

# Project Achieve

FROM DREAM TO DEGREE

## TRIO

STUDENT SUPPORT SERVICES

UNIVERSITY OF  
Nebraska  
Omaha



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## IF YOU NEED ENGLISH COMP II

If you are a Project Achieve Student and need to take English Comp II, make sure you enroll in Mrs. Johnson's class for Spring 2024. Spots are being held for Project Achieve students. The is 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.

### PROJECT ACHIEVE NEWSLETTER

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# RETURN OF THE RESEARCH LIBRARIANS

Katie Bishop and Tammi Owens are back to help our students with their research needs. They will be in our office on Tuesdays and Wednesdays from 1 PM to 2:30 PM. They are available by appointment if you cannot come up at those times.

Please visit <https://libcal.unomaha.edu/appointments/> to make an appointment.

## SPRING 2024 ENROLLMENT DATES

Seniors - October 25th - 26th

Juniors - October 27th - 30th

Sophomores - October 31st - November 1st

Freshman - November 2nd - 5th

Open Enrollment - November 6th

## STUDYING ABROAD: A PROJECT ACHIEVE STUDENT IN COSTA RICA

BY RAFAEL PEREZ



Studying abroad in a country with a different culture than the United States is an amazing experience. Your perspective of the world opens up again since you are exposed to different lifestyles, values, and beliefs. Although it can be challenging at first to become accustomed to this, you eventually can start becoming more of yourself since the locals are so welcoming to people with different backgrounds.

I built tons of great friendships with the locals. My favorite ways to find local friends were approaching other students at the university and speaking with local store and restaurant owners. I also attended many activities run by the university such as dance classes, self-defense class, video game tournaments, and school parties. Other places I made friends were at bars, gyms, and basketball courts. It was also very easy to make friends with the study abroad students. We were around each other for most of the day since we all lived in the same neighborhood and attended the same classes.

Studying abroad was, without a doubt, a life-changing experience. I met so many amazing people both locally and from different parts of the world that I can confidently say are lifelong relationships. I enjoyed partaking in all of the fun adventures Costa Rica has to offer such as visiting the beach, surfing, snorkeling, ziplining, hiking, sightseeing, tours, and much more. But my favorite memories were stepping out of my comfort zone by integrating with the culture. This involved learning how to dance, buying necessities from local markets, finding hobbies within where I lived, and conversating with everyone. Through this, I've now learned how to connect with more people from around the world, something I did not know I wanted to do before living in Costa Rica.



# PROJECT ACHIEVE'S WELCOME BACK BASH

BY MARY PALAFOX

The welcome bash event was amazing. As a student, I appreciate welcoming events like this because they make me feel recognized. I enjoyed the food that was served and the laughter that was shared. The event was a good way to get to know the staff, and I love how the staff are just like our friends. They made the event fun and not too serious.

Furthermore, this event allowed me to build relationships with new students who have recently joined Project Achieve, resulting in newfound friendships. The event was also informative about the UNO Recreation and Wellness Center. I learned that as a student at UNO, many free resources and activities are available to us, including free fitness classes and free use of all the amenities in the H and K building, like the gym, swimming pool, courts, and more.

I am excited for more events like this being hosted by Project Achieve because I get to learn new things and resources that could help me be successful in the future. Additionally, these events serve as excellent platforms to bring students together and foster the development of long-lasting relationships, not only with each other but also with the staff.





# MIDTERM -DIRECTOR REFLECTION

BY CRISTINA LAMAS

Hello Project Achieve! I hope you all are having a great Fall semester! I can't believe we are halfway done. I want to give a shout out to all of you for all the engagement we've been getting! Keep it up!

As we approach the midterms, I want to make sure you are getting the support you need to be successful this semester. Please reach out to the Project Achieve team if you need help!

Enrollment for spring classes is approaching quickly so don't forget to schedule a time to meet with your academic advisor to get the classes you need. I also wanted to remind you that November 3 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. Please take advantage of the many resources Project Achieve and UNO have available to help your succeed!

I also want to ensure you are taking care of yourself and want to share these self-care tips as this time of the year can be very stressful:

- Make sleep a priority. Most college students don't get enough sleep, and sleep deprivation is a major contributor to symptoms of depression and anxiety.
- Try to keep a structured routine as much as possible. Routines ease stress and anxiety by creating predictability.
- Stay hydrated and eat a well-rounded diet.
- Getting some type of exercise each day is good for your brain and your body. Walking to class or the dining center instead of driving is a great way to incorporate exercise into your daily routine.
- If possible, turn to your friends, family, or others for support.
- Take time to decompress. Learning to make time and space for fun and relaxation is vital in your ability to maintain balance throughout the semester.

Remember to give yourself some grace in striving to make positive changes and that these tips are recommendations only and do not substitute for professional care when needed.

I hope you all get a nice break from the hustle and bustle of classes during your fall break on October 16th and 17th!

Sincerely,

A handwritten signature in cursive script that reads "Cristina Lamas".

Project Achieve Director

## UPCOMING EVENTS

Oct. 13th - 5 PM to 9 PM - Midterm Study Session at Mav Village

Oct. 25th - 3:30 PM to 4:30 PM - Undesigning the Redline at CEC

Oct. 28th - 12 PM to 2 PM - Halloween Event at Mav Village

Nov. 14th - 12 PM to 1 PM - Graduate School Prep Workshop

November 17th - Time TBD - Cultural Event: Project Achieve  
Friendsgiving at the Project Achieve Office

## 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](mailto:unoprojectachieve@unomaha.edu) if you wish to share your stories through our newsletter.

## NEW MATH SPECIALIST

BY BOB HEITERT

Project Achieve has a new Math Specialist to help our students. I am pleased to introduce all of you to Hailey Lewis.

Hailey is working to her masters in economics and plans to be a professor.

Hailey played college basketball at Graceland University and enjoys all sports.

She will be in our office at various times Monday through Thursday. Please email her at [hlewis11@unomaha.edu](mailto:hlewis11@unomaha.edu) if you need assistance.





# INTRODUCING OUR PEER MENTORS

BY BOB HEITERT

We are excited to have peer mentors for the 2023 academic year: Mary Palafox, Davina Campbell, Dor Rin, and Joahan Navarro. They are all dedicated students and strive to be stellar examples to all Project Achieve participants, new and ongoing.

Our peer mentors' primary responsibilities will be assisting our new students with navigating college and getting the most out of our program. They will also be assisting with our workshops and in the office when needed. On top of that, they will be planning several, upcoming student events.



MARY PALAFOX  
SENIOR  
BIOLOGY



DAVINA CAMPBELL  
SOPHOMORE  
ENGINEERING  
COMPUTER SCIENCE



DOR RIN  
SOPHOMORE  
COMPUTER SCIENCE



JOAHAN NAVARRO  
JUNIOR  
BUSINESS  
ADMINISTRATION



# FUN ACTIVITIES WITH PROJECT ACHIEVE

BY BOB HEITERT

Our Badminton Event and Volleyball events were incredible successes. Events like these help bring our students together and build lasting friendships.

Our Peer Mentors have several events planned this semester and there will be more next semester. If you have the availability to attend, please do so, even if it is for a few minutes. And if you have an idea for an event, tell us. Volleyball came directly from the suggestions on our Badminton Event surveys. Yes, we do read these.

Bottom line is we want to see you. If it is in the office, at a workshop, or just stopping at an event for a few minutes, what is important to us is that we are doing all we can to make your college journey a success and a fun, memorable experience.

