



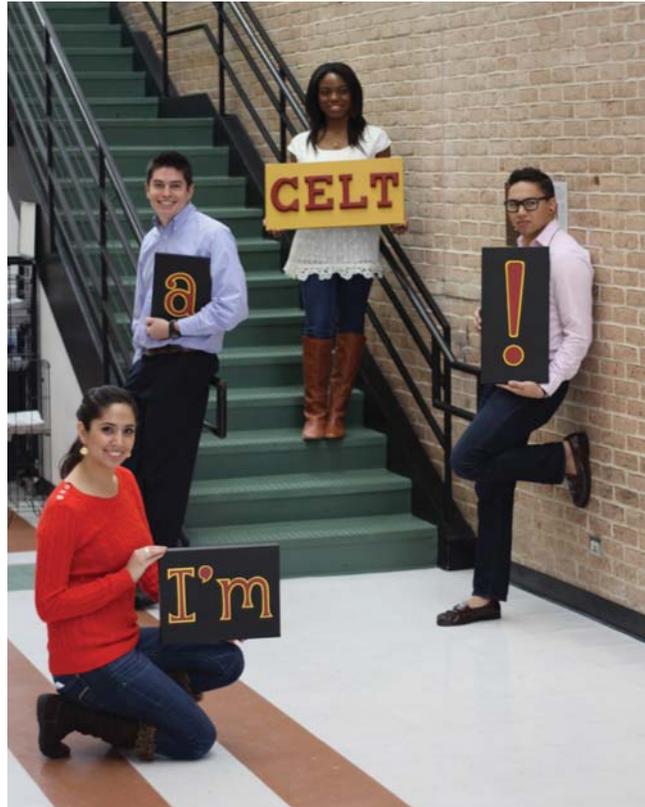
A Message From Patricia McKinley

Vice President for Student Affairs

It is a pleasure to watch our freshmen develop from the new kids on the block to students who are taking on research projects with their professors and becoming leaders on campus. This happens every year, so I am not surprised that it also happened this year.

However, I do feel some amount of surprise when I think of how drastically communication among students has changed over the past few years. Some of you will remember a time as children when a telephone meant a receiver and touch tone dial—or even rotary dial! Computers were huge and were permanently affixed to the desk. One did not expect an immediate reply to a message; it was coming by mail, or a returned phone call. Now, our phones are in our pockets and computers are in our bags or backpacks, ever present.

Communication is instantaneous. Our students have grown up in a world that is still trying to establish the rules of engagement for communication in real-time. Social media takes on different forms: students can email, text, tweet or use Facebook or Pinterest, among others. The rules of social media etiquette are still being written (try Googling “social media etiquette” and see what happens). Guidelines are particularly murky when it comes to the veil of anonymity the internet



UST students and staff members

provides. When social media is used to communicate anonymously, people can verbally attack one another fearlessly. I know this is not what they learned at home, and this does not reflect the values of the University, either.

Too frequently, faculty members tell me about students texting or browsing Facebook on their iPads during class lectures. Career Services staff have been informed by employers that candidates have something (text or pictures) on their Facebook pages that will limit their opportunities for employment. Sadly, even individu-

al students will sometimes tell me that they have been embarrassed or hurt by something written about them on social media.

Here is where all of us can help students practice what you have been teaching them all along. Let us encourage them to be considerate in their communication with their peers and respectful in communication with their professors and others in authority. I hope our student leaders will take charge and pass on the message to their peers that they should not write or show anything online that is demeaning to another person or themselves.

Together, we can all help educate our students about proper social online communication and in the process remind them of the University values: Goodness, Discipline, Knowledge and Community.

