

Project Achieve

FROM DREAM TO DEGREE

TRIO

STUDENT SUPPORT SERVICES

UNIVERSITY OF
Nebraska
Omaha



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FALL ENGLISH COMP II

Attention all students!!! If you need to take English Comp II, make sure you sign up for Mrs. Brigid Johnson's 1160 class this Fall. The class will be held on Mondays and Wednesdays from 11:30 A.M. to 12:45 P.M.

So why do we say take her class and not someone else's? For starters, Project Achieve students are given first priority when signing up. Second, as she is also an advisor in our program, you will have extra opportunities to receive assistance outside of class. And lastly, Brigid is simply brilliant.

PROJECT ACHIEVE NEWSLETTER

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DIRECTOR REFLECTION

BY CRISTINA LAMAS

Hello Project Achieve! It is hard to believe we are mid-point through the spring semester! Some of you are looking forward to finishing up your college journey in May and some of you are looking forward to a well-deserved summer break! Either way we are excited for you and your persistence this semester.

This semester has been one for the books, as you all have been active in attending our workshops and other events. In addition, we hope you all plan to attend the Honors Luncheon on Thursday, April 18th, from 12:00-1:00 PM, and other 30th Anniversary events. This is a time for us to celebrate you and your accomplishments, so please plan to attend!

Next to finals, midterm is one of the most stressful points of your semester, so I want to ensure you are getting the support you need to finish strong this semester. Please reach out to the Project Achieve team if you need help! Enrollment for summer and fall classes is quickly approaching, so don't forget to schedule a time to meet with your academic advisor to assist you with your classes! I also wanted to remind you that April 12th before midnight is the last day you can withdraw from a class to earn a grade of a "W." Make sure you consult your academic advisor and the Financial Support and Scholarships office before you withdraw from a course and please take advantage of the many resources Project Achieve and UNO have available for academic support!

Be sure to make SLEEP A PRIORITY, as most college students don't get enough sleep to ensure the brain and body repairs itself. Sleep deprivation is also a major contributor to symptoms of depression and anxiety, so get your sleep in! It is also important to develop a ROUTINE, as much as possible. Routines ease stress and anxiety by creating predictability. Don't forget to keep yourself HYDRATED and eat WELL-BALANCED NUTRITIONAL MEALS to stay fueled. Also, EXERCISE each day is good for your brain and your body to provide stress relief and more energy. Walking and riding bikes is a great way to incorporate exercise into your daily routine. I also encourage you to turn to your friends, family, or others for SUPPORT, when needed. Don't forget to make time to DECOMPRESS WITH FUN AND RELAXING ACTIVITIES in your busy semester. Always remember to give yourself some GRACE in striving to make positive changes but these are only recommendations and should not be substituted for professional care. Please reach out to us if you need guidance seeking professional help!

I hope you all enjoy your Spring Break!

Sincerely,

A handwritten signature in cursive script, appearing to read 'Cristina Lamas', written in black ink.

Project Achieve Director

STUDENT HIGHLIGHTS

Grace Buttermore - Senior in Business/Accounting: Grace got to attend several lectures and classes at the KPMG Lakehouse as a part of her full-time accounting internship this semester.

Ubah Abdi - Sophomore in Management Information Systems: Ubah became a U.S. citizen.

Caenis Bryan - Senior in Fine Arts: Caenis was sworn in as an apprentice for the Stagehands Union of the International Alliance of Theatrical Stage Employees (IASTE).



UNION PACIFIC VISIT

BY PAW HTEE

I rode on a ORBT city bus for the first time to attend an event hosted by Union Pacific (UP) on February 23, 2024! Joined by TRIO students from Creighton University, six other students from Project Achieve and I got the opportunity to learn about what Union Pacific Railroad has to offer.

Marcela, the company recruiter, gave us a building tour of the UP training center, board room, and technology lab. The coolest part of the tour for me was their train simulator room, where we all got to try operating a train and learn about their locomotive engineering program. In addition, I learned about how the board members and tech team take part in the company. After the tour, we broke into small groups and talked to some UP employees. I got to ask questions and learn about their journey to working for UP. Learning that they all started from where I am now in my college career and navigated their way around, encourages me that someday I can be in an achieved position, if I am willing to work hard. I am thankful to them for providing me with so much advice! We ended the visit with a presentation about UP and trivia questions while enjoying delicious food (a taco bar!).

The career visit at UP opened my eyes to what the workforce looks like and how I can start gaining experience now as an undergraduate. As a Business Administration major, I discovered more about which area of business on which I want to focus and how I can improve my career skills. With that said, UP has many departments ranging from business development to technology and engineering. There are many internship opportunities available to undergraduate students who are interested! Getting to see the workspace and learning about the company was overall engaging. Thank you, Cristina and Jonathan, for the opportunity. It was such a unique and exciting experience for me!



LAST DATE TO FILE FOR DEGREE

March 8, 2024, is the last date to file for your degree if are planning on walking in the Spring 2024 Commencement. This is for both May and August graduates. The last date to order your cap and gowns from the UNO Bookstore is May 3, 2024.

