Congratulations!

by Michele Starzyk

Transitioning into Creighton is not simply achieved by attending Summer Preview or Welcome Week. Creighton acknowledges that there is still a lot to learn about our community and how we can help you be successful here.

This newsletter was created to help address some of the ongoing transitional needs of new students, both on and off campus students, freshmen and transfers, etc.

Hopefully throughout the year we will be able to share some additional information to assist you. In the meantime, please do not hesitate to talk to your Decurion, Faculty Preceptor, Welcome Week Leader, RA and all the campus departments ready to assist you on your journey.

Best wishes to you as Midterms progress and a restful Fall Break!

The First Year Experience

by Katie Kelsey

The first year of college is full of newness and excitement; frustration and confusion. It begins with moving into a residence hall and meeting your roommate for the first time. The two of you arrange your room and you look around to see the small room that will be your home for the next nine months.

After that first week of school you think, “this isn’t too bad.” You start making new friends and maybe call old ones. You’re hanging out with your new group of friends, playing games, staying up late and maybe going to parties. Then classes begin, and for the first time you have extra time on your hands because school doesn’t go from 8:30am to 3:00pm. Instead you are taking 15-18 credits and have plenty of time to do whatever you want to do.

After a while you fall into a daily routine: classes, Becker for lunch, class again, workout or watch T.V., Brandeis for dinner and then studying or more T.V. and friends. Whatever the routine may be you get the hang of it and go with it.

School is going great, you have lots of new friends and that long awaited fall break is finally here! You pack your things, say your goodbyes and finally hit the road to home. As you pull into the driveway you anticipate the party that will ensue because you are home. You open the front door with a breath of excitement only to find no one has thrown you a party. Instead mom gives you a hug says she is glad to see you and she is off to the grocery store. It is then that you realize that your family’s life has gone on without you and you suddenly miss being home. You want to be filled in on everything that has happened, including the times that your dog went for a walk. Dinner with the family is different than before, but still enjoyable.

Later in the evening you go out with some old friends and things aren’t the same for the first few minutes. You aren’t connecting and you feel like there is a void in your friendship. After a few moments of awkwardness in meeting new people, and being
Mark your Creighton calendars!

- Oct. 14-21, Creighton's Fall Break
- Oct. 22-28, Alcohol Awareness week by PEAC
- Oct. 24, Josh Blue & Creighton Idol Preliminaries
- Oct. 27, Retro Video Dance Party at 9pm
- Oct. 29, Halloween Dance 9pm-Midnight in Irma's Bistro
- Nov. 6, Study Groups 7pm-8pm in Skutt Student Center room 105
- Nov. 11, DoIT Game Fest
- Nov. 18, Fallapalooza featuring Jurassic 5
- Nov. 22-26, Thanksgiving Break
- Nov. 28, IRHG's Annual Christmas at Creighton
- Dec. 16, Halls Close at Noon

October 2006

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Staying in Omaha for Fall Break?

**Campus Dinning:**

**Fri Oct 13:** Brandeis Regular Hours
Wareham Court 10:30am–2:00pm  
Jack & Ed's 7am–8pm  
Java Jay 7:30am–2:30pm  
**Sat Oct 14:** Brandeis 8am–10am  
Jack & Ed's 12pm–8pm  
**Sun Oct 15:** Jack & Ed's 12pm–8pm  
**Mon-Fri Oct 16-20:**  
Wareham 11:30pm–1:30pm  
Jack & Ed's 8:00am–8:00pm  
**Sat Oct 21:** Jack & Ed's 8am–8pm  
**Sun Oct 22:** Brandeis 4:30pm–7pm  
Jack & Ed’s 10am–2am  

**Campus Recreation:**

**Mon-Thurs Oct 16-19:** 6am-9pm

**College Night Out at the Joslyn Art Museum**

College students can enjoy a free art-filled evening at Joslyn Art Museum during *College Night, Friday, October 20*, from 7-9 pm. Anyone with a college ID will be admitted without charge (general public may attend for $5).

Once inside, visitors will experience Joslyn’s remarkable collections and featured exhibitions, including *Art on the Edge: Modern & Contemporary Art from the Permanent Collection* and *Jay Bolotin: The Jackleg Testament*. Participants may also watch the extraordinary animated woodcut motion picture, *The Jackleg Testament: part one — Jack & Eve*, that is central to Bolotin’s exhibition.

Omaha artist, John Miller, will direct visitors in the fine art of watercolor painting. Free pizza, pop, and door prizes will be offered in the ConAgra Foods Atrium, along with special musical guest, the Kevin Pike and John Kotchian Duo, with artist Troy Muller.

Grab your friends and spend Friday night at Joslyn! *College Night* is sponsored by the Joslyn Art Museum Association (JAMA). Event chairman is JAMA's Gail Klauschie. Visit [www.joslyn.org](http://www.joslyn.org/) for more info.

And remember, use your Creighton ID for FREE general admission at any time throughout the year!
Going Home for Fall Break

by Mike Kelley

What are the “psychological tasks” for new students as they return home for fall break and then return to school? The first task is to breathe a big sigh of relief and pat yourself on the back. You have weathered the hardest part of going away to college, the separation from parents and high school friends. And you have begun to adjust to the increased demands of college level studies.

The making of new friends is definitely a work in progress, and you are about half way to the point where college friends are becoming really important to you.

