

# UNIVERSITY OF DAYTON

Office of Multicultural Affairs  
November/December 2012 Volume 5 Issue 3



# OHANA



# Letter from the Director

The OMA staff would like to send best wishes to students for completing the fall semester and as you prepare for the holidays. During final exams OMA supported students as they prepared for final projects, papers, and exams. We hope that students took advantage of the library, lounge, and computer lab in OMA (Alumni Hall - First Floor South). We also hosted study tables in OMA every night during finals week.

I also want to take a little time to celebrate some milestones! Congratulations to all of the December graduates! We acknowledged the graduates and many others during the OMA Mid-Year Recognition Dinner on December 5 at 6pm.

First-year students, congratulations on the completion of your first semester in college! We are proud of you and all students. I hope that all of you will take some time over the winter break to reflect on the Fall 2012 semester. Enjoy your accomplishments and think about the adjustments that you want to make during the Spring 2013 semester. The winter break is also a good time to work on your resume, begin looking for summer opportunities, complete application materials (e.g., study abroad, scholarships, graduate school, study for a graduate school entrance exam), and focus on your job search! You can also begin completing the FAFSA application on January 1. March 1 is the recommended filing deadline.

Make sure that you stop by OMA when you return in the Spring. We look forward to congratulating you on completing the semester and helping you prepare for the Spring!

Patty Alvarez, Ph.D.  
Assistant Dean of Students/Director of  
Multicultural Affairs



Left: Dr. Patty Alvarez,  
Assistant Dean of Students/  
Director of Multicultural Affairs

Right: Christine Schramm,  
Associate Vice President/  
Dean of Students

# UD's Society of Hispanic Professional Engineers

Esther Arizmendi, Senior

For a few years now, the University of Dayton's Society of Hispanic Professional Engineers (UD-SHPE) has been underrepresented. This year, however, the board and members of UD-SHPE have been working to the best of their ability to bring the organization back to its optimal potential and hope to exceed it.

SHPE is a national organization made up of seven regions and UD-SHPE helps shape Region 6 along with about 35 other chapters. SHPE has a vision of a world where Hispanics are highly valued and influential as the leading innovators, scientists, mathematicians and engineers.

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SHPE changes lives by empowering the Hispanic community to realize their fullest potential and impacts the world through STEM awareness, access, support and development.

National SHPE takes a step to fulfill its mission every year by hosting National-level conferences. The SHPE Conference is the major event for the Society of Hispanic Professional Engineers, Inc. and the largest technical and career conference for Hispanics in the country. Each year, the SHPE Conference attracts over 5,000 engineering professionals, students and corporate representatives. The conference is an opportunity for engineering companies and corporations to recruit top talent from SHPE membership. It also provides educational, technical and career opportunities for professionals and students with background in all STEM fields.

As a student run chapter at UD, we strive to make our presence known on campus as leading, passionate, and dedicated individuals receiving higher education in STEM fields of a very high caliber. Our chapter has grown by about 70% since last year and with the help of our new members consisting mainly of first year students, we look forward to hosting an outstanding Regional Leadership Development Conference (RLDC) for Region 6 on March 8-9 of 2013. SHPE stages RLDC's on a yearly basis for the leadership of the SHPE student chapters to improve their

organizational, managerial, and technical skills. These conferences take place in all seven regions to also improve the infrastructure of SHPE student chapters. Student leaders learn how to interact and network with SHPE's corporate supporters as well as with all of the professional SHPE chapters in their respective regions. Since the planning for the RLDC at UD takes a lot of planning and student involvement, we welcome students of all majors to join any of our six planning committees and become active in our organization.

The 2013 Region 6 RLDC is a very significant event for UD-SHPE as it will show our campus just how much potential the Hispanic population is comprised of and will open a few doors for much more diversity on campus and a good feel for Hispanic culture. Although our organization is mainly populated by Hispanic students, all students majoring in a STEM field are welcome to attend our general meetings and become a part of our SHPE "familia." For more information regarding our meeting dates and times or if you are interested in helping with our conference planning, please email [udshpe6@gmail.com](mailto:udshpe6@gmail.com) or visit our UD website, <http://www-staging.udayton.edu/students/shpe/>.