Contact Student Affairs at:
studentaffairs@stthom.edu



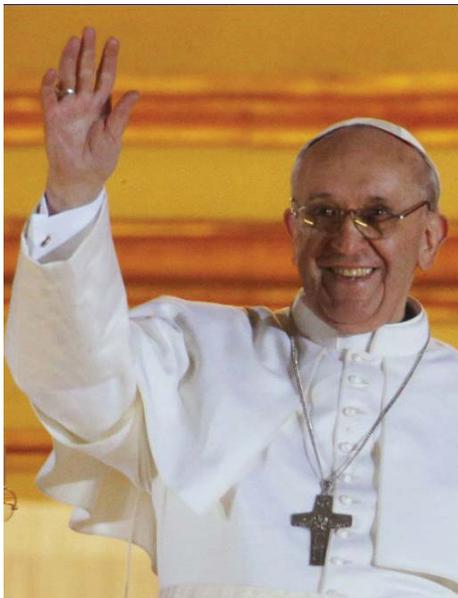
UST Students Respond to the Holy Spirit

Department of Campus Ministry

At the beginning of the 2012-2013 academic year, our students, faculty and staff attended the traditional opening Mass of the Holy Spirit and prayed for the guidance of the Holy Spirit during this year.

Election of New Pope

During Lent this spring semester, our students watched and prayed along with the rest of the world that the Holy Spirit guide the College of Cardinals in electing a new Pope. Our students joyfully received the selection of Pope Francis.



Pope Francis

Retreats

This spring, Father Mike Buentello with Campus Ministry student leaders led two student retreats. We are seeing a marked growth in student participation in our retreats this year. The Spring Retreat with 45 students surpassed the previous record of 38 students attending the Fall Retreat. Dates have already been set for the Campus Ministry



Campus Ministry Spring Retreat 2013

Fall 2013 and Spring 2014 retreats and we expect continued growth in students attending our upcoming retreats. Eighteen students attended President Ivany's Leadership Retreat, which is co-sponsored with Campus Ministry. It is open to Freshmen and Sophomores. This Leadership Retreat stresses the importance of becoming a Leader of Faith and Character – one of the hallmarks of a UST education.

RCIA

This year's RCIA program began in September with great enthusiasm that continued through its completion at the Easter Vigil when four students were baptized, and seven were confirmed and received their First

Communion. Five more students will be confirmed in May.

As the Spirit continues to guide UST, Campus Ministry is eagerly developing plans for next year.

Faith and reason at UST are flourishing and growing "deep in the heart of Houston!"

For more information, contact our office at 713-525-3589 or email us at campusministry@stthom.edu.



RCIA students at Easter Vigil

The Experts Weigh in on Job Search

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

In mid-March, Career Services hosted an expert panel of human resource professionals from a variety of industries, including media, government, energy and health care. Students were able to have their career questions answered by the experts. Questions ranged from “How do I get my foot in the door?” to “Do you really look at my Facebook page when considering my employment application?” Some key takeaways from the event were:

- Yes, employers do review social media sites when considering applicants for employment. Students were reminded to “clean up” their online image and change all of

their social media settings to “private.”

- Networking is crucial in today’s job search. Use every opportunity to build a solid network of professionals, to include UST alumni, fellow students, industry professionals, faculty, even family friends.



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. No appointments are necessary. Peer tutors are available M-TH from 9:00-7:00 and F from 9:00-2:00. However, other than tutoring in writing, not all subjects are covered each day. Students must check tutor schedules posted in the TSC and on our website (www.stthom.edu/TutorialServicesCenter) for their specific course needs.

Though there is no substitute for face-to-face assistance, we also offer online tutoring to assist students in the evenings and on weekends, when the TSC is closed. Please visit us at ust.askonline.net for more information and tutor

schedules.

Subject areas we cover include: Accounting, Art History, Finance, Economics, Mathematics, Biology, Bioinformatics, Philosophy, Chemistry, English, Psychology, Greek, Latin, 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, better understand their subject content areas and succeed in their studies.

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

- Grammar and punctuation are very important on resumes, letters and email correspondence. Even the smallest mistake can get you eliminated from the candidate pool.

- The top attributes employers seek in candidates include communication skills, ethics and integrity.

