

THE ACHIEVER

NEWSLETTER

ROBERT & PATRICIA GUSSIN SPIRITAN DIVISION OF ACADEMIC PROGRAMS
ACT 101/LSP NEWSLETTER, DUQUESNE UNIVERSITY



Left to Right: Reggie Bridges, April Wade, Charles Blackwell

Duquesne University's Pennsylvania Acts Program

By: Michael Dern and Uhuru Hotep

Since its inception on Duquesne University's campus in 1977, the Act 101 program has been assisting undergraduate students explore career fields, find tutorial assistance, secure financial aid, and graduate from college. According to their webpage, "Pennsylvania Act 101 funds comprehensive support services for eligible Pennsylvania students throughout their undergraduate years." Act 101 students receive assistance from three sources: academic/learning coaches, tutors, and counselors. Pennsylvania Acts partners with the Commonwealth of Pennsylvania's Department of Education to provide these services. Under this partnership, there are four core services Duquesne University must provide Pennsylvania Acts/Act 101 students:

- Four semesters of retention for fulltime first-year freshman students
- An academic advisor/learning coach to supplement Duquesne's advisement
- Access to computers, photocopiers and fax machines
- Continuous counseling, diagnostic testing, and academic development designed by the student and the advisor/learning coach

The University has a financial commitment to support these services. According to Carol Cantini, Associate Director of Counseling Services, chosen students receive a financial aid package and institutional grants. Duquesne University's Financial Aid Office selects students based on economic and academic qualifications, remarks Cantini. Class rank, high school quality point average (QPA), and performance on standardized tests are major indicators of academic proficiency.

Cantini continues, "The state is investing in this selected group of students by providing the services to make sure the students compete, and are successful in higher education." She concludes, "Not everyone will live and work in Pittsburgh, but generally the goal is to make sure students graduate from college and become tax paying citizens of the Commonwealth."

"The state is investing in this selected group of students by providing the services to make sure the students compete, and are successful in higher education...the goal is to make sure students graduate from college and become tax paying citizens of the Commonwealth."

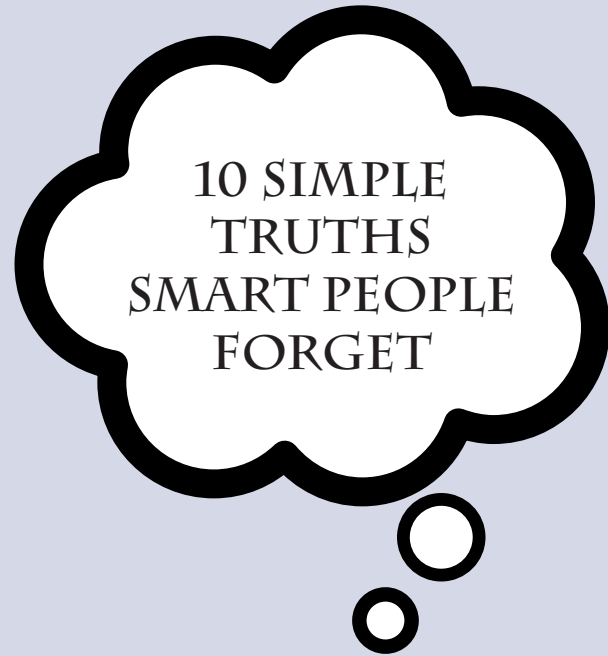
— Carol Cantini, Associate Director of Counseling Services

Pennsylvania Acts advisor/learning coach April Wade adds, "The program is tailored to each student's individual needs. For instance, I may have a student in Liberal Arts looking for an internship or financial aid, so I do some investigative work on the web for scholarship information so the student can focus on his academics."

Act 101, referred to as Pennsylvania Acts on Duquesne University's campus, was originally established in 1971 and came to Duquesne University in 1977.

