

December 8, 2009

STRIVE

November/December Newsletter

Special points of interest:

- **Beth Trennepohl, Jen Taylor, Amanda Hemenway, Angie Camerlinck and Victoria Baylon go to KC.**
- **3 students 2 months: Strive's November and December SOM's**
- **Student Advisory Board discusses Spring semester activities.**
- **The Benefits of Giving**

Strive takes 5 students to MONKANE Student Leadership Trip in Kansas City by Sonja Dressel



Victoria Baylon, Beth Trennepohl, Amanda Hemenway, Jen Taylor, Angie Camerlinck and Sonja Dressel (front).

Over fall break, five Project Strive members were able to attend the 6th Annual MO-KAN-NE Adult Student Leadership Conference. Angie Camerlinck, Amanda Hemenway, Jen Taylor, Beth Trennepohl and Victoria Baylon, accompanied by Project Strive's Licensed Student Counselor Sonja Dressel, traveled to Kansas City and participated in this year's program, titled "It's Your Future: Empower Yourself".

All of the students who attended felt that they learned new ideas to help them be successful in college and the workforce. They attended sessions that taught them about making the most of the college experience, time management, studying abroad, internships, professionalism in the workplace, as well as many other helpful seminars. Most of the student's felt that they gained the most knowledge about how to organize themselves as college students. In fact, they felt that this session was so helpful that Amanda, Jen, and Beth will be presenting a Project Strive program on the tips they learned to the rest of us in January!

The trip to Kansas City wasn't all work though. During the evenings and lunch breaks there was a lot of time for fun and excellent food!

The Strivers attended a Mureder Mystery Theatre Banquet hosted by MO-KA-NE, followed by a dance. Others enjoyed watching movies, shopping, exploring Kansas City by foot, and simply hanging out while getting to know each other better. Overall, despite some challenging travel delays and shuttle bus trips, the Strive students and staff member had a great time learning about leadership and how to be a successful college student, as well as forming new friendships that will surely last for many years! All who attended would encourage other Strive participants to take advantage of an opportunity such as this in the future.

Upcoming Events

FREE MESSAGES!

Monday, December 14 from 1-4pm in Crites Hall room 339.
SIGN UP TODAY!



HEALTHY GRAB N' GO
SNACKS
8-4:30PM ALL FINALS WEEK
Strive Computer Lab

Director's Deliberations by Aaron Prestwich

Hello everyone!

I hope you are all doing well and surviving the end of the semester push. I know how stressful this time of year can be. There are times you feel you will never get every paper written, project completed, and test studied for in the amount of time available. There are times you might think, "Will my sanity still be in tact after the next couple weeks!"

With that thought in mind, take a break for five minutes and think about this: despite the amount of stress I am currently experiencing **what are the permanent, positive things in life I enjoy every day?**

Sometimes it's really good to mentally take a step back from school and work and contemplate all the things in life that are really important and valuable to you.

And for those of you who dislike math, here's this quote, "**The hardest arithmetic to master is that which enables us to count our blessings**". ~ Eric Hoffer

Good luck with Finals everyone!!

-Aaron



Margo Larsen and Jamie Pittam- November Students of the Month



Eric Lewis- December Student of the Month

November and December Students of the Month

Margo Larsen is one of the November co-Students of the month. A junior majoring in General Biology and pursuing a minor in Pre-Vet Medicine, Margo stays involved as the Vice-President of the Animal Science Club for 2 years, Treasurer for the Pre-Vet and Wildlife clubs for 2 and 1 years, respectively. Additionally, Margo serves on the CSC Student Senate as well as an Applied Science Peer Mentor. Margo has been a member of Strive for 3 years. She has managed to make the Dean's list since the Fall of 2008, and is currently working at the Panhandle Veterinary Clinic. In the community, Margo is a member of her church youth group. Margo is the daughter of Ernie and Paula Larsen of Springview, Nebraska.

Jamie Pittam is the second November co-Student of the Month for Strive. A junior from Sidney, Nebraska, Jamie is majoring in Clinical Lab Sciences. Jamie stays involved on campus as a member of the NuDelta Dance Team as well as a member of the Health Professions Club. She has been a part of Strive since the Fall of 2007. Jamie's community involvement involves teaching at a middle school dance camp. You can watch for Jamie at the half-time of the home basketball games dancing.

Our Project Strive December Student of the Month is **Eric Lewis**. Eric is a senior out of Aurora, Colorado majoring in psychology with a minor in Criminal Justice. Eric has been a member of Project Strive since the Fall of 2007 and is currently working at the Chadron Boys and Girls Club. He will graduate from Chadron State College in May of 2010. Following graduation, Eric plans to go to graduate school for counseling. Someday Eric hopes to be a forensic psychologist.

Congratulations to our November and December Students of the Month.

November Student Advisory Board Meeting by Kylie Kindred

On November 20, 2009, the Student Advisory Board met for their November meeting. All SAB members were present as well as Megan Spargo.

The old business discussed consisted of SAB members attending Project Strive activities. It was decided that there would be two SAB members present at each activity.

Megan also talked about Project Strive's own Alternative Spring Break. They are planning on taking students who are interested to Colorado to build a house for Habitat for Humanity. More information would be available as it draws closer.

