



MSS FLASH

Volume 7, Issue 4

December 2006– January 2007

Multicultural Student Services

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Did You Know?

- Kwanzaa means “first fruits of harvest” in the African language Kiswahili.
- Alabama was the first state in the USA to declare Christmas a legal holiday in 1836. Oklahoma was the last in 1907.
- The letters on the dreidel stand for nothing (nit), all (gantz), half (halb), and put (shtell). These letters also are the rules of the game.

End of the Semester Reflection

By: Eileen Ward

Finals are almost upon us and classes are winding down. A semester of hard work, stress, and fun is almost over. As excited as I am for the new semester, I can't help but look back at the Fall '06 semester. It stands out to me, as a semester of awareness.

There was awareness throughout the semester that our campus isn't perfect. Homophobic and sexist behaviors and thoughts still subsist on campus. Discrimination exists on campus. There is still a lack of diversity on our campus, and not just diversity of race.

However, because of the imperfections and many struggles our campus is dealing with, it has created awareness, an awareness that spread to the administration, faculty, and student body. While these problems are not unique to UST, they do exist here. They created an awareness has shown that we, the UST community, must work together to challenge every person who walks through the arches to be a better person, a person who recognizes that we must reach beyond our comfort zones and be willing to work to fix the problems to make a better environment not only our generation, but then next.

It has been fascinating to see the ways that the UST community has tried to foster this change. Clubs like HANA, GMSA, and BESA work to help foster a diverse and open community, helping to shape change. ACC, the student council, has a diverse board with a large variety of ideologies, creeds, ethnicities, and backgrounds present and has worked diligently in trying to spread awareness the need to change the Human Diver-

sity requirement to more accurately reflect diversity.

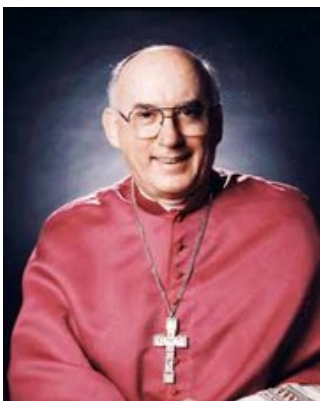
Dr. Lawrence Potter, the Executive Director of Institutional Diversity, several diversity work-groups, OISS, and other UST organizations and offices, COMMUNITY Week came into existence. It was a wonderful chance for our community to celebrate and spread awareness of civil discourse, community, and cultural diversity.

MSS has sponsored a wonderful Community Dialogue on forgiveness, healing, and reconciliation. Bringing religious leaders onto campus, MSS offered a chance to learn about the differences and similarities of various faiths' views on forgiveness. MSS is also currently planning another Community Dialogue for the Spring reflecting on race and privilege.

Our campus has moved so far in the last 30 years. Think about the fact that UST has been open to both men and women only 29 years! However, it is important to remember that there is much work to do. Please ask yourself what part in the imperfections do you play? Ask yourself if you contribute to them, and what you can do to fix them? How can we, as a community, move forward? How can we shape change for the better? How can we make UST thrive and not just survive?

After looking at the Fall '06 semester, I have hope that our campus can use this awareness to create responsible caring leaders and a better environment for our children.

Community Dialogues



Archbishop Harry Flynn

Archbishop Harry Flynn to speak at Spring 2007 dialogue: "In God's Image: Reflections on Race and Privilege."

Multicultural Student Services and Campus Ministry will co-host the February 7th and 8th Community Dialogues, "In God's Image: Reflections on Race and Privilege."

Special guest speaker Archbishop Harry Flynn will share reflections on his pastoral letter on racism. To read his pastoral

letter, please visit: www.archspm.org/InGodsImage.html.

Mark your calendars to attend this special event and participate in conversations regarding issues of race and privilege. If you would like to volunteer as a small group facilitator for the dialogue(s), contact Multicultural Student Services at multicultural@stthoma.edu.

Both sessions will be held in Murray Herrick Campus Center in room 304.

