
MESSAGE FROM TANYA WINEGARD

Submitted by Dr. Tanya Winegard

What an exciting time to be a part of the Creighton community. In my many years at Creighton, I cannot think of a more event filled and important November. Today the Creighton Students Union is holding its elections for President, Executive Vice President and Representatives. The Board of Trustees will be meeting on campus November 10th and 11th, having the annual dinner with students on Thursday evening. The following week is the Opus Prize. After our last Staff Development Seminar, I know that you all have the basic information about the Opus Prize and the honor that it is to host this year's awards at Creighton. I hope you make time to attend one of the many sessions with the finalists to learn more about people and service agencies that share in our mission to serve those on the margins.

November also is a month of gratitude. At the end of the month we get a few days off to celebrate the Thanksgiving holiday. As I reflect on what it is I am thankful for, I quickly think of you all and the work that you do each and every day to make Creighton the special place that it is. Your care, compassion, creativity and energy is so appreciated.

MISSION MOMENT

Submitted by Dr. Tanya Winegard

Habits of the Heart by Vinita Hampton Wright: <http://www.ignatianspirituality.com/11803/habits-of-the-heart>

Most of us are interested in spirituality because, at the heart of things, we want to be transformed. We want our lives to change for the better, in small ways and big ways. This desire for ongoing, positive change compels us to sign up for classes, join prayer groups, attend religious services, participate in faith rituals, and search—again and again—for the practice or information that will help us become the people we truly want to be.

And yet, at the core of true change is a shift in our habits. For the purposes of this brief article, I'm going

to skip over our physical, outward practices such as attending Mass or giving to charity. Let's focus instead on the interior habits: *habits of the heart*.

We cultivate habits of assumption.

I assume that certain things are true and that others are false. For instance, I assume that life will go well for me if I obey the law and generally behave myself. But is that true? If I cling to this assumption, what happens when life does not go well for me? It may be fine for me to hope that life will go well if I live well. But perhaps the better assumption would be: *Life might go well for me today, and it might not. Regardless, I want to live a certain way.* If, every day, I remind myself that life does not owe me a good day, then I have established a habit of the heart that will not set me up for regular, if not constant, frustration and disappointment.

We can nurture habits of assumption about others: She is judgmental; he's not really inappropriate, just a jokester. And so on. We nurture assumptions about people, organizations, our own identity. (I am misunderstood. I am unwanted. I am more [spiritual / smart / sensitive] than others.)

What assumptions do you make about yourself? About your work, or your children, or anything else? Do these assumptions set the stage for your responding with [grace](#) or not?

We cultivate habits of reaction.

These habits form early, in childhood. Have you ever noticed that some families tend toward anger and complaint, and other families focus on making others comfortable and welcome? I believe that every family has its default emotions and reactions. In one family, every emotion somehow comes out as anger: disappointment, fear, anxiety—no matter, it turns into anger. Another family might have practiced the habit of fear for generations.

When you are surprised, or hurt, or worried, or put on the spot, how do you respond? What are your default modes? Is your first response to a situation to identify who is at fault? Is your first response to assume that you, yourself, have messed up again? Do you react to pressure by panicking or by coming up with a plan?

More important, what reactions would you prefer to cultivate?

We cultivate habits of being.

These are tough to identify, because they lie a bit deeper in us. A habit of being is more like a posture you take toward your life, toward God, and toward others. Some of us, thanks to situations and events, have developed a posture of defense. Our foundational habit of being is to protect ourselves. This is totally understandable, given the many wounds and difficult memories that we carry. But eventually we must ask ourselves, "Is this really the way I want to situate myself to life and the world—and to God?"

A habit of being might be receptivity and openness. It might be an eagerness to learn. My habit of being

might be to always seek calm and comfort, and your habit of being might be to always try to take apart a situation and work on it.

What is my awareness of my habits of the heart?

I hesitate to label habits of the heart as good or bad, because our habits form according to what we experience. There's a time to be self-protective and a time to be calm and a time to be more aggressive. The real issue here is *our awareness* of these interior habits. Do I know what my habits of the heart are? Am I satisfied with them, or do I think they're not serving me well?

