
MESSAGE FROM TANYA WINEGARD

Submitted by Dr. Tanya Winegard

Dear Colleagues,

As we move into the month of February, I cannot help but think about how peculiar this winter season has been. Days off due to inclement weather and then 50 degree temperatures. The weather seems to be telling the tale of the yo-yoing many of us have experienced as we engage with students, helping them overcome obstacles and sharing in their celebrations. Yet, we are able to find blessings in both, as we help our student learn more about themselves and their talents. It is our role to accompany them on their journey into adulthood, and it is a privilege to be a part of their lives.

In writing this message to you, my mind is also preoccupied with our commitment to Creighton's mission and how we show that in our everyday work with and for our students. Each of us is an educator the outside of the classroom experience, and we are called to promote inclusion and critical dialogue. With today marking the start of African-American History Month, I want to leave you with the words of Dr. Martin Luther King Jr., "We must remember that intelligence is not enough. Intelligence plus character—that is the goal of true education."

Thank you for all you do to promote learning, dialogue and compassion.

Take care,

Tanya

MISSION MOMENT - SEEKING CONTRIBUTING WRITERS

Submitted by Ms. Joan Kowalski

If you would like to volunteer to sign up for submitting a Mission Moment, please contact [Joan Kowalski](#). We are in need of volunteer writers for the months of March through December 2017. Simply contact Joan via e-mail and let her know which month you would like to contribute your Mission Moment, and she will reserve the month for your article.

Please note, you will need to submit your article on the 15th of the month that you select. You will receive a reminder e-mail prior to the 15th.

We appreciate your willingness to provide meaningful contributions to this segment of the Newsletter. Any questions, please call Joan on 402-280-2719.

OPEN POSITIONS IN THE DIVISION OF STUDENT LIFE

The Human Resources website currently lists the following open positions within our Division:

- Associate Director of Clinical Services (Student Counseling Services)
- Administrator for Student Life (Office of the Vice Provost for Student Life)
- Director (Creighton Intercultural Center)

This [link](#) connects with the Human Resources website where you can view the open positions. If you have any questions regarding these

positions, please contact the respective hiring manager for the specific job opening.

INTERFAITH PRAYER SERVICE

Creighton University will be offering an interfaith prayer service at St. John's Church on Wednesday, February 8th, beginning at 3:30pm. The service is in support of the many international students and faculty and visiting scholars who are within our Creighton community.

As Fr. Hendrickson shared in his January 30th message to the community, "Creighton is known as being a welcoming community, and a significant number of students and faculty come from other countries. We stand in support of them and the nationalities and cultures they represent, and are planning to celebrate an interfaith prayer service at St. John's Church on Wednesday, Feb. 8, beginning at 3:30 p.m."

Please mark your calendars for this service.



Sunday, February 5

Founders Week Mass

10:30 a.m.

Sponsored by St. John's Parish and Creighton University, the Mass signifies the start of Founders Week with the great Act of Thanksgiving & the Celebration of the Eucharist.

St. John's Church - On Campus

College of Nursing — Call to Nursing Luncheon

Noon to 2:00 p.m.

Nursing faculty, staff and students are invited to attend the 10:30 a.m. Founders Week Mass at St. John's preceding the luncheon. For information, contact smag@creighton.edu

Mike and Josie Harper Center, Ahmanson Ballroom

Monday, February 6

Student Leadership & Involvement Center

5:15 p.m.

Leadership Recognition Day

Sponsored by Creighton Students Union

Skutt Student Center, Mutual of Omaha Ballroom

Tuesday, February 7

12:30 - 2:00 p.m.

Heider College of Business Founders Week Luncheon

Mike and Josie Harper Center, Room 3028

3:00 p.m.

Founders Day Convocation and Award Recognitions

Reception following in Ahmanson Ballroom

Mike and Josie Harper Center, Hixson-Lied Auditorium

Wednesday, February 8

Art Gallery Showing – Artist Alicia Scherich

9:00 a.m. - 7:00 p.m. Oil paintings featuring the theme *World Peace Exhibit*
runs January 20 – February 12

4:30 p.m. - 7:00 p.m. **The Founders Feast for Students**
Sponsored by Creighton Students Union

Skutt Student Center,
Mutual of Omaha
Ballroom

Thursday, February 9

11:30 a.m. **Committee on the Status of Women -
Mary Lucretia & Sarah Emily Creighton Awards Luncheon**
For information about the event [click here](#).