- Always dress for the job you want, not the job you have.

- Students should know how to communicate their skills, how they will use their education, and what makes them a good candidate for the job. For more events and additional “job search” advice, encourage your student to view the Career Services website, www.CeltCareers.com.

check Campus Announcements and the TSC website for these dates.

The TSC houses the only Smart Board on campus. Thanks to a Title V Education grant, we have also recently acquired a special program to assist students with learning differences. In addition, we have installed a special SPSS program that enables students to analyze quantitative data in a variety of disciplines.

This spring, our three science tutors are participating in the University Undergraduate Research Symposium, and the two graduating seniors have been accepted into prestigious medical schools. All of the tutors in the TSC are bright, outgoing young people who epitomize our motto: “Students Helping Students Succeed.”

Campus Life

Matt Prasifka, Assistant Vice President of Campus Life

Recreational Sports

The Office of Recreational Sports focuses on providing programs that promote a balance between academic and non-academic life. This office also promotes health, wellness and positive health behaviors to the UST Community by offering a wide variety of recreational activities and sports. The department encourages students to develop and/or improve leisure activity skills and to begin a regular physical activity routine, which will continue throughout life.

The spring 2013 Fitness Schedule is full of new and exciting fitness classes. Students are able to choose between a variety of classes such as yoga, Zumba, Pilates Barre and Cardio Sculpt to attend during a lunch break or in the evening when their schedule has slowed down. All fitness classes are free for UST students.

The Intramural Schedule for spring 2013 is packed with inter-

active and competitive opportunities for students. The schedule ranges from a Rock/Paper/Scissors Tournament to Tennis Doubles and it wraps up with the most competitive competition, 5 on 5 Basketball. Participating in intramural sports is simple. Students just need to stop by the Jerabeck front desk to sign up

for individual and team sports. There is no cost to participate. Winners of each division of the competitions receive an intramural champion t-shirt.

On, Tuesday, April 30th, the 10th Annual Stay Afloat for Finals will take place at the Jerabeck Pool. This event will wrap up Recreational Sports activities for the semester and will feature food, music and contests. Prizes such as t-shirts, gift cards and



Students, faculty and staff at yoga class.

more are awarded throughout the day. The highlight of the day will no doubt be the Belly Flop Contest. Other activities include a sand volleyball tournament, limbo contest and a basketball spot shot competition. This event provides students a chance to have fun and relax by the pool before they start to study for final exams. Contact Jessica Domann at domannj@stthom.edu for more information.

Residence Life

The Office of Residence Life is glad to have our students back on campus after a much deserved rest from Easter Break. So much has happened for our residential Celts this semester, including academic, spiritual, health and social development through Residence Life events. We want to take time out to thank you for allowing your student to live on campus with us and giving them the chance to live the full Celt experience. As we enter the month of May,

our Residence Life team is focusing on supporting your student in finishing their semester strong and preparing for finals. Study sessions are being organized, roommates are being chosen for next year and move out preparations are underway.

Speaking of roommates, our office is now accepting contracts for all current residents who want to return to living on campus again and applications for new residents began on April 8, 2013! If your student did not get a chance to live on campus

this year, we highly encourage you to have them contract for Fall 2013. Our on-campus residents get the benefit of being in a very supportive environment focused on helping them excel inside and outside the classroom. We look forward to welcoming them (back) home soon.

Friend us on Facebook (ReslifeUST) and follow us on Twitter (USTreslife) to stay updated on what is happening in the residence halls. Contact Yolanda Norman at normany@stthom.edu for more information.

Health Promotion and Wellness

The Office of Health Promotion and Wellness is committed to helping the UST community become more aware of health and wellness issues, while enhancing the overall well being of each person with healthy habits that will last a lifetime.

