Greetings Students and Friends,

Autumn is my favorite season, and November is definitely a month I look forward to all year long. Why? Well, one reason is that November is National American Indian Heritage Month, a time for folks all across the United States to acknowledge the tribal heritage of this country’s indigenous peoples. Be sure to check out the November calendar of events included in this newsletter and take advantage of the many opportunities to attend renowned speakers and events. Unfortunately, I will be missing a week or so of the activities, because it’s deer hunting season, the other reason for my personal fondness of November! For those of you who don’t know me yet, it’s the one time of year that I do not hesitate to take a few days off and go trekking through the woods back home in search of that elusive grand buck. Long-time hunting buddies, fresh air, breathtaking nature, lots of physical challenges and exercise, and the thrill of the hunt – it doesn’t get any better than that!

Along with autumn comes the taunting and danger of winter, and believe me, it can come on rather suddenly and any time now. Please take the time to put together a basic highway survival kit for your car! Your basic survival kit should include warm boots, hats, gloves, and a blanket. Also include a flashlight, a coffee can, candles and matches or lighter, some quick energy snacks like candy or granola bars, and juice. I realize I may sound like your parents or grandparents, but I know that many of our students take to the highways headed for their home tribal communities and families during holiday breaks, and everyone needs to be well-prepared for ND blizzards. Even with the convenience of cell phones, it can often be quite a wait for help to arrive when the worst of road conditions have resulted in zero visibility or highways being closed. Be safe!

With the semester break just a little more than a month away; I’d like to remind students that if you are struggling with any of your classes, please do not hesitate to utilize the AISS tutors. Tyler, Malith, Carol, Christalin, and Colleen can provide friendly one-on-one assistance with a wide variety of coursework ranging from Algebra and Calculus to Business courses, Psychology, Atmospheric Sciences, Chemistry, Biology, Statistics, Physics, and a host of others! No appointment is needed, simply check the tutor schedule in this newsletter to see which tutors are staffing the Center Sunday through Thursday evenings, and come spend some time with the individual tutor whose area of expertise includes the course in which you need some assistance.

Additionally, AISS staff member Mikki (or Word Woman, as she’s sometimes called) always welcomes an opportunity to assist students with college level writing as well. Most importantly, students, don’t let your worries take priority over your studies and academic responsibilities - come in and talk about it with our staff! AISS staff members can advise you as to whether or not dropping the course might be your best option, or assist you in identifying additional assistance. Please keep in mind that dropping too many courses can adversely affect you, and also – November 15th is the last day to drop!
To our new freshmen and transfer students, keep in mind that the first semester is commonly the most difficult. You are far from home and college level course work is sometimes intimidating. If you are not currently participating in the AISS Student Success Program, I strongly encourage you to come visit with Linda, the AISS Assistant Director and administrator of this highly successful program, or another AISS staff member. Signing up is easy and the advantages and benefits of this program (a higher GPA, more credits completed, and early registration) are well worth checking out. I hope by this time all of you are feeling better transitioned to this new environment – and if not, by all means do begin frequenting the American Indian Center!

By regularly coming to the Center, you will find a wealth of peer, cultural, and academic support, be encouraged to become involved in the American Indian student organizations, and find truly caring and helpful staff members who continually strive to meet your needs. You are not alone – there are over 500 students who identify as American Indian at UND! My advice to you is to utilize the many services offered by the dedicated staff of American Indian Student Services, and to consider the American Indian Center on campus your home away from home!

I am very proud of you all, for the courage it takes to leave home, for the perseverance it takes to continue, and for the hard work it takes to be academically successful! You are our future professionals and tribal leaders, and each of you has infinite promise and valuable contributions to make at every level on campus and back home. So be sure to take good care, which includes dressing extra warm when winter arrives on our doorsteps and the temperatures plunge below zero. It truly pains me each winter to see the countless number of students at serious risk for frostbite to their ears, hands, and feet tromping all across campus between classes.

In closing, please be sure to stop by my office sometime when visiting the American Indian Center to enjoy a cup of hot cocoa or coffee and say hello. In order to most thoroughly and effectively meet the needs of the students we serve, we need to get feedback from you. I’d love to hear about how your experience at UND is going, and any ideas you may have for improving our student support services! Remember –the entire American Indian Student Services staff is committed to assisting you and other students in realizing success throughout your higher education experience on this campus! Several years ago we adopted the motto “At American Indian Student Services, we are helping to build stronger American Indian communities across the state and nation – one successful student at a time.” We’ve kept this motto because we see it happen over and over again, semester after semester, year after year, with every graduating class of American Indian students!

