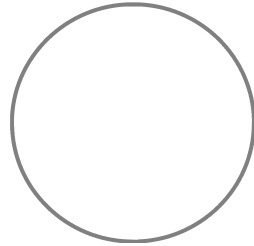
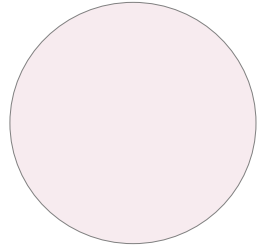
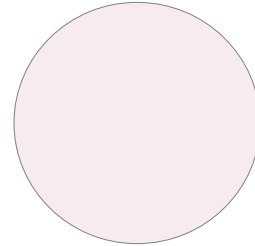


MLK Spring Newsletter



Wednesday May 14, 2008



Volume 1, Issue 1

Special points of interest:

- **Friday May 9th: Last day of instruction and last day to drop courses using OTO**
- **Finals begin Monday May 12th and end Saturday May 17**
- **Spring 2008 in Northrop Auditorium Graduation May 18**
- **May Session: May 27- June 13**

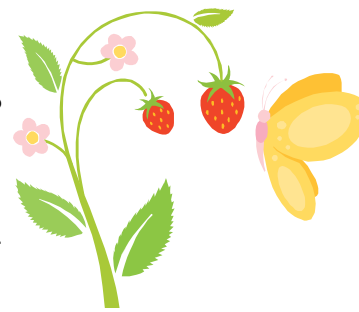
Outstanding Seniors take center stage!

The semester is coming to a close which brings us to another edition of the MLK Spring Newsletter. We thought we'd heat up the newsletter with a few summer graphics as well as our annual recognition of the Outstanding Seniors in our community!

Normally, we like to pack the newsletter with a little some-

thing extra but due to the students enthusiasm about

getting in the newsletter we figured it should be all about



the Outstanding Seniors and a bit about the Class of 2008!

So hold on tight for a bit of trivia and some great memories from our Outstanding Seniors in this

edition of the MLK Spring Newsletter!

Inside this issue:

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Just a few Tidbits about the Class of 2008

Beloit College in Wisconsin produces an annual list of trivia and general information about the lives of its incoming freshman class. Of course, there are always exceptions but some of the information is quite fascinating! Take a peek at what the Beloit Annual Mind List said about the Class of 2008!

- 1) Most students entering college this fall (Fall 2004) were born in 1986.
- 2) Alan Greenspan has always been setting the nation's financial direction.
- 3) The U.S. has always been a Prozac nation.
- 4) There has always been a Rock and Roll Hall of Fame.
- 5) They have always been comfortable with gay characters on television.
- 6) The government has always been proposing we go to Mars, and it has always been deemed to expensive.
- 7) We have always been mapping the human genome.
- 8) Network television has always struggled to keep up with cable.
- 9) Svelte Oprah has always dominated afternoon television; who was Phil Donahue anyway?
- 10) They have done most of their search for the right college online.

Want to see more of the list? Or look forward to the class of 2012? Check it out here:

<http://www.beloit.edu/~pubaff/mindset/index.php>

Senior Recognition: Rosemary Grunhard

Name : Rosie Grunhard

Majors: English

Hometown: Minneapolis, MN.

Career Goal: To become a teacher

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

The most challenging aspect of being at the U of M was finding a sense of community. For my first two years I lived at home and commuted to the U and I felt disconnected to the U of M. I overcame this challenge by getting involved with student groups on campus. I was in the SEAM program which helped me find people to study with. I joined Christians on Campus and Campus Crusade for Christ which helped me connect with the U of M community. I have met some of my closest friends through these groups. Being involved in student groups has definitely enriched my college experience.

What was the most valuable advice that you received in your time here at U of M?

My youth studies professor gave me some great advice. He told me to say what I think. Share my ideas. That's what college is all about. Yes, you take the risk entering the world of ideas but you'll never know if you should be listened to if you don't speak.

Have you studied abroad:

I studied abroad in Wollongong, Australia in 2005. The most valuable experience I had in Australia was returning to my Christian faith. It was in Australia that I received a personal relationship with God. It was at church that I met some really loving people and where I really became connected with the Wollongong community. It was a life changing experience and I am very thankful I was able to go.