Mike and Josie Harper
Center, Ahmanson
Ballroom

3:30 p.m. - 5:30 p.m. **College of Arts and Sciences - Annual Awards Reception**

Skutt Student Center,
Mutual of Omaha
Ballroom

Friday, February 10

11:30 a.m. **Graybackers Luncheon**
Hosted by the President's Office

Mike and Josie Harper
Center, Ahmanson
Ballroom

Saturday, February 11

2:00 p.m. **Alpha Sigma Nu Induction**
Reception following. All are invited to attend the 5 p.m. Mass at St. John's, with special participation of the inductees.

Mike and Josie Harper
Center, Ahmanson
Ballroom

1:00 p.m. **Women's Basketball vs. Providence***
*Two (2) complimentary tickets for faculty and staff are available for pick up (in person only) beginning Monday, January 16 at the Ryan Athletic Ticket Office, Monday – Friday, between 9 a.m. and 4:30 p.m., by showing their Creighton ID. *Tickets are subject to availability.*

D.J. Sokol Arena inside
the Wayne and Eileen
Ryan Athletic Center

FOUNDERS WEEK AWARDS

Submitted by Ms. Katie Kelsey

The Creighton Students Union would like to invite you to the annual Founders Week Awards Reception on **Monday, February 6 at 5:15pm in the Skutt Student Center Ballroom**. This award reception recognizes the efforts and achievements of students, faculty, and staff that go above and beyond in their campus role. The four awards given out are:

2017 CSU Founders Week Award Descriptions

- **Teaching for Tomorrow Award:** This award serves as a way for students to publicly acknowledge faculty members who have positively impacted their lives by going above and beyond the call of duty to serve Creighton students. These faculty members have displayed exceptional dedication to their students, both in and out of the classroom, and exemplify the Jesuit tradition of *Cura Personalis* - care of the person.
- **Fr. Lukaszewicz, S.J. Staff or Administrator Award:** This award serves as a way for students to recognize and publicly acknowledge

staff and administrators who have positively impacted their lives by going above and beyond the call of duty to serve Creighton students. Students are especially interested in recognizing staff and administrators who exemplify the Jesuit tradition of *Cura Personalis* - care of the person.

- **Fr. Tom Schloemer S.J. Outstanding Student Leader Award:** This award is presented annually to recognize students who have displayed exceptional leadership abilities, integrity, initiative, and service. This award also recognizes students who are "behind-the-scenes" leaders, contributing their time and talents unselfishly in many different settings, without the desire for recognition. We typically honor one student from each academic class.
- **Founders Footsteps Award:** This award seeks to honor an exemplary student who is devoted to philanthropic efforts, in particular, raising funds or donations for a charitable purpose. Creighton's founders, Edward C. and Mary Lucretia Creighton and John A. and Sarah Emily Wareham Creighton, were philanthropists. This award pays tribute to their legacy by recognizing a student who impacts our community in a positive way through her/his philanthropic efforts.

ADMITTED STUDENTS NOTE WRITING INITIATIVE

Submitted on Behalf of Dr. Mary Chase, Vice Provost for Enrollment Management

One of the major initiatives that has had an impact on admitted students selecting Creighton in the past has been Creighton's faculty and staff phone calling and note writing campaign. Many of you and members of your unit have volunteered in the past and may have already been personally contacted by Sarah Richardson. My request is that you continue to encourage members of your unit to step up and volunteer, if they have not already done so. Last year we had over 250 people volunteer to assist, but yet nearly 1/3 of our admit pool was not contacted. This year our goal is to have over 275-300 volunteers reaching out to admitted students.

Please consider volunteering to either write notes or make phone calls to undergraduate admitted students. This is an important activity that helps us to engage and recruit students. Many who have participated in the past have found the activity to be very rewarding. You will be provided advice on what to discuss during the call or sample content if you choose to hand write notes. The project will continue through mid-February. To sign up, please follow the following link to register: <https://choose.creighton.edu/register/?id=25f3b421-c837-4d9a-8077-189b55741808>. If you should have any questions about the project, please contact [Sarah Richardson](#).

