

Duquesne Act 101 Students Attend Leadership Conference

by Jeff Meader

Act 101 student advisor Vicki Bush, along with Act 101 students Elise Scott (business) and Carmen Rodriguez (nursing), traveled to Gettysburg, Pennsylvania to attend the annual Act 101 Student Leadership Conference held November 4-5, 2007.

The conference is designed to provide Act 101 students with exercises and workshops that will enable them to become effective campus and community leaders. Approximately 250 students attended the two-day conference and refined their creative, critical thinking

and team work skills. In between workshops, students were given a tour of historic downtown Gettysburg.

The conference keynote speaker was a skilled actor who impersonated President Abraham Lincoln. The actor spoke about the history of Gettysburg and tied leadership skills to the Gettysburg Address. Students and staff from other Region F schools like Robert Morris University, Chatham College, La Roche College, Point Park University, and Community College of Allegheny County were also in attendance.



ROBERT AND PATRICIA GUSSIN SPIRITAN
DIVISION OF ACADEMIC PROGRAMS
ACT 101/LSP
DUQUESNE UNIVERSITY
PITTSBURGH, PA 15282
(412) 396-6661

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



ADVISORY BOARD

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

Ms. Gweneth Gaul
Major Gifts Officer, Duquesne
University

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

Fr. Tim Hickey
Director, Mission & Identity,
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

FALL '07 - SPRING '08

VOL. 13, No. 2

THE ACHIEVER

NEWSLETTER

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

Historical Marker Honors Act 101 Founder

By Charles Blackwell



Cathryn Irvis and Reginald Irvis

On April 3, 2008, Duquesne University's ACT 101 program staff was personally invited by Cathryn Irvis to attend a Pennsylvania State historical marker dedication and reception held in the honor of her husband, the late Honorable K. Leroy Irvis. Speaker Irvis served twice as the Speaker of the House of Representatives of Pennsylvania from 1977-78 and 1983-88. The dedication was held at the 20th Century Club in Pittsburgh, Pennsylvania.

The Honorable K. Leroy Irvis was the founder of the Act 101 program, which is designed to help Pennsylvania students succeed by providing academic counseling and advising. Duquesne Act 101 team is lead by Dr. Judith Griggs. Other staff include Reginald Bridges, Vicki Bush, Carol Cantini, and Ruth Boykin. Duquesne's Act 101 program has provided continuous service since 1977 and has helped thousands of students graduate.

Many distinguished guests were in attendance including Speaker Irvis' son, Reginald Irvis; his daughter, Sherri Irvis-Hill, and her husband, the Honorable Judge Glynnis Hill. Other guests include the local press, community leaders, activists, and students. The various speakers attested to Speaker Irvis' brilliance and "can-do" attitude. It is this attitude that Duquesne's Act 101 program staff imparts to their students.

Speaker Irvis' historic marker is located in Pittsburgh at 2170 Centre Ave., the site of his district office. ■

Making the Most of Opportunities

By Jeff Meader



Elise Scott
Act 101 Freshman

Duquesne University is a place that Elise Scott was accustomed to before she enrolled in the summer of 2007. Elise is a graduate of Elizabeth Forward High School in Elizabeth, Pennsylvania. Choosing Duquesne was an easy decision for Elise because her family has a history with Duquesne.

"My older sister is a third year triple major here and my father works on campus." Because there was prior connection she knew how "amazing" the campus and its classes are.

Elise, now in her third semester of studies, began her college education through the Robert and Patricia Gussin Spiritan Division of Academic Programs. When asked about her first impression of college, Elise said "It was all I expected and I knew it would get harder once the actual freshmen year started." She admitted she had some problems when she began her studies at Duquesne, but made it clear that she did not have those problems anymore. She said "Every once in awhile I will come upon an issue and somehow I learn how to get through it."

"The people that I met here and the friends I made I know will be my friends for a long time"

Elise is currently a business major with a focus in marketing. Asked about her time on campus now, she said, "I still love it. Classes are about the same, there are some that I struggle with, but I have learned to get through them."

Elise is very happy that she chose Duquesne because of the atmosphere and all of the amazing friends that she has made. "The people that I met here and the friends I made I know will be my friends for a long time" said Elise. Along with her strong connections and commitments to bettering herself, Elise has been taking advantage of the opportunities and is consistently striving to make herself better. ■

10 TIPS FOR GETTING GOOD (OR BETTER) GRADES

by Randall S. Hansen

1. Attend All Your Classes

Now, you might think this was an obvious one. But I speak from experience when I say that many students skip classes for one reason or another. But if you want good grades, you should attend all your classes:

2. Master Your Professors

Every professor has a different personality and system for running his/her classes, so it makes sense as early in the semester as possible to learn what the professor wants.

3. Get/Stay Organized

You may have been one of the lucky few who has never needed a planner before, but college is all about multitasking, and you can easily get overwhelmed with due dates, team meetings, and other demands on your time.

