, he

Office Hours

Monday—Friday:

8:00 a.m.– 5:00 p.m.

Evening hours

Monday, Tuesday, and Thursday

5:00 p.m.— 8:00 p.m.

Staff Hours

Tami Buffalohead-McGill

M-F 9:00 a.m.—5:00 p.m.

Karen Thurber

M-F 8:00 a.m.—4:30 p.m.

Denise Le Clair

M-F 9:00 a.m.—4:00 p.m.

Rich Jehlik

M-F 8:15—3:00 p.m.

Pat Al-Greene

MTR 8:30 a.m.—12:30 p.m.

MTR 5:30 p.m.—8:00 p.m.

Debra Foster

M-F 8:00 a.m.—4:30 p.m.

Sandy Cerveny

M-F 8:00 a.m.—4:30 p.m.

SSS student studies in China! *by J.P. Gurnett*

Have you ever wanted to visit another country? How about studying in another country? For Creighton students this can be a reality. Every year Creighton students travel overseas to engage in a life changing experience. For one SSS student, Sarah Belt, studying abroad in China was a dream come true.

For Sarah, an English major with a minor in Asian studies, when considering a country to study abroad there was no question about where: "I've had a love and an interest Chinese culture since I was 13 or 14 after I saw the movie The Last Emperor. In high school, I spent a lot of time studying the country and looking for ways to learn the language. I used China as a topic for presentations and reports whenever the chance presented itself. I've been intrigued and curious about life in China for 10 years now, so when the opportunity came up, I jumped at the chance."

China, the most populated country in the world, is full of history, beauty, and culture. For Sarah, it was hard to single out one single experience as her favorite, but she did think of a memory to share. "I think one of the most prominent memories that I will have is

being in the ancient city of Pingyao. It is thousands of years old. You can't drive cars through the city because the streets are too narrow and at night time it gets so crowded with everyone outside socializing and selling goods. The architecture is beautiful and the people were fabulous.

**Learn how to Study Abroad:
Lower Becker G-25
Phone: 402-280-2221**

I rode a bike around the streets with a few of the other students on the trip and a little Chinese girl danced for us and let Kristina Smith take a picture with her. The hotel was beautiful because we slept on Chinese style beds and the food was wonderful. I was sad to leave."

Lessons learned while studying abroad are not only learned in a classroom. For Sarah, the most important lessons she learned pertained to herself.

"It's a very personal lesson for me. I had never traveled overseas before and, obviously, there were doubts and fears that I had. But the adjustment was amazingly easy, and I realized that I can actually separate myself from Omaha and from the U.S. and be ok, even thrive.

I had some special concerns before the trip but Dr. Yuan, Dr. Selk and members of the study-abroad program office

as well as SSS were there to help and discuss any special needs that I might have. In accordance with that, visiting another country, regardless of where it is, is going to have its own share of shock value and can be difficult, but again, Dr. Yuan and Dr. Selk made it easier because they prepared you for what you would see and experience. We weren't in nice hotels all the time, and there were days when we'd be on a bus or a train from anywhere between 4 to 12 hours. You had to be able to rough it at certain points.

But I learned about my own strength and bravery from going on the trip. I didn't think I'd be able to handle the differences, the travel, even the food. I had these images in my head before we left that I wouldn't be able to eat or that I would be too physically exhausted to participate in everything that was planned, and I was traveling with seventeen other students, most of whom I hadn't met and that brought its own worry thoughts. But the transition, making new friends and everything else involved was virtually painless and I can't wait to experience it again.

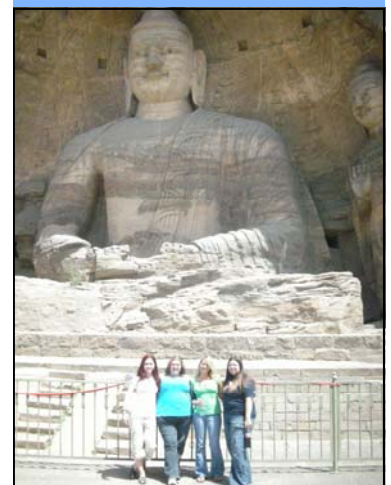
For anyone who thinks they can't study-abroad for any reason, yes you can!!!"



Sarah Belt poses on the Great Wall of China



Sarah zips through a Chinese Village



Sarah and friends pose before one of the largest Buddha statues in the world.



Carolyn gets to know a snake at the Zoo.



Herman and Carolyn hold the world in their hands.



Luis Vazquez prepares Lorena Zamarripa to perpetrate violence on the piñata.