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

I was a part of SEAM my freshmen year. I am a part of Christians on Campus and Campus Crusade for Christ. With that group I was involved in the band, retreats, small group, concerts, and other fun events. Our band got to play at the U of M a couple of times. I am glad I chose to be involved with student groups.

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?

I took a couple of service learning courses at the U. Volunteering was a part of the class. These volunteer opportunities strengthened my resume and helped me on my career path. I believe these opportunities helped me get a job with Americorps Summer Reads

Program last summer and with Teach for America which I will be doing after I graduate.

Who were your role models throughout your academic career?

My role model throughout my academic career was my friend from Christians on Campus. Seeing her work through Medical school at the U taught me how to study and work hard to do well in school and stay connected with the community.

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

I think MLK was the most helpful resource. I could come to the office with any problem I had. If they couldn't answer my questions they would refer me to someone who could help me. It was very helpful to have a place to use the internet, printer, and to study

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

This is not new advice but it is still good advice. Get involved on campus. There are so many resources and programs at the U. Find something you are interested in and take the initiative to get involved. Speak up in class, get to know your professors, go to their office hours. This might take you out of your comfort zone but it is worth it.

Give your "shout outs" who would you like to personally thank?

I would like to thank the MLK office, especially Jamie and my advisor Stephanie. Thank you for all the free printing and for giving me a place here at the U of M.

Senior Recognition: Jarrod Muneer Karcher-Ramos

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Name : Jarrod Muneer Karcher-Ramos

Majors: Sociology/Political Science

Hometown: Redlands, CA

Career Goal: University Professor & Social Activist

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

The U is HUGE. It took some time to find my niche, a place where I felt comfortable. Eventually I built networks with people in MLK, the student cultural centers on the 2nd floor of Coffman, and the MacArthur Program. I found people who matched my interests and formed invaluable relationships, which made my college experience pleasant and the U a lot “smaller.”

What was the most valuable advice that you received in your time here at U of M?

Become a well-rounded person who always seeks intellectual and personal growth. Don't stick your head in a book all day, engage in the community.

Test your limits and put yourself in uncomfortable situations every day. Gain a broad set of skills through your experiences, and excel at what you enjoy the most. No one else will live your life for

you.

Have you studied abroad:

In summer 2008 I will study abroad in South Africa at the University of Western Cape located in Capetown. I will also travel to Durban and Johannesburg, as well as go on a safari.

What was your most rewarding experience here at the U of M?

I received the President's Student Leadership & Service Award and the University of Minnesota Alumni Association Leadership Award for my leadership within my communities.

Four years ago I did not imagine being awarded such an honor or even myself being a leader.

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

MLK Mentor Program, Tutor at Minneapolis Public Libraries and Edison High School, Activist with the Minnesota Immigrant Freedom Network and MPIRG, and more

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?

I applied and received a MacArthur Fellowship through the Interdisciplinary Center for the Study of Global Change (www.icgc.umn.edu), which supported my research interests and career ambi-

tions to become an academic.

Due in large part to the support given in this program, I will attend graduate school in the fall at the University of Chicago en route to a PhD.

Who were your role models throughout your academic career?

Professors Rose Brewer and Lisa Albrecht. Take a class with them if you can.

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

The Community & Career Learning Center (CCLC) helped me in the early years with writing a solid cover letter and resume, which opened many doors later.

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

To know the path ahead, ask those coming back. Seek advice from those who have already experienced it.

Give your “shout outs” who would you like to personally thank?

Ellen Sunshine, Jaime Vargas, Stephanie Chrismon, Sue Stirling, Jann Davis, Manisha Nordine, and the rest of the MLK staff who supported me over the years

Senior Recognition: Bao Lee

Volume 1, Issue 1

Name : Bao Lee

Majors: Sociology (LCD) minor:
Asian American Studies

Hometown: Blaine

Career Goal: To develop and create policies and programs for the juvenile justice system.

