

# University of Minnesota

Volume 2, Issue 1

Fall 2003

## MLK Newsletter

### **Important Dates:**

- Spring Registration begins  
11/10/03
- Thanksgiving Break  
11/27-11/30
- Last Day of Instruction  
12/12/03
- Winter Break  
12/20/03-1/19/04
- Classes start.  
1/20/04

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### **Here There Everywhere**

#### **Stephanie Chrismon, Editor**

Bam! We're coming towards the end of the Fall semester and there has not been a newsletter in sight. Sorry 'bout that. This year you will see some new and exciting things with the newsletter. Starting this new era off is the issue you see before you. In this issue, we took some time to inform you about some of the areas across campus that your MLK advisors are constantly referring you to.

First up, is an article about the Health Careers Center over in Moos Tower by Houa Vue. Next, we'll take a trip to our neighbors to the north and stop in at CCLC (Careers and Community Learning Center) with Elizabeth Hruska. Then, Anitra Cottledge will help us brave the sudden cold snap to stop in at your home away from home to find out what's going on at Klaeber Court. Finally, if you've been wondering just what excitement the Honors Program can offer

you then have no fear Jennifer Alexander is dropping a little knowledge your way.

Also, this is your opportunity to start thinking about maybe writing for the MLK

Newsletter. Although this only comes out once a semester its your opportunity to put your writing skills to the test. In the Spring edition of the newsletter I'm looking for writers who would like to write articles, poetry, short stories, or even reviews of anything from music to politics...the choice is yours! And for you overachievers...it looks good on the resume.

So sit back, relax and enjoy your Fall edition of the MLK Newsletter. Peace.



## **Germs & Stuff: Health Careers Center**

By Houa Vue, Administrative Fellow

Are you interested in a health career? Have you always wondered what it would be like to have a job where you can help others? The Health Careers Center is here to help you get your questions answered and put you on the right path to discovering what health career is out there to match your interests and skills.

Our mission is to provide services and information to undergraduate students who are considering careers in the health care professions. Through group-based information sessions and resources on our Web site, we help students navigate the process of applying to health professional schools through various steps  
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## Germs & Stuff...

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(i.e., research opportunities and programs, setting time-lines for application, learning strategies for writing personal statements and resumes, accessing financial aid, developing interviewing skills, and identifying alternative paths and plans). Through a developmental and holistic approach, we encourage students to broaden their academic training through volunteering, study and work abroad experiences, job shadowing, and internship or coop experiences in hospitals, clinics, and other community-based settings. The Health Careers Center assists current and prospective undergraduate students to clarify their own interests, skills and values, explore professional options in the health care, and integrate information about self and career-related information in order to move towards a major and career choice.

Whether you are someone who knows exactly what health profession you want or if you are just beginning to explore health-related career-options, the Health Careers Center is for you. We collaborate with our Academic Health Center partner colleges to offer specific

information sessions on professional health degrees and programs.

We also house information (brochures and electronic sources) pertaining to the University of Minnesota health sciences degrees and plan to offer a one-credit course titled "Introduction to the Health Sciences" Spring Semester. Our website is a great place for you to start your exploration. Lap tops are set up in our office for students to use. Take advantage of our services and make the most of your experience at the University of Minnesota. The opportunities are endless! The Health Careers Center is located in Moos Tower 2-565; hope to see you there soon.

Some upcoming events include:  
 Writing a Winning Personal Statement  
 Interviewing for Health Professional School  
 First Steps to Preparing for Medical School  
 School of Public Health Info Session  
 Experiential Opportunities in Health Care Fair  
 And much more.....

For detailed information and registration, go to:  
[www.healthcareers.umn.edu](http://www.healthcareers.umn.edu)

## Jobs, Internships, and more: CCLC can help!

By Elizabeth Hruska, Career Services Coordinator

What is the Career and Community Learning Center? As a Career Services Coordinator, I get this question often. Let me take a moment to tell you all about the Career and Community Learning Center, the great services and programs we offer, and how we can be a valuable resource for you!

The Career and Community Learning Center (CCLC) has two offices. The folks in 135 Johnston Hall work with students on issues around career exploration and planning. We offer workshops that help you to decide on a major, write effective resumes and cover letters, discover successful job search strategies, gain interviewing skills, and learn how to apply to law school. 135 Johnston also features a resource library, where you can access career related books, magazines, handouts, and computers for career related student use. When you visit the resource library you will be given a tour by one of the CCLC Peer Advisors. Peer Advisors also conduct resume and cover letter critiques on a walk-in basis, from 9:00 a.m. to 4:00 p.m. Monday through Friday.

The CCLC offers classes each semester. These courses

help you to decide on a major, explore career paths, gain job seeking skills, and enrich your internship experience. Past students report that CCLC classes are very helpful. The CLA mentor program is also coordinated out of the Career and Community Learning Center. This dynamic opportunity gives you the chance to develop a mentoring relationship with a working professional in their area of career interest. What a fantastic way to learn more about a career and develop connections in your future career field!