Information specific to Duquesne University's Act 101 program, Pennsylvania Acts, can be obtained by contacting Reggie Bridges, Supervisor, at: 412.396.6662 or bridges@duq.edu. ■





10 SIMPLE TRUTHS SMART PEOPLE FORGET

by Marc and Angel Hack Life

1. Education and intelligence accomplish nothing without action.

- There's a huge difference between knowing how to do something and actually doing it. Knowledge and intelligence are both useless without action. It's as simple as that.

2. Happiness and success are two different things.

- "What will make me happy?" and "What will make me successful?" are two of the most important questions you can ask yourself. But they are two different questions.

3. Everyone runs their own business

- No matter how you make a living or who you think you work for, you only work for one person, yourself.

4. Having too many choices interferes with decision making

- Keep it simple. If you're trying to make a decision about something in your life, don't waste all your time evaluating every last detail of every possible option.

5. All people possess dimensions of success and dimensions of failure

- Trying to be perfect is a waste of time and energy. Perfection is an illusion.

6. Every mistake you make is progress

- Mistakes teach you important lessons. Every time you make one, you're one step closer to your goal. The only mistake that can truly hurt you is choosing to do nothing simply because you're too scared to make a mistake.

7. People can be great at doing things they don't like to do

- "In order to be great at what you do, you have to like what you do." This just isn't true.

8. The problems we have with others are typically more about us

- Quite often, the problems we have with others – our spouse, parents, siblings, etc. – don't really have much to do with them at all.
- Many of the problems we think we have with them we subconsciously created in our mind.

9. Emotional decisions are rarely good decisions

- Decisions driven by heavy emotion are typically misguided reactions rather than educated judgments. These reactions are the byproduct of minimal amounts of conscious thought and primarily based on momentary 'feelings' instead of mindful awareness.
- Don't let your emotions trump your intelligence. Slow down and think things through before you make any life-changing decisions.

10. You will never feel 100% ready when an opportunity arises

- The number one thing I persistently see holding smart people back is their own reluctance to accept an opportunity simply because they don't think they're ready. ■

7 COMMON CAUSES AND PROVEN CURES FOR PROCRASTINATION



by Marc and Angel Hack Life

1. Fear of the outcome

- The best way I've found to defeat fear is to **stare it down**. Connect to your fear, feel it in your body, realize it and steadily address it. Greet it by name if you have to: "Welcome, fear."

2. Helplessness in the face of complexity

- This time the solution is to **break it down**. Take that complex task and break it down to its bare essential components and then tackle each one of those components one at a time.

3. Rebellion and laziness

- Rebellion is about control. We assert our control by choosing when (or whether) to do the task.
- So when you notice yourself feeling rebellious and lazy about a task, think of a way to **reward yourself for getting it done now**. Also, remind yourself of the consequences of not doing it.

4. Lack of motivation

- The basic principle is **reframing**. If you know the job has to be done but it's not emotionally important to you, find a way to make it important.

5. Lack of focus and fatigue

- Distractions are everywhere. You must learn to ignore them.
- Minimize distractions** by scheduling yourself.
- Find a quiet space where you can concentrate on the task at hand.

6. Not knowing where or how to start

- Once something has a beginning and an end, it's a lot easier to start seeing the middle**. And usually you can work from both ends until you meet in the middle.
- Uncover the starting and ending points and start filling in the blanks one at a time.

7. Perfectionism

- One of the best bits of advice ever about perfectionism comes from Melody Beattie's book *Codependent No More*. "It just doesn't matter," she says. **"IT JUST DOESN'T MATTER!"** ■

ACHIEVER STAFF

Founder and Publisher: Judith R. Griggs, Ph. D.

Managing Editor: Uhuru Hotep, Ed. D.

