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Three Causes of Self-Doubt and How to Conquer Them for Good

By Kavitha Chinnaiyan

“Each time we face our fear, we gain strength, courage, and confidence in the doing.”
—Unknown

In order to overcome any limitation, we have to turn around and face it, study it, and watch it like we would an exotic animal in a zoo.

1. Comparing Yourself with Others

If you lacked the ability to compare yourself with others, would you be plagued either by self-doubt or its opposite, over-confidence?

2. Fixation on a Particular Outcome

One of the biggest things that holds us back from moving forward is the fear of failing. When we become fixated on a particular outcome, not only do we become paralyzed by the possibility of failure but we also close ourselves off to all other possibilities.

3. Feeling Like an Imposter

If you feel like you don't deserve any of your accomplishments or that you got to where you are by pure luck, you may feel like an impostor. And then there are the issues of not wanting to appear aggressive, ambitious, or assertive that makes us take a step back from our full potential.

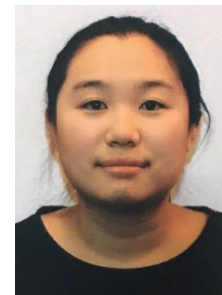
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THE ACHIEVER NEWSLETTER

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

ACT 101 Student Laura Jeon Receives 2018 Michael P. Weber Scholarship

by Uhuru Hotep



Laura Jeon

Laura Jeon, a freshman pharmacy major from Wexford, Pa, is the recipient of the 2018 Michael P. Weber Scholarship. Laura was born in Seoul, South Korea and immigrated to Pittsburgh in 2011. A graduate of North Allegheny Senior High School, Laura was active in both athletics and musical performance.

Laura states, “I love the atmosphere of Duquesne University; I have met inspiring, encouraging, resourceful people who have helped me.” She selected Duquesne University because it offers abundant support programs and it's close enough to commute.

“As an ACT 101 student, I receive unlimited tutoring, which allows me to ask questions and academically succeed.”

Regarding the ACT 101 program, Laura shared, “As an ACT 101 student, I receive unlimited tutoring, which allows me to ask questions and academically succeed.” After graduation, Laura plans to work as a pharmacist, continue her geriatric research, and participate in community service programs. ■

Josephine Rizzo: An ACT 101 Leader

by Torben Brietkopf and Uhuru Hotep



Josephine Rizzo

Josephine Rizzo, a native of Pittsburgh, Pa, joined Duquesne's ACT 101 program—called Pennsylvania Acts or PA Acts—in the winter of 2016 as an advisor and reading specialist. She earned her master's degree in education from Duquesne University in 2015 and her bachelor's degree in elementary education from Point Park University, formerly Point Park College, in 1993.

Since joining PA Acts, Rizzo has assisted many ACT 101 students in achieving scholastic success. PA Acts serves over 200 students enrolled in all schools within the University, including the Gussin Spiritan Division of Academic Programs. Until graduation, students who actively participate sign an annual agreement which allows them to receive benefits including early registration, free unlimited tutoring, and academic workshops provided through the Michael P. Weber Learning Skills Center. PA Acts students also have the opportunity to participate in cultural enrichment activities. Rizzo states,

“I enjoy meeting and forming working relationships with my ACT 101 students, assisting them to overcome challenges, and celebrating their successes.”

“I feel blessed to work at Duquesne University and my director, Dr. Judith Griggs, is truly a supportive, amazing, and inspirational educator and leader. The ACT 101 staff at the LSC works diligently to address the needs of our Pennsylvania Acts population as well as all students who need support.” ■



Keeping Your Eyes on the Prize

By Teresa Shimogawa

“Doing your best means never stop trying.”
~Unknown

1. Nurture your desire.

Despite obstacles, it's important to keep your desire alive and well. If you find yourself losing enthusiasm, do something to rekindle your desire. Sometimes something as simple as reviewing your goals on a regular basis is enough to spark a renewed sense of interest.

2. Take time for yourself.

It's important to take the time when you are stuck in the valley to relax, rejuvenate, and strategize your next move. It will only make your journey back to the top more successful.

3. Re-evaluate your goals.

When I'm ready to embark upon a new goal, I make a list what I know I can handle. I remind myself that something is better than nothing as long as I am doing my best. Then, I add a little more to the list to challenge myself, but at the same time make it manageable.

4. Chunking.

When confronted with a large task an effective strategy is to “chunk” the task, then do a little bit at a time. This will increase your chances of successfully completing the task. While challenging yourself is never a bad idea, you shouldn't set yourself up to fail.

5. Log your efforts.

One way to help yourself is to keep track of what you do. I have a small journal where I log my progress each day. By the end of the month I can see on paper what I've accomplished; it serves as a reminder that I am moving forward even when it feels like I'm not.

6. Celebrate.

Taking the time to celebrate means you are taking care of yourself. When you're making progress, big or small, never forget to take the time to celebrate your efforts. Put one foot in front of the other and keep walking forward, but don't forget to pause and celebrate the small victories along the way.