# Getting to the Heart of Things

Chase Jones, Graduate Assistant

In November Kindred Presidents (KP) participated in a Networking Reception with UD faculty, staff, and administration. This reception was an idea of KP's from last year and is an opportunity for student to meet members of various offices and departments at the university and to discuss with them the services and support for students. One student said, "It's very insightful on both ends. Giving the student perspective and professional perspective on the same topic shows the developmental and professional difference that comes with the thought of pursuing a post graduate education." Now that is positive feedback...congratulations KP!

As we move into the holiday season Kindred Presidents wishes everyone a wonderful break with friends and family and safe travels both to and fro.

See you in 2013!

## Editor's Note/Carta del Editor

Now that we're approaching the end of this academic semester, exams, term papers, and team projects dominate our lives. However, let's never forget to take a deep breath, exercise, eat healthy, and read the OHANA newsletter! We have a lot of great content for our readers in this edition.



We will be talking about UD's *Determined to Develop* club and how they're changing the world; inexpensive Christmas gifts; how to utilize Google to be more efficient during finals weeks; and much more! We desire nothing but the best for you all this semester and wish you a very Happy Holidays!

Ahora que estamos llegando al final de este semestre académico, exámenes, ensayos y proyectos de grupo dominan nuestras vidas. Sin embargo, nunca olvidemos de respirar profundo, hacer ejercicio, comer saludable, y leer el boletín de OHANA! Tenemos mucho contenido de interés para nuestros lectores en esta edición.

Vamos a estar hablando del club de UD *Determined to Develop* y de cómo está cambiando el mundo; regalos económicos para la Navidad; cómo utilizar Google para ser más eficientes durante las semanas de finales; ¡y mucho más! ¡Esperamos lo mejor de nuestros lectores en este semestre y les deseamos unas muy felices fiestas!

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# Determined to Develop

Gerald Kierce, Co-Editor

On November 1<sup>st</sup>, 2012, *Determined to Develop* and The University of Dayton hosted a benefit dinner for an exceptional cause: “Water for the Warm Heart of Africa.” With nearly 430 attendees, this event met their goal of raising \$8,500 to install a water pump for the Sangilo Private Hospital in Malawi, Africa. This pump will also have the opportunity of providing water to the Sangilo Primary School, which partners with a local women’s group to administer a daily feeding program for 1,200 children.

Allison Varricchio '13 and Stephen Crum '14, *Determined to Develop*'s student leaders, have had the opportunity to go to Malawi for the past two summers and work with former Flyer Matt Maroon '06 on Maji Zuwa, which is a guesthouse lodge which includes conference facilities and economic empowerment offices

close to Lake Malawi. Allison and Stephen, as well as other UD students, have had the opportunity to change the World, first-hand. Now, they wanted to expand the UD community in these endeavors.

The dinner was fantastic and the conversations were powerful. Dr. Daniel Curran and Gov. Bob Taft, as well as UD faculty, administration, and students, were among the guests during this evening. The meal was a traditional Malawi dinner with rice and Massamba, which includes greens and tomatoes, as well as Mandasi for desert, a donut-like pastry. After everyone finished his or her meals, Matt Maroon '06 took the stage.

Maroon was the founder of Maji Zuwa after having spent various years in Malawi doing service with the Marianist brothers. He was extremely appreciative of all of the attendees that night and assured them that what they were doing was making a difference in the Warm Heart of Africa.

# Gmail Tips for Studying

Gerald Kierce, Co-Editor

Since everyone in UD now has a Gmail account, I found it fitting to give a few recommendations on how to use Gmail as efficiently as possible to aid in studying. The first thing to understand is that Gmail is much more than just an email sender/receiver; it's a way to organize your life. Having said that, here are four tips for using Gmail that will help you get organized.

1. **Google Calendars.** *Gcals*, as most refer to it, is an invaluable tool that I'm sure most of you are familiar with. The most important recommendation that I could give you is to organize 100% of your week, and stick to it! For example, set your exam schedule on *Gcals* and separate the times you want to dedicate to studying for each specific subject. If you have a smartphone, Google can notify you in advance when you should be switching to your next task. If you want to be precise, you can even create an event for your sleep schedule and eating hours (but please, only in Finals week).
2. **Google Drive.** This Google application, which you can find in the upper tab of your Gmail page, was previously referred to as Docs. The great thing

about Google Drive is that you can create documents, presentations, and spreadsheets, which are saved in the cloud and not on your computer. You can also share these documents with your classmates and work on study guides for your exams.

