



## A Message From Patricia McKinley

*Vice President for Student Affairs*

Parents of college students identify safety on campus as one of their top five concerns for their students as they go to college. In the news, we hear of shocking incidents in our country that we can only hope will not happen in our city or our neighborhood. The reality is that we live in a world that compels us to be mindful of what is going on around us.

At the University of St. Thomas, we have taken a proactive approach to providing a safe campus for our students. Supported by a \$245,000.00 grant that we received from the U.S. Department of Education, we set out in 2010 to create awareness among students, staff and faculty members about emergency management issues and procedures. The University of St. Thomas was the only school in Texas to receive funds from the Emergency Management for Higher Education Program which provided grants to 17 schools nationwide.

With this grant funding we have been able to create new safety initiatives and enhance and coordinate other safety measures we already had in place. UST Administrators and many of the staff have been trained to respond to a variety of emergency situations on campus such as threats to the personal safety of individuals or groups, severe weather and health events that

would disrupt our campus life and require us to take action to help ensure the safety of our community.

Additionally, we held a Safety Week on campus earlier this semester. We hosted speakers from the Houston Police Department and Channel 2 Weather who discussed emergency situations from their specific perspectives. We also invited students to participate in a “safety walk” around campus with representatives from Campus Life, Campus Security and Facilities Operations.

As part of UST’s on-going safety and emergency preparedness operations, students are asked to provide and keep updated their current contact information to ensure that they

receive emergency alerts. The UST Emergency Notification System (ENS) is designed to communicate important alerts and emergency response information to students, faculty and staff. ENS can immediately send messages via four different modes of communication: voice messages to land and cell phones, text messages to cell phones, written messages to e-mail accounts and messages to TTY/TDD devices for the hearing impaired. Students can easily update their emergency contact information by logging in to myStThom and clicking on “Student Self Service” to review and revise their email addresses and phone numbers.

UST has a dedicated Campus Security staff that is visible on campus and always available at 713.525.3888. The Campus Security office is located in the Moran Parking Center across the street from Guinan Residence Hall. Additionally, there are “Blue Light” phones across campus that provide direct access to security should any community member or campus visitor encounter a problem on campus that they need to report immediately. To learn more about our emergency preparedness, please visit [www.stthom.edu/ready](http://www.stthom.edu/ready).

You are always very welcome to email us at [studentaffairs@stthom.edu](mailto:studentaffairs@stthom.edu) or call us at 713.525.3570 with comments or suggestions.

 UNIVERSITY of ST. THOMAS  
**Get Ready, Already!**



*Dane G. Ross, Safety Week 2012*

## Office for Student Success

*Ricardo Montelongo, Ph.D., Director for Student Success*



*2012 Mendenhall Summer Institute luncheon with Mrs. Trini Mendenhall-Sosa*

The Office for Student Success continues to assist students with their college transition and academic development. Prior to the fall semester, the Mendenhall Summer Institute provided support and instruction for its fifth cohort of students. The 2012 Institute had forty-seven participants who attended classes and college success skills workshops during the second five-week session of the summer. Depending on their major interests and academic needs, students had opportunities to either work on writing and problem-solving skills via the “College Transition” track option or develop their scientific critical thinking and small group work skills through the Science, Technology, Engineering and Mathematics (STEM) track.

All students participated in weekly workshops led by UST professional staff. Tutoring and program assistance was provided by seven peer tutors and five STEM upperclassmen. The program ended with a luncheon attended by the program benefactor, Mrs. Trini Mendenhall-Sosa. Her goal to create UST leaders who are academically and

socially prepared for the rigors of college has been realized, as evidenced by a 100% program completion rate by 2012 participants. In addition, two of the four Student Government Association freshmen senator positions were won by 2012 Mendenhall Summer Institute participants. The Institute truly inspires students to become leaders of faith and character!

In addition to the Mendenhall Sum-



*Students volunteer at the Houston Food Bank during Freshman Orientation 2012*

mer Institute, the Office for Student Success has been assisting with the Freshman Symposium and UST’s first-generation students. Freshman Symposium is a one-credit hour course designed to introduce UST first-year students to the University of St. Thomas and to the value of a Catholic liberal arts education. As the Director, I serve on the course planning committee and as a staff mentor. Involvement with the Freshman Symposium allows for more contact with our first-year Celts.