February is a very busy month for HPW, starting with the annual Health and Wellness Fair. The purpose of the Health and Wellness Fair is to bring a variety of local businesses and services from around the Houston area relating to all dimensions of wellness to help enhance awareness and the health and well being of the UST community. We were able to do this through a variety of participants, including three local chiropractors offering a variety of screenings, chair massages and personal training. Other screenings (blood pressure, cholesterol and glucose) were done by HEB and CHRISTUS. Vision screening and skin cancer screening were offered by Prevent Blindness TX and MD Anderson. The healthy nutrition and supplement options were very popular, with My Fit Foods, Grocery Girl, Muscle Milk, Advocare, USANA and Symmetry. UST was represented by the Counseling and Disability Services and our Advocare rep was Coach Noble, our Volleyball Coach.

February is National Heart Month and UST went Red for Women's Heart Health on February 1st. February is also National Cancer Prevention Month. HPW partnered with The Blue Cure Foundation and the UST Men's Basketball team for the second annual

Celts for Blue Cure game to promote healthy lifestyles to prevent cancer. HPW partnered with the UST Women's Basketball team for the first Celts v. Cancer game to promote breast cancer awareness.

The office of HPW also participates in health awareness initiatives in the greater Houston community. For example, HPW represented UST at Mayor Parker's initial meeting for the task force against texting while driving on April 28th. The City of Houston is partnering with AT&T and several local agencies, businesses, school districts and universities to promote the initiative to not text and drive. In 2011, there were 3,048 traffic fatalities statewide, with 408 due to texting and driving. We look forward to working to get this message out and save lives through this very important initiative.

HPW co-sponsored a Meatless Mon-



Go Red Day



Celts v. Cancer basketball game

day on April 22, which was also Earth Day, to promote going meatless once a week. Going meatless once a week may reduce your risk of chronic preventable conditions like cancer, cardiovascular disease, diabetes and obesity. It can also help reduce your carbon footprint and save precious resources like fresh water and fossil fuel.

At the end of the semester, HPW partners with the office of Counseling and Disability Services for Express Your Stress, with information, fun activities and the Houston area Therapy Dogs will be visiting campus (this semester we may even have a rabbit and a cat visit), to help with stress relief during finals.

Contact Debra Moyer at moyerd@stthom.edu for more information.

Student Activities

The Office of Student Activities works to complement the academic program by extending student learning opportunities outside the classroom. The Office develops programming for student engagement that assists in the development of student values and leadership skills. Student Activities coordinates a vast number of events throughout the year and there are still a few major events remaining on the calendar.

The 11th Annual Leadership Banquet will be held on Sunday, April 28 from 12:00-2:00 PM in the Scanlan Room of the Jerabeck Center. Students, families, faculty and staff are invited to attend the 10:30 AM Mass in the Chapel of St. Basil prior to the banquet. This program recognizes the many student leaders and organizations on campus while also celebrating a year of leadership. Individual awards include the prestigious Presidential Leadership Award, Emerging Leader and the Marsha A. Wooldridge Citizenship Award. Additional individual awards will be presented along with organiza-



Students at President's Day of Service

tion awards recognizing programming efforts.

On Thursday, May 2nd, Late Night Breakfast will occur from 9:00-11:00 PM in the Crooker Cafeteria. This tradition, which takes place at the end of each semester, provides the students with a free meal as they study for exams. Some bonus elements to

the evening are that the students receive a goody bag with snacks for their upcoming study sessions and the breakfast is served by faculty, staff and administrators of the University. Please encourage your students to attend!

Contact Matt Prasifka at prasifm@stthom.edu for more information.



Athletics

Todd Smith, Athletics Director and Head Basketball Coach

Keep up with how your favorite Celt teams are doing!

Visit our new microsite at:
www.ustcelts.com

Get information on upcoming games, tournaments and much more.

Creatively Connecting with Students

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 spring, the department focused on National Eating Disorders Awareness Week, February 25 – March 1st. The Society of Macrina partnered with C&DS to promote positive body image with our “Be Comfortable in Your Genes” campaign. The UST community was asked to donate old jeans that no longer fit to the campaign in order to challenge people to be comfortable in the body they have today. We collected over 30 pairs of jeans and donated them to a local charity.