- After I have identified these interior habits, I can choose to accept them as fine or to work on adjusting them. Ex.: I choose to stop focusing on placing blame every time something goes wrong.
- In my prayer, journaling, and conversations with trusted spiritual allies, I can name my habits of the heart and voice my intentions. Ex.: God, help me eradicate this vindictive tendency I have. Friend, when you hear me place blame, please call me out.
- By using a prayer practice such as the [daily Examen](#), I can do regular reviews of my interior habits and thus keep assessing and adjusting. Ex.: Okay, I spun into that vindictive space during the status meeting today, but I caught myself and changed course when I started to do the same thing on social media a couple of hours later.

Blessings and graces to you, as you work with the Holy Spirit on this crucial aspect of spiritual growth!

OPUS PRIZE

\$1 million can change the world.

[Reserve your complimentary Opus Prize tickets today.](#)

The 2016 Opus Prize finalists tackle some of the world's most desperate social issues—homelessness, refugees, and sex trafficking—and prove that change is possible. Hear about their courageous journeys to serve others, and witness the awarding of the \$1 million prize. Each Opus Prize event is a GO! Credit. In addition to the three events below, there is a special GO! session on Thursday, November 17th, from 9:30-10:30am in the Skutt Student Center 105. This session features Fr. Peter Balleis, SJ.'s work with the Jesuit Worldwide Learning-Higher Education on the Margins. Specifically, Fr. Balleis will talk about the work going on to

educate refugees in Malawi, Africa.



CREIGHTON UNIVERSITY 2016

RSVP NOW



**Join Creighton University for
the Opus Prize experience:
Finalists Engagement Panel
Monday, November 14 | 7
p.m.**

Hixson-Lied Auditorium, Mike
and Josie Harper Center
Creighton University Campus
Interfaith Prayer Service

**Wednesday, November 16 |
3:30 p.m.**

St. John's Church, Creighton
University Campus

**Opus Prize Award Ceremony
Thursday, November 17 | 7
p.m.**

Holland Performing Arts Center,
Douglas and 11th streets

RSVP

Visit creighton.edu/opus-prize
or call **402.280.1769**.



Creighton University is proud to host the Opus Prize 2016.
Meet the finalists and learn more at creighton.edu/opus-prize

DSL COMMITTEES/WORK GROUPS/ADVISORY BOARD

Submitted by Joan Kowalski

DSL Committees/Work Groups/Advisory Board have been developed beginning this fall. Take a moment to learn who the new divisional representatives are for each of these groups:

2016-2017 DIVISION OF STUDENT LIFE COMMITTEES

ASSESSMENT COMMITTEE

Dr. Rebecka Tompkins, Chair (student Counseling Services)

Dr. Wayne Young, Jr., Student Life Liaison (Office of the Vice Provost)
Ms. Margaret Zimmer (SLIC)
Mr. Curtis Taylor (Creighton Intercultural Center)
Mr. Danny Steiner (Housing and Auxiliary Services)

CORNERSTONE COMMITTEE

Dr. Kimberly Grassmeyer, Chair (Residential Life)
Ms. Dawn Jensen, Student Life Liaison (Housing & Auxiliary Services)
Mr. Greg Durham (Residential Life and Campus Recreation & Wellness)
Ms. Marian Brown (Student Health Services)
Ms. Judi Augustine (Centralized Reservations)
Ms. Molly Salisbury (Student Leadership and Involvement Center)

FOR AND WITH OTHERS COMMITTEE

Ms. Desiree Nownes, Chair (Student Integrity, Wellness and Assistance)
Dr. Tanya Winegard, Student Life Liaison (Office of the Vice Provost)
Ms. Angela Maynard (Student Health Services)
Ms. Kristen Roppollo (Residential Life)
Mr. Joey Kimes (Student Leadership and Involvement Center)
Ms. Meradith Ganow (Student Leadership and Involvement Center)

STUDENT FORMATION COMMITTEE

Dr. Michele Bogard, Chair (Office of the Vice Provost)
Ms. Katie Kelsey (Student Leadership and Involvement Center)
Ms. Kaitlin Logan (Student Integrity, Wellness and Assistance)
Mr. Rob Johnson (Housing and Auxiliary Services)