Thanks in advance for your support!

Mary E. Chase, Ed.D.
Vice Provost for Enrollment Management
Creighton University | Omaha, Nebraska
402.280.3105 | admissions.creighton.edu

UPCOMING GO! PROGRAMS

Submitted by Ms. Kristen Roppolo

Attention Division of Student Life staff members. If you are looking to attend a GO! Program this month, below are a few options for you:

- February 1st, 12-1pm (Brown Bag Lunch), Harper Center 1109: GO! Synthesis Session. Staff members are invited to this brown bag lunch to share with colleagues what programs they have attended and to discuss how they have incorporated what they have learned into their daily work within the Division.
- February 2nd, 8:15-10am and 10-11am, Skutt Student Center Ballroom: "Sold for Sex: Trafficking in Nebraska." During the DSL Seminar this month, we will be showing the documentary and having a discussion on commercial sex trade and trafficking in Nebraska. Stay after the seminar to continue the dialogue and learning.
- February 13th, 6-7pm: "Silence" Panel: A discussion on Martin Scorsese's Film. This event brings together a panel of 3 scholars to discuss the movie "Silence."

Additionally, this month, the GO! Work group is encouraging you to get out of your comfort zone by attending an event in the Omaha or surrounding communities! As a reminder, DSL staff members can earn up to 2 credits by attending an off-campus event that falls into one of the following categories: race/ethnicity, religion, gender/sexuality, ability/disability status, socioeconomic disparities, or oppression and discrimination. If you attend an off-campus event, share your experience in one of the following ways:

- E-mail to DSLGO@creighton.edu
- Tweet a picture and brief reaction with the hashtag #DSLGO
- Post a picture and brief reaction on the DSL Facebook page

If you come across an event that you think would make a good addition to the GO! calendar, please email DSLGO@creighton.edu for the work group to review and add to the calendar.



DSL FEBRUARY 2017 HAPPENINGS

February 17						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
January 29	30	31	February 1	2	National Wear Red Day 3	4
			Go Move Challenge Begins (2/1-2/28/17) GO! Synthesis Session Harper Center 1109 12-1pm 	DSL Staff Development Seminar & GO! Program Sold for Sex Trafficking in NE SSC Ballroom 8:15-10am GO! Continuation 10-11am SSC Ballroom 		
Founders Week 5	Founders Week 6	Founders Week 7	Founders Week 8	Founders Week 9	Founders Week 10	Founders Week 11
Founders Week Mass St. John's Church 10:30am	CSU Awards SSC Ballroom 5:15-6:15pm	Founders Day Convocation and Award Recognitions Hickox-Lied Auditorium 3pm President's Reception Harper Center Ballroom	Go Move, Get Active Event Kiewit Fitness Center 11:30am-3:30pm Interfaith Prayer Service St. John's @ 3:30pm Founders Feast for Students SSC Ballroom/4:30-7am	Mary Lucretia & Sarah Emily Creighton Awards Luncheon HC Ballroom 11:30 am (Reservations Required)		Alpha Sigma Nu Induction Harper Center Ballroom 2pm Women's Basketball vs. Providence (J) Sobol Arena 1pm
12	13	14	15	16	17	18
	GO! "Silence" Panel: A Discussion Reinert Alumni Library, LO2 6-7pm 		Articles due for the DSL Newsletter	Winter Involvement Fair SSC Ballroom 2-4pm	SCSU South Luncheon HC Ballroom 11am-1pm Late Night Recess KFC 9-11:45pm	
19	20	21	22	23	24	25
			Board of Trustees Committee Meetings 12-4pm	Board of Trustees Meeting 11:30 am	Board of Trustees Meeting 8am-12pm Cold Toes Warm Hearts 7am-2pm Sponsored by Swanson Residence Hall Council	
26	27	28	March 1	2	3	4
		Registration Begins for Intramural Leagues Outdoor Soccer and 4v4 Flag Football				

[Click Here for Larger February Calendar](#)