4. Use Time Wisely

Even if you do not procrastinate and are the most organized person in the world, time can be one of your biggest enemies in college.

5. Become "Noteworthy"

Another reason for attending class is recording the class notes. These notes are vital clues to what the professor thinks is the most important material for you to learn, so besides taking notes, learn how to better use them to your advantage.

6. Use the Textbook

Professors assign textbooks for a reason -- and it's not to make you broke; it's to supplement the lectures and discussions from class. Do buy all the textbooks -- and systematically read them.

7. Follow Good Rules of Writing

Many classes require one or more writing assignments, from short responses to term papers, and you'll do better on these assignments if you follow the rules of good writing.

8. Study, Study, Study

Another obvious one here? Perhaps, but the rule is you should be spending at least three hours outside of class for every hour in it. And for some classes, you'll find you need a lot more time than that to master the material.

9. Be a Good Test-Taker

Just about all college classes have exams, and sometimes the exams are the major portion of your final grade, so it's important to become a good test-taker.

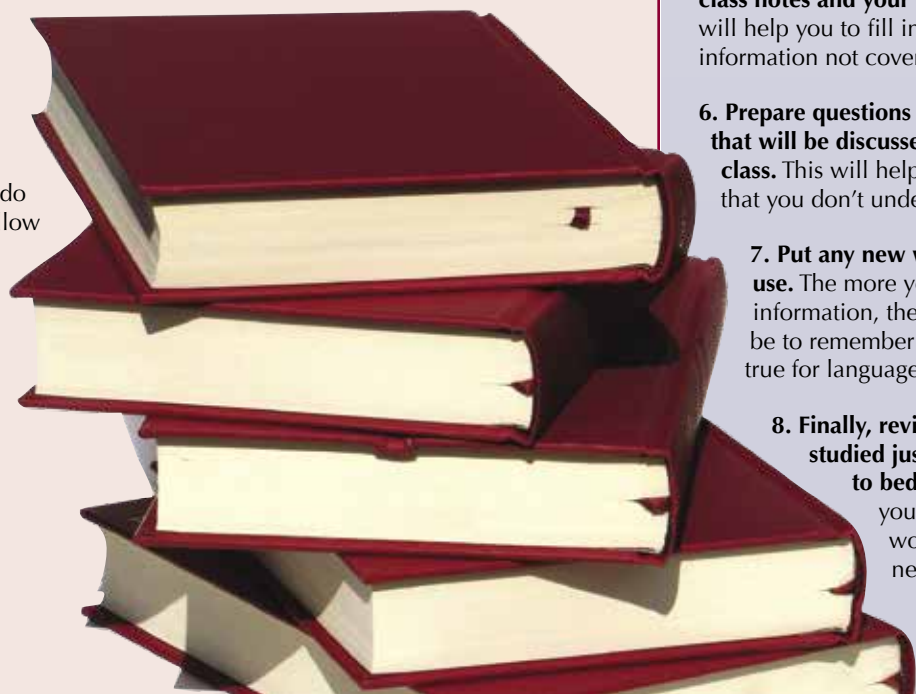
10. Polish Those Verbal Communications Skills

Many classes include a presentation component, so use all opportunities to improve your verbal communications skills and maximize your grade:

Final Thoughts

Following these guidelines should help your grades immensely, but here is one other tip. Remember to think of your professors as your allies, not your enemies. And if not your allies, at least your partners. Our goal is for every student to learn and master the materials in the course. And if you master the materials, you should have a good grade in the class. And if you're struggling with some aspect of the course, just go see the professor. We're here to help you become the best you can be. ■

See even more tips, tools, and suggestions for academic success at, www.MyCollegeSuccessStory.com.



EFFECTIVE STUDY HABITS

by Gene Grzywacz

Effective study habits are essential for achieving and maintaining a high GPA. More importantly, effective study habits help you to store information in long-term memory, allowing you to use the learned information in a novel setting. Applying the following rules for studying will aid you in earning excellent marks in school.

Do: 1. Keep the area around your desk neat and tidy. If possible, the area should also be quiet. If you are having trouble finding a quiet place to study, try the local library or park. The library is a perfect place to have peace and quiet. The park may not be as quiet, but the fresh air can make studying less nerve-racking. If these options are unavailable, then try listening to some music while studying.

2. Have a scheduled study time for each school day. Remember that one classroom hour should be reinforced by two hours of studying at home.

3. Sit down for 45 minute intervals, followed by 15 minute breaks. Having an easily attainable goal, like sitting for set duration of time, is effective for increasing motivation.

4. Reward yourself if and only if you have met your goal for that study session. For example, if you plan to study one chapter and succeed, then you may reward yourself by doing something pleasurable. Examples of positive reinforcement are: food, exercise, videogames, etc.

5. Make correspondences between your class notes and your textbook. This will help you to fill in any background information not covered in class.