3. **Labels.** Although this recommendation (like the others) is not limited to “finals week use,” it could be a great resource. Creating labels for your emails lets you access your emails in a more efficient way. Let's say you want to label all of your emails from Prof. John Smith to go to the BIO 101 tab, this lets you access all of his emails without having to do a search. You can also choose to eliminate these emails from your Home stream and simply have them appear in the Label tab.
4. **Classify as *Important* and/or *Starred*.** Classifying certain emails as *Important* and/or *Starred* could be a great tool for finals week. This way, you could keep track of all of the study guides they send you; important dates that appear on emails; and information that is relevant to you on the short-term. When that email is no longer relevant to you, mark it *Unimportant* or remove the star and the emails will still remain in your inbox.

# 8 Inexpensive Holiday Gift Ideas

Gerald Kierce, Senior, Editor

The holidays are here, officially marking the season of giving. The holidays are the times we spend breaking our bank to create numerous smiles, by providing the best gifts to those we love. As an avid giver, I understand the struggle, but would like to share eight inexpensive gift ideas that will effectively show your loved ones you care, while saving you a few extra dollars!

## Food Ideas

Love to cook? What better way to show your care than baking or cooking for those you love? A full tummy is a happy tummy!

**Holiday Baked Goods-** Bake your aunt's, uncles, cousins or best friend's, favorite sweet treat, layer them in a jar. Decorate the jar with fabric and ribbon for an elegant presentation and attach the recipe for them to use in the future! If you want to be more creative, try layering the ingredients instead of the goodies themselves (this can also be done with other recipes, savory and sweet layer the dry ingredients and attach the recipe)!

**Coffee Lovers-** Do you have that one friend or family member who is obsessed with coffee? Hit the holiday craft fairs and find a large hand-thrown coffee mug go for something colorful or something you can personalize. Fill it with individually wrapped biscotti or chocolate spoons (they're both simple to prepare)! Add it to a basket with their favorite coffee grounds and creamer to up it a notch!

## Craft Ideas

So cooking may not be your thing, or maybe you just want to get fancier! Then crafts are the way to go; they allow you to creatively express yourself, while providing memorable gifts that last a lifetime.

**Personalize a picture frame:** Choose a plain picture frame and decorate it with polymer clay, acrylic paints, seashells, beads, ribbon, etc. Frame your favorite picture of you and your loved one to create a picture worth a thousand words and memories!

**Candles:** Candlemaking is extremely easy and makes the perfect gift. All you need is wax, wicks and something to put them in and you're good to go! Melt your favorite scented wax (or plain wax and add fragrance/dye to it) and put it in your favorite tea cup, jar, or any other mold.

**Scarfs, Hats and Gloves:** As Christmas time nears, so does the cold weather. Warm up the winter with handmade accessories-gloves, scarfs, hats, etc. Buy yarn as low as three dollars a bundle and crochet masterpieces in a matter of hours!

**Coupon Book:** A great personalized gift! Depending on what the recipient enjoys you can customize the book. Include service things like breakfast in bed, a day of help, and a night off. Include an expiration date to help motivate the recipient to use the coupons.

**Handmade Soap:** Make handmade soaps and package them with a soap dish, loofa, or natural sponge.

**Gift Baskets:** Can't decide which one gift to give? Choose a variety of gifts and personalize a basket that will be sure to please! Not only do gift baskets provide you with the creativity to express yourself, but they're much cheaper and a lot more meaningful! For starters, you can choose from any of the ideas above, to include in your gift baskets!



# Academic Success Corner

Aaron Witherspoon, Academic Success Specialist

How quickly the semester has gone by! Hopefully you have been able to achieve the goals that you set forth to accomplish this semester. As you reflect on this past semester, remember the actions and habits that led to your successes. Also, reflect on how to improve in areas that may have been difficult.