STUDENT HEALTH SERVICES

Submitted By Ms. Angela Maynard

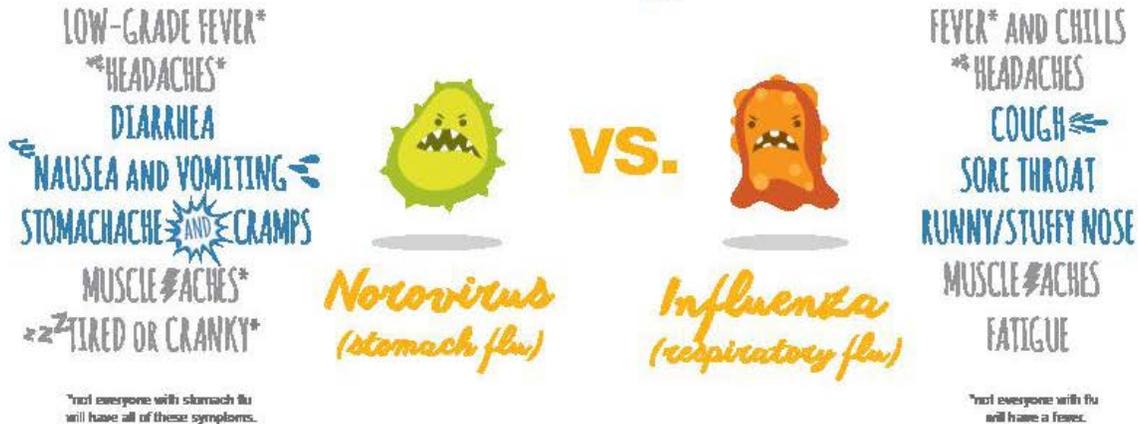
Student Health Services Seeds: (get it—Bluejays=birdseed=seeds?)

What's going around?

- Viral cough, low to moderate amount of influenza
- Students may say they have 'flu' when they are referring to stomach illness. Here's some helpful information to help differentiate the two:

STOMACH FLU VS. "THE FLU"

what's the difference?



- *Norovirus, Enterovirus, and Rotovirus are just a few of many viruses that cause 'stomach flu'.
- *Students frequently think they have food poisoning if they experience any vomiting, or diarrhea.
- *Be assured that the team at SHS is always monitoring for trends in illness.

- The BEST medicine is prevention! ALWAYS practice good hand hygiene.

*Stress Periods for Students in January/February:

- Post-Christmas depression at again being away from home security
- Vocational choices causes anxiety and depression
- Couples begin to experience stronger ties or experience weakening of established ones.
- Depression increases for those students who have failed to establish social relationships or achieve a moderate amount of recognition.
- Social calendar is non-active
- Many students experience optimism because second semester is perceived as going 'down hill.'

*From NASPA Journal

CAMPUS RECREATION AND WELLNESS

Submitted by Mr. Steve Woita

Competitive Sports Update

- Basketball, Indoor Soccer, Racquetball, Wiffleball, and Dodgeball have all begun league play.
- Outdoor Soccer and 4v4 Flag Football registration will begin February 28th. Purchase IM memberships and access IM Leagues to register teams via memberconnect.creighton.edu.
- We hosted UNO for Basketball officials training in January and had over 45 student officials attend.
- Club sports practices begin in mid-January with competitions underway as well. Club Curling has entered league play and will be competing in several events at the Baxter Arena.

Fitness Programs

- CREW has implemented the use of MindBody to coordinate schedules of fitness and wellness programs. Group fitness class schedules

are live at <http://bit.do/groupfitness> and you will now be able to register for classes. MindBodyOnline.com will also allow you to book other services, such as training sessions. Download the MINDBODY app to access everything at the touch of your fingertips!

GO MOVE CHALLENGE

Every minute of movement counts in the [Students Go Move Challenge](#) as students compete to determine which Jesuit university or college is the most active! Movement is defined as any intentional exercise that causes at least a small increase in breathing or heart rate. The challenge runs from February 1-28. Students log their minutes online at <https://studentsgomovechallenge.org>. Creighton students who register over 1,000 minutes of exercise in the month of February will be entered to win an iWatch!

