

Project Achieve

FROM DREAM TO DEGREE

TRIO

STUDENT SUPPORT SERVICES

UNIVERSITY OF
Nebraska
Omaha



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ENGLISH COMP II SPOTS STILL OPEN

There are still spots open for English Comp II with Mrs. Johnson for Spring 2024. This is ENGL 1160 Section 020, and the class meets Monday and Wednesday 11:30 AM to 12:45 PM.

Enrolling in her class means you will be able to receive extra assistance as she is also Project Achieve's English Specialist. Her class is structured to help students of various English competencies succeed. Please reach out to us if you have any questions or if you need assistance enrolling in this class.



END OF THE SEMESTER DIRECTOR REFLECTION

First and foremost, I want to take the time to thank all of you for your participation this semester. You all have made our programming fun and successful.

As the semester winds down and final exams approach, we hope you are looking forward to the winter break as a time to relax, recharge, and enjoy time with family and friends. For those of you graduating this December, congratulations! We're so proud of you!

We know the end of the semester can be a stressful time, so we want to offer you some advice and helpful resources:

Take Care of Yourself

As you study for your final exams and work hard on your final projects, remember that doing a good job is just as important as self-care. Self-care means taking care of yourself so that you are healthy, well, able to focus on studying, and successfully finish everything you want to accomplish. Part of self-care and stress relief is also getting a good night's sleep and eating healthy meals.

Take a Break

Destress Fest is prior to finals week so please take the time to enjoy these events. And don't forget that we have a licensed counselor on staff or if you prefer someone else, the Counseling and Psychological Services are also available for you.

Study hard and best of luck with your upcoming exams. I wish you a happy winter break with family, friends, and festivities. I look forward to seeing you all when you return for the spring semester!

Sincerely,

A handwritten signature in cursive script, reading "Kristine Finkel".

Project Achieve Director

ECON CLUB

BY HAILEY LEWIS, MATH SPECIALIST

Do you have an interest in economics? Ever wondered about the economy? Want to learn more about the field? Join Econ Club for fun events and more learning opportunities!

The goal of the club is to increase awareness and knowledge of economic issues among Econ Club members and the overall UNO community. We are now welcoming new members, regardless of major, to be involved at our events. Economics impacts every career field in some way, and we would like to provide all students with a chance to learn more.

The club also provides potential leadership opportunities within the student organization. Please reach out to Econ Club President, Hailey Lewis at hlewis11@unomaha.edu to join. We are excited to welcome you!

ADVISOR MEETINGS

Please make sure you schedule your meetings with your academic advisor to select your classes for the spring. This will ensure you continue on the correct path in your college journey. Please contact us if you are not sure who is your academic advisor.



BENSON PLANT RESCUE SERVICE EVENT

BY HTAR TIN, PROJECT ACHIEVE STUDENT

On Saturday, November 18th, the UNO Student Chapter of Benson Plant Rescue (UNO-BPR) had our first service event! This event was from 9:00 am to 12:00 pm and took place at the local Benson Plant Rescue located at 5603 NW Radial Hwy, Omaha NE 68014. We had thirteen volunteers which included our advisor, Jonathan Quitl. During this event, volunteers moved heavy wooden shelves from a location to another. The shelves were loaded into a moving truck which was quite a task because they weighed between 200-300 lbs. and with everyone's help, we loaded 12 shelves. This took more time because we could only fit three shelves into the moving truck and at time and had to make 4 trips to our new location. These shelves will be used for placing plants outside the Benson Plant Rescue so that it's more organized and pleasing to the eyes. At the end of our volunteering, our moving company, Dr. D provided pizza for us and we're very thankful!

The UNO Student Chapter of Benson Plant Rescue had been inactive for two years due to COVID. We are excited to re-establish it Since this service event was planned last minute, we are very appreciative to all the volunteers who showed up and made this service event successful! If you would like to participate in projects with UNO BPR, please reach out to me via email at htin@unomaha.edu.

JOURNEY TO BECOME A PHYSICIAN ASSISTANT

BY REYNA RAMIREZ, PROJECT ACHIEVE STUDENT AND TUTOR

Pursuing a career in medicine is one of the most joyous and difficult journeys I have endured. As a first-generation student, I was unaware of the roller-coaster of emotions and thoughts through which I would go. The only thing I knew was that obtaining a college degree was a step towards fulfilling my dream, which brought so much excitement to my life. However, I had no idea about the process. There were moments in my career where I felt lost. I did not know what classes to take, where to shadow/volunteer, what the requirements were for schools, or what should I be doing. Some days were physically, mentally, and socially challenging because balancing life was not easy. I wanted to give up, and I cried many times, but thinking of giving up brought more sadness to my heart. It just didn't feel right. Fortunately, the resources available at UNO, such as Project Achieve, Health Career Resource Center, peer mentorship, and tutoring was valuable in my discernment towards my vocational career. I have been blessed to be a student at UNO, where faculty, staff, and peers, all help each other succeed. In this place, I have found supporters who are cheering me along the way. During the ups and downs of my life, they have been by my side. In college, I have met the most amazing people, which I am blessed to call family.

