

# WHaT's New

The Official Newsletter of the William H. Thompson Scholars  
Learning Community at the University of Nebraska Lincoln

December 6 – December 12, 2010

Vol. 3 No. 15

## What's up at WHT Upcoming Events...



**"Massage Therapy Workshop"**  
Wednesday, December 8, 1:30PM  
In the Jackie Gaughan Multicultural  
Center Room 202  
Life Skills Event  
(1st & 2nd year Scholars)

This presentation, which will be given by Becky Ohlson, a massage therapist at the UNL Rec Center, will introduce you to the benefits of massages, and teach you proper massage techniques. Becky will also talk about where to go on campus to get a massage and how using massage will help you to reduce some stress and anxiety right before finals.

### "Jazz Ensembles I & II"

Tuesday, December 7, 7:30PM  
in the Sheldon Museum of Art (Ethel S. Abbott  
Auditorium)  
Enrichment Event\*\*  
(1st & 2nd year Scholars)

The Jazz Ensembles I and II under the direction of Paul Haar and Eric Richards will give a concert. This event is free and open to the public, and is part of the Tuesday Nights at Sheldon: A School of Music Performance Series.

**\*\*IMPORTANT** – You **MUST** sign in with the WHT representative before entering the event. The WHT representative will be wearing a WHT shirt and will be standing near the entrance of the event. If you do not sign in with a WHT representative on the event sign-in sheet, it **WILL NOT COUNT**.



**NEW EVENTS!**



### "Salvation Army Holiday Bell-Ringing"

Life Skill Event\*\*

Saturday Dec 11th-  12:00-2:00PM  
2:00-4:00PM  
4:00-6:00PM

Location: Walgreens on 48th and O Street. A carpool from campus will be setup for shifts

Join your fellow WHT Scholars in volunteering to ring bells and raise money for the Salvation Army to help those who are less fortunate during this holiday season. We are looking to get about 3-4 students per shift. You must e-mail Tony Lazarowicz at [tazarowicz@unl.edu](mailto:tazarowicz@unl.edu) as soon as possible to sign up for one of the shifts.

**\*\* \*\***(You must sign in and complete one full shift in order to receive a Life Skill Event credit!)

### F.A.C.

**Friday Afternoon Club is the perfect place to study for your finals!**

**When:** Friday, December 10th,  
3:00pm – 5:00pm

**Where:** Mari's Lounge (on the 1<sup>st</sup> floor in the lobby between Abel and Sandoz Hall)

**Theme of the Week: Finals Survival Packs!**



## WHT Late Night Breakfast



Sunday, December 12, 9:00PM

in Abel Residence Hall (**location change!**)

**Social Event (open to 1<sup>st</sup> and 2<sup>nd</sup> year Scholars)**

Studying for finals takes a lot of energy, which is often hindered by late night study sessions and snack cravings. Our Late Night Breakfast Social Event allows you to take a study break with your fellow WHT Scholars while filling up on delicious breakfast foods that will satisfy both your mind and your stomach.

# GO RED - GET INVOLVED!

## Upcoming Events at UNL...

**Tuesday, December 07, 11:00AM – 2:00PM:**

**“Stress Free Zone – EAST CAMPUS”:** Come to relax and unwind before finals week. Free snacks, giveaways, massages, and fun activities. Sponsored by the Health Education Department of the University Health Center.

Website: <http://health.unl.edu/wellness/calendar.shtml>

Location: East Campus Union

**Wednesday, December 08 - Thursday, December 09, 11:00AM – 2:00PM:**

**“Stress Free Zone – CITY CAMPUS”:** Come to relax and unwind before finals week. Free snacks, giveaways, massages, and fun activities. Sponsored by the Health Education Department of the University Health Center. Website: <http://health.unl.edu/wellness/calendar.shtml>

Location: Nebraska Union

**Wednesday, December 08 – Friday, December 10, 1:00PM:**

**“GO Session at International Affairs”:** Information you need to know about studying abroad, hosted by an UNL Study Abroad Advisor. website: [http://www.unl.edu/iaffairs/study\\_abroad/Gosessionflyer2010.pdf](http://www.unl.edu/iaffairs/study_abroad/Gosessionflyer2010.pdf)

Location: 420 University Terrace, International Affairs, Room 10

**Friday, December 10, 9:00AM – 6:00PM:**

**“UNL Clay Club Holiday Sale and Raffle”:** Holiday sale and raffle will also take place on Saturday, December 11, from 9AM-5PM.