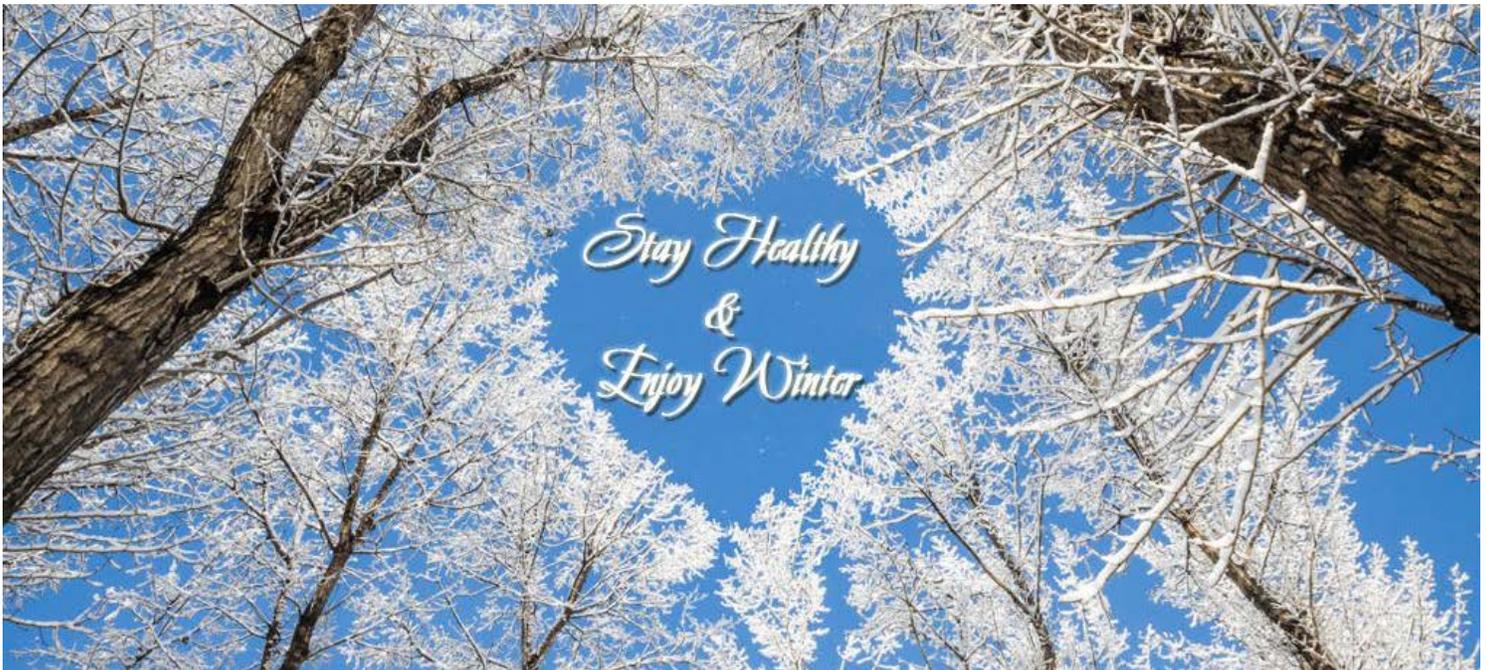
The University Wellness Council is also sponsoring the faculty/staff version of this challenge. Staff/faculty register minutes at <http://gomovechallenge.org>. Free long-sleeve shirts will be given to those registered before January 27th at both <http://gomovechallenge.org> and <https://www.surveymonkey.com/r/2ZW7V59>.

Campus Recreation & Wellness, in partnership with the Wellness Council, will be hosting a "Go Move, Get Active" event on Wednesday, February 8th, from 11:30am-1:30pm in the Kiewit Fitness Center to promote exercise. There will be group walks, various fitness classes, and sports activities scheduled for the event. More details can be found on the [CREW website](#).