At this point high school friends are more important than college friends, and the trip home is a chance to see them and compare notes. It’s also a chance to catch up on sleep and eat some home cooked food. Let your folks spoil you, you’ve earned it!

Sometimes the first trip home leads to some conflict with parents around issues like curfews and how much time you spend with your family. You want to see your friends, and you will spend lots of time with them if they are home at the same time as you. But don’t take your family for granted, and give them some time as well.

Have a discussion with your parents about curfews and expectations of you as a returned family member. Students say, “I don’t have any curfew at college.” Parents say, “This is my house and what I say goes.” Somewhere in between is a reasonable position that reflects the reality that you are ready for making your own decisions about how you spend your time but which also recognizes that your parents have a legitimate say about your coming and going in their home. Sometimes parents expect help with chores and meals. You should realize that the status of being a “guest” in your parents’ home fades away after a day or two, and it is fair that you help out around the house.

If your adjustment to college has been painful, if you have been homesick or really anxious, then fall break is a time to talk this over with your parents and decide what to do. There are many resources at college to help handle feelings of sadness, depression, and anxiety. The Counseling Center at Creighton (www.creighton.edu/CPS) is one of those places.

When it’s time to return to school, come back with a plan to make the second half of the semester even better than the first half. At the end of fall break, it might be hard to leave home; you may feel some of the same sadness you felt when your parent’s dropped you off in August, but you did it in August, you can do it again in October!

Drinking at Creighton

by Kathleen Warner and Michele Starzyk

Most would say that it is impossible to make drinking alcohol in college “go away,” so the questions remain: How far will it go? And what can students who choose to drink in ways that are illegal, out-of-control and dangerous to themselves, other students and the campus community?

There are some Creighton students who are working to educate their peers about alcohol use. Peer Education At Creighton (PEAC) is a student-run, student-led organization consisting of awareness teams that work to raise awareness about health and wellness issues. PEAC’s Alcohol Awareness Team works to raise awareness about alcohol and student drinking on Creighton’s campus. The Alcohol Awareness Team is currently planning Alcohol Awareness Week for October 22nd-28th, which will include a national speaker, a booth at the Health Fair, a poster campaign, mocktails and much more! The mission of the Alcohol Awareness Team is to make sure students understand the facts about alcohol so they can make more responsible decisions.

It is important for students to understand the legal ramifications of their choices. It is illegal to consume alcohol under the age of 21. Being caught consuming under age may lead to sanctions within Creighton’s Center for Student Integrity, as well as legal consequences. Both may have future ramifications, such as including this information on graduate school applications. Additionally, students should know what Blood Alcohol Content (BAC) means and their drinking limits. The Alcohol Awareness Team wants to promote alcohol alternative events as well—to give students that “something to do” that so many are looking for! Creighton’s Alcohol Recovery and Education program—also known as the C.A.R.E. program—works to not only educate students about the negative effects of high-risk drinking, but more importantly C.A.R.E. keeps students safe on campus. Intoxicated students who register with a BAC over .08 (NE’s legal limit) are transported to Creighton University Medical Center where they are either admitted to the hospital or admitted in to the C.A.R.E. unit for monitoring. C.A.R.E. keeps intoxicated students safe from injury, alcohol poisoning and even death. With student deaths on college campuses on the rise, Creighton is fortunate to have such a program in place. (article continued on p. 4)
Drinking at Creighton (continued from p. 3)

If Creighton students want to help change the culture of drinking on campus, they must start by becoming more informed.

Knowing the law, the legal limits and the signs of intoxication and alcohol poisoning will help a student in setting his or her personal limits for drinking. But that is only a start. Students must also begin to hold each other accountable for their drinking.

Efforts to educate students on alcohol and drinking will continue at Creighton, as students will be given the information they need to make informed decisions. Students are encouraged to understand the law and set limits for themselves and to choose responsibility over high-risk—in all areas of life. The consequences for high-risk illegal drinking will continue to be severe as Creighton takes steps to ensure the safety of its students. The university will do its part... will students do...

The first year experience (continued from p. 1)

in new places my freshmen year. What I discovered throughout my year, though, was that no matter the situation or the people I was with, the more I put into the activity or the more I talked to people the easier the year became, and the more comfortable I felt with myself. I put myself out there on several occasions and definitely fell on my butt a few times, but it was all worth it in the end.

I can confidently say that freshman year was one of the best years at Creighton for me because it forced me to leave my comfort zone by meeting new people and doing things that I had never done before. So have a fun year, work hard, but remember to challenge yourself and try new things. You never know what is out there until you try it.

Contributors

• Dr. Mike Kelley, Ph.D.: Dr. Kelly serves as the Director of the Counseling and Psychological Service Center on campus. Dr. Kelly can be found on the second floor of Brander Hall and his email is michaelkelley@creighton.edu.

• Kathleen Warner, M.S.: Ms. Warner advises peer educators on campus, PEAC, and also serve as the Director of Peer Education. Ms. Warner's office is located in Swanson 137 and can be reach via email at kwarner@creighton.edu.

• Katie Kelsey is a senior on campus and is currently the Assistant Resident Director of Kenefick Hall. Katie has also served Creighton as the Summer Preview Coordinator, 24 Hour and Encounter Retreat Leader, Magis Ambassador President, as well as a member in a myriad of other organizations on campus. Katie can be reach at kaitlinkelsey@creighton.edu

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