Student Success is also collaborating with the Director of Residence Life to increase our support of UST’s first-generation college students (students whose parents did not attend college). If you are interested in receiving our weekly First Generation newsletter, please contact the Office of Student Success at: [montelr@stthom.edu](mailto:montelr@stthom.edu).

# For the Glory of God

Department of Campus Ministry



Fall 2012 Campus Ministry Retreat

The overall theme for Campus Ministry in 2012-2013 is “*For the Glory of God.*” This theme will be explored in all our Campus Ministry programs and retreats. Our goal is to bring greater awareness to the joy of having and practicing our faith in God. Campus Ministry began the 2012 fall semester with the traditional Mass of the Holy Spirit. A record 400 students, faculty and staff prayed together for God’s guidance and help during the new semester.

This semester students continue to participate in the three Masses offered daily and two Sunday Masses,

Confession six days a week and weekly Eucharistic Adoration - the fundamentals of the spiritual life on the UST campus. Students are also praying the Rosary and offering Praise & Worship at the final hour of Eucharistic Adoration. The Chapel of St. Basil continues to be the heart

of the mission of UST. The Fall Retreat in Victoria, Texas emphasized our theme (*For the Glory of God*) in celebrating the diversity of UST and also the unity of our faith in the midst of our diversity. At the Saturday Mass of the Guardian Angels, we joined with the angels in giving glory to God.



Fall 2012 Blessing of the Animals

Most recently, we celebrated the Feast of St. Francis of Assisi with our first Blessing of the Animals in front of the Chapel. We will be celebrating our Fourth Annual Chili Cook-off on November 13 when we bring together the campus community to enjoy great chilies and celebrate the gift of one another. On November 30, we will once again celebrate our annual Posadas when we gather our UST community and people of greater Houston to retrace the steps of Mary and Joseph seeking lodging. *Faith and reason continue to flourish and grow at UST ~ “deep in the heart of Houston!”*



Campus Ministry Annual Chili Cookoff

[campusministry@stthom.edu](mailto:campusministry@stthom.edu)

# The Value of an Internship

Lindsey McPherson, Dean of Students, Director of Career Services and Testing

As defined by the National Association of Colleges and Employers, an internship is a form of experiential learning that integrates knowledge and theory learned in the classroom with practical application and skills development in a professional setting. Internships give students the opportunity to gain valuable applied experience and make connections in professional fields they are considering for career paths and give employers the opportunity to guide and evaluate talent. Experiential learning is a crucial component to a college education. Approximately 75% of all undergraduate college students will participate in some form of experiential learning prior to graduation, and the majority will participate in internships.



Texas Job Fair 2012

More students are pursuing internships, more colleges are encouraging internships, and more companies are hosting internships than ever before. There are a number of benefits for students who partici-

pate in internships, including:

- Career exploration opportunities by providing work experience in a field of interest.
- Creation of a springboard from college life to career life.

Approximately 80% of all available positions are not posted on any job board; they are filled through professional networks.

The staff of the Career Services Center is continuously working to develop relationships with employers in order to create internship opportunities for students. Encourage your student to watch UST Connect, accessible through the Career Services website, [www.CeltCareers.com](http://www.CeltCareers.com), for internship opportunities in his or her field of study.

The Career Services staff is always available to meet with your student to discuss opportunities and the steps to successfully obtaining an internship.

[career.services@stthom.edu](mailto:career.services@stthom.edu)



- A “real life” experience with a short-term commitment.
- Strengthened marketability of the student.
- A potential for future work with the company.
- Provides potential work-related, professional references.
- Creates an opportunity for networking.

## Changing Attitudes, Changing Lives

Rose Signorello, Ph.D., Executive Director of Counseling & Disability Services

Counseling and Disability Services (C&DS) sponsors multiple campus events throughout the school year. These activities often coincide with different national awareness weeks in an effort to educate about wellness and mental health topics. This fall the department focused on National Mental Illness Awareness Week, October 7 – 13, sponsored by the National Alliance on Mental Illness (NAMI). *Changing Attitudes, Changing Lives* was the theme of this year's Mental Illness Awareness Week. Partnering with the Psi Chi Psychology Club, C&DS created an interactive outreach. Specifically, the event focused on identifying common misconceptions and stereotypes about mental illness and replacing those with more positive and accurate information.

