



# INSTRIDER...

A Newsletter for STRIDE Students

# STRIDE

Student Support Services

*You must be the change you wish to see in the world.  
Mahatma Gandhi*

## “MITAKUYE OYASIN” “All my relations”

For those of you who do not know this phrase, it indicates “**we are all related**”... It is used among Native American, Lakota/Dakota people. I first heard it spoken several years ago in Santee, Nebraska by a Native American elder leading my graduate class into a sweat lodge. This was the beginning of my journey westward. The meaning is obvious, and something I firmly believe to be True.

I recently came on board as Director of STRIDE, Student Support Services, in late June - this past summer. To give you a little background info, I grew up in a town called Vicksburg, Mississippi. I graduated from college in '94 with a Bachelor of Science in Psychology (minor in English). In August of 1996, I graduated with a Master of Arts in Counseling Psychology, specializing in Native American studies and child/adolescent psychology. I have traveled extensively across the continental U.S. counseling in a variety of settings with all age groups. In the late 90's, I worked as Counselor for another SSS program at NICC on the Omaha Indian Reservation. I have additional experience counseling homeless men, women, and children on the streets of Los Angeles, CA, where I also lived for a significant period of time.

I want to thank everyone for making me feel welcome at WSC in STRIDE/SSS. Based on my encounters with you thus far, I can already see that many of you will serve as a great source of inspiration for me. You are wonderful - keep up the hard work. I enjoy seeing each of you grow as individuals, and look forward to the day you graduate from college! You are wonderful - keep up the hard work. Feel free to come by the office and introduce yourself sometime. Again, I appreciate being here, and having the opportunity to work with you.

Shawn Mancastroppa, Director

## A WORD FROM LISA...

Hello everyone! I hope that you are having a great semester so far. I can't believe how quickly the weeks are going by.

As most of you know, we have gone through a few changes since last year. We have three new staff members: Director—Shawn Mancastroppa, Learning Skills Specialist—Naoma Quist and Office Assistant—Kara Helgoth. They each bring a lot of knowledge and experience to the program and we are lucky to have each of them here. I know that they all look forward to meeting you, so please stop in and introduce yourself if you haven't already!

Once again, our Peer Mentor Program is up and running. We have six first-time Mentors and seven returning Mentors for 2005-2006. I'm excited to work with our new group of Mentors, and with the help of the incoming freshmen our program will once again have a successful year!

I hope that each and every one of you has a successful & enjoyable semester. Please stop in and let me know how I can help you reach your goals in the upcoming year! Remember, I'm here to help!!

Lisa Reifenrath  
Retention Specialist

*“Success doesn't come to you...you go to it.”*

—Marva Collins

October 2005

## STRIDE Staff

**Shawn Mancastroppa**  
Director

**Naoma Quist**  
Learning Skills  
Specialist

**Lisa Reifenrath**  
Retention Specialist

**Jeannine Wreidt**  
Math Specialist

**Kara Helgoth**  
Office Assistant

**Jami Talbott**  
**Laura Buresh**  
Clerical Assistants

Office Hours  
Monday-Thursday  
8:00am-8:00pm

Friday  
8:00am-5:00pm

Sunday  
6:00pm-8:00pm

## THANKS!!

To Lisa Reifenrath and  
the Peer Mentors who  
helped build the float  
for Homecoming! Great  
Job!!

# TRIO

### Services Available to STRIDE Students

**Counseling and Advising:** Students participating in the Student Support Services/STRIDE Program will have the opportunity to meet with an STRIDE advisor on a regular basis. Counseling sessions involve discussion on a variety of topics: academic progress, personal concerns, the financial aid progress, career planning, cultural and academic activities, tutoring, and resources available for academic success. Our counseling goal is to enhance the academic and personal success of STRIDE, Student Support Services Participants.

**Tutoring:** Free tutoring services are available to all participants. Tutors are assigned based upon student need, availability of funding and the availability of a qualified tutor. Tutors can be requested at the Front Desk of the STRIDE/Student Support Services Office located in the Lower Level of the Student Center. The success of the peer tutoring component for Student Support Services depends on qualified tutors who are interested in the success of its participants.

**Cultural & Academic Enrichment:** Cultural enrichment activities and academic enhancement workshops are provided to Student Support Services participants in order to increase cultural awareness and understanding of the learning and teaching environment. Participants who attended sponsored activities are accompanied by program staff and volunteers from the Wayne State College staff

#### Four More Years

We are very happy to share with you that our Student Support Services grant, which was submitted to the Department of Education in August, 2004, was funded again for four more years. Beginning September 1, 2005 through August 21, 2009, we will be here at Wayne State College to help you with your educational needs while you complete your program of study. It is always welcome news to find out the Department of Education continues to provide funding for this important program for students.

