

# THE SCRIBE

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## Super Heroes of the SSS Summer Bridge Program

Super heroes were this summer's Bridge Program theme. In the residence hall colorful cutouts of Superman, Superwoman, Catwoman, Captain America, Batman, and others adorned the hallways and lounges of Hoyme Hall. In the classroom students studied ATP, actin, DNA, RNA, mitosis and meiosis, all super heroes of the biological world, as well as viruses and bacteria, which are occasionally super heroes and often super villains.



Move-in day is usually a hot and sweaty affair. This year the weather was quite cool. On August 1, forty-six students from as far away as Alaska and Florida, and as close as Kenyon arrived excitedly to the greetings of many SSS summer bridge staff. "Many hands make light

work," was proved on that day. Parents pulled up the cars and while students checked in, hordes of student staff whisked all of the stuff off to their rooms, often clearing a carload in less than a few minutes.

Students were quickly handed their biology textbook and first assignment, due in class on the first day. On the second day of class students took their first quiz; on

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## Board of Leaders help First-Years to connect

*Domonique DeWild*

On Friday, September 18, the Board of Leaders put on a retreat for the first years. The retreat consisted of introduction of TRiO, Board of Leaders, and the Center for Experimental Learning, an ice breaker, community groups, master binders, brown bag skits, and ending in a fun capture the flag game. After a brief overview of the TRiO programs, we headed outside to play a familiar SSS icebreaker, trainwreck. In trainwreck we learned that there are a number of first years from all over the country, many favorite kinds of food, colors, and hobbies.



Trainwreck, a fast-paced get-to-know-you game is quickly becoming an SSS Tradition

After burning some energy, we went inside to split into first year communities. Two Board members have a group of 8-9 first years that they plan activities with and help them with any questions the first years may have.

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# Alumni Panel Shares Wisdom with Current SSS Students

By Kabao Xiong

Every year, the main entrée of fried chicken along with Paula's infamous mashed potatoes successfully attracts students to Ytterboe Lounge. I must say, fried chicken is a rather strategic way to gather SSS students together, especially for an event as useful to undergraduates as Alumni Panel Night. But the food wasn't the only incentive! The Alumni Panel was a splendid event for SSS students to reconnect after three months away from Northfield. Not to mention how valuable a 90 minute homework break could be!

This year's Alumni Panel welcomes Katie Stenseth, Patrick Bass, Mee Yang, MK Xiong, and Jamie Fields back on the Hill. I'm sure it was a nostalgic experience for our alumni to return. But to add to the nostalgia, they were asked to give advice, make comments and share personal experiences about their years here at St. Olaf. They were all very willing and even made elaborative statements on each question.

As for advice, our alumni highlighted the importance of student-professor relationship. Patrick advised that SSS students make an effort to talk to professors, it could reflect on their grades at the end of the semester because they may learn more about how to study for the course, get assistance on course material, etc. Not only that, when students apply for scholarships, internships and study abroad programs, professors become a rather resourceful tool. Furthermore, sometimes, particular professors direct study abroad programs or know of internships and if such is the case they can especially be of use to you in your application process. Besides that, as you get to know professors, you might find them to be entertaining unique individuals.

An interesting piece of advice came from both Katie and Patrick: Have balance. Both feel that while it's important to study and focus on academics, students should take breaks when needed. To specifically restate Patrick's words of wisdom, students should "have an 'outlet' that is away from all daily and sometimes stressful activities". This "outlet" for Katie could be anything from a brief work out (with a friend), to intramural sports to a short period where you can hang out with some friends.

When the panel ended, it was not just the food we, as SSS students, should remember, but the words of advice given by alumni who knew what it is like to stress over academics, deadlines, friends, organizations on/off campus, and financial issues. Overall, they know what it's like to be a St. Olaf student. It's worthwhile to take their comments into consideration because it is relevant to our experience right now.

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During a taco dinner, the communities created master binders. Explaining the importance of being organized, the Board leaders helped the first years organize a 3 ring binder. They also discussed events that their community would want to participate in. After dinner, Polina and Eric introduced the services of the CEL. Within each community, the students had to come up with a skit that highlighted many themes college students struggle with or need more information on time management, drugs/alcohol, campus involvement, financial aid, success in the classroom, and career exploration. Each community did a wonderful job of informing the rest of the first years about their theme and also keeping the skits fun and entertaining. To end the night, everyone headed down to the soccer fields to play a competitive game of capture the flag. It was a close game, but the purple team ended victorious. The Board of Leaders first annual First Year Retreat was a success.