Students, faculty and staff who visited an information table in Crooker Center were invited to write down a stereotype about mental illness that



Therapy dogs help students de-stress!



Mental Illness Awareness Week 2012 activity

they have heard. Responses included statements such as, “Mental illness = crazy,” “You’re not depressed, you’re just lazy,” and “People with mental illness should just get over it.” Participants were then asked, “What is one idea you would like to replace that stereotype with?” Responses included: [Mental illness] should be studied and treated; don’t just tell them to get over it,” “Many people with mental illness lead happy, normal lives,” and “Depression is a treatable illness. You wouldn’t tell someone with a broken leg to just get over it!” This activity opened the dialogue for participants to share stories, ask questions and obtain information on specific mental illnesses or community resources for treating them. Stereotypes in contrast to positive messages were displayed for the campus commu-

nity’s viewing.

Campus outreach to the UST community is just one way C&DS strives to fulfill our mission to be a resource which is easily accessible for problem-solving, personal counseling, consultation and disability-related support services. Students may seek help for a variety of personal concerns. We are designed to help students achieve academic goals and foster healthy decision-making.

C&DS can be a good resource to help stu-

dents cope and build resilience. The department offers *Invest in Success* workshops designed to promote academic accomplishment each semester on topics such as time management, test taking strategies and stress management. We also collaborate with the Health Promotion and Wellness department at the end of each semester to provide relief from stress and finals with our “Express Your Stress!” event. On Thursday, November 29 students can stop by Crooker to receive a free chair massage, play with pet therapy dogs, decorate a cupcake and pick up material on how to study for finals and relieve stress.

With creative supportive services, C&DS works to enhance student success from initial college transition through degree completion.

[signorr@stthom.edu](mailto:signorr@stthom.edu)

# Campus Life

*Matt Prasifka, Assistant Vice President of Campus Life*

The Department of Campus Life consists of the Office of Health Promotion and Wellness, the Office of Recreational Sports, the Office of Residence Life and the Office of Student Activities. These departments stay busy coordinating events throughout the semester.

## Recreational Sports and Student Activities

Family Weekend will be held October 19-21, 2012. We hope that you will be able to join us for a weekend that includes many events.

Friday highlights include:

- \* Attending class with your students during the day and a Dean's Reception at Link Lee Mansion in the evening.

Saturday highlights include:

- \* A greeting from university President Dr. Robert Ivany and a faculty presentation by Dr. John Story, Associate Professor of Management & Marketing at 10:00 a.m.

- \* St. Augustine's Birthday Celebration from 11:00 a.m. – 2:00 p.m.

- \* A Women's Volleyball Match at 1:00 p.m.

- \* A Family Weekend Mass at 5:00 p.m.

The website with the complete schedule and RSVP form can be found at: [www.stthom.edu/FamilyWeekend](http://www.stthom.edu/FamilyWeekend).

On Saturday, November 10th the Office of Recreational Sports will host a horseback riding recreational trip. UST students will have the opportunity to purchase a ticket for the trip at a greatly discounted rate. Students attending the trip will receive transportation, 1.5 hours of horseback riding and lunch around a bonfire. Recreational trips are a great way for students to get outside of the city and enjoy the beauty of Texas. The Office of Student Activities is hosting the annual Deck the Mall celebration on Tuesday, December 4th from 4:00-7:00 p.m. This event



*Family Weekend service project*

includes the “decking” of the Academic Mall, SNOW, carriage rides, a petting zoo, refreshments and crafts. Dr. Ivany will also perform the tree lighting to end the evening after a live nativity scene and Christmas carols. This is a wonderful tradition for the UST community and family members are encouraged to attend. The Offices of Student Activities and Recreational Sports will be hosting the annual UST Night at the Rockets on Saturday, December 8. The Houston Rockets will take on the Dallas Mavericks. Tickets may be purchased at a discounted rate. The first group of students to purchase tickets will have the opportunity to attend a pre-game reception at the Toyota Center. Students will also have the chance to sign up to play in a 5 on 5 basketball game on the Houston Rockets court prior to the game. This is a great event for the UST Community to support a local sports team.