Congratulations to the staff who work so hard to make STRIDE a success and congratulations to you, our students, who make us successful by your hard work, good study habits and academic success!

#### **Administrative Staff Spotlight:**

##### **Julia White, Human Resources Coordinator.**

STRIDE, Student Support Services, would like to thank **Julia White** for her assistance during the heightened staff change-over we've encountered the past year. Changes like these can take it's toll on program moral and and Julia's positive attitude coupled with her unconditional support (extra help) was truly refreshing. Working with Julia was like working with a breath of fresh air. It is with sincere appreciation that we thank Julia for her unwavering support during such a transitional time. **Thanks, Julia!!!!**

Julia has been the HR Coordinator for almost a year, but has been on WSC campus as a student since 2000. Julia is married to Russ, and they have a dog named "Miss Kitty". Julia enjoys gardening and landscaping, reading and working on her family's ranch. Julia has a passion for Human Resources and she is loyal to Wayne State College for everything it has done for her.

#### **Faculty Spotlight:**

##### **Timothy J. Sharer, Professor of Education.**

STRIDE, Student Support Services, would like to thank **Tim Sharer** for providing constant support and assistance to our students and our staff throughout the years. Tim has always been a strong advocate of our program. He assisted with the search and hire process for our new director in April, and refers students who may need services to the program on a continual basis. Tim is always willing to help out! It is with sincere appreciation that we thank him for his encouragement and willingness to speak out about what we're doing in help WSC students be successful. **Thanks, Tim!!!!**

Dr. Sharer has been teaching at Wayne State for eleven years, after 21 years as a public school music educator. His teaching responsibilities have included teaching Secondary Schools, Human Relations in a Multicultural Society, Current Issues and Trends in Education, Classroom Management, and Student Teaching Supervision. Dr. Sharer duties in the School of Education and Counseling include coordinating the Northeast Nebraska Teacher Academy (NENTA), serving as chair of the Middle Level Endorsement Committee, and representing the School for Fridays at Wayne State. Dr Sharer and his wife Beth Ann are both graduates of Wayne State College, and they have a son, Corbin, who also attends Wayne State.

## Congratulations **NEW STRIDE Participants!**

Ann Dee Adelung	Riley Karabel
Guillermina Alarcon	Jennifer Kittelson
Christina Anderson	Franklin Kleeb
Alvaro Archundia Jr.	Ryan Knight
Tracy Balderson	Elizabeth Landrie
Joseph Beard	Brandon Laubscher
Cody Bellows	Samantha Malm
Beth Benson	Vanessa Mason
Heather Bernt	Donnecia McFarland
Shawn Bird	Curtsi Michaelis
Brittany Buskirk	Devon Michalski
John Butkus	Harley Mohlman
Brett Caldwell	Tim Molitor
Susan Christensen	Sarai Montalvo
Brent Clark	Lynne Nelsen
Heather Clover	Tyree Pearson
Sara Coffin	Amy Pinkelman
Andrea Cudaback	Maria Rodriguez
Erica Dexter	Russell Ross
Melinda Erks	Nicole Sabata
Precious Everett	Laura Schneiders
Erica Folkers	Laura Schulte
Simon Gatkuoth	Doug Sheehan
Gina Giaffoglione	Brittanie Snyder
Amanda Gonsior	Blythe Spindler
Chelsie Harper	John Stollberg
LaTasha Harrision-Graves	Heath Swanson
Garrett Herzog	Sean Tili
Elliot Hoffman	Joshua VanEs
Adrienne Jensen	Dwayne Ventry
Dane Jessen	Amber Vesely
Jessica Johnson	Jeremy Welch
Taylor Johnson	Brad Wilder
Laura Jones	Christy Witt
Amanda Jordan	Brian Zahm

*As you may know, in addition to WSC's mid-semester notification of 'downslips', the STRIDE/SSS office receives a Progress Report from each of your instructors.*

*Progress Reports include information about your class attendance and participation, your estimated current grade in each course, and comments and/or suggestions from your instructor about ways to maintain or improve your grade.*

*The information that is included in a Progress Report can be very valuable. In some instances, it is reassuring to know that you are doing better than you thought! In other instances, the Progress Report serves as a wake-up call that you need to make some changes in classroom participation and study habits.*

*Either way, ACT NOW, while there is still enough time left in the semester to bring up those grades! College can be very challenging at times, and we're here to help ease some of that burden.*

*Never doubt that a small group of thoughtful committed citizens can change the world. Indeed, it's the only thing that ever has.*

*Margaret Nead*

*Too often we underestimate the power of a touch, a smile, a kind word, a listening ear, an honest compliment, or the smallest act of caring, all of which have the potential to turn a life around.*

*Leo F. Buscaglia*

### Important Dates

**Progress Reports:** October 14th

**Mid-Term Break:** Thurs./Friday, October 20,21

**Last Day to Drop (no refund):** Friday, November 4th

**Thanksgiving Break:** Wed. thru Fri., November 23-25



### Tips from Jeannine: *EFFECTIVE STUDY SKILLS*

Are you worried about your math class? Does even the thought of math give you an upset stomach, sweaty palms, and a headache? Well, cheer up, you are not alone. I have worked with students at Wayne State College over the past ten years, and many of them struggle with the same issue. So how can you cope with your math anxiety?