**Board of Leaders formed communities for first-year students to connect**

# Supplemental Instruction!

**What is SI?** *Supplemental Instruction is a series of focused, targeted small group study sessions led by a trained undergraduate peer who has already successfully completed the class.*

**Why should I attend SI?** *SI sessions have proven to be very beneficial for many SSS students in the past. SI is a chance to engage in the material in a meaningful way with a small group of students. SI leaders are wonderful resources...they really do know what they are talking about! SI could very well make the difference between a C and an A, or between failing and passing!*

## SI Classes and Schedules

### 2009 Semester II

#### Chemistry 126C

Leader—Jackie Yang

#### Calculus I

Leader—Pha Lor

#### Economics 121A

#### Psychology 125B

#### Chemistry 248

Instructor—Eric Khuong

#### Statistics 110

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the fourth day was their second quiz. Parallel to the Biology course, SSS students took an intensive writing course. Assignments, quizzes, tests, and homework for both Summer Bridge classes have been carefully designed to challenge and to raise students to meet the challenges of college at St. Olaf. All of the professors,



Professor Anne Walter led a group of students on a hike through the Natural Lands

Anne Walter, Mike Swift, Eric McDonald in the biology department, and Steve Longfellow in the English department worked tirelessly to teach the material and bestow the study, time-management, test-taking, and writing skills necessary to excel at St. Olaf.

Fourteen student staff lived in the residence hall to help supervise and put on events for the students, but most of all to help with the work and role model how to be excellent students. Six writing assistants worked one-on-one with every student in the program throughout the summer while six biology assistants ran individual and group study sessions, helped in the labs and led supplemental instruction groups.

Throughout the summer students bonded on teams that competed in the annual SSS Olympics, hikes through the St. Olaf natural lands, hanging out in the residence hall, and the traditional camping trip to Lake Sakatah State Park, accompanied this year by Greg Kneser, Dean of Students, and his infamous ghost file.

Exhaustion was apparent by the end of the summer, but high spirits, smiles, goodbyes, and hugs abounded on the last day. All forty-six students passed the biology and writing classes, enrolled at St. Olaf in the fall, made new friends, and were welcomed into the St. Olaf and Student Support Services family. Another successful Summer Bridge was concluded.

# Alumni Spotlight

This issue we asked 2007 St. Olaf and SSS graduate Freida Bou if she would share with us. She enthusiastically agreed. Here is what she had to say...

## Freida Bou, '07

*(The Scribe) What was your major at St. Olaf?*

My major was Asian Studies and I took numerous management studies courses.

*What have you done since graduation?*

I was a Patient Coordinator and an Advertising Coordinator at the Smile Center from 6/07 – 1/08. At this time, I had also started at Brainco, School of Advertising. From 1/08, I started at Target Corporation as a Product Coordinator and kept my part time job at the Smile Center as their Advertising Coordinator until about 3/08. School was hard to manage and I began to realize I was more interested in other aspects of marketing than advertising and decided to focus on my career path at Target Corporation. At that time, I had also decided to let go of the Ad. Coordinator position. Since 7/09, I have been a Sourcing Specialist.

*What are you doing now? Job? School? Family? etc...*

As a Sourcing Specialist at Target Corp, I manage and write purchase orders and ensure we have samples needed for marketing. I work more specifically in the Intimates dept. so if you happen to walk by that area and notice all the ads of bras and panties, I had requested all those samples! Also, I make sure the Gilligan O'Malley panties get to each and every store in a timely manner. I do much more, but in short, those are my core responsibilities.

As you can see above, I started school again, but found a different career interest. School is on hold for now until I am able to break through the area I would like to pursue. I learned my lesson of jumping in too quickly.

*Family? – no family yet.*

*How did SSS help you get where you are now?*

SSS really emphasized the importance of, "It's not what you know; it's who you know." I hear and see that quote every day. Because SSS reinforced the infamous quote so often, it was no surprise to me that I was able to obtain both of my positions through making friends. Although, at the time, we may not have noticed we were networking, but those monthly events peer leaders and advisors set up really gives us the opportunity to build long-lasting relationships and get to know others.

*What was the most important/helpful thing you did to be successful in finding a job?*

Networking and more networking! I didn't network intentionally. Everything fell into place for me. My first position was given to me by my aunt's friend. My aunt had mentioned my name to her business neighbor who was building one of many dental offices. He originally wasn't looking for anyone in Advertising, but when my Aunt mentioned my name and interest, he

thought it wouldn't a bad idea to have an Advertising Coordinator. I was the first person he called. When I was ready to move on, I remembered a friend who worked at Target Corporation and sent her an email. Target coincidentally was accepting applications so I went ahead and submitted my resume to a recruiter. Since being at Target, I've set up multiple coffees to get to know others in areas of interest. It's highly

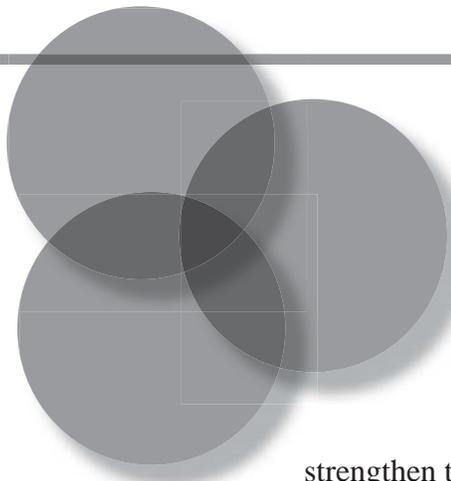
**"Building networks, making friends and making sure not to burn bridges along the way. You never know when you will need someones help in the future."**