## Health Promotion and Wellness

The Office of Health Promotion and Wellness (HP&W) is committed to helping the UST community become more aware of health and wellness issues, while enhancing the overall well-being of each person. Our focus is to educate people on ways to develop and maintain healthy habits that will last a lifetime. As part of our mission to educate and raise awareness, we had a number of very successful events and programs on campus that we hope to continue this year:

- \* The annual breast cancer awareness Dig Pink volleyball game raised over \$600 for the Side-Out Foundation.

- \* The Residence Life RA staff sponsored a very successful alcohol awareness event. Students were able to drive a golf cart through an obstacle course set up by UST Security on the parking garage roof, while wearing goggles that simulated impaired driving.



*Dig Pink volleyball game*

- \* HP&W and the UST Men's basketball team partnered with the Blue Cure Foundation to hold our inaugural Celts for Blue Cure event in February. Gabe Canallas, the founder of

Be the Match, organized a series of activities that simulated impaired driving.



*Students, faculty and staff try new healthy foods at a Meatless Monday event.*

Blue Cure, is a UST alum. He was diagnosed with prostate cancer at age 35 and now dedicates his time to “sav[ing] lives by raising awareness of prostate cancer.” ([www.bluecure.com](http://www.bluecure.com)) Many of our UST basketball players are involved in mentoring younger athletes in order to spread the Blue Cure message that “prevention comes when men are boys.” Several AAU middle school and high school teams were coached by our players and the teams wore Blue Cure uniforms. What a powerful message our guys are sharing, on and off-campus!

- \* HP&W sponsored two “Meatless Mondays” on campus this year, helping to promote good nutrition. UST Dining Services supported the cause by offering more vegetarian options in the Celt Marketplace. Several local restaurants participated, including Ruggle’s Green, Roots Juice and Whole Foods, by donating food for the Meatless Monday events. Of course, the students love free food, but they are also learning better ways to eat and snack in addition to trying new foods.

- \* In September, the UST Women’s Basketball team partnered with Be the Match to sign up 64 people for the bone marrow registry. Be the Match will be back on December 13th at the Lady Celts game.

HP&W has just launched our Healthy Celts facebook and twitter to reach the UST community in even more ways. Check us out at [www.facebook.com/healthycelts](http://www.facebook.com/healthycelts) and [www.twitter.com/healthycelts](http://www.twitter.com/healthycelts).

## Residence Life: “Caught Ya Campaign”

The University of St. Thomas focuses on developing and encouraging the whole human person in every aspect of students’ college experience. Academics are not limited to the classrooms here at UST. The residents of Guinan and Young Halls are quickly learning that it pays to get caught studying. Over the past five years, each of our Resident Assistants (RAs) has played an active and intentional part in motivating our residents to make studying a priority.

Through a very successful program called the “Caught Ya Campaign,” our Residence Life student leaders

provide a fun incentive to continue focusing on their studies outside the classroom walls, bringing the academic experience to campus housing. RAs are part of an on-call rotation in the evening after our Residence Life office is closed. As each RA-on-call walks through our residential buildings, they try to spot residents studying in the halls. If they see a resident studying, the RA gives them a ticket, telling the student that they have been “caught.” At the end of each semester, all of our “caught” students will have a chance to use their tickets to enter several prize drawings at our final Wonderful Wednesday event and be rewarded for their academic

commitment as on-campus Celt. It is such a rewarding experience to see our students become stronger in their academic pursuits. A special thank you to all of you for allowing your student to live on campus and take advantage of the entire Celt experience!

If you are looking for ways to become involved in our campus housing program, do not hesitate to contact our Residence Life office at 713-525-3836 or [residencelife@stthom.edu](mailto:residencelife@stthom.edu). You can also follow us on Twitter (@USTreslife) or find us on Facebook (Reslife UST).

## Contact Campus Life

Any questions related to Campus Life can be directed to Angie Montelongo, Director of Student Activities, at [montela@stthom.edu](mailto:montela@stthom.edu), Jessica Domann, Director of Recreational Sports, at [domannj@stthom.edu](mailto:domannj@stthom.edu), Yolanda Norman, Director of Residence Life and Conference Housing, at [normany@stthom.edu](mailto:normany@stthom.edu) and Debra Moyer, Coordinator of Health Promotion and Wellness, at [moyerd@stthom.edu](mailto:moyerd@stthom.edu).

