

INSTRIDER...

A Newsletter for STRIDE.SSS Students

STRIDE

Student Support Services

HAPPY BIRTHDAY!!!



February
 Jessica Anderson
 Jami Brandl
 Andra Dexter
 Lynze Divis
 Richard Fyock
 Jose Hernandez
 Aaron Holt
 Chase King
 Allen Ladd
 Kasey Moffett
 David Palmer
 Jason Selman
 Cheryl Swanson
 Corwin Toney
 John Trout
 Brad Wilder

March
 Pam Barelmann
 Melinda Erks
 Erica Folkers
 Ryan Goetsch
 Kim Hausmann
 Megan Hughes
 Mark Johannes
 Nichole Johnson
 Denise Kraft
 Molly Lewon
 Jason Mathews
 Amy Nava
 Erin Olsovsky
 Drew Peckenpaugh
 Laralee Seidel
 Sean Thurston
 Brandon Timmerman



Spring 2007

STRIDE.SSS Staff

Shawn Mancastropa
Director

Jeannine Wriedt
Math Skills Specialist

Naoma Quist
Learning Skills Specialist

Danny Gonzales
Retention Specialist

Kara Woehler
Office Assistant

Laura Buresh
Mallory Foral
Clerical Assistants

Office Hours:

Monday - Wednesday
8am - 8pm

Thursday - Friday
8am - 5pm

Mitakuye Oyasin
"All My Relations"

Salutations! It's hard to believe that mid-term has arrived. I hope each of you find the resources you need from our office in order to be successful. It takes determination and dedication. If you really want to do something, you'll find a way; if you don't, you'll find an excuse. Obstacles are what you see when you take your eyes off your goals. Do not look outside yourself for strength and confidence. It comes from within.

As you grow in self awareness, you will better understand why you feel what you feel and why you behave as you behave. That understanding then gives you the opportunity and freedom to change those things you'd like to change about yourself and create the life you want. Without fully knowing who you are, self acceptance and change become impossible. Having clarity about who you are and what you want (and why you want it), empowers you to **consciously and actively** make those wants a reality. Otherwise, you'll continue to get "caught up" in your own internal dramas and unknown beliefs, allowing these thought processes to determine your feelings and actions. Self Creation is an everyday event. It's about becoming the person you want to be and creating a life that reflects that vision.

Shawn Mancastropa, Director

Knowing others is wisdom, knowing yourself is Enlightenment.

Tao Tzu

TRIO

Kravitz Korner

Hey all, it is great to see y'all working hard. As I continue to visit with y'all, I notice that we are all going through our hardships. Remember to keep your goal, your vision and the reason you are here in sight. Plan your work and work your plan and you will realize your short term and long term aspirations. The following is a song I wrote that sort of reminds me of what life brings to us and what many of us have been experiencing, as things may not always work out the way we wanted them to...keep your head up!!!! Good luck this semester!!!!

The Plan

I once knew a man with a plan in his hand
I once knew a heart, all its parts in their mark
But nobody knows, how life goes, sometimes cold
Not always so clear, your worst fear brings a tear

Sometimes you have to realize that things won't always be
The way you always visioned the way you thought you'd see
Sometimes you have to realize that things won't always last
But still you must go on living when your die has been cast

I once was a man, with a plan in my hand
I once had a heart, sunk down low and fell apart
Cuz I didn't know what life brings sometimes mean
Not always so true, harsh times made me blue

Sometimes you have to realize that things won't always be
The way you always visioned the way you thought you would see
Sometimes you have to realize that things won't always last
But still you must go on living when your die has been cast

I now am a man, I know I can, that's my plan
I now know my heart, and have dealt with the scars
Cuz, I now can see all the things I can be
I Know I'm in control, and I lose if I let go!

Sometimes you have to realize that things won't always be
The way you always visioned the way you thought you would see
Sometimes you have to realize that things won't always last
But still you must go on living when your die has been cast

Danny G AKA Kravitz
"Si Se Puede" C. Chávez
"Yes, You Can"

Important Dates To Remember:

February 26th: Summer registration opens.
Students may register up until each session begins.

March 5th - 9th: Mid-term break (no classes but offices open)

Sunday March 11th: Daylight Savings Time (set clocks ahead 1 hour)

Friday March 16th: Mid-term low grades mailed to students

Sunday March 25th: XAE induction @ 2:00 pm

Wednesday March 28th: Last day to withdraw from class (no refund)

Monday April 9th: Fall registration begins

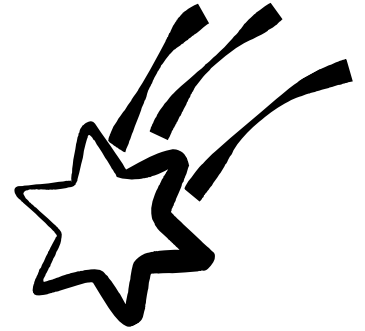
Friday April 20th: Last day to withdraw from school

Sunday April 22nd: Spring Awards Luncheon @ 12:30 pm

Tuesday April 24th - Monday April 30th: STUDY WEEK

Tuesday May 1st - Friday May 4th: Final Exam week

Saturday May 5th: Commencement



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Progress Reports are DUE in our office from your professors **March 14th** (FYI). Mark your calendar on this day to make an appointment with your STRIDE.SSS advisor to go over them.

