By: Sabina Catak, Hixson-Lied Success Scholar

As college students we all know we are in for a roller coaster from day one. Whether we are looking for classes to enroll in, trying to adapt to university life or even trying to find a parking space to go to class. My name is Sabina and as a senior in college I have faced many obstacles in and outside of school, such as work, balancing classes, starting a business, or anything that comes along as a bonus of being a young adult. We all know how this can be stressful, but along the way we come to the realization that although it may not be clear in the moment, we have grown so much in all areas of our life. We truly allow our strengths to build up and help us become successful human beings.

Looking back at my freshman year, I have grown immensely as a person in being able to balance work and school. Although I had moments I felt like I was going to quit, I kept my laser beam focus on my end goal. I am able to truly utilize all of my free time for other areas of my life to get as much done as humanly possible. Sometimes, I would forget to eat or sleep. It sounds extreme right?

Someone once told me a quote from Eric Thomas, “When you want to succeed as bad as you want to breathe, then you will be successful.” I have lived by this quote. However, in reflecting on my freshman year and what I would say to myself, I honestly would tell my-

Continued on pg. 2
self to get as much sleep as possible because you will need it. To other freshmen, the advice I would give is that when you attend class and truly be present. What I mean by that, is do not go to class just to get the credit, go to class and really take advantage of the experience. Read with excitement, listen, ask questions, and create a strong relationship with your professors and colleagues because that will make your experience very memorable and useful. As a Hixson-Lied Scholar, an unexpected lesson I have learned is that failure only overpowers you if your attitude allows it.

Unexpected Growth (Continued)

Advising, Coaching, and Tutoring for Success

By: Joel Jimenez– Vargas, Hixson-Lied Success Scholar

College is a place where students have a lot of tasks and responsibilities. Managing time, choosing appropriate classes, thoroughly learning material and understanding complex topics are only a few of the many responsibilities college students encounter. Fortunately, here at the University of Nevada, Las Vegas (UNLV) and the Academic Success Center (ASC), there are so many people willing to help students succeed at so many different levels. I will highlight three (of many) ASC roles that are aimed to directly help students: academic advisors, academic success coaches, and tutors.

Despite the large amount of help available, there are still some students who are unaware of the resource they have at their disposal and some who do not know the difference between the types of resources. So what are the different roles of an academic advisor, an academic success coach, and a tutor and where can you find them to help you?

Let’s start with an academic advisor. I interviewed ASC Academic Advisor, Sasha Scott, to better understand what truly the role of an advisor is. When I asked her what her role was, she said that “helping students with their class schedules” is a lot of what she does, but she also likes to see herself as a “mentor and someone who can provide guidance.” Most of the time, students see advisors as someone who will recommend which classes to take, but she also likes to see herself as a “mentor and someone who can provide guidance.” Most of the time, students see advisors as someone who will recommend which classes to take, but often we forget that they have already been through where we are now and can also serve as mentors during our college years. I asked Ms. Scott for a piece of advice that she would like to share with UNLV students, and she jokingly said “meet with your advisor,” then she added, “remember that your bachelor’s degree is not what is going to dictate the rest of your life.” To meet with Ms. Scott or any other advisor, contact one of the advising centers at UNLV and make an appointment; you will learn a lot from them and they will do everything they can to help you.

Now, you may wonder what an academic success coach is. I met with Debbie Pattni, an ASC academic success coach, to gain a better understanding of what her role is as a coach. When I asked her what was her main role, she said it was to “find whatever the students need help with or information to be successful”. She emphasized that “there’s no limit” to the help she can provide. Most college students have a common issue: time management. It is very difficult to manage your time as a college student due to the many responsibilities and tasks college students have. Fortunately, time management is one of Ms. Pattni’s specialties; she has excelled in time management and she is willing to share her time management skills with every student. Ms. Pattni’s one piece of advice to students is to...
“have a growth mindset and not let anything hold them back”. To make an appointment with Ms. Pattni or any other academic success coach, contact the ASC.