TELLING OUR STORY COMMITTEE

Mr. Lucas Novotny, Chair (Housing and Auxiliary Services)
Dr. Tanya Winegard, Student Life Liaison (Office of the Vice Provost)
Ms. Joan Kowalski (Vice Provost Office)
Ms. Anna Alexander (Student Leadership and Involvement Center)
Ms. Yamika Herard (Creighton Intercultural Center)
Ms. Abby Merrill (Skutt/Harper Centers)

2016-2017 DIVISION OF STUDENT LIFE WORK GROUPS

GO! Coordinating Work Group

Kristen Roppollo, Chair (Residential Life)
Ms. Sangeetha Kumar (Student Integrity, Wellness and Assistance/Student Counseling Services)

Ms. Becky Nickerson (Creighton Intercultural Center)
Mr. Isaac Ortega (Residential Life)
Ms. Michele Overfelt (Student Health Services)
Ms. Joan Thomas (Creighton Intercultural Center)

DIVISIONAL AWARDS, NETWORKING AND CONNECTING WORK GROUP

Mr. Joey Kimes, Chair (Student Leadership and Involvement Center)
Ms. Katie Breedlove (Residential Life)
Mr. Scott Maas (Skutt/Harper Centers & Dining Services)

STAFF WELL-BEING WORK GROUP

Ms. Angela Maynard, Chair (Student Health Services)
Ms. Madeleine Chouanard (Residential Life)
Mr. Stephen Levy (Skutt/Harper Centers)
Ms. Lucy Kamecnik (Campus Recreation and Wellness)

STUDENT PROGRAMMING WORK GROUP

Mr. D'Antae Potter, Chair (Residential Life)
Mr. Jason Konersmann (Skutt/Harper Centers)
Ms. Emma Rapp (Student Leadership and Involvement Center)
Ms. Cheryl Roberts (Office of the Vice Provost)
Mr. Curtis Taylor (Creighton Intercultural Center)

TASK FORCE/ADVISORY BOARD

WELLNESS LIVING-LEARNING COMMUNITY

Ms. Desiree Nownes, Chair (Student Integrity, Wellness and Assistance)
Dr. Allison Harlow (Student Counseling Services)
Mr. Rob Johnson (Housing and Auxiliary Services)
Ms. Kat Onorato (Residential Life)
Ms. Deb Saure (Student Health Services)
Mr. Steve Woita (Campus Recreation and Wellness)

WELLNESS ADVISORY BOARD

Mr. Steve Woita, Chair (Campus Recreation and Wellness)
Dr. Ashley Burke (Creighton Counseling Services)
Mr. Isaac Ortega (Residential Life)
Ms. Sue Weston (Student Health Services)

For more complete descriptions of the Student Life Committees, Work Groups and Advisory Boards

please visit the [Division of Student Life Website](#).

UPCOMING GO! PROGRAMS

Save the Date - November 17th @ 9:30am (1 GO! Unit)

The Division of Student Life is hosting one of the Opus Prize finalists for a special GO! Program on Thursday, November 17th, from 9:30-10:30am in the Skutt Student Center 105. This session features Fr. Peter Balleis, SJ.'s work with the Jesuit Worldwide Learning-Higher Education on the Margins. Specifically, Fr. Balleis will talk about the work going on to educate refugees in Malawi, Africa.

Remember, if you see or hear of events taking place on campus that you think should be accredited, or if you or your colleagues want to host/facilitate an event, please email DSLGO@creighton.edu.

Here is the link for GO! Frequently Asked Questions

<https://www.creighton.edu/students/forstudentlifestaff/committees/forandwithotherscommittee/goprogram/goprogram/faqs/>

Remember, you can also receive up to 2 credits for attending outside events if the following criteria are met:

- Event falls into the accredited categories
- Share your experience
 - E-mail to DSLGO@creighton.edu
 - Tweet a picture and brief reaction #DSLGO
 - Post a picture and brief reaction on the DSL Facebook page.