Members of Society of Macrina and C&DS staff



In April, in recognition of National Sexual Assault Awareness Month, Counseling and Disability Services hosted The Clothesline Project: A visual testament to the problem of violence. Colorful t-shirts are currently on display in Crooker Center and will remain there through the end of April. The shirts were created by members of the UST community and clients at the Bridge over Troubled Waters shelter who were victims of sexual assault or domestic violence. We are committed to the well-being of our campus community, and The Clothesline Project is one way we seek to raise awareness about this important topic. We also collaborated with the Health Promotion and Wellness department to display posters from TAASA (Texas Association Against Sexual Assault) detailing survivor stories and ways to get help after an assault.

This month, we will continue our long-standing tradition to host our finals stress relief event with the Health Promotion and Wellness Department, Express Your Stress. The spring Express Your Stress takes place on Thursday, April 30th from 12:00 – 2:00 p.m., in Crooker Center. We will offer free chair massages, stress-relieving activities, snacks and therapy dogs visiting us for this event. Therapy dogs are known for their calming and uplifting influence, and we are excited to have them on our campus.



Clothesline Project t-shirts on display

Campus outreach to the UST community is just one way C&DS strives to fulfill our mission to be an easily accessible resource to students, faculty and staff. C&DS also offers Invest in Success workshops each semester on topics such as time management, test taking strategies and stress management. With creative supportive services, C&DS works to enhance student success from initial college transition through degree completion.

signorr@stthom.edu

Helping Students Connect to their Learning Environment

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



Freshman Symposium students

The Office for Student Success at UST continues to enhance the learning environment for students. We have collaborated with other UST colleagues and offices to support all UST students, especially our first-year students and those who are the first in their families to attend college. The Mendenhall Summer Institute continues to produce both academic success and student leadership. Mendenhall cohorts continue to show, on average, consistent academic achievement. At the end of the fall semester, the combined GPAs of MSI 2012 freshmen continued to be higher than the combined GPAs of all freshmen. Mendenhallers can be found in Student Government, Residence Life, as Freshman Symposium mentors and in leadership roles within our many student organizations on campus.

Student Success continues to work closely with our first-year course, Freshman Symposium. The office and faculty took initiative in creating a new event to help freshmen re-

now part of a larger community of learners and leaders. The ceremony had a formal procession through the academic mall area where students were led by their Symposium mentor teams. The symbolic procession where one group started at the Chapel of St. Basil (faith) and the other at Doherty Library (reason) and joined at the middle of the mall in front of Jones Hall signified the course as a whole. Once together, students and mentor teams heard speakers who expressed the significance of this college transition. Mentor teams passed out gold and crimson “graduation” tassels that signified their rite of passage. After the ceremony the UST community celebrated with our freshmen. UST mascot Lennie the Lion posed for pictures with students, creating a general sense of family and belonging.

In addition to these key programs, Student Success has been working throughout the year with Residence Life to enhance services for first-generation college students. The UST

reflect on their Symposium experience. A “commissioning ceremony” was developed to provide a more meaningful and important ending to the course and to make first-year students more aware that they are

definition for “first-generation college student” is any student whose parents have not earned a bachelor’s degree. According to recent statistics from Institutional Research at UST, approximately 30% of all UST undergraduates are first-generation students. We currently offer these students bi-weekly support groups, weekly electronic newsletters, free first-generation student literature resources from Lumina Foundation and free parent guides that are distributed during Academic Advising Days and New Student Orientation. Our goal is to help new first-generation college students



Dr. Ric and Lennie the Lion

navigate the many resources available at UST, and to help them feel more connected to the campus. If your student is a first-generation college student, please refer them to the Office for Student Success so that we can provide services and assistance to enrich their college experience.

montelr@stthom.edu