Finally, what is a tutor? Every single student probably knows what a tutor is; we get help from them whenever we do not understand certain concepts in our classes. In order to get a better understanding of the role of a tutor, I met with ASC Math Tutor, Beverly Wood. When I asked her what her main role was, she simply said “make sure students understand the concepts.” She described that Calculus was her favorite subject, it was not easy but she worked hard and she loved it. Her advice for students is succinct and simple, but it has a lot of meaning behind it. She said to “put in the work”. Students can go to tutoring as much as they want, but if they do not put the necessary work to learn, they will not succeed. Tutors for most subjects are available Monday through Friday at the 2nd floor of the Lied Library.

Academic advisors, academic success coaches, and tutors are available through the ASC and they are always willing to help. Even though they all have many different roles, they have a common goal that they always strive for – to help UNLV students be successful.

What’s Happening at UNLV Volunteers & Alternative Breaks?

By: Brittany Prescott, Hixson-Lied Success Scholar

There are some awesome opportunities for students and staff to get involved in service events here on the UNLV campus. Stine Odegard, program coordinator for UNLV Volunteers and Alternative Breaks, provided us with further information regarding their program and the upcoming events. According to Ms. Odegard, UNLV Volunteers is a “student run organization affiliated with the office of student engagement and diversity. Our mission is to plan and run service events with the community for UNLV students.” They welcome all students and even staff to serve the community and promote awareness and positive social change. Since there are no requirements or restrictions, students can do one or a limitless amount of programs. These are great opportunities to build your resume and network for future jobs. Below are some details on a few of the programs and events they provide like Alternative Breaks, Delivering and Serving Hope (DASH), and Rebel Service Day.

Alternative Breaks are affordable opportunities to travel, do volunteer work, and learn about justice and change outside of Las Vegas. Trips spend about 80% of the time learning and serving with a new community, and 20% of the time enjoying simple recreation in the area as a group. The trips vary on average from about $40-$100 per trip. Fees include transportation, lodging, meals, program fees, and activities. What a great deal! So why is it so cheap? Well, UNLV covers the majority of the cost and the rest is paid for by participants. There are also travel grants and payment plans available for students with financial need. Their advisory panel reviews every application anonymously and selects students for the trip. Based on your answers, they offer the most passionate and willing-to-learn students the first spots. If chosen, you will be required to pay the fee for the trip and attend pre-trip meetings, participate fully on the trip, and join the post-trip event. They have been to some really awesome places like the Grand Canyon, San Diego, San Francisco, Zion, Los Angeles, and
What’s Happening at UNL Volunteers & Alternative Breaks? (Continued)

Catalina Island. The next two trips are scheduled for Spring Break and the week after finals, so don’t forget to keep up with upcoming details!

DASH is the longest running student initiated service tradition. Typically, on the last two Fridays of the month, you can pack sack lunches in the morning at the Student Union and then spend the rest of the day at the Las Vegas Rescue Mission to deliver the lunches to those in need. DASH Dinner Discussions are also a growing tradition. Once a month they invite staff from a local nonprofit to come to campus to speak about what they do, how they do it, and how volunteers can get involved. They provide dinner and a time for Q&A. It’s a great way to learn a little more about hunger and homelessness and to meet with local staff in the nonprofit field.

Rebel Service Day is the biggest event and happens once a semester in the fall and spring. It is a great UNLV tradition for faculty and students to learn about new issues by volunteering for a nonprofit organization. They have about 200-300 students join in to serve in the community on a Friday morning. This semester, it is happening on Friday, October 9th. Students who sign up by 12:00pm on the 8th can register for one of the 13 sites. It’s free, and they help coordinate transportation options! Check out the list of different sites on their website! For more information, there is a general meeting once a month, but you can also email them at serve@unlv.edu or check out their website www.unlv.edu/service for more information and to see an upcoming events calendar. Register for events on MyUNLV and talk to someone about joining the team in the Involvement Center on the third floor of the Student Union!

Professional Involvement

By: Vivian Sam, Hisson-Lied Success Scholar

“You get what you put into it.” This simple yet powerful motto should be kept in mind by every student. Analogous to a college education, where a student is in charge of their level of learning, the same can be said for a student’s academic social life. A student’s level of involvement in clubs or organizations enhances their college experience. Involvement within clubs and professional organizations can give students a leg-up in experiences, networking with those in one’s field of interest, or simply picking up on helpful tips and advice for their discipline.