*"The CCLC also features the CLA Undergraduate Internship Grant, a competitive grant which provides financial support to students working in an unpaid internship"*

The Career and Community Learning Center houses CLA Link, an online service that allows you to post your resume, and view job, internship, volunteer opportunities. The CCLC also features the CLA Undergraduate Internship Grant, a competitive grant which provides financial support to students working in an unpaid internship. Finally, the 135 Johnston office of the CCLC has professional career counselors, (including a pre-law advisor) that will work with you to develop answers and strategies around your specific career related challenges.

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**...CCLC can Help**  
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The friendly staff of 345 Fraser Hall provides students with community involvement, service learning, and off-campus study opportunities.

Want to study in another part of the U.S. or Canada? You can earn credits toward your degree and pay in-state tuition while studying at another campus in the National Student Exchange. The Fraser CCLC office also coordinates full-time (16 credit) semester internship programs for students who care about social issues and who want practical experience in applying their studies to real needs in the city. Focus areas include the arts, urban poverty and inequality, and environmental sustainability.

Are you interested in volunteering for a homeless shelter? Want to help kids learn how to read? Curious to know how a non-profit arts organization operates? In the Fraser CCLC office you can learn about volunteer opportunities with community partners through the Community Placement Service (CPS).

In addition, our Fraser office coordinates service learning courses; University of Minnesota classes which incorporate elements of community service into the academic coursework.

Whew! As you can see, we have a lot of valuable opportunities for you at the Career and Community Learning Center.

To learn more about specific

programs, resources, workshops, or services, visit our 135 Johnston or 345 Fraser offices,

or check out our website at:

[www.cclc.umn.edu](http://www.cclc.umn.edu)

Hope to see you soon!



## Klaeber Court: Your home away from home!

By Anitra Cottledge, MCAE Graduate Assistant

*Where can I go to hang out and meet other people in my community?*

*Who can I turn to for culturally sensitive advice and information, be it academic, financial, personal, policy- or career-oriented?*

*Where can I find free tutoring, peer study groups and review sessions all year-round?*

*Where is a great, free, well-equipped computer lab?*

*How do I find out about all the valuable resources available specifically to women and students of color?*

*I feel vulnerable as a gay/lesbian/bisexual or transgender person—where can I find a caring and helpful community?*

Answers to all of these questions and more can be found in Klaeber Court. Klaeber Court, located at 320 16th Ave SE, near Dinkytown, is one of three locations housing units

of the Office for Multicultural and Academic Affairs (OMAA) that each promote excellence and advocate success for students.

One of these units is the Multicultural Centers for Academic Excellence (MCAE). MCAE consists of several programs; among them are the African American, Asian/Pacific American and Chicano Latino Learning Resource Centers (LRC's). Each center offers services that meet the needs of its specific community. All of the LRC's offer:

- Counseling and Advising Referrals
- Bookmark Incentive Program
- Workshops
- Support Groups
- Comfortable Lounge
- Email Updates (registering with an

LRC enables you to know about special opportunities and events—often involving free food and other goodies)

*“How do I find out about all the valuable resources available specifically to women and students of color?”*

In addition to the LRC's, MCAE consists of the Instructional Center, which offers free tutoring in: math, business, sciences, computer

science, English composition, and languages. Peer study groups and review sessions are available upon request.

Klaeber also houses a computer center, which provides free access to PCs, Macs, laptops, printers and Internet access. MCAE is also instrumental in providing access for students to mentoring programs. One of these is the Multicultural Mentoring program, which allows

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### **Klaeber Court: Your Home away...** (continued from page 3)

University students with work-study eligibility to serve as tutors, mentors, and friends to kids of color at K-12 schools and community centers throughout the Twin Cities.

This is just a brief overview of the services available through MCAE. Klaeber Court is also home to other great OMAA programs, such as the GLBT Programs Office, the Office for University Women and the Minnesota Women's Center. Each of these offices provide services which include (but are not limited to):

Information and Referral  
Advocacy  
Workshops



Community-Building Events  
"Queer Communities" Monthly Roundtable Discussions  
Listserv and Weekly News and Events E-Mail Newsletter  
Lending Library  
Financial Aid/Scholarship database  
Student Lounge  
"Sisters in Touch" Lecture Series  
Special Scholarships  
Mentoring Programs  
ORACLES (Offering: Referrals, Answers, Commitment, Listening, Encouragement, and Support) problem-solving hotline

Klaeber Court is a virtual one-stop shop for academic needs and social interests, a place to discover self, community and diversity. Stop by to learn more!