A Day at the Zoo *by Joanne Kim*

Omaha's Henry Doorly Zoo is known as one of the top zoos in the U.S. According to Wikipedia, it has over 130 acres of land and over 900 species! The major exhibits are the Lied Jungle, Desert Dome, Kingdoms of the Night, Scott Aquarium, Hubbard Orangutan Forest, Cat Complex, Durham's' Bear Canyon, Hubbard Gorilla Valley, Garden of the Senses, and Dairy World. There is soon to be a butterfly exhibit.

Luckily for SSS students, some of us had the chance to spend a couple of hours at the zoo, on a Saturday afternoon. With the sun shining down on us and the wind gently blowing, the weather was perfect.

This was my first time visiting the zoo so I was really excited. I noticed first that the zoo was enormous! The place was huge, and there was so much ground to cover in only three hours. A couple of fellow SSS student and I ventured to see as much as possible, while still enjoying the full experience. I visited a couple of the major exhibits

and took endless snapshots with my Sony cyber shot.

My favorite exhibit was the aquarium. It had the cutest penguins swimming and splashing around in the water.



Herman Ing, Joanne Kim, Carolyn Kor , Natalia Trinidad

One of the penguins stood right underneath the snow, shaking the snow off of his head, as if he were taking a shower.

Join SSS for the free Cultural Event at the Zoo

Sat., October 6th
12:00 pm to 3:30 pm

And

Sat., April 12th
12:00 pm to 3:30 pm

Other great benefits to the zoo are the many restrooms available even within the exhibits, the gift shops located near the entrances

and in the major exhibits, transportations (tram, and trolley) different restaurants, picnic areas and concessions stands), photo opportunities cool statues and an IMAX theatre! There is so much to

do at the Henry Doorly Zoo, yet so little time. So be sure to give yourself enough time, or visit the zoo a couple of times to complete the whole zoo experience.

Here are some helpful tips for the next time you visit the zoo..

1. Wear sunscreen!
2. Get there early if possible for more time.
3. Bring water.
4. Bring a camera.
5. Don't forget to bring some cash with you so you can buy souvenirs, food, or pellets to feed the fish.
6. Once you enter, don't forget to pick up a free zoo map.

Be safe, enjoy, and get excited for a unique experience at the Henry Doorly Zoo!

Fourth Annual Welcome Back Soiree!

FREE FOOD, NEW FRIENDS, FUN GAMES, and A PIÑATA!

Join us on the west side of the Rigge Science Square on **Saturday, September 15th, from 1:00 to 4:00** for a great

time, fellowship, food, fun, and music by Guillermo Guzman.

Meet and get to know other SSS students, staff, and friends of the Student Support Services program.

Please call Sandy at 280-2749 by September 12th to let us know you will be joining us.

This event counts for one workshop credit.

SSS in the Know—Kim Johnson *by J.P. Gurnett*

Communication, Collaboration, and Information.

These three words are the keys to success, says Kim Johnson, Director of Admissions for Creighton's school of Pharmacy and Health Professions. She knows a thing or two about success. A 1994 University of Illinois graduate, Kim Johnson has been admitting Creighton's best and brightest into the Pharmacy and Health Professions program for five years. During that time, she has come to appreciate Creighton University. Johnson states that what makes Creighton stand apart from other University's is the "Jesuit Difference." "I have set foot on over 100 campuses, and it's a very special feeling you get when you're at Creighton. It's a close knit community that you're not going to find anywhere else," stated Johnson.

Johnson has developed a strong personal and working relationship with the Student

Support Services program and its director, Tami Buffalohead-McGill. "Tami is always picking up the phone and referring students to my office," says Johnson. Johnson appreciates that the SSS staff won't tell a student what to do; they will help the student develop these connections. "Many advisors just tell a student what to do; Tami will pick up the phone and let the student and me talk." This method of guiding the student to the right resources has proved to be successful for many SSS students. Students from SSS are always coming into her office, and Johnson wishes that more students would take advantage of her service. "Students need to think of this as an advising office. Advising students to get on track. Don't be scared. We can guide you before you apply," declares Johnson.

"To achieve academic success one needs to have necessary information and people to provide the information," says Johnson. Johnson insists that students ask questions, and ask early. Johnson says to all

students, "Don't ever feel like you are bothering people on campus who are in leadership roles. It is our job!" This advice leads to her three keys to success: communication, collaboration, and information. "Students need to be willing to talk and ask questions. They then need to use the resources we have on campus, such as professors and advisors, and through this collaboration, students will receive the necessary information they need."