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

The most challenging aspect of being at the University of Minnesota was figuring out how to juggle and make everything work and still have time for myself because it can get overwhelming. My planner was my greatest guide and just by talking with peers and friends about it because you're always in a boat with someone.

What was the most valuable advice that you received in your time here at U of M?

Allow room for growth because who you were coming in will change as you leave.

Have you studied abroad: I haven't study abroad but I did go on National Student Exchange to Sonoma State in California for a semester.

What was your most rewarding experience here at the U of M?

The most rewarding experience here at the U of M is being able to

touch lives through my volunteer and internships experience.

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

Community Engagement Scholars Program, CLA Mentor Connection

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?

I was really involved in the community during my undergraduate career here at the University. The organizations that I worked with were Council on Crime and Justice, Girl Scout of St. Croix River Valley, Plymouth Youth Alternative High School, and Hennepin County Juvenile Probation. All of these experiences integrated into my academic studies and my career goals.

Who were your role models throughout your academic career?

My role models through my academic career are my peers and lifelong friends whom I've met and am so inspired by. The experience that I've shared with them here at the University is indescribable.

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

The resources that were most helpful me was my academic advisor Ellen Sunshine in the MLK program and the few professors who I connected with.

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

Enjoy the ride of a college experience because it like no other. Being a student is a big responsibility but also remember that you have a purpose. You are in a position where you have so much more power than you know. Get involved in the community as much as possible because books and real life are two very different things. Having balance and boundaries will help you become successful. Just always listen to your gut and never be shy to share who you are and your experiences.

Give your "shout outs" who would you like to personally thank?

My family- without them, I wouldn't be here. My boyfriend- who has stuck by me in rain or shine. My friends- who have inspired me to be more than what I knew I could be. Professor Swartz- always believing in me. CCLC 345 Fraser- giving me the opportunity to be apart of a team who is like a second family to me, Ellen Sunshine- being there when I need it, Greg Sawyer- believing in me endlessly, and last but not least my Grandma who is no longer here with us but because of her, I am here today.

Senior Recognition: Abdul M. Omari

Name : Abdul M. Omari

Majors: Global Studies minor: African American and African Studies

Hometown: Minneapolis, MN.

Career Goal: University Professor and Motivational Speaker

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

Making the campus smaller was my biggest challenge. The way to overcome this dilemma is to join organizations. This was the easiest way for me and it made a campus of 45000+ students seem as though there were only 3000. Also, going to places like the MLK office where people know your name helps tremendously.

What was the most valuable advice that you received in your time here at U of M?

“The next 4 years of my life will determine how I spend the next 60” -Walter Bond. This made me focus on my studies and work hard in everything I did.

Have you studied abroad:

I studied abroad in Ecuador during the May 2006 session with MCAE. It was a wonderful experience and most valuable experience would have to be spending time with the Afro-Ecuadorian community and drawing numerous correlations

between them and the African American population in the United States. It has stuck with me since and impacted many of my research topics.

What was your most rewarding experience here at the U of M?

One of my most rewarding experience was meeting Jesse Jackson and introducing him during the Keith Ellison campaign when I was the vice president of the Black Student Union.

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

My Brother’s Keeper, MCAE retreat CA., Black Student Union – vice president & Alpha Phi Alpha Fraternity, Inc. – president & assistant district director

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?

Yes, I interned for two summers at Allianz Life Insurance Company. It gave me a valuable experience and diversified my portfolio. However, it also let me know that I did not want to work in corporate America full-time. But the experience was invaluable.

I also interned with the U as a multi-cultural recruitment intern. This gave me insight about the admissions process and enhanced my marketing and interpersonal skills.

Neither internship was directly related to my coursework but both were valuable nonetheless.

Who were your role models throughout your academic career?

My family, mentors, professors, and fraternity brothers.

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

Student mentors were extremely valuable. It is much easier to take advice from a peer than an adult. Listening older students helped me significantly. Moreover, as I began to get out on my own, professors and advisors were extremely helpful as well.

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

Be diverse. Do not focus one area and conquer it. Conquer many.

Give your “shout outs” who would you like to personally thank?