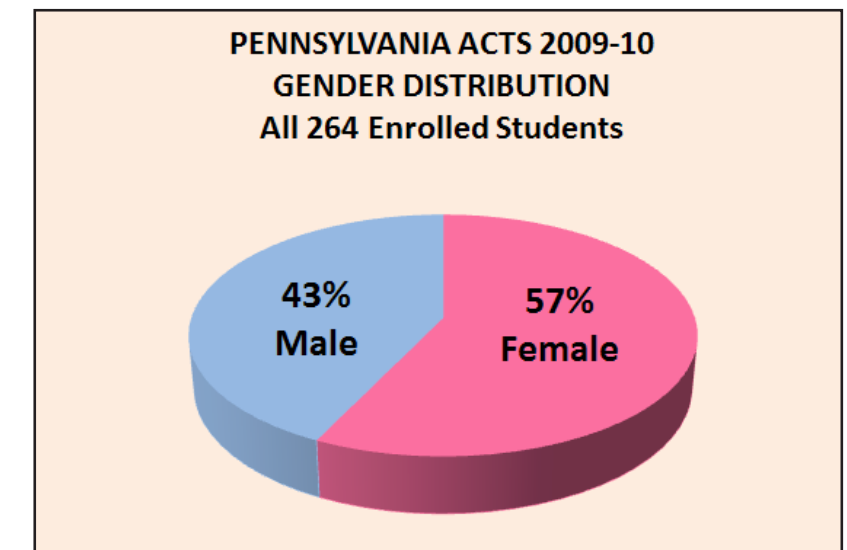
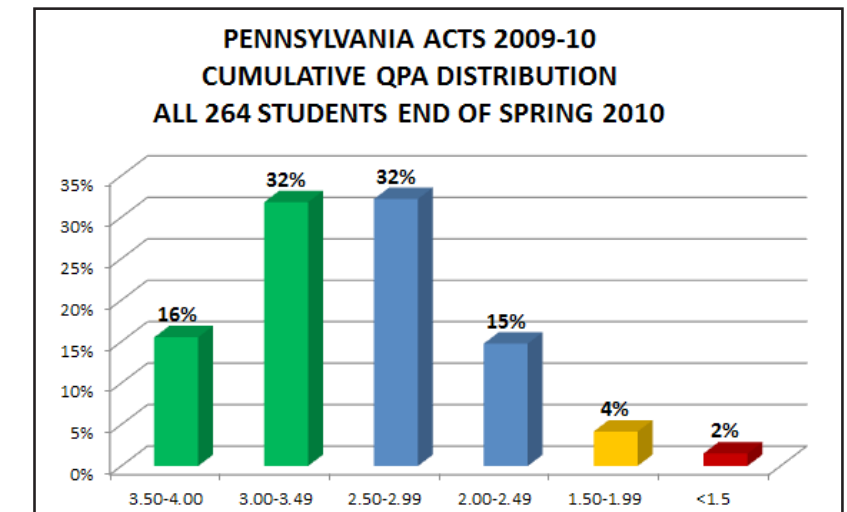
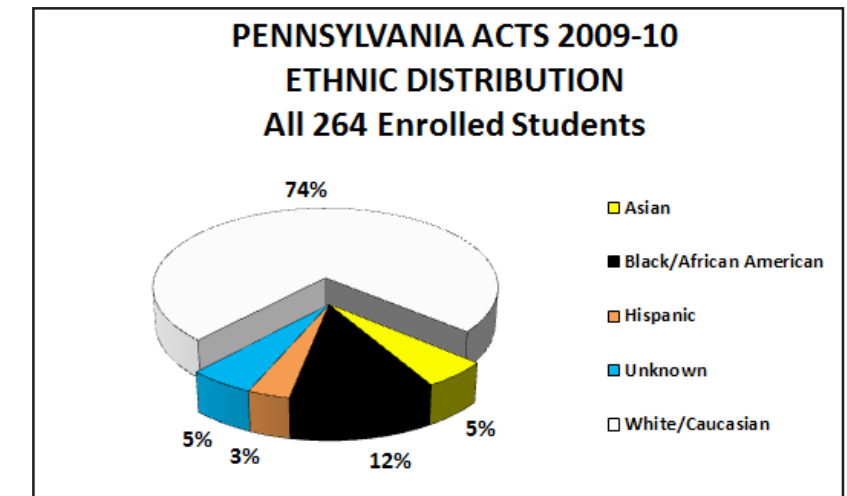
Guest Editor: Michael Dem, B.A.