Below are just a few examples of extracurricular organizations in the College of Sciences’ at UNLV that students can join to start gaining memorable and useful experiences.

Alpha Epsilon Delta (AED) is a pre-health honor society that is well-known to many undergraduates majoring in pre-professional biology. AED members volunteer with local nonprofit organizations such as Three Square and Opportunity Village. AED members have access to clinical experiences and multiple volunteer organizations in the Las Vegas Valley such as the Las Vegas Rescue Mission and Op-
Brianna Yee, a two-year member of AED, explained that she is thankful for the connection to a job shadowing opportunity, which allowed her to gain an insight into her future career as well as develop relationships through networking. “There are different committees in the club such as the Professional Development Committee. Interviews are the main process of med-school applications, so skills gained mock interviews from this committee will help me when I start to apply,” Yee mentioned. “AED had a doctor as a guest speaker once. He spoke of how he knew being a doctor right for him. It made me analyze why I want a future career in medicine too.”

Meetings are held monthly on Fridays at 1 o’clock in BPB 102. Pre-health students with a 3.2 GPA or higher must first attain a recommendation from the chapter’s advisor, Dr. Joseph Ni-ka. For more information, visit www.aedunlv.org for office hours and officers’ contact information.

Pre-medical students can also choose to join the UNLV chapter of the American Medical Student Association (AMSA), which is an organization of over 60,000 members that include undergraduate students, residents, and practicing physicians nation-wide. Members are able to speak with representatives from professional schools such as the Ross University School of Medicine and the Campbell University of Osteopathic Medicine. Aside from discovering options after graduation, many members participate in volunteering with many non-profit organizations in the Las Vegas community and on campus. One example of these organizations include DASH (Delivering and Serving Hope) at UNLV, where members make and pack lunches for other students experiencing homelessness. AMSA volunteers will be participating in an event at the Shriner’s Hospital for Children Open, an annual golfing tournament to help fundraise for International Suicide Preven- tion, starting the 21st of October.

The UNLV Geoscience Club, known simply as GeoClub, is open to all undergraduate and graduate students with a shared interest in earth science. They promote academic achievement and provide members with opportunities outside of the classroom to strengthen relationships with professors and fellow peers. This club is a close-knit community, and these opportunities are attained through participating in educational field trips and environmental projects related to geology and earth science with other members and potentially members in the professional field. Previous events include hiking and camping trips at sites such as Red Rock Canyon and Hidden Forest Canyon.
Recently, I was given the opportunity to learn about SODA first hand from Kiersten Madrid who is the Logistics Intern for Multicultural Student Programs. Kiersten helps out with many of the background organization and planning of SODA. She was kind enough to meet with me to answer a few questions about the organization and who they are. Upon meeting Kiersten, it struck me that I really did not know much about this organization nor did I fully understand the influence it had in the UNLV student community.

To start off, let’s first take a look at what SODA is. Unlike the fizzy drink we all know, the abbreviation actually means *Students Organizing Diversity Activities*. “SODA is where students with under-represented identities can come together to share their experience and learn about other’s experiences people of similarly—or differently—self-identified go through,” Kiersten explained. “We provide and create a place where individuals can affirm, and explore their identity.” She informed me that UNLV is a Minority Serving Institution (MSI) and went from the 7th most diverse campus in the nation to 2nd just recently. For me personally, I was pleasantly shocked to hear that our university is ranked so highly in this area. “It’s important that students are able to engage and educate both themselves and others on the different kinds of cultures and people around, especially with such a diverse campus.”

So, why should students join? Kiersten explained that students gain a lot of leadership skills upon joining and are given the opportunity to earn programming skills and experience. They are able to learn things about themselves that perhaps they were not aware of. Aside from themselves, they learn about other students’ lifestyles and of their cultural differences that make them unique. “It’s a place for them to learn about the affirming, education, and awareness of an identity and why it’s important,” which leads us to the goal of SODA.