Over the break, here are a few things to remember:

- Begin to think about your goals next semester, and start making a plan.
- Start thinking about what you would like to do in the summer – now is the right time to begin to think about internships, summer jobs, research opportunities and other interests you may have.
- Try and read a book over the break – use the time to relax and enjoy your loved ones, but always keep your mind going.



Have a safe and wonderful holiday season, and see you in 2013!

## Academic Success Corner Student Spotlight

Aaron Witherspoon, Academic Success Specialist

“Never get discouraged because the sky is the limit”

### Student Spotlight

Dayziona Daniels

Sophomore

Pre-med major

Hometown: Dayton, OH

### *What have you enjoyed most about UD?*

“What I have enjoyed the most is being involved with OMA. I love OMA!”

### *What are your plans for life after UD?*

“After attending UD I plan to go to Medical School, through the Air Force.”

### *What advice would you give to first-year students?*

“I would give first-year students about study habits and staying on top of your work. Create a study habit that is most efficient, and use your time wisely. Never get discouraged because the sky is the limit.”



DAYZIONAE DANIELS

# Coming April 2013

## 17th Annual Colors of Leadership Conference

GO TO [HTTP://OMA.UDAYTON.EDU](http://oma.udayton.edu) FOR MORE INFORMATION

# Perspective Matters: Me Time

Esther Chang, Sophomore

Recently, there seems to be an arising trend I have begun to notice around campus. This is the time of the year where everyone is running around like we're playing a game of musical chairs, and everyone is eager not to be the one to get out of the game.

There are 24 hours of each day and we are able to keep ourselves constantly on our feet for at LEAST 14 hours of those 24 almost each and every day! It makes you question how we humans manage to even make that possible. It's difficult to see it this way because at this event-driven, academic-stressing school, the vast majority of us are always running around to keep up with this fast-paced community!

I want to put stress on the word, human. As humans, we are capable of only so much before we need to reenergize ourselves for the rest of the things on our to-do list. This is why businesses allow for 'personal days' or 'days off.' I myself had fallen underneath this trend these past few weeks, which especially affected my performance as the Resident Assistant in Founders. I started more openly showing how I was really feeling; I mentioned myself more times in conversation with my girls rather than focusing on what *they* had to say; I lacked the motivation to send out e-mail reminders to all my girls for our recent community dinner, hence, the attendance. I started feeling low about myself and every little thing started to feel like a big thing and I didn't know why.

After speaking with a friend, I started to realize that everything that was stressing me out were things that I was able to handle before! So why now do they seem *unmanageable*? She mentioned that she didn't hear anything about me taking time to just relax, or go do something for myself. It sounded like such a simple answer to all the simple problems I was having, but she was right!

A few days later, I made it a clear intention to go see a friend of mine, amidst my crazy schedule. After lunch, I stopped by her room and stayed for a good half hour just catching up. I walked out of the room feeling better about myself and making my friend feel special. The rest of the day wasn't half bad after that! That night I managed to plan our floor's first movie night and being excited for it and I was more motivated to catch up on the reminders throughout the day. I feel better about myself now and feel more motivated to take the extra steps to make the best out of what I have, and all because an half an hour of "me time". As a result, I have included within my schedule, 'me' time in a half hour time slot each day so that it is an intentional effort to get it done.

Life can get crazy, sometimes out of your control, but in those cases, it is even *more* important that you give yourself the time of day to just focus on whatever it is that you want to do.

Also, keep in mind that the holidays are coming up! It's that time of the year, to focus on others. Don't forget that that simple "me" time can affect your time management and will link onto your positive energy as well! But don't give yourself too much! Follow the famous proverb, "whatever you do, do it in moderation." But regardless, it's important to squeeze it in there, into the narrow gaps in your daily schedule.



Esther Chang, Sophomore



# Thank God It's Friday

Miracle Reason, Co-Editor

Americans are consumers. In our everyday lives, we continuously consume more than what we need. In fact, there are a few experiences I've had where I just bought something to buy something. Some could say Americans are materialistic and I believe that is true. This is true, indeed, because of our "national holiday" known as Black Friday. Black Friday, ironically, is the Friday after thanksgiving. I say ironically, because this is the day we are supposed to be thankful for what we have. Thanksgiving is the day we recognize that at the end of the day "things" do not matter but family does. But all of that goes out the window when it hits 12:00 am on Friday.