KWT] !fX[[!=!VaPSdPcT

Would you like to know how many semesters you have left before you graduate? Degree audits are designed to help you plan your course of study. **We now have complete up-to-date degree audits for ALL program participants listing what classes you must take within your major for graduation.** Be sure to ask about your degree audit when you meet with your STRIDE.SSS advisor.

Chi Alpha Epsilon National Honor Society Induction

The Gamma Omicron Chapter of Chi Alpha Epsilon will hold their Spring 2007 induction on Sunday, March 25 at 2:00 pm in the Niobrara Room of the Student Center. The following STRIDE SSS students have maintained a 3.0 cumulative grade point average for two consecutive full-time semesters and are eligible to be inducted:

Ashleigh Anikputa
Adrienne Jensen
Jennifer Kittelson*
Harley Mohlman
Laura Schneiders

CJ Bauman
Nicole Johnson*
Curtis Michaelis
LaVaille Reifenrath
Laralee Seidel*

*Will be inducted.

The following members of Chi Alpha Epsilon, who earned at least a 3.5 semester grade point average, will be honored with a jewel upgrade:

Scott Bogacz
Megan Hughes
Denise Kraft

Jami Brandl
Rachelle Koch
Cheryl Swanson

The following STRIDE SSS students have earned a 3.0 cumulative grade point average as a full-time student for one semester, will receive an Honor Roll certificate at the induction, and will be eligible for membership in the Gamma Omicron Chapter next spring if they maintain a 3.0 GPA:

Jessica Anderson
Nichole Bice
Lauren Brown
Brent Clark
Adam Hanzlik
Suzanne Havelka
Doug Holt
Jennifer Jansen
Tamara Nash
Joyce Rasmussen
Abby Thompson
Meagan Townsend
Chris Wall

Pamela Barelmann
Megan Boecker
Mallory Chambers
Mallory Foral
Kimberly Hausmann
Ashley Hodgins
Anna Horan
Chase King
Daney Raney
Mark Schulte
Ian Tonnies
Amber Vesely
Joshua Wright

** All STRIDE student are invited to attend the ceremony.**



ATTN: Education majors

Have you started preparing for the PPST???
If not, Naoma is available to help.

Workshop #1

When: ***Monday, March 19th***

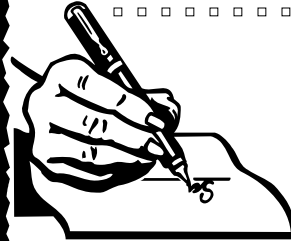
6:00 - 7:30 pm

Where: ***TRIO Room (comp. lab)***

Pre-tests available

Specialized tutors for subject areas

www.myskillstutor.com also available



REMINDER:

**When visiting the
STRIDE/SSS Office,
please
remember to...**

**SIGN IN
&
SIGN OUT**

...at the front desk.

GH9DG!HC!GI779GG"!!

Workshop series led by *Danny and Shawn*

Dates/Times: *TBA March 16th*

Call *x7556 or x7555*

ATTN: Freshmen / Sophomores / Juniors

Do you know which courses you should take when??? In other words, *have you planned your course of study???*

If not, Jeannine is available to help you figure it all out.

When: ***Thursday, April 19 @ 5:00 pm***

Where: ***TRIO Room (comp. lab)***

Please let her know that you are interested, and she will send you an email reminder that week.



Spring Awards Luncheon

Are you graduating in May?

Have you been a peer mentor or peer tutor in the STRIDE Student Support Services program this year?

If so, then you will be invited as our guest to the annual Spring Awards Luncheon on **Sunday, April 22**. So, mark your calendars now and be watching the mail for your invitation.

Tell your family to do the same.

Happy Spring!

May 2007 Graduates!!!

Jami Brandl - Elementary Education - special endorsement = ESL

Brett Cain - Technology / Industrial Trades Occupations

Kelsey Clark - Criminal Justice / Corrections - minor = pre-law

Adam Doescher - Business Administration / Finance

Shana Dugger - Early Childhood

Jess Fulkerson - Criminal Justice / Corrections - minor = sociology

Nick Hawthorne - Business Administration / Finance and Economics

Rachelle Koch - Elementary Education

Tim Schindler - Health and PE K-12 - special endorsement = coaching

Will Smith - Criminal Justice / Corrections - minor = sociology

Ian Tonnies - Social Sciences

Congratulations!!!



Scholarship Winners/New Citizen

*EducationQuest Foundation has afforded more than \$1 million to Nebraskan recipients of the **Reaching Your Potential** scholarship program. Student Support Services (STRIDE) is proud to announce Fall 2006 winners were Bryan Bagwell and Stephen Manh.*

Andrew Luot, Spring 2006 recipient, recently became a U.S. citizen. Congratulations, Andrew!!

DEADLINE: *The deadline for Naoma to refer you for the 2007 Spring scholarship is **MARCH 21st**, 2007. Call her at 375-7548.*

If one advances confidently in the direction of his dreams and endeavors to live the life which he has imagined, he will meet with a success unexpected in common hours.

Henry David Thoreau

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