With UNLV being so diverse both in heritage and culture, SODA “seeks to provide students opportunities to explore, educate themselves and to engage with others. We want students to better understand what it means to have an identity, and what it means to affirm it. We want them to be confident and know about their own culture and heritage as well as others,” Kiersten declared. In order to achieve that goal, SODA has a variety of guest speakers come in to discuss their own experiences with the students. Depending on the national heritage and cultural months, they do various activities to accommodate the focus. Kiersten explained that culture is a broad term that can mean disabilities, being a woman, culture of women, the LGBTQ community or culture of ethnic backgrounds. “It’s not just for a teaching aspect, but for affirming one’s identity proudly so that people can go to these kinds of events and feel safe; so that they can meet other people who identify similarly to them and meet others who identify differently. We want people outside the UNLV community to know that [SODA] is doing this in response to the diversity on campus.”

**So what are some major events hosted?** “Oh, we love collaborations.” Kiersten replied. “During one Black History month, we worked with two sororities for it. We even help the Rebel Events Board with...”
UNLV Premiere and Homecoming, as well as Rebels After Dark. We do socials and open to the public meet-ups where guest speakers can come in and talk to everyone. Like, in Native American month, we had a representative from NASA [Native American Student Association] come in as a speaker. In Women’s heritage month, we did #BeautifulWomen where we discussed women in media, accepting your body and accepting who you are—not just for women, but for everyone [to know that everyone is beautiful in their own way].”

**With so many events and activities, how are the members usually involved?** “We don’t really have a hierarchy. We have what we call the SODA chair positions instead. And under each Chair, there are committees. Each committee is generally in charge of something different. The Chairs will suggest activities or events to do and all the committees would then split up to get different parts of it ready and done.” Kiersten explained. “The idea is to have everyone involved as much as possible. All the committees help out with every activity or event. At meetings, we try to make them inclusive so that people outside of SODA have opportunities to learn more about them. We really want to focus on inclusivity. We want them to do whatever they feel comfortable participating in [our events].”

In regards to the socials and meetings, I asked Kiersten what kinds of topics are usually talked about. “I mean, we do things besides discussions; we have fun and do some activities together like trivia questions, and at times when it’s an open meeting to the public, watch films—like for Black History month. We have mini food socials where we try making different kinds of foods.” Kiersten smiled, “We’ve made egg rolls, spam musubi, and all kinds of delicious foods.”

After the general interview, I had the time to converse with Kiersten about many of the upcoming events SODA will be hosting. Being a Hispanic-Filipino myself, the idea of affirming my cultural identity really had me wanting to learn more. SODA creates an environment in which it is safe to both celebrate culture as well as discuss some difficult subjects. As we talked, the topic of how some people will wish to identify differently despite, for example, being born in the same country. She mentioned that identifying as Latino/a can be different from identifying as a Hispanic. I had never really thought about that difference until she had mentioned it. Additionally, the topic of “white-out” in media came into our conversation as well—an example of this would be when there is a role in a movie that was intended to be a Native American, but is given to a person of white color instead. It was really upsetting to think about how people are pushed to feel insecure about their skin color, or way of living. It’s a good thing SODA is here to let UNLV students know it’s okay to be who you are regardless of how you are identified. It’s how you identify yourself that matters.

Later, I was introduced to Whitley Hadley—one of the advisors of SODA. She was very friendly and encouraged me to check SODA out as well as to try going to one of their events. I felt extremely welcomed and more aware of just how special UNLV is by being so diverse. Definitely check out SODA for there are many beneficial and fun events coming up on their agenda! It is time well spent. I know I definitely am considering it!

References:
[https://www.unlv.edu/getinvolved/multicultural](https://www.unlv.edu/getinvolved/multicultural)
[https://unlv.collegiatelink.net/organization/SODA](https://unlv.collegiatelink.net/organization/SODA)
Using Campus Resources

By: Judyana Hernandez, Hixson-Lied Success Scholar

Hey Rebels! If you’re struggling with a class or on an assignment and need extra help here are some important resources that you can turn to for assistance to make your college experience less challenging. Below you will find information about the Academic Success Center, the Writing Center, and Counseling and Psychological Services. Each of these resources can help you in several different ways depending on the types of services that you need.

