



University of Minnesota

Martin Luther King Jr. Program Spring Newsletter

Volume 2 Issue 3

Spring, Graduation....Is it still wintertime in Minnesota?

I don't know if its supposed to be sunny and 60 degree's outside but of course we are in Minnesota. But cheer up folks! Springtime is around the corner! Actually it began on Saturday, March 20th. But no matter we'll have plenty of time to enjoy the fruits of Spring.

So with midterms right around the bend, then finals, then graduation (for some of you) you have plenty to concentrate on!

In this edition we're going to introduce you to the newest member of the MLK Jr. Program crew our new Director Mr. L. Victor Collins.

We'll also reintroduce you to

a service on campus that can help you in a multitude of ways. From test anxiety to one-on-one consultation UCCS is an office that you want to utilize.

Of course, Spring would not be complete without Senior Stuff! Yep, although some of you underclassmen are probably sick of hearing about your upperclassmen counterparts we have two Seniors who you will really be interested in knowing.

Also, we have some information for and about seniors that can be informative not just for you graduates but also for those of you getting ready to enter the big leagues in the Fall!

And finally, what newsletter would be complete without our jokes section? Check out the list of what you can do to eliminate boredom in the classroom.

Check it out.

Peace



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Special points of interest:

- April 6th Registration for May and Summer session begins
- April 8th Fall 2004 Registration begins
- May 7th Last Day of Instruction
- May 8th Cram Slam-10-4pm
- May 9th Mothers Day!
- May 10th-15th Finals

Greetings from our New Director

by L. Victor Collins, MLK Program Director

All too often, the great majority of people we encounter can be placed somewhere on a sliding scale.

At one end of this category are those folks who enjoy talking about themselves

(and will seize upon every opportunity to remind you of this proclivity) and at the other are those who avoid doing so (and must usually be dragged, kicking and screaming, to the task). I admittedly am in this latter category.

However, one of my staff advisors proposed that a short narrative would be a good way to introduce the new director to of the program to the MLK family, so I have submitted the following short piece to serve (continued on pg 2)

Greetings from our New Director

(Continued from pg 1)

as an ice breaker and as a means of introduction.

My name is L. Victor Collins. I come to the University of Minnesota from the University of Tennessee, where I served as the Associate Dean of Students. I arrived in Minneapolis on the coldest day this area has seen in about 5 or 6 years (or so I've been led to believe). I am still trying to make the adjustment to the Minnesota climate. I have lived in the south since 1980 and it is going to require an effort!

I've worked in the higher education arena for nearly 30 years. I like to think that I have come full circle in my career

which started at another Big 10 institution. I have worked at Purdue University, the University of Iowa, the University of Texas @ Arlington, Old Dominion University, Virginia Commonwealth University and the University of Tennessee.

I am both pleased and honored to be given the opportunity to lead a program named after Martin Luther King, Jr. For me, this man has served as a role model, a spiritual guide post, and as an example of what we all can achieve and become if we remain committed to individual excellence and social justice.

I look forward to getting to know the members of the MLK Program family as well as all the fantastic people who

help us to better serve our students.



Mr. L. Victor Collins, Director of the Martin Luther King Jr. Program.

UCCS: We're Here to Help! By Jody Neuman-Aamlie, UCCS Psychologist

“They said college would be ‘the greatest time of my life,’ but they didn’t say how stressful it would be. Balancing everything can be hard!”

Does this sound familiar? College can be an exciting and rewarding time in life. With that excitement, however, can come stress, uncertainty, relationship problems, academic difficulties, and career questions. If you've ever wondered where you can go for help to achieve your goals for college, check out the great services and programs at University Counseling & Consulting Services (UCCS)!

UCCS' *Personal Counseling Program* provides students with the opportunity to meet with a trained, professional counselor. Students can talk **confidentially** with a counselor about personal, academic, career, or relationship stresses that interfere with college. We offer both individual and group counseling services.