When not advising students on how to handle college, Kim Johnson can usually be found outdoors, "I love to golf! If I'm not working I am usually golfing or boating. I am an outdoors person." An appreciation for the outdoors is also what drives her interest in travel. "My fondest childhood memory is traveling to Hawaii to see my mother's family." Johnson has developed a fond appreciation for the Hawaiian population at Creighton. "It's nice to have such diversity," states Johnson.

Johnson's final advice for our readers is "Work smarter, not harder. The way you do that is by having the right information, knowledge, and relationships. If you have all that, you can do things better."



Are you interested in OT., PT, or Pharmacy?

Consider Kim for an RSP 200 Advisor.

Kim Johnson
Director of Admission in the
School of Pharmacy and Health
Professions.

kimjohnson@creighton.edu

Available **only** to students interested in pre-pharmacy, pre-physical therapy, or pre-occupational therapy.

Background includes over 12 years of admission, recruitment, marketing and advising of students at both public and private universities. Master of Public Administration (M.P.A.) University of Nebraska Omaha; B.S. Journalism, University of Illinois.

How to Contact Kim Johnson

Office: Criss II G-151

Phone: 280-2662

kimjohnson@creighton.edu





**Elizabeth 'Ely' Ramos
Class of 2011
Arts and Sciences**



Carolyn Kor and Millie Wolfe pose after a fierce Laser Tag battle.

Join SSS for a free Cultural Event designed to facilitate team building, leadership and fellowship.

Laser Tag

**Friday, November 16th
7:15 pm to 9:30 pm**

Spotlight on Ely Ramos *by John Paul Gurnett*

Ely Ramos is one of the many new freshmen that will be hanging around the SSS office. Ely, a graduate of Bryan Senior High, is ecstatic about starting her college career at Creighton. "I selected CU because it was my dream school! I visited the only other university that had a law school, and I knew that Creighton was the right choice for me," stated Ely.

While at Creighton, Ely plans to be actively involved in the SSS program. "The atmosphere of the place is great. Everyone is so nice and willing to help and that is what every college student needs! It is a great resource

for information and help. Having a helping hand never hurt anyone and thank goodness that SSS exists!" Ely believes that her biggest achievement so far would be graduating from high school. "My greatest achievement would have to be graduating from high school. It is not like it was a struggle but sticking with good grades and not getting into trouble for 12 years is a lot of work, and I am really proud of myself!"

Besides her academic determination, Ely describes herself as any other teenager. "I like to relax and socialize with my friend because when I am in school I do not have

time to think of other things that are not school related."

"As right now my most prized possession is my loyalty and determination to myself and my dreams. The reason being is I have worked so hard throughout my entire life to give up now! Failure is a word that will never be linked to me, because I will never give up!

Ely's advice for others is **"Never give up and always question everything! If you ever sit there and wonder why you can not do something or are told that you can not do something, a wise teacher once told me to ask myself 'Why Not?'"**

Cultural Events for the Fall Semester

CULTURAL EVENTS are designed to provide students with a wide variety of cultural opportunities. **Both tickets and transportation are provided free of charge for SSS students.** Attendance counts as 1 workshop credit.

Contact Rich or sign up on the SSS bulletin board in Markoe Hall. Please do not be a "no-show." If your plans change, you must let us know 24 hours prior to the event, so we can offer your spot to a student on the waiting list.

Friday, September 14th—Thoroughly Modern Millie (Omaha Playhouse) 2002 Tony award winner for best musical. A Kansas girl goes

to NY for a new life where this country girl becomes flapper.

Friday, September 21st—Crowns (Omaha Playhouse) A gospel musical and dance play exploring the African American heritage as seen by a Brooklyn woman who moves to the South to live with her aunt.

Friday, October 26—Dia De Muertos (El Museo Latino Exhibit) Latin American remembrance of the Dead celebrated in early November in correspondence with All Saints and All Souls.

Friday, November 9th—Monty Python's Spamalot (Orpheum) Recipient of the 2005 Best musical Tony Awards. A new musical comedy about King

Arthur and the Knights of the round table as they embark on their quest for the Holy Grail, complete with flying cows and killer rabbits.

Friday, November 17th—Ballet Hispanic (Orpheum) Fueled by passion and theatricality, this dance infuses the stage with classical and contemporary forms set with a distinctly Latin flair.

Friday, November 30th—Christmas Carol (Orpheum) Ebrneezer Scrouge, Tiny Tim, Bob Cratchit and a host of others in this classical musical tale of the power of redemptive grace.

Summer Reflections *by John Paul Gurnett*

What did some of our students do this summer?



