

Star View



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“The close-knit community of St. Thomas has become my home away from home, so much that whenever I get directions I always ask first, ‘How do I get there from UST?’”

Brandi English,
Class of 2011



UST: Where You Can Stand Out While Fitting In

It's so easy to get lost in the crowd at most colleges — to be just another number — to lose your unique sense of style. Welcome to a place where you can preserve your unique style, where you're not just another number, where you won't get lost in a sea of students. Welcome to the University of St. Thomas.

As you become acquainted with campus, meet new friends and prepare for your first year as a UST Celt, the Office of Marketing Communications would like to introduce you to the *Star View* newsletter, a valuable resource for students and roadmap to campus news and events.

Published twice a month, the *Star View* can be found "in the racks" around campus on Mondays. A PDF version of the *Star View* is also available on the UST website online newsroom.

As the semester progresses, we want to hear about your campus experiences and accomplishments and compelling companions, so we encourage you to join the UST social network community. You may submit your stories and photos to piperr@stthom.edu or call 713-525-3116.

Join us on our Social Networks

Join facebook and twitter to start connecting with fellow students, alumni and get news and event information.

FIND
UST NEWS
ON FACEBOOK
<http://www.stthom.edu/facebook>



FIND
UST NEWS
ON TWITTER
<http://twitter.com/stthomashouston>



Get Involved

Map out your path to a campus life experience that speaks to your needs and interests with more than 60 student organizations, a full slate of social events, Campus Ministry projects and fitness activities.

Student Organizations

- Accounting Society
- American Chemical Society
- Bilingual Education Student Organization
- Black Student Union
- Cameron Business Society
- Catholic Daughters
- Celts for Life,
- Chi Rho (Theology)
- Club Na Heireann
- Chinese Student Association
- Environmentally Conscious Organization of Students (ECOS)
- Engineering Club
- Film Club
- French Club
- Health Awareness Club
- Hispanic Business Student Association
- History Society
- Health Occupations Students of America (HOSA)
- Islamic Cultural Association
- International Student Association
- International Student Society
- Knights of Columbus
- Lebanese Student Association
- Math Club
- Pre-Health Professional Society
- Pi Sigma Alpha (Political Science Honor Society)
- Psi Chi (Psychology)
- Real Estate Club
- Sigma Tau Delta (English)
- Spanish Club
- Students Working Against Human Trafficking
- Swing Dance Club
- Taiwanese Student Association
- Texas Club
- Tri-Beta (Biology)
- Unleaded (Commuter)
- Vietnamese Student Association

Eight Essential Places on Campus to Get Answers

The University of St. Thomas is committed to helping you enjoy and get the most out of your UST experience. We all need help along the way, so here are eight essential campus services and places you can go to answer all of your questions.



1 Academic Advising Center offers support for students and teaches a broad understanding of the UST core curriculum along with degree options and requirements. Crooker Center, 2nd floor. 713-942-3494, advising@stthom.edu.

2 Campus Ministry serves students of all faiths and facilitates the growth of the spiritual life of the campus community, through the sacraments, spiritual guidance, and counseling in the Christian tradition, and is an outreach of evangelization to all. Crooker Center, 1st floor, 713-525-3589, campusministry@stthom.edu.

3 Career Services offers career counseling, résumé development, workshops, assistance deciding on a major, job search and interviewing assistance, career fairs, on-campus recruitment for entry-level positions and internships, and the UST Insights mentoring program. Crooker Center, 2nd floor. 713-525-3160, career.services@stthom.edu.

4 Counseling and Disability Services offers academic accommodations for students with disabilities, individual and group counseling, crisis intervention, educational materials, academic counseling, consultations, workshops and referral

information. All services are free and confidential. Crooker Center, 2nd floor. 713-525-2169, shannoj@stthom.edu.

5 Health Promotion and Wellness provides comprehensive healthy initiative programs, literature, and referrals, addressing such topics as alcohol and drug awareness, stress management and mental health, nutrition and fitness, and men's and women's health concerns. Jerabeck Activity and Athletic Center, 1st floor. 713-525-3513, wellness@stthom.edu.

6 Learning & Writing Center is primarily a tutorial center for writing, but offers comprehensive peer tutoring in other subjects as well. Crooker Center, 2nd floor. 713-525-3878, lwc@stthom.edu.

7 Office of Scholarships and Financial Aid seeks to put educational costs within the reach of every student qualified for admission through extensive financial aid programs. Herzstein Enrollment Services Center, 1st floor. 713-525-2170, finaid@stthom.edu.

8 Office of Student Affairs coordinates services and programs to help create an atmosphere on campus that supports and enhances your academic and co-curricular pursuits. Crooker Center, 2nd floor. 713-525-3570, studentaffairs@stthom.edu.



In the Know: Freshmen Social Survival Guide



Freshmen, you are all in the same boat. The first few days and weeks of college can be daunting – finding your way around campus, settling into your residence hall room, adjusting to your commute, learning your new schedule and making new friends. Here are some helpful hints to ease the social transition to college.