During these past months, I have been applying and interviewing for Physician Assistant (PA) programs. As I have been reflecting on my journey, I would like to share what helped me get to this point. Success is subjectively defined, meaning it looks different for each one of us. I cannot compare myself with others, but I can be inspired and motivated by them. I consider myself successful because I have enjoyed the journey, grown as a person, and made relationships. Our mindset is what will build us or break us. These perspectives helped me through college: in moments of difficulty, it's an opportunity to challenge myself to grow, to practice gentleness to myself because I am doing my best, and to believe that God will provide. In addition, I would ask myself what active steps I can take, and which ones are meant for later. I would not stress about the future, but I would take active steps, in the moment. In the end, the goal is to enjoy this time with those who love me because I will never be in this stage again.



STUDENT REFLECTIONS OF THEIR FIRST SEMESTER WITH PROJECT ACHIEVE

BY AH KAW KUH WAH, PROJECT ACHIEVE STUDENT

Reflecting on the beginning of my college school year, I've noticed the growth that I've experienced during my time at college. I struggled navigating through classes, interacting with others, and finding avenues for involvement. As I think about my journey from all these challenges of college to where I am today, it's evident that my growth were supported by Project Achieve. This program played a pivotal role in providing me with guidance and resources to help me overcome challenges I faced during my freshman year.

The most beneficial way Project Achieve provided for me was guidance. Coming into college, I had a hard time trying to figure out the class I should take and finding resources that could help me. However, Project Achieve solved all my worries by providing me with several resources and crucial guidance in course selection. An example of this was near the end of the first semester where I had trouble deciding what class I should take for the next semester. Luckily, I was able to set up a meeting with my project achieve advisor. During the meetings that I had with her, I was able to figure out what class I needed to take to be successful.

Another way Project Achieved benefited me was through financial support by scholarship they offer. When I came into college, I had trouble paying for college, uncertain about the extent of FAFSA coverage and its duration. Upon joining Project Achieve and learning about their merit-based scholarship for academic success, I found new hope. It made me less worried about paying for college and allowed me to focus on my studies. I was planning to work a full-time job during college to pay for college, but with this help from project achieve, I can put more of my time into school and less into work.

One of the greatest things about Project Achieve is the events and office space they provide for the students. The many events that they hold for students in Project Achieve creates a sense of belonging withing the college community. It's a great way for students in the program to meet new people, educate themselves, and have a fun time. One of the earliest events they provided for the students was the study session. During this time, I met and interacted with numerous peers allowing me to create many more connections. Not only are the events good, but also the office space they provide for the students is amazing. If I have any work, I am able to find a place where I can get those assignments done. In addition, they provide free printing and access to computers. While at the project achieve building, I am able to interact with fellow students and talk to the advisor about anything that I want. It makes you feel at home and that's one of the best things about project achieve.

As I look back at my journey from an uncertain freshman to the person I am today, the positive impact Project Achieve had on me is clear. This program served as my guiding compass, helping navigate through classes and the various resources at the University of Nebraska-Omaha. Moreover, the financial support provided by their scholarship allowed me to focus on my studies. The many events they hold and the office space they provide create a sense of belonging for me within college. The program has been a cornerstone of my growth in college and will continue to have a positive impact on my growth.

During these past months, I have been applying and interviewing for Physician Assistant (PA) programs. As I have been reflecting on my journey, I would like to share what helped me get to this point. Success is subjectively defined, meaning it looks different for each one of us. I cannot compare myself with others, but I can be inspired and motivated by them. I consider myself successful because I have enjoyed the journey, grown as a person, and made relationships. Our mindset is what will build us or break us. These perspectives helped me through college: in moments of difficulty, it's an opportunity to challenge myself to grow, to practice gentleness to myself because I am doing my best, and to believe that God will provide. In addition, I would ask myself what active steps I can take, and which ones are meant for later. I would not stress about the future, but I would take active steps, in the moment. In the end, the goal is to enjoy this time with those who love me because I will never be in this stage again.

THE NEXT GENERATION LEADERSHIP SCHOLAR.