My siblings – they have been with me all 4 years. Alpha Phi Alpha Fraternity, Inc. - FIRST OF ALL, SERVANTS OF ALL, WE SHALL TRANSCEND ALL, the professors – especially those who wrote me letters of recommendation for graduate school, and my peers who pushed me to strive for excellence.

Senior Recognition: Esther Son

Volume 1, Issue 1

Name : Esther Son

Majors: Psychology & Political Science

Hometown: Blaine, MN.

Career Goal: Research & Non-Profit work

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

One of the most challenging aspects of being at the University of Minnesota is going through the changes that college brings to any normal young person, and it is learning to adjust to those changes that make it difficult.

What was the most valuable advice that you received in your time here at U of M?

It is what you make of it.

What was your most rewarding experience here at the U of M?

One of the most rewarding things that I've experienced here at the

U of M is meeting people that understand me as an individual.

One of the most important things that I've learned in my college years is that it's important to be with people that understand you and who support you. That sup-

port system is so crucial in life.

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

I've been involved in a few political campus organizations, as well as some ethnic-oriented organizations. I became president for one of them.

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?

I've had a few internship and volunteer opportunities that I got involved in throughout my college years, and I think those experiences have definitely solidified my desire to pursue certain career paths. I also took those opportunities as a result of learning the things I did in class, so it integrated with my coursework.

Who were your role models throughout your academic career?

It wasn't until towards the end of my college years that I was able to look up to certain people that eventually became my role models. I wouldn't be able to be as strong as I am now, even through my last year in college, if it weren't for my best friend and partner in life. My

academic advisor has also been such a tremendous influence in my life that has allowed me to embrace my individuality.

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

I think having an academic advisor is extremely helpful. Guidance is so essential in college because students are faced with so many changes.

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

It is what you make of it.

Give your "shout outs" who would you like to personally thank?

I'd like to thank my academic advisor, Stephanie Chrismon, for the support she's given me throughout college and the guidance that has helped me get to where I am now. It is essential for any person going through drastic changes, such as college life brings forth, to have the support and understanding from someone that cares. It makes a difference! And it has been that much more rewarding for me to have someone like that in my life. Thank you.



Senior Recognition: Nicholas Vasquez

Volume 1, Issue 1

Name : Nicholas Vasquez

Majors: Psychology

Hometown: Eau Claire, WI

Career Goal: Become a Counselor

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

Adjusting to more independence and being far from home were both difficult but managing my time and developing close friendships really helped.

What was the most valuable advice that you received in your time here at U of M?

When I was a freshman I was told by a senior that a lot of people still don't know what they want to do with their lives after they graduate which was reassuring.

What was your most rewarding experience here at the U of M?

Spending two years in the research department was very rewarding. Realizing that I was independent away from home and fully able to enjoy and appreciate it. Also the first college essay I

wrote from sexuality and culture I received an A. I thought that was very rewarding as well.

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

I went to the QSCC often. I was involved in research in the Psychology department which turned out to be very interesting.

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?

No, I did not have any internships/volunteer opportunities however I did work part time in disability services which has led to a full time position that I will start after graduation. It is somewhat related to the field of counseling which I intend to pursue later on.

Who were your role models throughout your academic career?

My mother, my aunt, my abnormal psych professor, Kate Briggs (Psy 1001 instructor), my friends who inspired me and encouraged me to succeed and JK Rowling.

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



One Stop, the Career and Life work Planning Center, the QSCC, the Center for Writing, TA and instructor office hours, &

UCCS

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

Give yourself time to adjust to college, especially during your first year. Try and stay connected with friends from high school and family. Take time to stop and enjoy the ride because it goes by so fast and don't be afraid to go outside your comfort zone. Take risks, they can really pay off!

Give your "shout outs" who would you like to personally thank?

Kate Briggs, Karen Hanson, Nicholas DeVillers, Ayumi Uchida, Susan Park Anderson, Melissa Licht, Beth Zemsky, Kristen Johnson, Joseph Owens & Chad Marsolek.

"Take the time to stop and enjoy the ride because it goes by so fast..."

