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Spring Break Safety: Wise Words from the Alcohol and Drug Abuse Initiative

While you are getting ready to “Cruise into a Safe Spring Break” remember these tips:

- Remember that there is safety in numbers. If you are out at night, call a friend or talk on your phone while you are walking to your car or to your door. Always let someone know where you are at all times.



- Never leave your drink unattended, and never accept a drink from someone that you do not know. Accepting drinks from others and leaving your drink unattended can lead to someone putting something in your drink, such as a date rape drug which is odorless and tasteless.

- Know your limits. Never drive home after drinking; let a friend drive home.

- Did you know that someone who is intoxicated cannot legally consent to sex? Alcohol & sex do not mix, so make sure you don't tease someone into thinking that you may be willing to have sex. If you say no, say it seriously because "NO", does mean "NO".

- As always, remember that if you need help call someone that you can trust or call 911. It's better to be safe than sorry.

R.I.D.D. (Reducing Irresponsible Drinking and Drugs) Week is March 3rd-7th and is packed with fun events to get you on your way to a safe Spring Break. Attending R.I.D.D. week will give you tips and lessons that could help you when you are faced with drug or alcohol decisions.

For more information contact [Rosanne Keathley](#) at 936.294.1171 or view the [RIDD Week Schedule](#) here.

Get to Know a UNIV 1301 Instructor

Jessica Zuckero



1. How long have you been at SHSU?

As a student, adjunct instructor, and full-time staff member in the Reading Center; I have been at SHSU continuously since 1988.

Places to Know

[Writing Center](#)

Mon, Wed, Thur: 8am - 7pm
Tues: 8am - 10pm
Fri: 8am - 3pm
Sun: 2pm - 7pm
936.294.3680
Farrington 111

[Reading Center](#)

Mon-Thur: 8am - 7pm
Fri: 8am - 3pm
Sun: 2pm - 7pm
936.294.3114
Farrington 109

[Math Help Lab](#)

Mon - Thur: 10am - 4pm
936.294.1565
Farrington 104

Dates to Know

Check out these websites for important dates and fun events!

- [Academic Calendar](#)
- [Sam Center Calendar](#)
- [Student Services Calendar](#)
- [Today @ Sam Calendar](#)

No Cook Recipe for Residence Hall Living: Little Leprechan Pizzas



If you're looking for a fun and easy treat to share with your friends, try this recipe.

Toast 4 english muffins.

Top with one 8 ounce can of tomato sauce, 1/2 teaspoon of oregano, a dash of garlic powder and mozzarella

2. Where did you go to college?

University of Houston - BBA in Production & Logistics Management
 Sam Houston State University - M.Ed. in Reading
 Sam Houston State University - Ed.D. in Higher Education Executive Leadership (All but Dissertation)

Sam Houston State University - Certification in Elementary Ed., Certification in English as a Second Language (ESL), Certification as a Learning Resource Specialist (school librarian), Certification in Content Area Reading, Certification as a Reading Specialist

3. A little bit about yourself?

I lived at Boy's Town in Memphis, Tennessee from the age of 9 until I graduated from high school. While in high school, I made the decision to become a coach and teacher. At 18, I joined the United States Air Force (USAF) to get my G.I. Bill money to attend college. The first two years of my four-year commitment were served in Texas, and the last two years in Colorado and Utah. While in the USAF I married a girl from Houston and we had a child. We returned when I was discharged and I began working in the oil field while going to school at night. I got caught up in the business world, and in 1978, I graduated from University of Houston with my BBA. In 1982, there was a major recession in the oil industry, and I lost everything. That same year I began working in a night club and quickly became a DJ. In 1983, I became the Program Director for four night clubs while continuing to DJ in one. After taking the circuitous route, I decided to begin my education to become a teacher in 1988. I was working full time in the night clubs and attending school in the daytime. I received my certification in May of 1990 and began teaching at an elementary school in inner-city Houston; I taught fourth grade ESL classes. I was the librarian at the same school the next year, but in 1992, I moved to Conroe ISD as a librarian at a junior high school. The next year I had the opportunity to teach full-time as the Master Teacher in Residence in the College of Education at SHSU. In 1994, I went back to the junior high school in Conroe ISD teaching reading, reading improvement, creative writing, and language arts writing. From 1999 to 2003, I was at Woodlands High School, teaching college reading applications. Although I did not become a coach, I worked closely with the athletic departments at the junior high and high school levels announcing and working at most athletic events. In 2003, I was fortunate enough to be invited to become a staff member at SHSU, to create the Reading Center and improve the developmental reading program. In 2005, I applied to teach UNIV 1301 – Introduction to Collegiate Studies and was hired to teach the Education Cohort. In January of 2005, I began my Doctoral studies in higher education and leadership. Currently, I am ABD (all but dissertation), working on my dissertation.