Also later in the Spring, the Minnesota Science Museum will be hosting the world premiere exhibit of RACE: Are We So Different. It opens on January 10th, 2007. For more information on the exhibit, please visit www.smm.org/race/.

ACC and STAR are both collaborating with Multicultural Student Services to provide an opportunity for students to attend this exhibit. Watch for news in the Bulletin.

Preparing for an Interview?

Job interviews can cause symptoms of anxiety to show, like clammy palms, a sweaty brow, and a dry mouth. To prevent an anxiety attack, prepare meticulously, which will increase your confidence and increase your chance of landing the job. And the best way to prepare is to research a company and the job for which one is applying.

Prior to the interview, research the prospective employer to learn not only information about the company but also information about the sector in which it conducts business, its competitors, and its status within its industry.

You should take into account the pictures on the corporate site to see if they include diverse people and look for the

company's statement on diversity. For any applicant, whether they are obviously diverse or not, learning a prospective employer's stand on diversity issues will reveal the company's support of all employees and their needs.

It is suggested that applicants put themselves through mock interviews, which you can schedule at UST's *Career Development Center*. To learn more about interviewing skills, frequently asked questions, and how to deal with "Behavioral" interview questions, we encourage you to attend the *Career Development Center's* "Interview Seminar."

For more information on this subject please go to: <http://www.stthomas.edu/careerdevelopment>.

MSS Fla\$h Ca\$h and Opportunities

Looking for opportunities to get involved on campus and get paid? The Student Leadership Selection for '07-'08 are open. For more information, please visit: www.stthomas.edu/campuslife. There is also an paid internship with Admission opportunity available. For more information, please contact Brian Thomas May at btmay@stthomas.edu. MSS is also offering a position for students interested in mentoring. For more information, please email multicultural@stthomas.edu.

Women's Opportunity Scholarship-Offered to women who serve as the primary wage earners in their families. For more

information, please visit: <http://www.soroptimist.org/>.

Vanguard Scholarship- Available to minority students pursuing degrees in business, finance, economics, accounting, information technology or liberal arts. Must be entering senior year of college, a full-time student with at least a 3.0 GPA, and a U.S. citizen. For more information, please visit <http://www.sms.scholarshipamerica.org/vanguard/>.

For more information on financial aid, visit Student Financial Services www.stthomas.edu/financialservices/.

Financial Aid Tips

Not sure what loans you have borrowed? Need tips for managing money?

Multicultural Student Services and Financial aid co-hosted a personal finance workshop on Thursday, November 30, 2007 to answer some of these questions.

Highlights from the workshop included information on how to manage your financial aid, how to maintain and improve your credit score, and where to find money to pay for college. NPR commentator and Washington Post financial advisor Michelle Singletary was a source featured in the workshop presentation. Her web site offers tips for college students: <http://www.michellesingletary.com/>

Other recommended web sites included our own UST Financial Aid site which offers excellent information regarding scholarships, loans and advice for undergraduates and graduates <http://www.stthomas.edu/financialservices/> and a site recommended by Singletary

www.youngmoney.com/investing.

Other important tips:

- Did you know that you can access your UST account information 24 hours a day on Murphy Online?
- If you complete your FAFSA (Free Application for Student Aid) by March 2007, you could be eligible for more aid than if you wait until summer).
- If you would like to see more events concerning finances, contact Multicultural Student Services at multicultural@stthomas.edu or 651-962-6460.

Coming up next semester... Financial Aid and Multicultural Services plan on offering a February FAFSA workshop. Read the Bulletin and the Flash for more details.

MN Private College Job and Internship Fair

The Minnesota Private College Job and Internship Fair will be held from Feb. 20th to 21st, 2007. A wide range of employers will be at this fair to offer opportunities for sophomore, junior and senior students from many different majors.

Here's how you can qualify to participate in the fair:

- You **must** be a current undergraduate UST student.
- Did you attend an information session for a previous job and internship fair? If no, register online to attend one of the information sessions listed on the Career Development

Center's [Seminars and Events](#) Web page. If you have attended an information session or internship fair before, you do not need to attend an information session this year. Come to the Career that your name is on the list of participants for one of the previous two years' information sessions. If it is, then you can receive a registration form.