DSL WELL-BEING WORK GROUP

Submitted by the Well-Being Work Group:

- Madeliene Chouanard
- Stephen Levy
- Angela Maynard
- Desiree Nownes
- Lucia Zamecnik



Well-being is more than just the absence of illness. It refers to the status of our whole selves, and the groups we belong to. Each of our well-being consists of:

- Social - the quality of our relationships (for and with others)
- Financial - the security of meeting our needs
- Psychological - the emotions that reveal our inner self
- Spiritual - the sacred kinship between all people
- Medical - the physical condition of our bodies

The goal of the Well-Being Work Group is to aid all members of our division in achieving well-being; to facilitate your personal efforts for health and happiness; and create an atmosphere that encourages socialization and caring.

Our plan is to coordinate programs focused on well-being and create monthly well-being communications for the Divisional Newsletter. Through these methods we hope to raise awareness of how our actions and choices affect our own well-being, and the well-being of those we encounter.

The Student Life Well-Being Work Group is here for you. We will help you find the answers you need. [Check out some of these great sources of information](#) on Creighton's own website!

February 2017

It's February...How are you doing with your New Year's Resolutions? It's not too late to get back on track! Making your New Year's Resolution stick—or getting back on track:

Start small

Make resolutions that you think you can keep. If, for example, your aim is to exercise more frequently, schedule three or four days a week at the gym instead of seven.

Change one behavior at a time

Unhealthy behaviors develop over the course of time. Thus, replacing unhealthy behaviors with healthy ones requires time. Work toward changing one thing at a time.

Talk about it

Share your experiences with family and friends. Having someone to share your struggles and successes with makes your journey to a healthier lifestyle that much easier and less intimidating.

Don't beat yourself up

Perfection is unattainable. Remember that minor missteps when reaching your goals are completely normal and OK. Resolve to recover from your mistakes and get back on track.

Ask for support

Accepting help from those who care about you and will listen strengthens your resilience and ability to manage stress caused by your resolution. Source: www.apa.org

For Financial Resolutions

If your resolution was to get your financial house in order, Julie Kalkowski from our own Financial Hope Collaborative had some wonderful advice at the December staff development seminar. The best way to start is by tracking your expenses. Further information and assistance can be found at <https://www.mint.com/>

As we move into February, we would direct you to the DSL calendar for some timely information, and encourage you to celebrate some of the events included in the calendar.

Please add the following to your monthly calendar:

February is heart disease awareness month.

- February 15-21-Random Acts of Kindness Week
- February 21-27-National Eating Disorders Awareness Week
- February 3-National Wear Red Day
- February 3- National Girls and Women in Sports Day
- February 4-Thank Your Mailman Day
- February 6-Eat Ice Cream for Breakfast Day

- February 11-Make a Friend Day
- February 20-Love Your Pet Day
- February 22-International World Thinking Day
- February 26-Tell a Fairy Tale Day

February is famous for all things hearts and valentines. You are encouraged to participate in **National Wear Red Day on Friday February 3**. February 3, 2017 will mark 15 years since the initial National Wear Red Day, which was first observed to bring national attention to the fact that heart disease is the #1 killer of women, and to raise awareness of women's heart health.

DSL STUDENT PROGRAMMING WORK GROUP

Submitted by Ms. Emma Rapp

The Division of Student Life Awards are coming up for the 2016-2017 school year! The Division of Student Life hosts an annual awards ceremony to honor students who have made a lasting and positive impact on the Division and the campus.

This year, we will be hosting a dinner for these students and members of the Division of Student Life who are involved in shaping these students' experiences. The Division of Student Life Awards Ceremony will be held on Sunday, April 23rd at 5:00 in the Mutual of Omaha Ballroom in the Skutt Student Center. The attire is business professional and invitations will be distributed electronically in the month of March.

The timeline for submitting your departmental award recipients and divisional award nominees is March 17th. After the Work Group has received the names of the award nominees/recipients, invitations will be sent for these individuals to RSVP for the April 23rd Awards Ceremony. To nominate a student for an award, please go to the Division of Student Life's CU Involved page under the Forms tab. The applications are currently open and will remain open until March 17th.

The DSL Student Programming Work Group is excited about planning this event and honoring the work that our students do throughout the Division of Student Life. If you have any questions, please do not hesitate to email [D'Antae Potter](mailto:D'Antae.Potter).