UCCS' *Career Development Center* can help students in all phases of career development. We offer individualized career counseling, testing, and career information (e.g., online resources and web based programs like DISCOVER).

The *Learning & Academic Skills Center* at UCCS can help students become more efficient and effective learners. Obtain individual learning assistance, register for our “Becoming a Master Student” (LASK 1001) class, attend study skills workshops, or utilize self-paced materials in our resource lab.

Thinking about graduate school?

UCCS' *Test Preparation Resource Center* offers University of Minnesota students and non-students access to a variety of test preparation materials. Our center consists of computers on which students may take practice tests as well as a library of reference and resource guides for the various tests

“They said college would be ‘the greatest time of my life,’ but they didn’t say how stressful it would be. Balancing everything can be hard!”

offered (e.g., GRE, LSAT, TOEFL).

UCCS has two offices for your convenience: 109 Eddy Hall (Minneapolis, East Bank Campus) & 199 Coffey Hall (St. Paul Campus). To schedule an appointment with a counselor, stop by room 109 Eddy Hall or call (612) 624-3323. UCCS is open between 8:00a.m. and 4:30p.m. weekdays. Most services are FREE!



Tips for Seniors and Soon-to-be-Seniors by SdChrismon, MLK Advisor (courtesy of CCLC)

So you are graduating? Or you have a year or so left before you go out into the "real" world.

Some of you will be headed out to find a job. Some of you will be attending graduate or professional school. The following are just a few tips for either successfully landing a job or mapping out the best graduate/professional school.

1) Start Early

It's important to recognize that everything has a timeline. If you are going to be looking for a job when you graduate in Spring 2004 then you should be working on perfecting your resume, hunting down interviews, and researching the jobs you are interested in. If you are planning on going to graduate or professional school. You should have taken the GRE, submitted applications and transcripts, and begun working on your FAFSA as well as finding Graduate Assistantships or Fellowships.

2) Utilize all your resources

Did you know that once you graduate

you can continue to utilize the services of CCLC for one year? Also, if you are going to graduate school contact a graduate school representative to tour the campus and to ask questions about admissions criteria.

3) Résumé's are your business cards!

A resume is to be concise and conservative. It should not be on colored paper or written in any font other than Times New Roman 12pt. The only exception is if you are applying for a job that requires some type of creative way to submit your resume. Otherwise keep it simple.

4) What kind of job are you going to have while in Graduate School?

Let's face it Graduate/Professional School is expensive. You have a limited amount of financial aid and unless you have a full scholarship or you can pay for it on your own you're going to have to work. Check the Human Resources website at your chosen University to look for Graduate Assistantships or Fellowships. If you're not in a hurry you

might even be able to find a full time job that allows you to take classes for free!

5) Analyze your career goals.

You may be torn between graduate/professional school and working right out of undergrad. Some graduate programs like to see work experience first and some jobs like to see a higher degree than a bachelors.

You have to sit down and think about what you would like to do once you graduate and then determine whether you want to go to school right away or take some time to work in your field.

Keep in mind your advisors can always help you with questions!



A Seniors Shining Moment: Meet Loan Nguyen

Name: Loan Nguyen

Major: Mathematics

Hometown: Oakdale, MN.

Career Goal: Teacher

Q: What was the most challenging aspect of being at the University of Minnesota? How did you overcome the challenge?

A: Time. Time to study, work and play. There are too many things going on around the U that I don't have time to attend them all. To overcome that obstacle, I just left out some of the fun activities to study instead.

Q: What is the most valuable advice that you received in your time here at the U of M-Twin Cities?

A: Plan ahead and work towards graduating in 4 years!

Q: What was your most rewarding experience here at the U of M-Twin Cities campus?

A: Meeting different people from different cultures but also learning to find my place among them.

Q: What types of activities/clubs/organizations have you been involved in as a student?