STUDENT LIFE OPEN POSITIONS

Student Life made a commitment to the Division to offer opportunities to all who are qualified. The Human Resources website currently lists the following positions within our Division that are open as well as employees transitioning to other positions.

Technical Assistant - Student Center Reservations - Harper Center

Assistant Director for Operations and Fitness

The following 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.

<https://careers.creighton.edu/applicants/jsp/shared/frameset/Frameset.jsp?time=1461073530486>This is a text block.

LEARN MORE ABOUT STRENGTHS

Submitted by Mr. Joey Kimes

Are you interested in learning more about your Strengths and how to apply them to your work? The SLIC is offering a workshop on Combining Your Strengths on Wednesday, november 2nd, from 12-1pm in the Skutt Student Center 105.

If you have any comments or questions, please contact [Joey Kimes](#). These sessions are open to everyone on campus, so please feel free to share this information with colleagues outside of the Division!

COMPASS PROFESSIONAL DEVELOPMENT CALENDAR

Take time this fall to participate in the Compass Professional Development opportunities offered to promote ongoing learning and development. There are several sessions specifically for managers, as well as sessions geared at all employees regardless of supervisory responsibilities. We encourage you to also work with your staff members who may be interested in attending the employee sessions.

For All Employees:

- November 1, 12:00-1:00 pm: **UHC - The Right Tools at the Right Time is Powerful** – [Register here](#)
- November 4, 1:30-2:30 pm : **The Faith That Does Justice** – [Register here](#)
- November 16, 10:00-11:30 am: **Choosing Trust: An Exploration into the Benefits of Trust Under Conditions of Uncertainty** – [Register here](#)
- 11/4/16: The Faith that does Justice
- 11/30/16: South Omaha: A Dynamic Immigrant Community
- 12/12/16: South Omaha: A Dynamic Immigrant Community

Please note, registration is required for these events and each event has a link to select to register and obtain more complete information regarding these sessions. For a complete listing of the Fall 2016 Compass Professional Development Calendar and links to registration, please click [here](#).

Student Counseling Services

Submitted by Dr. Allison Harlow

We are excited to announce the start of some new outreach programming through the Counseling Center.

Feel Better Fast

A stress reduction workshop called “Feel Better Fast” will be offered to all students twice a week:

1. Kiewit Hall Conference Room on Tuesdays at 5:30pm
2. WellNest on Wednesdays at 12:30pm.

Students do not have to pre-register and can drop by for any meeting, so please be sure let them know about this resource.

Paws to Talk

Each Wednesday by the fireplace in the Skutt Student Center at 1:30pm, the newest member of our team, Coco the therapy dog, will be available to students. We will also have a counselor available for students to chat with if they would like to stop and get some support or advice.



RE-LAUNCH OF THE DSL CREATIVE SUITE

Submitted by Ms. Britt Pollock, Creative Suite Coordinator &
Mr. Lucas Novotny, Chair of Student Life Story Committee

On behalf of the Creative Suite Team, we are pleased to announce the official re-launch of the Creative Suite for the 2016-2017 school year! This year, we are fully staffed and have a wide range of talents including design, videos, photography, animation, social media, and more.

Per usual, please submit your project proposals [here](#) or per the Creative Suite Webpage [here](#). With this form, you are able to submit requests for Social Media postings, digital signage creation, posters, flyers, video or photography projects, marketing materials, and much more.

Please reach out to Britt Pollock, Coordinator at BrittanyPollock@creighton.edu or Lucas Novotny, Chair of the Student Life Story Committee with any questions or concerns you may have about the request form, project updates, or anything else you may need.

Best,

Britt Pollock
Creative Suite Coordinator

Lucas D. Novotny
Chair—Student Life Story Committee



RESIDENTIAL LIFE UPDATES

Submitted by Dr. Kimberly Grassmeyer

Residential Life announces new office hours effective Monday, October 24th. While the Central office shared with Housing and Auxiliary Services will maintain standard hours from 8:00am-4:30pm, Resident Directors will stagger start times on Tuesdays and Wednesdays at 10:00am in their respective offices, while completing staff meetings, conduct hours, residence hall governance meetings and programming on varied evenings throughout each week. The new schedule provides the team with the best opportunity for engagement with our residents”

STUDENT STAFF EMPLOYMENT FOR RESIDENTIAL LIFE

Submitted by Mr. D'Antae Potter

Hello DSL!