Kendra Sears

I interned at Nike's World Headquarters in Beaverton, Oregon. There were 16,000 applicants and 175 student interns were chosen – a big accomplishment.

Interns here are from all over the world. This was not just a national internship because this is Nike's WORLD campus, I guess it makes sense. However, it makes the experience that much more meaningful. To be chosen out of so many is AMAZING!

Trang Hoang



The summer of my freshmen year in college will be the busiest, most memorable

summer I have ever experienced. To this point, I have three summer jobs, and they are all so much fun, and I learned a lot from each of the job. At first, I was the sales representative for Cutco Kitchen Cutlery Company. My time with Cutco was not that long, but I learned a ton.

After that I worked for Upward Bound Summer Academy for six weeks as a Resident Advisor. I was the RA for 4th floor of Deglman dorm and got to stay with 34 fabulous ladies who I will never forget. Now I am currently a project aid for Creighton Summer Youth Program for two weeks.

MeLitta Wilson

On May 3, I started my new job working as a direct service provider for Developmental Services of Nebraska. I work in a residential setting with three great young men! I love the new job, and it is teaching me a lot as I enter the field of education!

I went to the National Society of Collegiate Scholars summit in Philly this past July. There I learned about how to better serve as the VP of Community Involvement for my chapter, and what other great opportunities there are to get people involved throughout the community!

John Paul Gurnett



I spent my summer working as an intern for SSS. During the summer I was able to work

with Tami, Karen, Denise and Sandy to make the SSS office a better place.

I really enjoyed this internship because it allowed me to give back to a program that has given so much to me. It also allowed me to design this wonderful newsletter that you are reading right now. Isn't it wonderful?



Taria Wolfe (B.A. 2007) was recently hired by the Winnebago Indian Health Services Hospital as a Medical Support Assistant.



Josalyn Funches (B.A. 2007) is attending Medical School at Howard University.

How to Thrive in BIO211 *by Rich Jehlik*

Science Specialist Rich has over twenty years of experience helping students excel in science courses. He sat in on Dr. Reedy's BIO class and has some helpful survival tips on how to thrive in BIO211. Rich will offer a prep session designed to get you off in the right direction! Here is some basic advice to begin the course: 1) **Class**

Room: Be sure to find your classrooms in advance. When you locate your classroom be sure to orient yourself to where you need to be both before and after class to determine how much time you have between classes. Promptness is important! 2) **Syllabus:** This is your contract with Dr. Reedy. The syllabus outlines what is

expected for successful completion of the course. **You are responsible** for knowing what is contained in the syllabus. Carefully note quiz, test and paper due dates. Also pay close attention to the requirements for the scientific paper requiring both primary and secondary sources. Assistance from Rich and Denise is recommended.

How to Thrive in BIO211 Workshop

**Friday, August 24th
Markoe Hall Room 110
Time: 12:00 to 1:00 pm**

Remember– If you are on a pre-health path you should be aiming for at least a 3.6 in the sciences. Use all the resources available to you in order to maximize your success!

Student Support Services

Creighton University
2500 California Plaza
Markoe Hall
Omaha, Nebraska 68178

Phone: 402-280-2749
Fax: 402-280-5579
E-mail: 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

Karen Thurber, Academic Counselor, has a few important announcements and reminders to enable you to begin the year successfully.

Welcome to everyone!

Seniors: Double check your CORE and major requirements. See Karen to complete the orientation meeting and senior check. Know the deadline and complete the application form for graduation. Work with Karen on resumes and mock interview for career and/or graduate school

Juniors: Complete the orientation meeting. When applying for graduate

school and/or professional school, do practice interviews with Karen, study for the entrance exams and complete the paperwork. Work with Karen on resumes and looking for internships. Declare your major if you have not done so already.

Sophomores: Complete the orientation meeting. Complete the Strength Quest assessment in the residence halls or contact Sandy in the CAP Center for a code if you are living off campus. When you finish the Strength Quest Assessment, send Karen your results. Explore and declare your major. See Karen if you need help with selecting the right major for you. Update or develop your resume.

First year students: Attend Group 1 and Group 2 meetings during the first two full weeks of school. Be sure to complete the three assessments in the SSS office. Take advantage of the Student Support Services resources and enjoy your first year!



Important Dates

Deadline for changing or dropping classes online	Tues., August 28th
Deadline for changing or dropping classes using the Drop/Add form	Fri., August 31st
Labor Day - no classes	Mon., September 3rd
Last day for filing applications for degrees to be conferred at the end of the first semester	Thur., October 11th
Fall Recess begins after last class	Sat. October 13th
Deadline for withdrawing from a class	Fri., October 29th