A: Math Club, Student/Parents Group and SEAM (Student Excellence in Academics and Multiculturalism)

Q: Have you had any internships and/or volunteer opportunities while at the U? If yes, did it integrate with your coursework? Did it support or negate your career choice? Will it lead to employment after graduation?

A: I tutored through America Reads and I was also a TA. Both of these experiences have helped prepare me for my teaching career.

Q: Who were your role models throughout your academic career?

A: My brother who still lives in Vietnam.

Q: What resources/services do you think were the most helpful to you as a student?

A: The MLK Office, One Stop student services, and the libraries.

Q: What is the best advice you would give an incoming freshman?

A: Stay focused and do one thing at a time.

Q: Would you like to give "shout out's" to people you'd like to thank personally?

A: My advisor in my major. The MLK Program and my mentor, John Hall.

A Seniors Shining Moment: Meet Sara Hollie

Name: Sara Hollie

Major: Women's Studies

Hometown: Minneapolis, MN.

Career Goal: To establish a Public Health non-profit organization and clinic

Q: What was the most challenging aspect of being at the University of Minnesota? How did you overcome the challenge?

A: The most challenging aspect was having to always feel like an outsider, especially in science classes where people often doubted your potential to succeed. I overcame this challenge by staying focused and finding my niche in another department and major that interested me more, which helped me excel.

Q: What was the most valuable advice that you received in your time here at the U of M-Twin Cities?

A: The most valuable advice was being able to meet and interact with professors that respected my goals and helped me achieve my goals of graduating on time and going to graduate school.

Q: What was your most rewarding experience here at the U of M-Twin Cities?

A: My most rewarding experience was being able to participate in the MacArthur Honors Program where I gained new friends, educational opportunities and faculty mentors.

Q: What types of activities/clubs/organizations have you been involved in as a student?

A: I have been involved in the Presidents Distinguished Faculty Mentor Program, AALRC, Wallin Foundation Scholar Program, Intramural Volleyball and the MacArthur Honors Program.

Q: Have you had any internships and/or volunteer opportunities while at the U? If yes, did it integrate with your coursework? Did it support or negate your career choice? Will it lead to employment after graduation?

A: Yes, I interned with the Minnesota Business Academy my junior year through the YMCA Metro Internship Program and I am currently working with the Cultural Wellness Center (CWC) in South Minneapolis. My internship at the CWC has been integrated into my senior project, and this internship has helped me see how

a non-profit wellness and health center is run successfully. I may still stay on during graduate school as an assistant to the Medical Director.

Q: Who were your role models throughout your academic career?

A: My role models have been Rose Brewer, a professor in the African/African American Studies Department and also Dr. Clifford Steer my PDFMP mentor, who is a faculty member of the Dept of Medicine here at UMTC.

Q: What is the best advice you would give an incoming freshman?

A: I would tell them not to choose a major right away, but to take their generals the first year, in order to explore their interests before declaring a major.

Q: Would you like to give "shout out's" to people you'd like to thank personally?

A: I would personally like to thank my mother and family for always supporting me and my decisions. Everyone at MLK for believing in me, particularly Jaime and Ellen. I would like to thank the MacArthur Staff. Also, Rickey Hall and Professor Issacman for believing in me as a scholar.

And now for something really funny....

Wanna be published? 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

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!

*Relieving Stress in Class

1. Leave permanent markers by the dry erase boards.

2. Ask whether the first chapter will be on the test. If the professor says no, rip the pages out of your textbook.

3. Address the professor as "your excellency".

4. When the professor turns on his laser pointer, scream "AAAGH! MY EYES!"

5. Relive your Junior High days by leaving chalk stuffed in the chalkboard erasers.

6. Correct the professor at least ten

times on the pronunciation of your name, even it's Smith. Claim that the i is silent.

7. Sit in the front row reading the professor's graduate thesis and snickering.

8. Every few minutes, take a sheet of notebook paper, write "Signup Sheet #5" at the top, and start passing it around the room.

9. Start a "wave" in a large lecture hall.

*these are just jokes please don't try these in a real classroom