## Athletics

*Todd Smith, Athletic Director and Head Basketball Coach*

The UST Women’s Volleyball team currently is 13-9 overall and 4-1 in conference play. They hope to improve on their record of 19-17 last year in their inaugural season in the Red River Athletic Conference.

The Celts’ next home match will be October 20th at 1:00 p.m. against University of the Southwest.

The Men’s Basketball team begins their fourth season on November 6th at home vs. Northwood University. The Celts return 8 letterman from a team that finished 18-13 in 2011-12.

Come out and support the team

when they travel across town to take on Rice on November 12th.

The University of St. Thomas women’s basketball program is preparing to begin its second season. With 7 returning lettermen from last year’s inaugural, team the Celts will be looking to make noise in the Red River Athletic Conference. The team will play their home opener on November 6th at 5:30 p.m. against Dallas Christian College.



*UST Men’s basketball team*

Come out and support your Celts!

[athletics@stthom.edu](mailto:athletics@stthom.edu)

## Students Helping Students Succeed

*Constantina Michalos, Ph.D., Director of Tutorial Services*

The Tutorial Services Center (TSC) is located in 207 Crooker and offers free, comprehensive, personalized instruction from trained student tutors and staff professionals. No appointments are necessary. Peer tutors are available M-TH from 9:00-7:00 and F from 9:00-2:00. Students must check tutor schedules posted in the TSC for their specific course needs. Subject areas we cover include: Accounting, Art History, Finance, Computer Programming, Mathematics, Biology, Bioinformatics, Philosophy, Chemistry, English, Psychology, Greek, Latin, Public Speaking/Communication, History, French, Spanish, Theology and Writing, both general and subject-specific. We also offer assistance in English as a Second Language (ESL) to help many of our international students, for whom English is not a first language. All of the tutors participated in an ESL workshop conducted by Dr. Paul Mandell, assistant professor of Linguistics and Second Language Acquisition at the University of Houston Downtown, during which

he described how and why second language learners process, learn and use English. As a result of this workshop, all of the tutors are now able to serve our non-native speakers more effectively.

In addition to one-on-one assistance, the TSC also offers workshops in writing skills such as thesis development, the research paper process, writing a successful essay examination, usage errors and identifying academic integrity issues. Please check the campus announcements and the TSC website for these dates. We



## Preparing for Spring

*Academic Advising*

The course schedule for Spring and Summer 2013 is available online. Now is the time for students to plan for next year! Advising for the Spring and Summer 2013 semesters is underway, and will continue through October 31, 2012. We encourage students to schedule an appointment with an advisor now to get the most out of your advising session:

- \* Go prepared!
- \* Review your degree plan, view the online schedule of spring/summer courses and develop a tentative plan.
- \* Review myStThom for holds and clear your record with the appropriate departments or you may be unable to register.

Students have been assigned a registration “appointment time.” This is

have also offered weekend workshops for graduate students who cannot attend our regularly scheduled presentations.

Our office is always looking for ways to utilize new technology to assist students. The TSC houses the only Smart Board on campus. We use this technology to augment our group tutorials and workshops by providing outstanding visual explanations, examples and notes to our students. Our most exciting news is our new on-line tutoring system. Though there is no substitute for face-to-face assistance, students are able to submit online questions to tutors via an online discussion board, real-time virtual whiteboard, a chat feature, or by email. Online hours are extended beyond the TSC office hours, so we are able to assist students late at night and on the weekends. Please visit us at [ust.askonline.net](http://ust.askonline.net) for more information. Additionally, thanks to a Title V Education grant, we have also recently acquired a special program to assist students with learning differences. For more information, visit us on the web at [www.stthom.edu/tutoring](http://www.stthom.edu/tutoring). [tutoring@stthom.edu](mailto:tutoring@stthom.edu)

available on their MyStThom home page. Once advising is complete, students may register for classes on their assigned registration date. Spring 2013 priority registration begins November 1 and open registration begins November 15th. Contact Academic Advising today to set your appointment and get ready for next year!  
[advising@stthom.edu](mailto:advising@stthom.edu)