4. What helped you get through your first year of college?

Nothing! My first semester of college was a disaster. I was definitely a developmental student and had no earthly idea of how to succeed in college. The first semester my major was GGO – Girls and Goofing-Off. I spent enough time doing both that I immediately flunked out of college and joined the USAF.

5. How do you think high school differs from college?

In high school, students are somewhat coddled by teachers and administrators because the goal is to get students successfully graduated. Also, there is almost constant supervision by school personnel and parents.

When a student begins college they must make the transition from almost constant supervision to totally no supervision. It is a difficult step for students to begin depending solely on themselves. Time management and self-regulation strategies are essential, and most newly entering freshmen have initial difficulty acquiring good strategies to be successful.

6. How do you think UNIV 1301 benefits first-year students?

UNIV 1301 is designed to help students take the leap from the security of ever present supervision to the world of taking care of themselves. The course material introduces students to ideas and strategies to help them be successful in many areas of their lives. UNIV 1301 is the best course freshmen can take to help ease the transition from high school to college.

7. Do you have any general advice or words of wisdom for first-year students?

... game power, and mozzarella cheese.

Heat uncovered for 1-2 minutes using the microwave in your residence hall lobby.

Add optional toppings like green peppers, sliced mushrooms, or pepperoni.

ENJOY!!

Don't Forget!

Sunday, March 2nd: The annual "March to the Grave", sponsored by the Walter P. Webb Society and the history department, will begin at 1:30 p.m. at Austin Hall. A ceremony honoring Sam Houston will take place at his grave in Oakwood Cemetery at 2 p.m.

Friday, March 7th: Residence halls close at 6 p.m. for Spring Break.

Sunday, March 16th: Residence halls open at 2 p.m.



Friday, March 21st: Good Friday, holiday for students and faculty.

This Month in History

March 2, 1793: Happy Birthday Sam Houston!



March 4, 1924: The "Happy Birthday to You" song was published by Claydon Sunny.

March 9, 1959: Barbie made her debut!



March 13, 1965: "Eight Days a Week" by The Beatles goes #1, what a catchy little tune!

March 15, 1968: LIFE magazine deemed Jimi Hendrix as "the most spectacular guitarist in the world." He was a lefty playing on a right-handed guitar, too!

March 18, 1961: The Pillsbury Doy Boy was introduced!



March 26, 1937: Spinach growers in Crystal City, Texas erected a statue of Popeye, the Sailor Man.

March 29, 1959: Jack Lemmon and

If a first-year experience course such as UNIV 1301 is offered, it will serve you well to enroll in the course. Although reading and writing are academic skill required for success, the two most important things you must learn are to manage your time wisely and ask for help when you find yourself in that proverbial jam.

Tina Kuo Tina Kuo



1. How long have you been at SHSU?

I came back to SHSU in 1995 – so I've been here 12 years now.

2. Where did you go to college?

I received both my B.A. and M.A. from Sam in Criminal Justice ('83 and '88).

3. A little bit about yourself?

I am the Director of Residence Life here on campus and have been teaching UNIV 1301 from its birth – and I really love it! I have also worked in Student Affairs and taught at Texas A&M University for several years, so Higher Education has evolved as my career of choice. I am married with 8-year-old twins (a boy and a girl), and we live in an even smaller town than Huntsville, along with two cats! My husband and I met at Sam. I love to read (many different genres), and am a soccer-baseball-gymnastics-karate mom and a Brownie troop leader, so our family stays very busy! We also enjoy camping and hiking!

