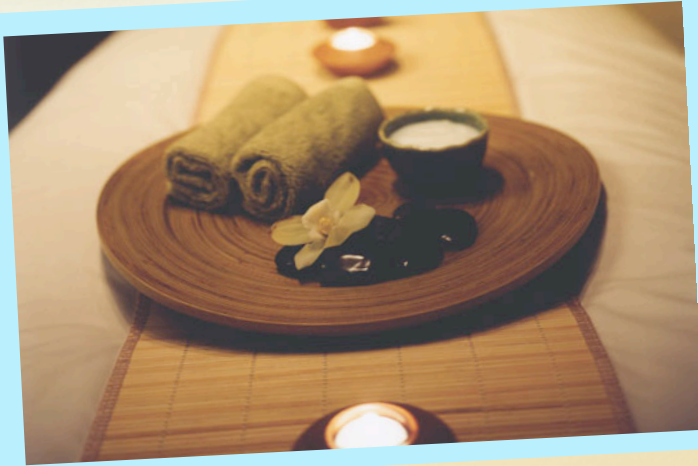


MULTICULTURAL SERVICES AND STUDENT PROGRAMS

Saint Mary's College

SEPTEMBER 2010

Upcoming Events



9/21 Hispanic Heritage Dinner
Dining Hall

9/22 Bilingual Mass
Holy Spirit Chapel in Le Mans Hall
7:00 p.m.

9/23 Grey's Anatomy Season Premier
Written by African American screenwriter Shonda Rimes
Multicultural Refreshments will be provided!!
MSSP Office 8:00 p.m.

9/27 Hispanic Heritage Month Celebration in Dalloways:
Mexican food and games

10/05 Film "Real Women Have Curves"
This is the story of Ana, a first generation Mexican-American teenager on the verge of becoming a woman...
6:30 p.m. in Carroll Auditorium

10/12 Latina Identity in the US
Discussion lead by Maria Melendez.
location and time TBD

Shoulder Tension Relief. Reach one arm across the front of your body to your opposite shoulder. Using a circular motion, press firmly on the muscle above your shoulder blade. Repeat on the other side.

Relieving Stress

We all experience stress from time to time. When stress gets to be too much it can take a toll on our health and well-being. Positive thinking helps with stress relief and management and can even improve your health.

Ways to relax your mind:

Write. It may help to write things that are bothering you because it helps you find out what is causing the stress.

Let your feelings out. Talk, laugh, cry and express anger when you need to.

Do something you enjoy. Go out to

dinner with friends, host a movie night, sing, etc.

There are many other ways that can help you relieve stress including:

Self-Massage Techniques

Scalp Soother. Place your thumbs behind your ears while spreading your fingers on top of your head. Move your scalp back and forth slightly by making circles with your fingertips for 15-20 seconds.

Easy on the Eyes. Close your eyes and place your ring fingers directly under your eyebrows, near the bridge of your nose. Slowly increase the pressure for 5-10 seconds, then gently release. Repeat 2-3 times.

Tips for a Successful Freshman Transition

Perhaps you were class president in high school. Or perhaps you were a member of the honor society and even graduated in the top percentile of your class. However, what you did in high school does not automatically apply to college. You start clean along with much more freedom and responsibilities. This article is focused on helping you make a successful transition from high school to college life.



1. **Get to know your roommate (s) and others in your residence hall.**

Other freshmen are more than likely experiencing what you are going through. Remember, you are not the only one.

2. **Get organized.** In college the professors post the assignments, often for the entire semester, and expect you to be prepared. Buy an organizer or a big wall calendar -- whatever it takes for you to know when assignments are due.

3. **Find the ideal place for you to study.** It may be your dorm room or a cozy corner at the library, but it is important to find a place where you can get your work done.

4. **Seek a balance.** College life is a mixture of social and academic happenings. Don't tip the scale too far in either direction.

5. **Make time for you.** Be sure to set aside some time and activities that help you relax and relieve stress.

6. **Get involved on campus.** Joining a club, sport, or student organization will help you make new friends, learn new skills, and feel more connected to your school.