MEET WITH YOUR ADVISOR

Spring is already halfway over. Make sure you have met with your Project Achieve Advisor.

****Best Practice**** Email them to schedule your visit. This ensures that your time is not wasted and that you get the most out of your visit.

MATH ASSISTANCE

BY HAILEY LEWIS

With midterms approaching, remember I am here to help with your math courses. We can prepare for any Learning Checks and exams, work through homework and practice problems, talk through Building Blocks and quizzes, and I can answer any questions you may have about your class.

My hours this semester are Monday 10:00 AM-3:00 PM, and Tuesday-Thursday, 8:00 AM-1:00 PM. Feel free to contact me at hlewis11@unomaha.edu or stop by the Project Achieve office. I am excited to see you and help you succeed in your math course!



Hailey and her new puppy,
Clark

SEVEN DAYS OF SERVICE

Since 2002, Seven Days of Service has been a staple of giving back to our community. The volunteers have worked with nonprofits to help maintain and beautify parts of Omaha in such profound, yet subtle ways.

We are thrilled to let you know our service day will be on March 14th. If you wish to participate over Spring Break, make sure you mention that you are a Project Achieve student when signing up. An RSVP form can be found at https://events.unomaha.edu/event/2024_seven_days_of_service, along with the schedule.

UPCOMING EVENTS

Movie Night	3/1/2024
Protecting Yourself Online	3/5/2024
Seven Days of Service	3/14/2024
Kickball Game	4/6/2024
Honors Luncheon	4/18/2024
End of Semester Bash	5/1/2024

"WELCOME TO KAWTHOOLEI"

BY PAW THLAY WAH

Ever since I was a little kid, I've always had big dreams. One of my lifelong dreams was to visit a place called Kawthoolei. This place is very special to me because it's where my family comes from, and it's located in a country called Myanmar. Last winter, I was finally able to make this dream come true.

Yet, the trip wasn't easy at all. I had to face some unforgettable memories from my past. When I was younger, I lived in a refugee camp in Thailand, and life there was challenging. We were always scared and didn't have enough things to live comfortably. Also, the people in charge, the Thai officials, didn't treat us well; we were in a constant state of fear for our safety due to our background as refugees. They considered us the outsiders and the outcasts. Even though these memories were hard, I didn't let them stop me from making my dream come true.

One thing that I will never forget about my trip is seeing a sign that said, "WELCOME TO KAWTHOOLEI." Being a Karen American, sometimes finding a balance between my identities is hard. But when I saw that sign, it made me feel really proud. It showed me that Karen people can do more than get by, even when life is hard.

During my trip, I met many Karen students in Thailand and Kawthoolei. I also talked with groups that are trying to make the world a better place. I heard amazing stories from young Karen people at places like the Free Burma Rangers and Chiang Mai University. These experiences made me want to work hard to help others who have had tough times and inspire them to dream big, just like I did.



HONORS LUNCHEON

Our Honors Luncheon will be held on April 18th from 12:00 to 1:00 PM, in the MBSC Ballroom. This is a time to celebrate all the wonderful accomplishments our students have made this year. This will be in conjunction with our 30th anniversary at UNO, and there will be other events held to celebrate this as well. An invitation will be going out to our current students later this month. Make sure you respond to the RSVP.

CANVAS

Project Achieve now has a Canvas page. All current students have been sent an invite to join and are asked to accept. We will be using this to augment our announcements to you, give you easier access to some of our resources, and much more to come.

If do not have the invitation to our Canvas page, please reach out to unoprojectachieve@unomaha.edu to notify us.

PROJECT ACHIEVE SPONSORED ORGANIZATIONS

BY JONATHAN QUITL

Project Achieve sponsors three student groups that serve our community: Student Chapter Benson Plant Rescue, Student Chapter Habitat for Humanity, and Students Against Hunger. The focus of the organizations is to work on improving our community. Below you can find information on all three student organizations.

Student Chapter Benson Plant Rescue

- The purpose of this organization is to support the environmental stewardship of Benson Plant Rescue by volunteer service and fundraising activities that lead to improving the neighborhoods through beautification, using plants, trees, and shrubs, and through service and fundraising activities that distribute and redistribute produce to those in need.

Student Chapter Habitat for Humanity

- The purpose of this organization is to educate for, advocate for, and participate in advancing affordable housing in Omaha and surrounding communities.

Students Against Hunger

- This organization's purpose is for students who are dedicated to ending hunger and food scarcity wherever it may exist by:
 - Participating in volunteering events to alleviate food insecurity.
 - Partnering with other organizations to build connections and grow our available resources.
 - Educating to bring awareness to the University of Nebraska at Omaha (UNO) and to our local communities.

Contact the right representatives if you want to get involved in any of these organizations.

•Student Chapter Benson Plant Rescue- President: Htar Tin, htar@unomaha.edu

•Student Chapter Habitat for Humanity- President: Mary Odette Palafox, mpalafox@unomaha.edu

Students Against Hunger- President: Davina Campbell, davinacampbell@unomaha.edu