Make friends in person -

We encourage you to find your new UST friends on facebook and join the UST social network, but it's important to make friends face-to-face. No one will know who you are, if you spend all your time in your room, on the computer, playing video games or watching TV.

Meet everyone you can –

Say hello and introduce yourself to people walking to the cafeteria. Smile and be nice. The concept is so simple and intuitive, but few people actually do it. You will stand out in a good way. The first few hours after you have moved into your dorm walk around and introduce yourself to other people, especially on your floor.

You will be spending the rest of the year with your fellow dorm residents, so you should get to know them as soon as possible. Meet commuters at commuter appreciation days.

The first day of each class, introduce yourself to people around you. Chances are, you are going to have to work with them in groups or need notes if you miss a class. The first day is the easiest time to do this. Attending University events is a great way to meet people.

Become involved - Find something you would enjoy and join a club or an organization. Joining an active organization will allow you to meet active students with diverse interests. This type of networking can also lead to internships and career opportunities.

Be interested in other people - Don't just ramble on about what you have done, or what you plan to do. Listen to others and ask questions. Their lives could be interesting, and you may share something in common.

First-Generation Students

Are you the first person in your family to go to college and earn a bachelor's degree? We understand that your education carries great personal and family expectations and responsibility, and the University of St. Thomas wants to help support you as you work toward your academic goals. Come meet and connect with other first-generation college students as you navigate the college experience together.



The Office of Residence Life will host meetings for a first-generation college student group throughout the school year to ensure your success. The first meeting is set for 1 p.m., **August 24** in the Guinan Hall Conference Room. Bring your lunch with you. The group is open to commuters and on-campus residents. Please contact Yolanda Norman at 713-525-3836 for details.

Call for Budding Actors & Videographers

UST is looking for actors and videographers interested in getting experience in front and behind the camera. We're producing four short videos for Cyber Security Awareness Month. You will work with a professional videographer, Cimela Kidonakis '09, on this project. If you are interested in volunteering, e-mail your interest and contact information to videocontest@stthom.edu by **August 31**.



Upcoming Events



Invest in Success

The Invest in Success program will be held at 4 p.m. **Sept. 1** in Guinan Hall and 12:30 p.m. **Sept. 2** in Ahern. These events discuss effective strategies for studying, time management, overcoming stress, focusing in the classroom and much more. For more information, call 713-525-6939 or email guthmanl@stthom.edu.



Campus Ministry Social

Meet UST Chaplain Father Michael Buentello at the Campus Ministry Social from 12:30 to 1:30 p.m., Thursday, **August 26**. You will also meet fellow students involved in Campus Ministry and learn about upcoming events. Campus Ministry is located on the first floor of Crooker Center.



Soccer & Volleyball Home Games

Cheer on the Celts at the first Men's Soccer and Lady Celts Volleyball games of the season. The Soccer team will play William Carey University on Friday, **Sept. 3**. The Lady Celts will play Texas Wesleyan at 3:30 p.m. Saturday, **Sept. 4** in Jerabeck Gymnasium.



Welcome Back Tailgate

Pi Sigma Alpha, the Political Science Honor Society, will host a welcome back barbecue for the UST community at 12:15 p.m., Friday, **Sept. 3** at the Political Science House, 4104 Mt. Vernon. The event is free and open to the public. RSVP to cddupree61@gmail.com.



Mass of the Holy Spirit

Join the University in prayer and celebration of the new semester, with the campus-wide Mass of the Holy Spirit at 12:30 p.m., Tuesday, **August 31** in Jerabeck Gymnasium. All are welcome to attend. A reception will follow the Mass in Scanlan. This opening Mass will invoke the presence, protection and guidance of the Holy Spirit.



Fall Club Fairs

Freshman will have two chances to learn about all that UST has to offer. The Annual Freshman Club Fair will be held at Orientation at noon on Thursday, **August 19** on the Crooker Patio. The Office of Student Activities will also host the Fall Club Fair at 12:30 p.m. Tuesday, **Sept. 14** on the Crooker Patio.

Financial Aid Reminders

- Students who are borrowing a Federal Direct Stafford Loan are asked to complete an electronic Master Promissory Note (eMPN) at <https://studentloans.gov>. First-time loan borrowers should also complete "Entrance Counseling" at that same website.
- Students awarded a scholarship will be asked to complete a Scholarship Terms and Conditions form prior to funds being disbursed. Please contact the Office of Scholarships and Financial Aid if you need a copy of the terms and conditions. For more information, call 713-525-2170 or email mckendla@stthom.edu.



Music Ministry Open House

- Come learn more about Music Ministry at the Chapel of St. Basil, including:
- The value and beauty of music in the Catholic liturgy.
 - How to become part of the 10:30 a.m., Sunday Mass choir or the 8 p.m., Sunday Mass choir.
 - Chapel Music ministry activities planned throughout the year.
- For more information, please contact Campus Ministry at 713-525-3589 or campusministry@stthom.edu

Star View is published by the Office of Marketing Communications as a means of informing the UST community about University and campus news. Call 713-525-3116 with questions and/or comments.

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