The advisory board also discussed possible activities for next semester. resume writing workshop.

ideas included a graduate school trip, an etiquette seminar in Rapid City, and a job search and resume writing workshop. The next meeting will be in early January and all Project Strive members are encouraged to attend.

Kylie Kindred, SAB Secretary

What's Been Happening In Project Strive by Megan Spargo

November seemed to come and go in a flash with all our activities and the holiday that month. Some of our students started the month by celebrating the German Holiday of Oktoberfest with some traditional German dishes and music- and yes, we do realize the irony.

We tried something new as far as activities go by having Valarie Miller from High Plains Community Development give a presentation on money management. The students who attended gave the activity rave reviews and asked for it again in the future. There was, however, some misinformation about the repayment of unsubsidized student loans which was

cleared up in the following weekly email.

On November 19, 10 Strivers as well as Aaron and Megan got outside and got their hands dirty with a campus clean-up. Bethany Cook won the prize for most unusual "treasure"- you'll have to ask her what she found. We wrapped up that activity by hanging up some posters on simple tips on how to be more green-perhaps you have seen them. I encourage all you readers to adopt at least one new green habit listed on the poster...you might see a little more green in your pocketbook.

Our final academic activity if the year was December 1 on learning and testing taking. The seminar covered some great information on how to combat test-anxiety. If you were unable to make it to this activity, but would like more information on the content, come on up and see me. And a special thanks goes out to Penny Short for some delicious cookies!

Starting the Monday of finals week, Strivers who sign up can get a free 10- minute massage by Touch of Serenity's Kate Anderson. Slots are still open so sign up as soon as possible! Also starting Monday be sure to get a study break healthy grab n' go snack in the Strive computer lab.

**GOOD LUCK ON YOUR FINAL EXAMS!
&
MERRY CHRISTMAS**

Need some present ideas this Christmas?

Try the Gift of Giving by Megan Spargo

I thought it was appropriate to make this newsletter's special feature article about giving. The holiday season is the perfect time to reflect on what you have, and how you can give back. Research shows that **people who give without expectation and who do not feel diminished by the act of giving are the most psychologically healthy in our society today.** What's more, **donating to a charity stimulates the regions of the brain associated with pleasure** according to a study published in the magazine Science by scientists and economics at the University of Oregon. After a long, challenging and busy semester, who couldn't use something to lift their spirits?

Looking for ways to give?

Instead of exchanging presents this Christmas, encourage your family to donate to a charities in family members' names.

Time can be as valuable as money sometimes. Volunteer to read at a nursing home, work at a soup kitchen, or walk neglected animals- pick a project close to your heart.

If you are in the mood to give to a non-local charity listed are Charity Navigator's Top 8 charities:

The National Christian Foundation (NCF)-

American Jewish Joint Distribution Committee (JDC)-Serves the needs of Jews throughout the world

Program for Appropriate Technology in Health (PATH)-enables communities worldwide to break long standing cycles of poor health

CARE-Fights root causes of poverty in the world's poorest communities.

Conservation International-Mission to conserve the Earth's living heritage.

Wild Life Conservation Society-Protects wildlife and lands through careful science.

The Nature Conservancy-Protects the most ecologically important lands and waters around the world.

City of Hope Affiliates-Provides help to millions battling life-threatening illnesses.

*"No one has
ever become
poor by giving"*

-Anne Frank



Alas, Knowledge Shall Reign Forever!

By Eileen Rivers

In six months, I want to be the champion math apprentice. I want to be able to quote equations like the continually babbling brook, in the majestic mountain retreat; it will never end or dry up as it flows like honey into the sea of infinity.

In one year I want to have accomplished a full successful year in my quest for knowledge, as the unstoppable energizer bunny, and with the genuine childlike optimism of Big Bird. I want to feel as though the earth is my own personal pearl, not yet irritated enough to have the finished luster.

In two years I will be breaking the picture window of cannot's, to climb into the parlor of, "Yes I can." I will wobble like the pyramid of jello, balancing on the tightrope of my quest. But surrender: never! Persevere always!

In three years I want to peck a whole in the egg of uncharted trails to peek into the great beyond of the universe. I want to re-energize my focus like the lens of the Hubble. Tired but not yielding to defeat.

In four years I want to wear my garments of triumph onto the stage, with my coronation tiara, knowing that the princess is now the Queen. I will look upon my kingdom with a voracious appetite, knowing, now, I can devour the prized horns of the Kobe, in its tranquility and harmony.

In five years I will be the traveling Queen with many thrones in many lands. My subjects will be my lifelong companions and cohorts in the Brave New World. The adventurous journey will begin volcanically after each closing stage.

My reign will be spoken in folklore and legends, when I go to rest in the garden of the everlasting dreams, among the bearded men. My descendants will persevere in the continual exploration of faraway lands and their nuggets of priceless wisdom.

Alas, I proclaim, "Knowledge shall reign forever in the Hearts of all my allies and enemies. Thus, our universe shall advance with fervor at the collaboration of our allies and the challenges from our enemies that shall make us the strong village of kinship we have longed for. Alas, Ignorance and Indifference shall be quashed and thus, replaced with Probing Curiosity, and Enduring Wisdom.

And I say again, Knowledge shall reign forever!"