Location: Richards Hall, Room 118

**Friday, December 10, 7:30PM:**

**“Cornhusker Marching Band Highlights Concert”:** The annual Cornhusker Marching Band Highlights concert. Student tickets are \$10. / Location: Lied Center for Performing Arts

**Saturday, December 11 – Sunday December, 12:**

**“Amahl and the Night Visitors”:** The holiday favorite, "Amahl and the Night Visitors," will be performed by UNL music students. This event is free and open to the public, but seating is limited. Sat. showtimes: 1:30PM & 4PM; Sun. showtime: 3PM.

Location: Johnny Carson Theater

Don't forget to utilize the **Academic Success Lab** for getting in some valuable study time!

### Location & Hours:

**Daytime** – Jackie Gaughan Multicultural Center Room 142 (1<sup>st</sup> floor, near the lounge)

Open M-TH 11:00AM-2:00PM

**Evening** – Jackie Gaughan Multicultural Center Room 211 (2<sup>nd</sup> floor computer lab)

Open M-TH 7:00PM – 10:00PM

### Weekly Husker Sports:

➤ UNL Men's Basketball vs. Alcorn State

Wednesday, December 08, 7:00PM at the Devaney Sports Center

➤ UNL Wrestling vs. Minnesota

Thursday, December 09, 7:00PM at The Coliseum

➤ UNL Men's Basketball vs. TCU

Saturday, December 11, 1:00PM at the Devaney Sports Center

➤ UNL Wrestling vs. Oregon State

Saturday, December 11, 7:00PM at The Coliseum

Visit <http://www.huskers.com/> for further information!



# DATES & DEADLINES

**Monday, December 13 -**

**Friday, December 17**

✓ Fall Semester Final Exams



**Monday, January 3**

✓ The deadline for submitting your grades to Becky Connor at the Susan Buffett Foundation

## Don't Let Cold and Flu Season Slow you Down During Finals...

Get a flu shot or medical assistance when you are feeling ill by visiting the UNL Health Center (located at 1500 U Street) Hours and Contact Info: (Calling for an appointment will save you time!) **Phone: (402) 472-5000**

### Building Hours

M-Th: 7a - 6p; F: 7a - 5p; Sa: 9a - 12:30p ; Su: Closed

After Hours: (402) 219-8050 (St. Elizabeth Regional Medical Center's Telephone Line to Care)

Website: <http://health.unl.edu/>

### CDC Tips for preventing colds and the flu:

1. Avoid close contact with others when they or you are sick
2. Stay home when you are sick
3. Cover your mouth and nose
4. Clean your hands
5. Avoid touching your eyes, nose, or mouth
6. Practice other good health habits (such as getting enough sleep, managing your stress, and establishing a nutritious diet)



## WHT Dead-Week Study Sessions

Join your fellow WHT Scholars in a relaxing study environment where you can prepare for finals (snacks will be served!)

**\*\*Study Sessions are from 6-9PM daily\*\***

**Monday, Dec. 6<sup>th</sup>** @ The Jackie Gaughan Multicultural Center (Room 124)

**Tuesday, Dec. 7<sup>th</sup>** @ Nebraska Union Food Court (A or B)

**Wednesday, Dec. 8<sup>th</sup>** @ Sandoz Lounge

**Thursday, Dec. 9<sup>th</sup>** @ Sandoz Lounge

**ALL STRESSED OUT** and nowhere to study for finals? All UNL students are invited to come study in the Wick Alumni Center (1520 R Street) to enjoy FREE beverages and snacks while studying in a relaxing atmosphere during the following 5 days:

Sun. 12<sup>th</sup> 6PM-12AM; & Mon. 13<sup>th</sup>-Thur. 15<sup>th</sup> 8AM-12AM!

<http://huskeralum.org/students/>



# Scholar Spotlight

Meet WHT Second-year Scholar...

## Sequoia L. Grayson

**Hometown:** Omaha, NE

**Major:** Double Major in Communication Studies and English  
**A Few of Her Favorite**

**Things:** Spending time with my family, Learning new things, and Living life to the fullest

**An interesting fact about**

**Sequoia:** I have had natural hair for a year!

**Her favorite thing about attending college at UNL:**

The freedom and the responsibility I have over my own life.

**Do you have any advice you would like to share with fellow WHT scholars?** Make sure that you are enjoying your college experience while you can.