The Department of Residential Life is hiring student staff members for the 2017-2018 school year. As a result of being a student staff member of the department, staff members will grow in their ability to manage crisis, develop community, put on programs and think critically. Additional benefits include compensated room and board and a stipend.

Please encourage sophomore and junior students to apply. Applications will be available beginning November 3rd via Jobs4Jays. Please also encourage your student to attend one of the following info sessions and know the important dates:

- November 3rd Applications go live
 - November 3rd @ 6:00 PM Info Session in Skutt Student Center Room 104
 - November 7th @ 6:00 PM Info Session in Skutt Student Center Room 104
 - November 15th @ 12:00 PM Applications due (via Jobs4Jays)
-

CAMPUS RECREATION & WELLNESS

Submitted by Mr. Steve Woita

New Assistant Director

On October 14th, we welcomed Lucia Zamecnik to the Campus Recreation and Wellness team, as the Assistant Director of Operations and Fitness. Lucia is most recently coming to us from Nebraska Sports

and Fitness Complex where she was working as a personal trainer. Prior to that she was a Graduate Assistant for Fitness Programs and Aquatics for the Campus Recreation Department at the University of Nebraska Omaha. Her diverse experiences make her a great fit for the position and we are excited to have her join our team.

The Kiewit Fitness Center turns 40!

Come help us celebrate the KFC turning 40 on November 3rd! In 1976 the Kiewit Fitness Center was opened to the Creighton campus offering over 109,000 square feet of recreational space. Some of the main features of the building included its five multi-purpose courts, running track and four racquet courts. In 1997 the building received a renovation adding office suites, class rooms, and the lobby on the East side of the building, adding over 30,000 more square feet to the building. Today the KFC serves more than 5,000 students and over 600 faculty/staff at a rate of 186,000 visits per year. The facility provides a space for open recreation, intramural sports, club sport practices and competitions, a diverse offering of fitness programs, and academic class.

Thanksgiving Break Hours

	Kiewit Fitness Center	Rasmussen Center
Tuesday, Nov. 22nd	6:00am – 9:00pm	11:00am – 7:00pm
Wednesday, Nov. 23rd	6:00am – 5:00pm	11:00am – 2:00pm
Thursday, Nov. 24th	CLOSED	CLOSED
Friday, Nov. 25th	12:00pm – 6:00pm	CLOSED
Saturday, Nov. 26th	10:00am – 6:00pm	1:00pm – 6:00pm
Sunday, Nov. 27th	10:00am – 12:00am	1:00pm – 11:00pm
Monday, Nov. 28th	Resume Fall Semester Hours	

DSL November 2016 Happenings

November 16						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
October 30	31	November 1	2	3	4	5
		CSU Elections	Strengths Brown Bag Lunch Combining Your Strengths SSC105 12-1pm Paws to Talk SSC Fireplace Lounge 1:30pm	DSL Staff Development Sem. 8:15-10am/HC 3023 GOI Program 10-11am/HC 3023 Russell Child Dev. Ctr. Holiday Bazaar 11am-1pm/SSC Ballroom	AAAHC Accrediting Visit	AAAHC Accrediting Visit
6	7	8	9	10	11	12
		Opus Prize Art Gallery Opening SSC 5-7pm	Paws to Talk SSC Fireplace Lounge 1:30pm	Board of Trustees Committee Meetings 1-4pm Student Dinner with the Board of Trustees 5:30-7:30pm	Board of Trustees Meeting	Stories, Spaces, and Places For the Future of Feminism in Higher Education Lower St. John's 12-1pm (Lunch Provided) RSVP Required Fallapalooza Concert 7pm/Sokol Auditorium
13	14	15	16	17	18	19
	Opus Prize Event Finalists Engagement Panel HC Auditorium 7pm	Newsletter Articles Due to Joan Kowalski by 4:30pm	Paws to Talk 1:30pm/SSC Fireplace Lounge Interfaith Prayer Service 3:30pm/St. John's Church Opus Event Student Leadership Panel 7pm/HC Ballroom	Opus Prize GOI Program 9:30-10:30am SSC105 Opus Prize Award Ceremony Holland Performing Arts Center, 11 th & Douglas 7pm		FLP Thanksgiving Dinner Harper Center Ballroom 6pm
20	21	22	23	24	25	26
			Paws to Talk SSC Fireplace Lounge 1:30 pm	Thanksgiving Break	Thanksgiving Break	
27	28	29	30	December 1	2	3