Please turn in the paper registration form and pay the registration fee prior to 4 p.m. Monday, Dec. 18, at the Career Development Center, Room 350, Murray-Herrick Campus Center, (651) 962-6761.

E-Chug

The Wellness Center is introducing e-CHUG (an electronic Check-Up to Go). E-CHUG is an interactive Web survey that allows students to enter information about their drinking patterns and receive feedback about their alcohol use. Take a five-minute, anonymous survey and learn more about your behavior so you can make healthier choices.

Learn about caloric intake and alcohol, how your behavior compares to others, what percent of your income you spend on alcohol, family risk and more. It's interesting, easy and

educational.

Even if you don't consume alcohol there is valuable information in this resource regarding healthy lifestyle choices.

Thank you in advance for your help in making UST a healthier and safer community.

Visit the **Wellness Center Web site** www.stthomas.edu/wellness to give e-CHUG a try.

Signs You're Suffering from Semester Burnout

* When your parents inquire about your grades, you sing the Cookie Monster song: "C is for cookie, that's good enough for me..."

* You wake up to discover your bed is on fire, but go back to sleep because you just don't care.

* You leave for a party and instinctively bring your backpack.

* You think about how relaxing it would be if you were in jail right now!

* You have spent more time figuring out that you only need a



54% on the final to pass than the time you have actually spent studying.

* You consider McDonald's "real food."

* You'd rather clean than study.

* Looking out the window is a form of entertainment.

* World War III could take place and you'd be clueless.

* Visions of the upcoming weekend help you make it through Monday.

* You spend more time looking at the screensaver on your computer than looking at textbooks or study sheets.

Horrible Finals

When you're feeling really stressed-out about your finals, just remember, it could always be worse! Here are examples of finals that you could've been stuck with:

Engineering Exam: The disassembled parts of a rifle have been placed on your desk. You will also find an instruction manual, printed in Swahili. In 10 minutes a hungry Bengal tiger will be admitted to the room. Take whatever action you feel appropriate. Be prepared to justify your decision.

Music Exam: Write a piano concerto. Orchestrate and perform it with a flute and drum. A piano is under your seat.

Biology Exam: Create life. Estimate the differences in subsequent human culture if this form of life had developed 500 million years earlier, with special attention to its probable effect on the English parliamentary system. Prove your thesis.

Public Speaking Exam: 2500 riot-crazed aborigines are storming the classroom. Calm them. You may use any ancient language except Latin or Greek.

Physics Exam: Explain the nature of matter. Include in your answer an evaluation of the impact of the development of mathematics on science.

Medicine Exam: You have been provided with a razor blade, a piece of gauze and a bottle of Scotch. Remove your appendix. Do not suture until your work has been inspected. You have fifteen minutes.

Prayer Said Before Finals

Now I lay me down to study,
I pray the Lord I won't go nutty.
If I should fail to learn this junk,
I pray the Lord I will not flunk.

But if I do, don't pity me at all,
Just Lay My Bones In the Study Hall.
Tell My Prof I Did My Best,
Then Pile My Books upon My Chest.

Now I Lay Me Down to Rest,
And Pray I'll Pass Tomorrow's Test.
If I Should Die Before I Wake,
That's One less Test I'll Have to Take.



Winter Safety Tips

Winter brings hockey, snowball fights, and hot chocolate. But it also brings extreme cold and sometimes dangerous conditions. To prevent becoming sick or from getting hurt, please look at some of these winter safety tips:



- Prepare for a winter storm before it hits. Stock up on emergency supplies (like a first-aid kit, a flashlight, and some drinking water) for communication, food, safety, heating, and for your car in case a storm hits.
- Dress warmly. Wear loose-fitting, layered clothes, especially if they are tightly woven and water-repellent. Wear mittens rather than gloves—mittens are warmer.
- Buckle up. During the holiday months, people travel more than ever. Wearing a seat belt is the easiest and best way to prevent injury in a motor vehicle collision.
- Winterize your vehicle by checking your air filter and fluid levels, checking tires for tread wear and proper inflation, and checking the condition of your windshield wipers.
- Cold weather does not cause colds or flu, but they tend to be more common in the winter because people are in closer contact with each other. Frequent hand washing will help reduce the risk of colds and flu.
- The sun's rays can still cause sunburn in the winter, especially when they reflect off snow. Make sure to cover your exposed skin with sunscreen.