Senior Recognition: Xiong Yang

Name : Xiong Yang

Majors: Bachelor of Individualized Studies: Studies in Cinema and Media Culture, Asian American Studies, & Hindi

Hometown: Saint Paul, MN

Career Goal: Filmmaker

What was the most challenging aspect of

being at the University of Minnesota? How did you overcome the challenge?

The most challenging aspect at the UofM was writing essays. I think that public & rural high schools do not prepare students for college level writing. When starting college, I found myself struggling because my academic writing skills weren't strong.

I hadn't written a paper since my Sophomore year in high school. The only way that I was able to overcome it was to keep moving. I went to the writing center, talked to my professors, and challenged myself by taking more writing classes.

What was the most valuable advice that you received in your time here at U of M?

The most valuable advice I received about college, in general

is that you are your own person. No one will tell you what to do or how to do it. The professors care that you get a decent grade, but he/she will not hold it against you. With that, I was able to be a more responsible person. If I went out to have fun, I made sure that my schoolwork was completed. Ultimately, you are responsible for your actions.

What was your most rewarding experience here at the U of M?

My most rewarding experience was taking a video technology class Spring 2008. We had class twice a week for an hour and a half. Then on Saturdays, we had a full day of hands-on experience with cameras, audio and lighting equipment. Also, on the side, we had to complete our camera, lighting and audio projects throughout the semester. Though I was only taking 12 credits, I was working two jobs and this class kept me busy. In addition, we had to work as a team to complete our shots. We had no choice but to work and troubleshoot problems. I have developed friendships that will probably last after college.

Who were your role models throughout your academic career?

NONE. I relied on my own achievements and the fact that I had to graduate.

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

Writing Center, MLK program, One Stop, MEP

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

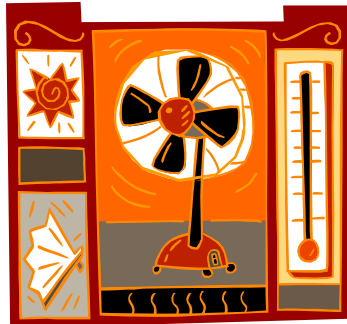
No matter how difficult the semester may seem, do things (readings, work, projects, essays) one step at a time, and eventually, you'll get through the semester.

In the end, you'll be able to pat yourself on the back for your achievements and accomplishments.

Give your "shout outs" who would you like to personally thank?

I would like to thank my whole academic achievement to my mom, Der Yang. I am thankful for all the support that I received from her. Without her, I wouldn't have attended college.

I would also like to give thanks to the one person who was always there to support me, whether or not she was in school, Mai Yer Xiong, my fiancé. Without her, I wouldn't have made it this far. No matter how many times I wanted to procrastinate or give up, she was always there, ready to get me going. Every time I thought about quitting, I thought about her and my mom. These two people are the ones who have aided me in succeeding. Thank you so much!!!!

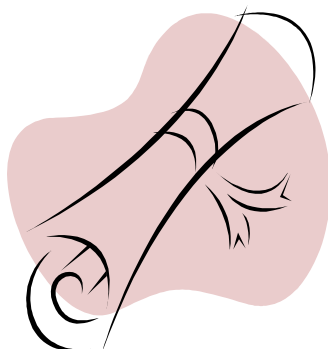


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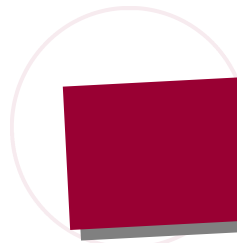
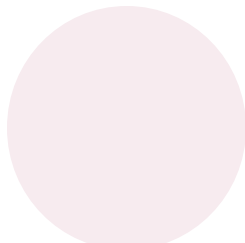
Martin Luther King Program
College of Liberal Arts
19 Johnston Hall
101 Pleasant St. SE
Minneapolis, MN 55414

phone: :612-625-2300

The Martin Luther King, Jr. Program is one of 8 student communities within the College of Liberal Arts, and is available to any CLA student who appreciates an environment that embraces and fosters multiculturalism. MLK provides advising services that encompass every CLA major. Want more information concerning the MLK Program? Please see us on the web! Or meet with your advisor!



We're on the Web!
<http://mlk.class.umn.edu/index.html>



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