BY JONATHAN QUITL, PROJECT ACHIEVE SPECIALIST

I want to share with you great news! Three of your fellow Project Achieve students have been selected to receive the Next Generation Leadership Scholarship (NGLS) for the 2023-2024 academic year. Please help me in congratulating the following students: Vankhanh Dao, Say Meh, and Saw Mo.

You have the opportunity to apply for this scholarship if you meet the following criteria.

1. Students who have graduated from the Omaha, Bellevue, Ralston, Papillion-La Vista, or Millard Public school systems.
2. Enrolled in the Colleges of Arts and Sciences; Education, Health and Human Sciences; Communication, Fine Arts and Media; Public Affairs and Community Service, or the Exploratory Studies program.
3. Minimum 3.0 grade point average (GPA)
4. Evidence of community engagement

The online application for the 2024-2025 academic year is open now and available on MavLINK. The deadline for submitting application documents is June 7, 2024.

Say Meh had this to say:

Hello! My name is Say Meh and I am a third-year undergraduate student on the path of pursuing a degree in Biology. I believe that one of the factors that made me stand out for the Next Generation Leadership Scholarship was my commitment to giving back to my community, whether it be through volunteering, participating in clubs, or doing unrelated schoolwork such as helping to manage an informational social media outlet. Scholarship programs such as The Next Generation Leadership Scholarship places a high importance on its scholars' commitment to community service and giving back. In ways of achieving academic success, I believe that being goal-oriented and managing your time wisely are essential. As I am involved in various non-school activities, I make sure to manage my time in a way that allows me to make time for each activity without feeling overwhelmed.

We are thrilled that this scholarship was given to three Project Achieve students. In light of this, we sincerely hope that a few of you will be the upcoming Next Generation Leadership Scholarship recipients. In order to assist students with the community involvement part, Project Achieve offers multiple opportunities for engagement with the community each semester. To obtain details on future community involvement projects, kindly contact me at jquitl@unomaha.edu or visit the office.



OLLAS Scholarships

STUDENT ORGANIZATION: UNO PUBLIC HEALTH STUDENT ASSOCIATION

BY PAW THLAY WAH, PROJECT ACHIEVE STUDENT

My name is Paw Thlay Wah, and I am the president of the UNO Public Health Student Association (PHSA) for the 2023 - 2024 school year. I took on this leadership role for two main reasons: first, to learn more about the field and develop myself as a leader, and second, to promote diversity and help our members learn about the health challenges faced by immigrants and refugees in accessing care.

In PHSA, we engage in various activities throughout the year, including community volunteering and expanding our knowledge in public health. We actively participate in public health discussions, outreach, and education on UNO's campus. During the fall semester, we took part in events such as the Student Involvement Fair and Wear Black Give Back. Additionally, we volunteered at UNMC's Bridge to Care (Refugee Health Fair) and Siena Francis House. We also visited high school students this semester to share our college experiences and knowledge.

Our association is open to anyone who is interested, and a Public Health major is not required! We hold biweekly meetings with themes such as the importance of gratitude and mental health awareness. The meeting schedule for 2024 is yet to be determined, but you can stay updated by following us on Instagram (@unoph_sa) or contacting me via email at pawthlaywah@unomaha.edu.



RESUME REVIEW WORKSHOP

BY JOAHAN NAVARRO, PROJECT ACHIEVE STUDENT & PEER MENTOR

After attending the resume workshop, firstly, I really liked the food. If I remember correctly, it was pasta with some garlic bread, and it was delicious. The overall setting is always fun to be around; they always do a great job workshop was the wealth of information provided. I found it to be highly informative, and it greatly enhanced my understanding of the various features the University website offers for improving my resume. I had once peeked around the site, but I completely forgot that the University offered these features on their website. This is something that will improve my professional profile.

Workshops like these, which empower students with the knowledge and tools to present themselves effectively to potential employers, are always beneficial. My only minor criticism of the workshop is the lack of student engagement. Note that the workshop was just an hour long, and much of that time was dedicated to disseminating information, which is entirely understandable. Nevertheless, more student engagement would enhance the overall experience, encouraging more active participation and interaction.

Despite this minor critique, the workshop was a great learning experience, and I believe that everyone who attended gained valuable insights to improve their resume and professional presentation. The combination of informative and an engaging atmosphere made it a worthwhile and enjoyable experience. I would recommend this workshop to continue because these are important topics for students.

NEXT SEMESTER WORKSHOPS

Feb. 1st--FASFA

Feb. 15th--Prep for the Fair

March 5th--Protecting Yourself in a Digital Age



WRITE FOR US

Our students have the opportunities to travel for school, experience fascinating internships, explore other cultures, and share their own.

We would love to hear what you have experienced and how it has affected you. Please contact us at unoprojectachieve@unomaha.edu if you wish to share your stories through our newsletter.