The history of Black Friday began in 1961, in Philadelphia. Originally, the sales that take place on Black Friday are for people who prefer early Christmas shopping. The name "Black" Friday referred to the mass of people who arrived to stores in the darkness and dusk of the day. Many officials tried to change the name to "Big" Friday, however, no one ever caught on to it. Despite the offense that goes along with it, sources say that was not the goal.

My own experience with Black Friday shopping this year was annoying. I was awakened from my sleep at 11:30 pm and had to get dressed. My mom, and my two sisters, wanted to go shopping. Living on the Southside of Chicago, there was no way we were going to make it downtown in time to get to the really good stores. So, we settled for Target and Wal Mart. You might ask, what were we shopping for? What is the motivation to get up at 11:00 and spend money? The answer is simple: stuff. The sales were completely out of this world. These major outlet stores were saturated with sales and families. All I saw were people in footsies, pajamas, hair scarves, and slippers. People are dedicated to spending money that they do not have, in order to get what they want now.

Personally, it is funny to see, but I do not mind the shopping either. However, it is when I read articles where people are pushing and hurting each other for things...that is when I feel as if it is not right. Overall, let us please be thankful. Thankful for our families, friends....and Fridays.

## Life After UD

Jerami Johnson, Student Engagement Assistant

Hello, fellow students as the semester begins to come to a close and you are thinking about food and family here is something else to look forward to. Life After UD is moving to OHANA next semester! The program will now be an article series that you can read and explore in this very newsletter. The Office of Multicultural Affairs has designed this program to assist of every class by focusing on some of the key concerns of each class.

First year students, for you specifically we will focus on identifying programs based on acceptance, attachment, homesickness, finances, and living arrangements. Second year students, your programs will be based around major, involvement, studying abroad, academic performance pressure, community, social engagement, interaction, academic engagement, and leadership opportunities. Juniors, our focus for you will be health/wellness, living arrangements, internships, and navigating confrontation. Last but certainly not least, Senior programs will focus on job searching, etiquette/professionalism, graduate school, and career/vocation.

Also, please remember that the programs that are identified are not just the programs of OMA but of other departments, campus partners, and student organizations. Be sure to seek out more information about programs that may interest you and don't be afraid to step out of your comfort zone. Happy Holidays and see you next semester!

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Congratulations to the 2012 Spring semester recipients of the OMA Book Borrow Program: Dayziona Daniels, Khristien Santiago, Kennedy Ovenseri, Miracle Reason

# Discovery and Enlightenment

Chase Jones, Graduate Assistant

This last month has been one filled with projects, papers, books, articles, research, and event planning...Whew! Yet, there is nothing more satisfying than discovery and enlightenment from hard work and determination. Step one is finding that determination and motivation. Well I'm here to share with you three secret boxes of our world as graduate assistants.

1: 'The Mushroom' -Love yourself as much as you focus on what you're doing. Nourish the mind, body, and soul and you will grow faster than you'd ever thought possible.

Sometimes it takes a day of Netflix, a bubble bath, or a good hard work out to replenish our spirits and those chemicals in our bodies that encourage Joy.

2: 'The Fireballs' - Be joyful in all that you do, even if you don't like it.

Complaining feels great at the time as seeking out validation of frustration is a part of human nature. But being able to move beyond badgering and

tossing fire can provide for blissful clarity and joyous days.

3: 'The Feather'- Breath. For one, without oxygen you'll be certain not to finish that methods section. Most importantly though, don't get caught up in the whirlwind of research, graduation, and the job hunt. We are surrounded by support systems, great listeners, and calming forces. May they be your focus and you can indeed soar above the clouds to get a better picture of the path before you.

Remember, there will always be Bowsers to break you down, Princesses to rescue, Yoshis to remind you that fun exists, and Luigis whose loyalty and companionship make you the best you can be. We are all characters with a role to play so go forth and 1UP yourself...today!



OMA Graduate Assistant  
for Leadership Initiatives

# Basketball and Fellowship

In November, as part of the programs several students had the opportunity to attend a basketball game with members of the Black Employee Association.