Students can pay a visit to the Academic Success Center (ASC #33 on the map) for information on FREE tutoring services and coaching that will help you get back on track. ASC Coaches can help you with time management, goal-setting, study skills, test taking, and reading strategies. Don’t forget to bring all course syllabi, work and school schedules, a planner, a pen, and paper to any of these coaching workshops. Tutoring is provided by the ASC and is held on the 2nd floor of the Lied Library (LLB #28 on the map). Trained tutors work with students in a group setting and sometimes even one-on-one for specific subjects including Accounting, Biology, Chemistry, Economics, Math, Physics, and Spanish. The Academic Success Center also offers free online tutoring through Brainfuse, which students may access from their WebCampus account.

The Writing Center (CDC Building 3 #30 on the map) is also a great resource on campus that students can take advantage of for assistance with all types of writing assignments. Consultants at the Writing Center help students by providing good brainstorming ideas, tips on writing a better paper, and feedback on drafts. Remember to call them at the phone number listed below to make an appointment and to also take two hard copies of your writing assignment for feedback.

Rebels, if you’re excessively stressing out about college and need counseling you’re welcome to stop by Counseling and Psychological Services in the Student Recreation and Wellness Center (CAPS/SRWC #12 on the map). Staff at the CAPS office assists students with mental illnesses, couples counseling, managing the stress of college life, and best of all it’s all confidential and FREE. Although there are no workshops posted for this resource, feel free to contact them to arrange an appointment.

Here are some helpful October 2015 workshop schedules, and the contact information for each of these resources.

**Academic Success Center (ASC)**
Phone: (702) -95-3177
Hours: 8 a.m. to 5 p.m., Monday through Friday
Email: ascadvising@unlv.edu
Website: https://www.unlv.edu/asc

**Upcoming ASC Sponsored Workshops:**

**Success Series Workshop Special Topic: Reading for Success**
When: Oct. 16, 2015, 11:30 a.m. to 12:30 p.m.
Where: Student Recreational and Wellness Center Rm 1010
What: How to read academic texts and articles efficiently while comprehending information.

**Success Series Workshop: Study Smart**
When: Oct. 19, 2015, 5:30 p.m. to 6:30 p.m.
Where: Student Recreational and Wellness Center Rm 1010
What: How to structure your study time and use a variety study tools.

**Success Series Workshop: Get Organized**
When: Oct. 21, 2015, 12:00p.m. to 1:00p.m.
Where: Student Recreational and Wellness Center Rm 1010
What: How to effectively use time management tools and strategies.
Using Campus Resources (Continued)

Success Series Workshop: Conquering the Test
When: Oct. 26, 2015, 5:30p.m. to 6:30p.m.
Where: SU Rm 205
What: How to approach various test questions, use relaxation techniques, and be your best.

Success Series Workshop - Help: iProcrastinate
When: Oct. 28, 2015, 12:00p.m. to 1:00p.m.
Where: SU Rm 205
What: How to stop procrastinating, get things done, and make the most of your time.

Tutoring held at Lied Library (LLB)
Phone: (702) 895-2111
LLB Hours: Mon.-Thurs.: 7:30a.m.-12:00a.m., Fri.- 7:30a.m.-7:00p.m., Sat- 9a.m.-6p.m., Sun- 11a.m.-12a.m.
LLB Website: https://www.library.unlv.edu

Tutoring schedule may be found at: https://www.unlv.edu/asc/tutoring

Fall and Spring semester tutoring hours:
Mon.-Thurs.:10a.m.-8p.m., Fri.- 10a.m.-5p.m., Sat.- Closed & Sun.: 2p.m. - 8p.m.

The Writing Center (CDC Building 3)
Phone: (702) 895-3908
Hours: Mon-Fri: 8a.m. -5pm, Sat.: closed, Sun: 12pm to 6pm
Email: writingcenter@unlv.edu
Website: http://writingcenter.unlv.edu/

Counseling and Psychological Services (CAPS/SRWC)
Phone: (702) 774-7111
Hours: Monday–Thursday: 8 a.m.-6p.m. & Friday: 9 a.m.-5p.m.
Email: srwc.memberships@unlv.edu
Website: https://www.unlv.edu/srwc/caps

*All photos used are original or can be found at unlv.edu