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How to Face and Conquer Self-Doubt

By Kavitha Chinnaiyan

1. Meditate: Depending on the technique, meditation can help calm our minds and lower stress and blood pressure—very favorable outcomes.

2. Journal: Writing is a powerful tool for cultivating self-awareness. It forces us to clearly identify our internal thinking process.

3. Question: Allow each question to sink into silence without allowing the mind to answer. Answers will come later.

4. Feel: Another powerful way of dealing with our limitations is to feel them in our bodies, then work them out by physical exercise.

5. Act: Once you've become adept at questioning your thoughts and beliefs in a meditative state, it's time to put your insights into practice. Any time you feel paralyzed with self-doubt or when the old patterns reemerge, meditate, address it in your journal, raise questions to seek answers, exercise, and then act.

Four Things You Need to Know When Pursuing an Ambitious Dream

By Lori Deschene

“So many of our dreams at first seem impossible, then they seem improbable, and then, when we summon the will, they soon become inevitable.”

~Christopher Reeve

1. There's no shame in being “green.”

It's easy to feel insecure when you're working with experienced people. This feeling won't last forever. No one loses respect for someone just because they are new, so enjoy every part of your new path.

2. Setbacks are part of the process.

So often we get down on ourselves when things don't go as planned. The only thing you can reasonably expect when you're doing something new is the unexpected. The good news is, the unexpected isn't always bad. Setbacks require that you regroup and move forward.

3. It helps to hold yourself accountable.

Tell people what you aspire to do. Sharing your intentions with others can keep you on track; it also inspires others to pursue their dreams.

4. An experience can be worth so much more than it costs.

There are no guarantees. You don't need a guarantee to know that taking a risk—stretching yourself and coming alive—is worth it, no matter where it leads.

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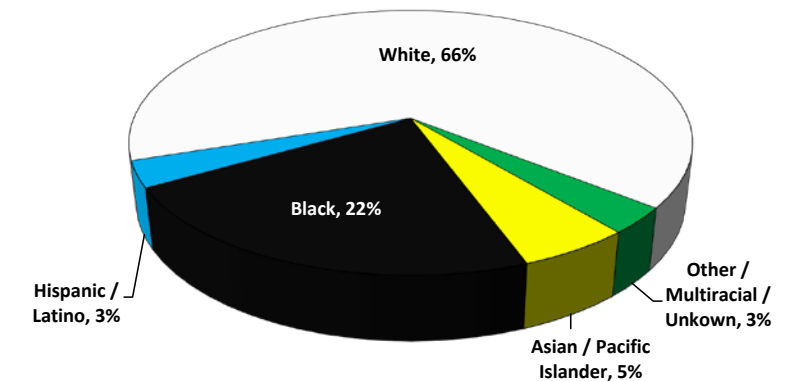
2016–2017 Act 101 Student Profile

Duquesne University

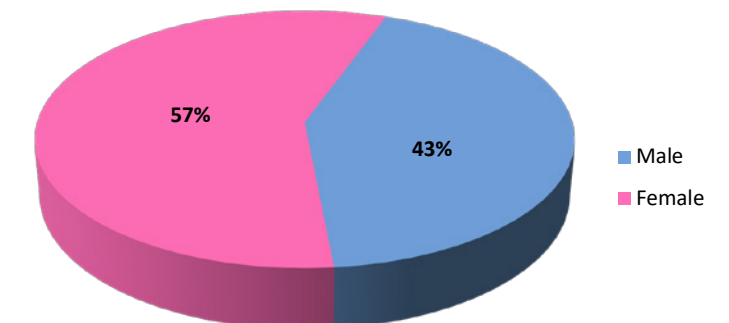
by Ameya Ranade

The pie charts and bar graph below depict ethnic, gender and academic performance data pertaining to Duquesne University's 2016 - 2017 ACT 101 student population and reflects only those students who received services or who actively participated in the program.

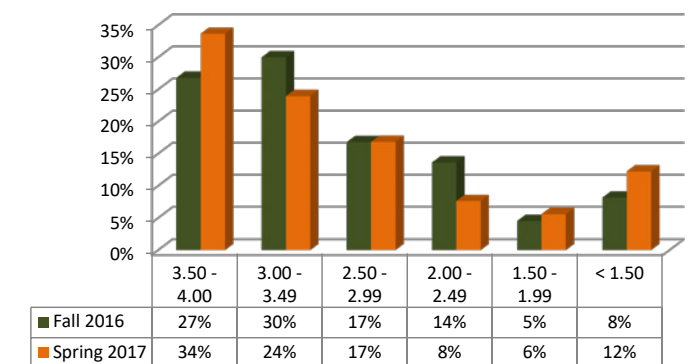
ETHNIC DISTRIBUTION 2016-17
(219 Reported)



GENDER DISTRIBUTION 2016-17
(219 Reported)



TERM GRADE AVERAGES 2016-17



2016 - 2017 ACT 101 STUDENTS - GRADUATION STATUS

ACT 101 graduates	44	20.09%
ACT 101 undergraduate pursuing degrees	159	72.60%
ACT 101 undergraduate not enrolled Fall 2017	16	7.31%
Total ACT 101 Students	219	100%