## WHT Birthdays

An Tran	12/08
Tyler Mathers	12/08
Maryaia Schneider	12/09
Aylasha Reyes	12/10
Dillon Jones	12/10
Tyler Hogan	12/10
Zalika King	12/10

## SUSAN BUFFETT SCHOLARSHIP REQUIREMENT DETAILS!

As a Buffett Scholar, you are required to report your final grades to the Buffett Foundation. The process is very simple. All of your grades will be posted to your MyRed page by December 24th. You will copy and paste your grades and e-mail them to Becky Connor at [scholarships@nebraska.edu](mailto:scholarships@nebraska.edu). Make sure the grades you submit also show your "cumulative" GPA. You also need to inform the Buffett Foundation of your intended date of graduation and your current e-mail address. *This is the Foundation's sole way of corresponding with you.* The deadline for submitting your grades to Becky Connor is Monday, January 3<sup>rd</sup>. Failure to submit your final grades by the deadline will delay your spring disbursement.

If you withdrew from one or more courses this semester after August 31st, you are responsible for repaying the Buffett Foundation for the amount of that course. There are two options of repaying the Buffett Foundation: 1.) you can submit a check to the Buffett Foundation by Friday, January 7<sup>th</sup>, or 2.) You can notify Becky Connor and have the amount of your withdrawn course(s) deducted from your spring disbursement. You will need to notify Becky Connor which option you decide to pursue. Failure to notify Becky Connor of a withdrawn course and your repayment option by Monday, January 3<sup>rd</sup> will delay your spring disbursement. *\*PLEASE NOTE - Pat Young is no longer the contact person for the Buffett Foundation. The new contact person for the Buffett Foundation is Becky Connor.*

If you have any questions or concerns regarding these details, please contact Becky Connor at [scholarships@nebraska.edu](mailto:scholarships@nebraska.edu).



## Spring Intramural Sports Update!



We will now be accepting teams for a number of spring intramural sports. There is a new process for the Spring: You have to form your own team. The first team to visit with Tony, set up a team meeting, and complete the paperwork will be allowed the WHT spot. We will have 1 team for each of the following sports: **Men's Basketball, Women's Basketball, Co-Rec Indoor Soccer, (2 teams) Co-Rec Volleyball, Men's Dodgeball, Women's Dodgeball, and Co-Rec Slowpitch Softball.**

Contact Tony at 472-6935 or [tlazarowicz2@unl.edu](mailto:tlazarowicz2@unl.edu) for more details!

# WHT PHOTOS of THE WEEK



WHT Family Thanksgiving Dinner



WHT Scholars in COMM211 class Enjoying a Traditional Turkish Breakfast!

"The week before finals is upon us. Are you prepared? As I contemplated my tip this week, I thought back to my undergraduate experience and how I felt during finals week. My suggestion for you is to plan out your time according to which tests you believe will be the most difficult, as well as what order the tests take place during finals week. As you go through this week (dead week), plan your schedule out for when and what you are going to study. Use the study rooms that we will provide to interact with other scholars and to ask questions. By monitoring your study schedule and ensuring that you spend enough time on each subject area, you will be setting yourself up for a better chance of completing your finals successfully. Happy studying!"

~Tony Lazarowicz



## TONY'S TIP

### Quote of the Week:

"The difference between school and life? In school, you're taught a lesson and then given a test. In life, you're given a test that teaches you a lesson."

~Tom Bodett

## FREE\* Lied Center Tickets for UNL Students!

View a list of upcoming shows at:

<http://marketplace.unl.edu/liedcenter/arts-for-all-free>

\*Free for students with a valid UNL ID

## UNL Alert — Stay Safe on Campus!

Did you know that you can register your e-mail address or mobile phone with the UNL alert system to receive safety notices about weather warnings and other threats on campus? Register today by visiting: <https://unlalert.unl.edu/unlalert/Default.aspx>



Do you own a smart phone? Check out UNL's mobile website at: <http://m.unl.edu/> To access university news and conduct library research while you are on the go!

## WHT Important Links



Facebook

<http://www.facebook.com/group.php?gid=179830569723>



Blackboard  
Blackboard

<https://my.unl.edu/webapps/portal/frameset.jsp>



UNL WHT Website

<http://www.unl.edu/wht/>



"How **YOU** prepare in the present will predict how **YOU** perform in the future"

Questions or comments? Please e-mail Stephanie Herzog, the Assistant Communications Coordinator, at [sherzog@huskers.unl.edu](mailto:sherzog@huskers.unl.edu) or call 402-472-3226

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