—Freida Bou

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# Board of Leaders

By Bao Lee



The Student Support Services (SSS) Board of Leaders is made up of fifteen SSS students working with the SSS professional staff to build better relationships within SSS and the St. Olaf community. SSS holds events throughout the year that the Board members plan, prepare and carry out. The Board meets every Monday from 3:15 to 4:15 p.m. to discuss upcoming events and give updates on the different committees. Within the Board of Leaders, there are eight committees:

MACO – students on this committee work with the Multicultural Affairs and Community Outreach office and its affiliate organizations to strengthen the ties and determine how SSS can work together with MACO.

CEL – this committee works with CEL leaders to see how SSS students can become more involved with the CEL and to plan joint CEL-SSS events.

Student Senate – this committee works with Dean Kneser, Bill Green, and the senators for each class. They discuss how to get SSS students more involved and present to the student government about SSS to increase awareness throughout the greater St. Olaf community.

New Student – this committee facilitates activities between the SSS First-year Students and the Board Members with a focus on building community and establishing strong support networks.

TRiO – this committee works with the directors from all the TRiO programs on campus... McNair, ETS, Upward Bound, GEAR UP on how to build better relationships between TRiO programs and the St. Olaf community, and how to keep TRiO up and running and students more aware of TRiO. This committee also works with the state senators on funding for TRiO.

Faculty – this committee works on how to engage faculty around campus, and to honor various faculty members for outstanding commitment to TRiO students and the work that the TRiO programs do.

Administration – this committee meets with President Anderson and the Deans to gain their input, to make

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encouraged here. Goes to show, networking is extremely important.

*Any words of wisdom to current SSS students?*

1. Building networks. Making friends and making sure not to burn bridges along the way. You never know when you will need someone's help in the future.

2. Never losing hope; it can be tough not having a job and or finding a job that feels like the right fit.

3. Having a balance of motivation and patience; understanding sometimes you have to be at the bottom of the pit to grow and appreciate where you will be in the future.

# Mark your Calendars!

SSS Holiday Party — *December 11, 4:00-6:00pm, Ytterboe Lounge*  
Snacks for Studying — *December 16*  
Happy Birthday Kathy! — *December 21<sup>st</sup>*  
Ice Fishing Trip — *Interim*  
Graduate School Trip — *February 1-3*  
Cookies at Kathy's — *February 12*



## Congratulations Corner

We would like to send a special congratulations out to...

**Monzong Cha**, winner of the Minnesota TRiO Bruce Vento Memorial Scholarship!

**Tsetan Lobsang & Alisha Woodson**,  
SEEDS Fall 2009 researcher scholars!

All of the SSS students who made the Dean's list!

**Shelley Anklan**  
**Molly Ladwig**  
**Chee Lee**  
**Garvey Liu**  
**Najaha Musse**

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SSS stronger, and to build relationships with the administrators at St. Olaf. Each committee meets up consistently so that they are on the same page with each other, the programs and the people that they are working with.

Scribe – this committee writes articles about anything that SSS does or is involved in and publishes the articles in the Scribe, the SSS newsletter.

Not only do the Board members work in these committees, they are also mentors for the SSS First Year Students. Each person on the Board is paired up with another and is assigned to eight students. Each group is called a community because the Board members are to help the students feel welcome, get accustomed to, and get involved on campus. The Board members can hold small events such as meeting up for lunch or ice cream and social time at the Cage for their community and get updates on how their mentees are doing. These communities are especially effective because each year there are SSS students who were not in the SSS Summer Bridge and it can be hard for them to be a part of SSS while the rest of their class already knows each other. But with these small communities, students can get a closer and more personal relationship with each other in a more comfortable setting. The relationships they establish also become strong support networks for students when they need them.

If you are interested in joining the Board or just finding out more information, contact Paula Sannes, SSS Administrative Assistant at, [sannes@stolaf.edu](mailto:sannes@stolaf.edu).



# Highlights from Summer Bridge 09'...



**A huge thank you to all the students and staff who made Summer Bridge '09 a stunning success!**

**Special thanks to the professors, Anne Walter, Mike Swift, Eric McDonald, and Steve Longfellow!**

**Your time, effort, and obvious care for all the students and for SSS made Bridge '09 awesome. Thank you!**

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**St. Olaf College**  
**TRiO Student**  
**Support Services**



The St. Olaf College Student Support Services (SSS) program is a college retention program funded by the U.S. Department of Education, St. Olaf College, The General Mills Foundation, the Hearst Foundation and the Howard Hughes Medical Institute. The SSS program is one of three TRiO programs originally funded under the Higher Education Act of 1965 whose objective is to help students overcome social and cultural barriers to complete their college education. The SSS program provides services to 160 eligible St. Olaf students annually.