4. What helped you get through your first year of college?

I was a part of the Freshman Leadership Program here at Sam, which gave me a great advantage as a freshman. I also made some terrific friends!

5. How do you think high school differs from college?

Your hand is not held much, if at all, in college. You have much more autonomy and responsibility for your own decisions, which often makes the consequences of your behavior greater.

6. How do you think UNIV 1301 benefits first-year students?

I believe that it really makes our students think about their habits and skills much more than non-UNIV 1301 students and gives them the opportunity to adjust and adapt better. They then go into their other classes with a more realistic picture of what they need to do to be successful in their academics.

7. Do you have any general advice or words of wisdom for first-year students?

There will always be plenty of time for fun, so buckle down this first year and get good habits established so that you can be successful! Be thoughtful about what organizations and activities you join that can enhance your college experience!

GET ADVISED!

The Student Advising and Mentoring Center is currently advising all students for the upcoming Summer and Fall semesters. All first-year students are under mandatory advisement. Since registration will take place at the beginning of April (students with 1-31 hours-April 4th, students with 32-63 hours-April 3rd), all students who have not been advised for the Summer/Fall semesters should do so as early as possible to avoid the last minute rush during pre-registration. Once a student is advised and cleared, the student is ready to register at the appropriate time.



[The SAM Center](#) is open M-F from 7:30 a.m. until 4:30 p.m.

Marilyn Monroe's film, "Some Like it Hot", premiered.



Did You Know?

Saint Patrick's Day is March 17th! Here are some fun facts about this holiday.



The very first St. Patrick's Day parade was not in Ireland. It was in Boston in 1737.

In Chicago, on St. Patrick's Day, the rivers are dyed green.

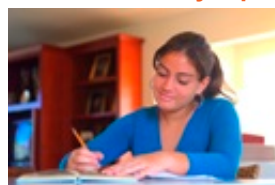
Nine of the people who signed our Declaration of Independence were of Irish origin, and nineteen Presidents of the United States proudly claim Irish heritage -- including our first President, George Washington.

Most people attend mass in the morning before attending the St. Patrick's Day parade.

Shamrocks are worn on the lapel.

- From Funpages.com

Mid-Term Study Tips



- Schedule regular study periods so that you will have time set aside to review. The more you review material, the more effectively it will be learned.
- Be realistic in determining these study periods. It is better to study for thirty minutes for each class than two hours for one class. The more spread out these times are, the less likely you are to get burned out.
- Establish a regular study area with all of the study tools you will need. Your mind will not be interrupted when looking for materials and will kick into gear



and stays open until 6:30 p.m. on Mondays and Wednesdays. The Summer and Fall [schedules of classes](#) are available online for your convenience. If you have any questions, be sure and schedule an appointment before the rush begins. Students can call to make appointments at 294-4444 or just walk in to be advised.

Undergraduate Research Opportunity in the Department of Mathematics



The SHSU Department of Mathematics and Statistics has received National Science Foundation (NSF) funding for a series of Undergraduate Research Fellowships. Sam Houston students would receive support for up to two years to collaborate with mathematics faculty on undergraduate research. Most of the research would take place during summer months; undergraduates would receive housing, a stipend (about \$400/week) and a conference trip to meet other undergraduate students.

Applicants for this program should be first- or second-year students at Sam Houston. Students need not be math majors, but must be willing to commit to a program of study in mathematics while involved in this research.

Interested students are encouraged to contact [Ken Smith](#) (936-294-1563) for further information. More information is also available at this [webpage](#).

materials and will rock the gear when you are in your study area.

- Study when you are wide awake! The later in the evening you begin your studies, the less alert you will be. In most cases, one hour during the day is worth an hour and a half at night. Decide what times are the best for you, and plan your study times accordingly.
- Take regular breaks, for every 50 minutes of study, take a 10 minute break to eat a snack, flip through a magazine, or go for a walk.

Questions or comments? Email us at: fye@shsu.edu, call 936.294.3422, or write FYE, Box 2209, Huntsville, TX 77341-2209.