Editorial Assistant: Alaina Webber

2009-2010 ACT 101 STUDENT PROFILE DUQUESNE UNIVERSITY

by Sanford Bendix

The bar graph and pie charts below depict ethnic, gender and academic performance data pertaining to Duquesne University's 2009-2010 ACT 101 student population.



ALL PENNSYLVANIA ACTS STUDENTS 2009-10 - GRADUATION STATUS		
Undergraduates Graduated in 2009-10	27	10%
Undergraduates Still Pursuing Degree	237	90%
Total Pennsylvania Acts Students 2009-10	264	100%

Dr. Marilyn Barnett
Educational Consultant
Principal, Imani Christian Academy

Ms. Marla Bradford
Sr. Employment Recruiter,
Duquesne University

Ms. Mary E. Davis

Mr. David DiPietro
Executive Director, Palumbo Center,
Duquesne University

Mr. Richard Esposito
Director, Financial Aid Office,
Duquesne University

Mr. Gust Flizanes
Director, Design and Construction,
Facilities Management,
Duquesne University

Dr. Janie Harden Fritz
Associate Professor, Department of
Communication & Rhetorical Studies,
Duquesne University

Rev. John Fogarty
Director, Center for Spiritan Studies,
Duquesne University

Ms. Kimberly Hoeritz
Registrar, Duquesne University

Rev. Sean Hogan
Executive Vice President, Student Life,
Duquesne University

Dr. Rodney Hopson
Associate Professor, School of
Education, Duquesne University

Dr. Fred Lorensen
Director, Freshman Development and
Special Student Services, Duquesne
University

Dr. Joe Maola
Professor, School of Education,
Duquesne University

Ms. Gayle M. Moss
President, NAACP Pittsburgh

Ms. Valerie Njie
Vice President, Operations,
Bidwell Training Center Inc.

Mr. Sylvester Pace
President and CEO, Negro
Educational Emergency Drive

Judge Oscar Petite
Magistrate, Uptown District,
Pittsburgh

Dr. Gary Shank
Professor, School of Education,
Duquesne University

Mr. Wayne Stewart
Attorney

Mr. Randall Taylor
School Board Member, Pittsburgh
Public Schools

Mrs. Debra Zugates
Associate Director, Admissions,
Duquesne University

ROBERT AND PATRICIA GUSSIN SPIRITAN
DIVISION OF ACADEMIC PROGRAMS
ACT 101/LSP
DUQUESNE UNIVERSITY
PITTSBURGH, PA 15282

RETURN SERVICE REQUESTED



Non-Profit Org.
U.S. Postage
PAID
Permit No. 390
Pittsburgh, PA

The Art of Loving *By Carol Winn*

Love spelled backwards is the first four letters of the word evolve; love must evolve. Whether it is personal love, self-love, family love, or romantic love, love causes us to change. Change, however, does not necessarily mean evolution; it can mean involution. What's the difference? *Evolution* means advancement, progress. *Involution* means a decline in progress or advancement. Therefore, through evolution or involution, with love, a change will come. We are born to evolve, and where love is concerned, we can influence our evolution.

Love is an awesome power. In fact, it is the greatest power we possess. If we want a better community, nation and world, we must exploit the power of love in every way every day and in everything we do.

A final aspect of love is that it must expand. If we do not allow our love to grow beyond our family, community and nation to encompass the whole world and all living things, we will always have wars, death and destruction. The Art of Loving requires that we know ourselves, embrace our diversity and, forgive those who trespass against us. Since we all have the power to love, we ought to use it continually.