Here are some *EFFECTIVE STUDY SKILLS* that I have discovered work for *all* subjects.

1. *Positive Self Talk* -- This is the number one tip. You don't have to like math, but you do need to believe that you can do it. Always remember, you don't have to be Einstein to be successful in math.
2. *Practice, Practice, Practice* -- Work on math every day. Math is like a foreign language; you need to review it often.
3. *Don't Procrastinate* -- Establish a reward system for doing your homework. I personally like to reward myself with a piece of chocolate after I complete each problem; although every two problems would probably be healthier, but not as tasty.
4. *Avoid Marathon Studying* -- *Take breaks*, especially when you feel frustrated; then come back to your math later. A few deep breaths will also get some oxygen to your brain.
5. *Study when you are most alert* -- By studying it first, you can get it out of the way, rather than dreading it later.
6. *Allow Yourself Time* -- Don't take too many classes the same semester that you take your math class.

#### And the obvious tips:

7. *Go to class every day* -- You miss a lot of information even when you are gone for only one day.
8. *Sit up front* -- You'll pay better attention if you are sitting in front of the class.
9. *Take notes* -- Math instructors write examples on the board.
10. *Do your homework soon after class* while the information is still fresh.
11. *Stay caught up with your homework* -- Tomorrow's assignment probably depends on your understanding of today's assignment.
12. *Get help* -- *See a tutor as soon as you are having trouble*. Don't wait until you are totally lost; because you won't be able to catch up.

So remember, you are not alone in your feelings about math. You can be successful. It just takes a little extra effort.

#### **STRIDE-Write Conversation**

--"Yikes! Four papers due in **TWO** weeks!

I'll never be able to do it."

--"Oh, don't worry. Just call the STRIDE office at 375-7500 to make appointments with tutors in those four subject areas."

--"I don't always have time during the day.

Are any night hours available?"

--"Sunday nights STRIDE has writing help available from 5:00-8:00 p.m.; some tutors have night hours during the week."

--"How far ahead of time should I call for an appointment?"

--"I'd call at least a week ahead of time if possible.

That'll give you time to discuss the assignment with the tutor, write some rough drafts, come back, and then return again for that final draft review."

--"You mean I might have to meet with each tutor more than once?"

--"Might happen. You decide how often you want to meet."

--"OK. I'll call for appointments with the art, English, history, and psychology tutors, correct?"

--"Yup. And listen to the rest of the subject areas STRIDE has tutors for: BIO, BUS, CHE, CIS, CJA, CNA, CSL, EAS, ECO, EDU, FCS, GEO, GER, ITE, MAT, MUS, NAT, PED, PHI, PHS, PHY, POS, SOC, SPA, SPD, AND SSC."

--"Huh? Sounds like a foreign language alphabet."

**Summer STRIDE**

Summer STRIDE 2005 was a great success with over 20 participants.

The new freshmen earned 2 credit hours through taking classes on the WSC campus for the week of July 31-August 5, instructed by the STRIDE advisors. In their classes they were taught about campus technology available to them, the academic buildings, social activities they could get involved in, and tips to deal with college situations they may encounter. They also had a full week of dorm experiences. Many planned activities were scheduled for them a movie at the local Wayne theater, a night out on their own to learn about the town, along with social time between classes. Those 22 students came in knowing no one and left with many connections to help them be successful during their first semester at WSC.

**Summer STRIDE**  
**Participants**

Ann Dee Adelson  
Christina Anderson  
Tracy Balderson  
Joseph Beard  
Brittany Buskirk  
Brent Clark  
Sara Coffin  
Erica Folkers  
Gina Giaffaglione  
Chelsie Harper  
Garrett Herzog

Adrienne Jensen  
Dane Jessen  
Jessica Johnson  
Taylor Johnson  
Franklin Kleebe  
Devon Michalski  
Timothy Molitor  
Katy Nagengast  
Tyree Pearson  
Laura Schutte  
Brad Wilder



INSTRIDER...

**WAYNE STATE COLLEGE**  
NEBRASKA

1111 Main Street  
Wayne, Ne 68787  
Phone: 402.375.7500