Finals Meltdown

To help alleviate your stress from finals, STAR, MSS, Commuter Center, and OISS are offering free food and a break from studying for the week of finals (December 11th-15th).

Monday- Finals Feed, which begins at 10 p.m., is put by STAR who will be providing FREE subs, cookies, and pop in the Grill to students up late studying! Hurry... the food goes fast!

Tuesday- MSS will be providing free muffins in the Commuter Center and Off Campus Services from 7:30-10 a.m.

Wednesday- It's Bagel Wednesday! The Commuter Center and Off Campus Services will be giving away free bagels from 8-10 a.m.

Thursday- There will be cupcakes in the Commuter Center from Noon- 1:00 p.m. to celebrate the December graduations.

There will also be a MSS/OISS Graduation Reception for December Graduates in the Koch Commons Fireside from 3:30-5 p.m.

On behalf of Multicultural Student Services
We wish you the best on your final exams and semester wrap up!
We wish you a wonderful Winter Break and we will see you in January!



A special Congratulations to our December Graduates!
This outstanding accomplishment is a result of years of dedication. We wish you the best of luck in your future endeavors and we hope you will stay in touch!

We will truly miss you but are excited for your adventure ahead!



Multicultural Student Services

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Office Hours
M-F 8:00 a.m.-4:30 p.m.

We're on the Web!

[www.stthomas.edu/
multicultural_services](http://www.stthomas.edu/multicultural_services)

CHALLENGE YOURSELF
CHANGE OUR WORLD



What Are Your Plans During Break And J-term?

"I'm going to Hawaii for my Multicultural Communications Class! - Emily Kessel

"I will be visiting a friend in Wisconsin and then going to the Dominican Republic to tape a wedding"- Chris Hansen

"I would like to catch up on some of my sleep and work"- Eileen Ward

"A Vision Trip! I'm going to Montgomery, Alabama!" -Txuia Txiang

"During J-term, I'm going on a Vision Trip to the Texas-Mexico border" -Andrea Jauli

"Doing lots and lots of homework and anxiously awaiting the return of students." -Jenn Wake

"I am going to work, prepare as much as I can for spring semester classes, event planning for a project, and do a lot of research on my career goals." -Audrea Bellard

We welcome comments, suggestions, and submissions to the MSS Flash. Submission deadline is the 20th of each month and can be sent to multicultural@stthomas.edu

Upcoming Events

MSS Monday's

Monday, December 4th from noon to 1 p.m.
Commuter Center

Diversity Development Workshop

Monday, December 4th from 1-4:30 p.m.
MHC 304

Finals Feed

Monday, December 11th from 10:00 p.m.
The Grill

Fruity Tuesdays

Tuesday, December 12th from 10-11 a.m.
Commuter Center

Bagel Wednesday

Wednesday, October 13th from 8-10 a.m.
Commuter Center

UST Allies Meeting

Wednesday, October 13th from 7-8 p.m.
MHC 160

MSS/OISS Grad Reception

Thursday, December 14th from 3:30-5 p.m.
Koch Commons Fireside

Book Buyback

In the St. Paul Bookstore
December 6-7th from Noon-6:00 p.m.
December 8th from Noon-4:00 p.m.
December 11-14th from 8:30-6:00 p.m.
December 15th from 8:30-4:00 p.m.

Free Legal Advice

December 6th and 13th from 11 a.m.-1 p.m.
January 10th and 31st from 11 a.m.- 1 p.m.
Commuter Center

2007 Saint Paul Winter Carnivals

January 26th-February 4th

Classes for Spring Semester Start

January 29th, 2007

Happy Holidays and Winter from all of MSS!