7. **Seek professional help when you need it.** Saint Mary's College has a health and counseling center. If you're sick or feeling isolated or depressed, please take advantage of the

many services these offices provide for you. You don't have to face these issues by yourself.

8. **Keep track of your money.** Find ways to stretch your money and, if possible, avoid accumulating credit card debt.

9. **Stay healthy/Eat Right.** Get enough sleep, take your vitamins and eat right. Stay healthy by keeping a balanced diet.

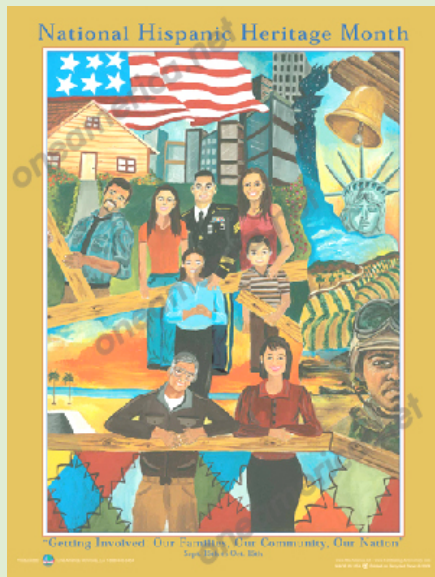
10. **Be prepared to feel overwhelmed.** There's a lot going on in your life right now. Expect to have moments when it all seems a bit too much. The trick is knowing that you're not the only one feeling that way.



FYI: The MSSP Office is Now Open in the Evenings

MSSP is now open in the evenings for student use. Come and have a club meeting in the lounge area with comfortable sofas or simply come to study on the spacious table. There is a great selection of books and movies to read and watch. Take advantage of this space.

Hispanic Heritage Month



Hispanic Heritage Month honors the diverse people of Spanish-speaking backgrounds in the United States. From September 15 to October 15, a multitude of special programs, events, exhibits and Web sites celebrate the heritage, culture, spirit and extraordinary contributions of Hispanic Americans.

Hispanics are the fastest-growing minority group in the United States, according to the Census Bureau. The Hispanic population is projected to nearly triple from almost 47 million to 133 million from 2008 to 2050, and will jump from 15 percent to 30 percent of the population.

Today, more than ever, Hispanic Americans play an integral role in shaping the American experience. They serve as leaders in government, law, business, science, sports, the arts and many other occupations. The influence of Hispanic culture is reflected in every aspect of American life, from politics to education to music and television.

*"You've got to believe. Never be afraid to dream."
-Gloria Estefan*

The U.S. Government, in wanting to recognize the accomplishments of Hispanic-American citizens, created National Hispanic Heritage Week on September 17, 1968 by Public Law 90-498. The law was later amended on August 17, 1988 by Public Law 100-402 expanding the event to National Hispanic Heritage Month.

Scholarships, Internships, and More...

Are you a junior or senior in search of, or planning to look for, an internship this year or next summer? Well, the Internship Preparation Seminar is an opportunity to help you define your ideal internship! Pre-Registration is required and it is open to all students, but it is ideally for sophomores and juniors.

Dates: September 13th, 15th, & 22nd

Time: 6-7:30 p.m.

Location: Spes Unica, Room 137 (September 15th- Spes Unica, Room 334)

To Register: Use your complete SMC e-mail as the username and "gobelles" as the password and then click on "Seminar":
saintmarys.experience.com



PPIA Junior Summer Institute at Princeton University

The PPIA Junior Summer Institute is a seven-week program structured to introduce or strengthen skills in economics, statistics, policy analysis, writing, and public speaking. At the end of the seven-week program, students will be able to present a comprehensive final report on a current policy issue

that will encompass the skills acquired in their coursework, including the seminar on the intercultural dimensions of policy making, field research, policy analysis, and writing and computer workshops.

Application Deadline:

November 1, 2010

Visit the website for more information or stop by MSSP:

www.ppiaprogram.org/app/