## **Honoring Honors: What we do and Who we are!**

By Jennifer Alexander, Academic Advisor

As the college office for CLA honors students for the past 30 years, our primary goal has been to offer our students the individualized attention typical of a small liberal arts college teamed with the vast array of opportunities that characterizes a large, public research university. Currently, we provide advising services for approximately 1900 students, from first semester freshmen through to second semester seniors (and beyond).

Our students benefit from combined years of experience. Our faculty director, Rick McCormick, is also an Associate Professor in the German, Scandinavian and Dutch department. Pamela Baker, assistant program director, handles a myriad of administrative responsibilities, and although she does less advising these days, is always available to lend a hand. Sally Lieberman, Kit Gordon, Mary Moga, and Jen Alexander divvy up the bulk of the

advising responsibilities and handle lots of additional projects throughout the year. Our senior office specialist, Nancy Russell runs the office and does "behind the scenes" work that keeps us functioning. We also have 10 wonderful peer advisors who help with office work, and provide essential help with freshman advising during summer orientation and during spring and fall registration.

Additionally, each department within CLA has its own honors program, and CLA Honors provides coordination and oversight for those programs and for departmental honors course offerings. CLA Honors serves CLA by administering all college-wide scholar-

ships for continuing students, whether students are enrolled in Honors or not. We also function as the university-wide administrative home for national scholarship

competitions such as the Rhodes, Marshall, Truman, and Goldwater. We strive to offer our students excellent advising, educational opportunities, workshops, and even social opportunities. Our Honors

Colloquia (open to freshman and sophomores) and Honor Seminars (open to juniors and seniors) are interdisciplinary courses that faculty and advanced graduate students must apply to teach. A sampling of our Spring 2004 course



## Honoring Honors... (continued from page 4)

offerings include "War and Peace: Art in Response to War"; "Biology Through the Eyes of a Honeybee"; "US Healthcare Policy"; and "Gender, Work, and Family," among others.

For complete listings, please see our website: [www.cla.umn.edu/honors/spr04.htm](http://www.cla.umn.edu/honors/spr04.htm). Students can also enroll in departmental honors courses (also listed on our website). Like Honors Colloquia and Seminars, departmental honors courses are capped at 18 students, are discussion-based, and emphasize paper-writing over exams. CLA Honors offer workshops on a variety of topics throughout the school year, from how to prepare for graduate school to how to apply for national scholarships to how to prepare for the honors thesis.

The Honors Student Association holds social events and organizes volunteer activities throughout the year. All honors students are automatically

members of H.S.A, and it's up to you how active you become.

### How students apply for the Honors program:

While most of our students join us right out of high school, all CLA students are welcome to apply to either the Freshman-Sophomore or Junior-Senior program. Most first-year students are asked to complete 2 semesters before applying to CLA Honors as an internal candidate. To be eligible for the Freshman-Sophomore program, students must have at least a 3.5 GPA. (If a student applies before they have completed 30 graded credits, then we also consider high school rank and ACT/SAT scores.) To be eligible for the Junior-Senior Honors program, students must have completed at least 40 graded credits, have declared a major, and have at least 3 semesters left before graduation. This last requirement ensures that students have enough time to complete all honors requirements without delaying their graduation. Although specific requirements vary somewhat by major, all students must fulfill 5

basic requirements to graduate with Honors. First, the GPA of their last 60 credits must be at or above 3.5. Second, students must complete an honors opportunity outside their major (this could be through study abroad, an internship, a departmental honors course, or an Honor Seminar). Third, all students must complete an Honors project/thesis in their primary major. Fourth and fifth, students must complete at least 2 additional honors opportunities. The best way to determine whether or not you want to do Honors is to visit our website at: [www.cla.umn.edu](http://www.cla.umn.edu) or just come talk to us! We're always happy to talk to students thinking about honors.

# Quotes, Quotes, Quotes...and a joke

Greetings! This will be your spot to put anything that you wish! Short stories, poetry, jokes, random thoughts, your favorite quote or even a drawing. Never fear I will ensure that the last page will be completely open so send in your submissions to: [schrismon@class.cla.umn.edu](mailto:schrismon@class.cla.umn.edu)

Please keep all submissions at 100 words or less and while we are adults we want to be mindful of what we put in the newsletter. The editor reserves the right to accept or reject submissions. So please folks...keep it clean!

And now for the quotes!

"Nothing in the world is more dangerous than sincere ignorance and conscientious stupidity."  
—Martin Luther King, Jr.



"One of the penalties for refusing to participate in politics is that you end up being governed by your inferiors."  
—Plato

"I don't know the key to success, but the key to failure is to try to please everyone."  
—Bill Cosby

"We must learn to live together as brothers or perish together as fools."  
—Martin Luther King, Jr.

### JOKE CORNER:

Sam: Would you punish me for something i didn't do?  
Teacher: no, of course not.  
Sam: good, because i didn't do my homework.