6. Prepare questions about the chapter that will be discussed in the following class. This will help you identify areas that you don't understand.

7. Put any new words or concepts to use. The more you use the learned information, the more likely you will be to remember it. This is especially true for language classes.

8. Finally, review what you have studied just before you go to bed. You will find that you will remember the words very strongly the next morning.

Don't: 1. Procrastinate. Cramming is not beneficial for producing long term memory.

2. Highlight. Highlighting is a form of procrastination, because you are saving note taking for later. This means you must use the book twice instead of once. Instead, make careful notes to compliment your classroom notes, along with page numbers so that you can refer back to the book if necessary.

3. Study on the computer. You are bound to be tempted to check your email or surf the net.

4. Leave your cell phone on during study time. No matter who is calling or texting you, usually it can wait 45 minutes. Having your cell phone on during study time can be a major distraction and is not conducive to learning.

5. Study just after you have eaten. Studies have shown that thinking is slower after having a meal.

6. Space out. When you feel your mind begin to wander, remind yourself to concentrate. If you are reading, using your finger is a good way to keep your mind on track. The movement of your finger on the page forces you to pay attention to what you are doing.

For more college tips and study skills visit www.bruteforcestudyguide.com. ■

Friends of the Center

- Office of Admissions
- Office of Multicultural Affairs

The Achiever Staff

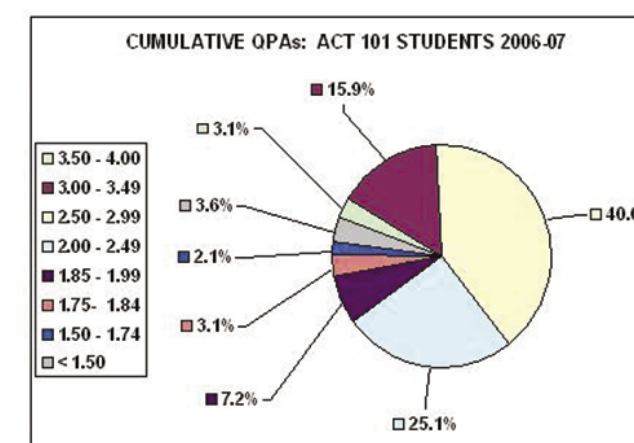
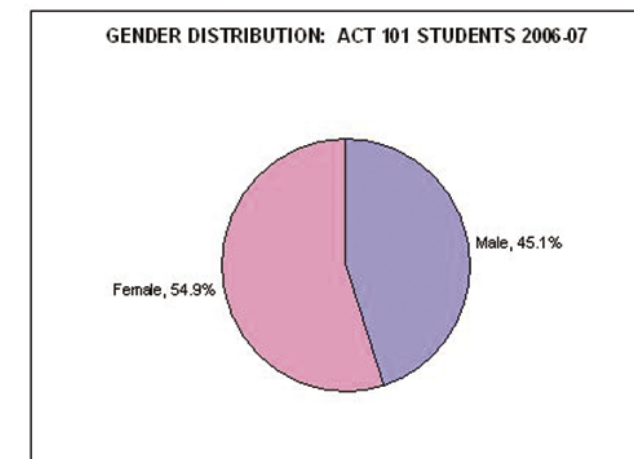
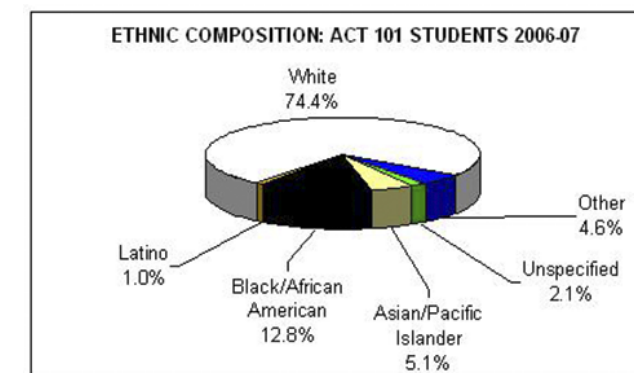
Founder and Publisher
Judith R. Griggs, Ph.D.
Editor
Uhuru Hotep, Ed.D.

Contributors
Charles Blackwell, M.A.
Sanford Bendix, M.S.Ed.
Jeff Meader, B.A.

2006-2007 ACT 101 STUDENT PROFILE DUQUESNE UNIVERSITY

By Sanford Bendix

The three pie charts below depict ethnic, gender and academic performance data pertaining to Duquesne University's 2006-2007 Act 101 student population. We had a total of 195 students.



The table below presents Act 101 graduation data for the 2006-2007 academic year.

ACT 101 2006-07 STUDENTS - GRADUATION STATUS		
Undergraduates Still Pursuing Degree	158	81.0%
Undergraduates Graduated in 2006-07	37	19.0%
Total Act 101 Students	195	100.0%