COLD TOES WARM HEARTS

Submitted by Ms. Madeleine Chouanard

On February 24, 2017 from 7am to 2pm, the Swanson Residence Hall Council will be hosting the fundraising tradition, Cold Toes Warm Hearts. The fundraiser benefits our hall Community Partner, Siena/Francis House, an organization which helps people experiencing homelessness and poverty in Omaha. In 2015, Siena/Francis House provided 179,414 overnight stays to 3,647 men, women and children. They served 1,168 meals each day and provided a bed to 491 people each night. Their services are vital to our neighbors here in Omaha, and Swanson Hall is proud to help them achieve their goals.

In order to partake, each participant would pledge to go the day without shoes or with open-toed shoes. This is to help each of us understand just a tiny percentage of what someone who is experiencing homelessness goes through, particularly in the winter.

Registration is \$5 and will get you a Cold Toes Warm hearts button and access to our hospitality room in Swanson Hall, where we will be providing food for participants. If you donate \$10, you will also receive a Cold Toes Warm Hearts 5-shirt.

E-mail MadeleineChouanard@creighton.edu if you are interested in participating.

Visit <https://www.sienafrancis.org/> to learn more about the Swanson Hall Community Partner.

LEADERSHIP PROGRAMS

Submitted by Mr. Joey Kimes

The Strengths initiative is officially live for our first-year students! Beginning on November 28, first-year students were given codes to take the assessment, and as of now 30% of the first-year class has taken the assessment. Our goal is to have 90% of the current class take the

assessment, so if you work with first-year students, please encourage them to find out their Strengths! As we push ahead with more Strengths programming, there are two opportunities I want to open up to members of the Division. First, I am continuing with the Strengths Brown Bag lunches next semester. If you are interested in attending any of the lunches or learning more about the topics, please [use this link to register](#). Additionally, during Strengths Week, there will be a Strengths Lunch & Learn event. At this event, students will be able to sit and mingle at individual tables for each strength. I would love to have a professional staff member at each table, facilitating the conversation on that given strength. If you are interested in helping out with the Strengths Lunch & Learn event on February 14 and/or 15 over lunch, please [fill out this survey](#).

Thank you all for your continued support of the Strengths initiative as we get closer to the launch of our programming! None of this could be possible without the help of the Division!

THE WINTER INVOLVEMENT FAIR

Submitted by Ms. Molly Salisbury

Hello all –

The Winter Involvement Fair is right around the corner and we would love for your office and/or your organizations to be involved in this year's festivities! This year's Winter Involvement Fair will take place on Thursday, February 16 from 2 – 4pm in the Skutt Student Center Ballroom!

If you would like to register for the event, please fill out the form on CU Involved. Please go to the SLIC CU Involved page, select Forms, select Winter Involvement Fair 2017 Registration and fill out the information. Then you'll be good to go!

Any questions, please email mollysalisbury@creighton.edu! We look forward to seeing you there!

2017 SOUP LUNCHEON & AUCTIONS TO BENEFIT THE SERVICE & JUSTICE TRIPS PROGRAM

Submitted by Dr. Tanya Winegard

The Division of Student Life has purchased a table for the upcoming 2017 Soup Luncheon & Auctions to benefit the Service & Justice Trips Program. A table of 10 has been purchased, and 5 tickets are still available on a first come first serve basis. If you would like to attend, please send your e-mail to [Joan Kowalski](mailto:Joan.Kowalski)

**2017 Soup Luncheon & Auctions
to benefit the Service & Justice Trips Program**

Thursday (please note different day than usual),

February 16, 2017
Harper Center Ballroom

11:00AM Silent Auction
11:30 Lunch
12:10 Live Auction

MARY LUCRETIA & SARAH EMILY CREIGHTON AWARD WINNERS FOR 2017

Submitted by Ms. Tami Thibodeau

MARY LUCRETIA & SARAH EMILY



The Spirit lives on.

The Committee on the Status of Women is pleased to announce the recipients of the Mary Lucretia and Sarah Emily Creighton Awards for 2017:

- **Deborah L. Wells, Ph.D.**, Senior Associate Dean, Heider College of Business
- **Mary E. Chase, Ed.D.**, Vice Provost for Enrollment and University Planning
- **Rachel Marie Lee**, Creighton School of Law, Third Year Student



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