[Click Here for Larger November Calendar](#)

FRESHMAN LEADERSHIP PROGRAM THANKSGIVING DINNER

Submitted by Mr. Joey Kimes

The Freshman Leadership Program is excited to invite you to join them at their annual Thanksgiving Dinner! This event is a fundraiser to benefit Precious Memories Daycare, a local daycare who takes any child in need of care and provides everything they can for everyone who passes through their door. Join FLP for a full Thanksgiving dinner—prepared by the FLP students themselves—on Saturday, November 19 at 6pm in the Harper Ballroom. Tickets go on sale tomorrow and are \$10 a person, with all proceeds going directly to Precious Memories; this invitation is extended to any partners or guests you would like to bring with. If you are unable to attend the event and would still like to donate, please check out the [GoFundMe page](#) for the Thanksgiving Dinner. If you have any questions about the event or would like to purchase a ticket, please contact [Joey Kimes](#).

RUSSELL CHILD DEVELOPMENT CENTER'S HOLIDAY BAZAAR

Submitted by Ms. Tami Thibodeau on behalf of Carol House of the RCDC

The children, parents and staff at the Russell Child Development Center appreciate assistance and support from members of the Committee on the Status of Women each year for our Holiday Bazaar. Please plan to join us for this year's Holiday Bazaar on **Thursday, November 3 from 11am-1pm** in the Skutt Student Center Ballroom.

Here are a few ways you can help:

1. Attend the chili soup luncheon and bring your co-workers and friends with you (tickets can be purchased in advance with the [order form](#) OR can be purchased at the door). A \$20 bundle gets you a discounted lunch ticket and 15 raffle tickets. Lunch only tickets are available for \$10.
2. Purchase raffle tickets. Creighton Federal Credit Union generously sponsors our raffle – each \$1 ticket gives you a chance to win one of seven great prizes, including a Polaroid ZIP Mobile Printer, Beats Solo2 wireless headphones, a all-new Echo Dot (2nd generation), a Kindle Paperwhite E-Reader, Fitbit Charge 2, Fujifilm Instamax camera kit, and a Roku 4 streaming media player ([please see the flyer with additional information](#)).
3. Donate your time. We welcome volunteers the day of the event to set up, assist in selling tickets or serving lunch, and cleaning up. Here is a link to sign up to volunteer your time:
<http://www.signupgenius.com/go/20f044faead29a0fa7-volunteers>

While you attend, make sure to check out the gift ready baskets for sale, silent auction items, and discounted gift cards. This is a terrific way to kick off the holiday season AND benefit a good cause! All proceeds from the Holiday Bazaar benefit the Russell Child Development Center on Creighton's campus, specifically scholarship funds for the children of Creighton students to attend RCDC at discounted tuition rates while parents attend classes and the creation of an art studio at the center.

Thank you for your continued support!

Carol Houser

Director, James R. Russell Child Development Center

Russell Child Development Center, Creighton University

2222 Burt Street, Omaha, NE 68178

Office 402.280.2460

**STORIES, SPACES, AND PLACES FOR THE FUTURE
OF FEMINISM IN HIGHER EDUCATION**

Submitted by Ms. Tami Thibodeau

You are invited to attend the "Stories, Spaces, and Places for the Future of Feminism in Higher Education." This is a panel sponsored by the Committee on the Status of Women featuring Dr. Faith Kurtyka, Tierney S. Powell, and Westin Miller

Friday, Nov. 11, 2016

12-1pm Lower St. John's

Lunch will be provided

Please RSVP at <https://www.surveymonkey.com/r/CSW11-11-16>



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