~ Dr. Leigh D. Jeanotte, Director
The Origin of November being declared American Indian Heritage Month

Several early attempts to legislate a day to honor American Indians took place beginning as early as 1915, and during that year, 24 state governments endorsed the proposal. There is no record; however, of such a national day being proclaimed by the White House until just 23 years ago, during the presidency of George H. W. Bush.

In 1990, (the first) President Bush approved a joint resolution designating the entire month of November as "National American Indian Heritage Month." Similar proclamations have been issued each year since 1994.

(Source: U.S. Dept. of the Interior, Bureau of Indian Affairs)
2013 Halloween Party
ATTENTION ALL UNDERGRADUATE STUDENTS RECEIVING THE CULTURAL DIVERSITY TUITION WAIVER OR SIOUX SCHOLARSHIP:

If you are an UNDERGRADUATE recipient of the Cultural Diversity Tuition Waiver, Sioux Scholarship, or participating in the AISS Student Success Program, your booklet must be completed and handed in to the AISS Office by 4:30 PM on November 1st for early registration privileges. To continue receiving your Cultural Diversity Tuition Waiver or any scholarship requiring your participation in the AISS Student Success Program, you have until December 13th to turn in your completed booklet. However, you will only be eligible for early registration by turning in your completed booklet on or before November 1st.

If you have not completed your two visits to meet with an advisor at AISS, completed your booklet including meeting with your academic advisor and instructors, and completed a minimum of 12 credits with the minimum required GPA, you will lose your waiver. Therefore, be absolutely sure that you have completed the requirements by the end of this academic semester.

Call 701-777-4291 today to make an appointment.

Just in case you have missed the information about signing a Financial Obligation Agreement please be aware that this is a new requirement and there is a hold on your ability to register for Spring 2014 semester (which begins next week for some of you) until you sign the agreement. You can find instructions for completing the form on your Campus Connection or on the Student Account Services home page.

RAIN program celebrates American Indian Heritage Month

In 1990, President George H. W. Bush approved a joint resolution designating November 1990 “National American Indian Heritage Month.” Similar proclamations, under variants on the name (including “Native American Heritage Month” and “National American Indian and Alaska Native Heritage Month”) have been issued each year since 1994. (website, Native American Heritage Month).

In recognition of American Indian Heritage Month, the College of Nursing and Professional Disciplines would like to acknowledge and honor our Recruitment/Retention of American Indians Into Nursing (RAIN) program.

The CNPD celebration of American Indian Heritage month will feature displays of American Indian culture by the RAIN program throughout the college; specifically a display of our North Dakota tribal nations. Posters of the UND “More Than Beads and Feathers” campaign will be displayed.

The RAIN program has been an integral part of UND since 1990 and has contributed to the success of our American Indian students; 167 have obtained bachelor of science in nursing and 43 American Indian nurses have earned masters. Five of the RAIN alumni have attended other institutions and earned a doctoral degrees in Nursing and one has earned her Juris Doctorate.

Thank you RAIN program staff and students for contributing to an exceptional college and university.

-- Barb Anderson, program coordinator, Nursing, 777.4323, barb.anderson@UND.edu.
President Kelley will give State of the University address at U Council meeting Nov. 19

The University Council will meet at 3:30 p.m. Tuesday, Nov. 19, in the Gransberg Room, Gorecki Alumni Center. The agenda follows:

* State-of-the-University Address by President Kelley
* University Senate Status Report, Ryan Zerr, University Senate Chair
* Matters Arising, Ryan Zerr, University Senate Chair

The University Council consists of the following who are employed primarily on the Grand Forks campus: The president, vice presidents, registrar, director of libraries, all deans, all department chairpersons, all full-time faculty of the rank of instructor, assistant professor, associate professor, and professor; program directors, coordinators, assistant and associate deans who concurrently hold faculty rank; the director of the Counseling Center; professional librarians, and such other academic personnel and administrative officers as the Council may designate.

The quorum of the Council necessary for the transaction of business is 25 percent of the Council membership (or 184 of the current 734 members). Council meetings are normally co-chaired by the chairperson of the Senate and the president of the University. The registrar is ex-officio secretary. Council meetings are open to the public, and students, staff and the general public are invited to attend.

ATTENTION FACULTY & STAFF WHO ATTEND THE IRP MEETINGS

The next meeting will be:
November 20th, 2013
1:30 PM-3 PM
American Indian Center

*Please send a representative to share new and important information about your department. Thanks for your cooperation.

Lunch seminar Nov. 13 will focus on Louise Erdrich book, ‘The Round House’

The Integrated Studies Program invites you to participate in a brown bag lunch seminar discussion of Louise Erdrich’s new novel, The Round House, on Wednesday, Nov. 13, at noon in 260 O’Kelly Hall. The discussion will be facilitated by Greg Gagnon, Associate Professor Emeritus of American Indian Studies. For more information, please contact Tami Carmichael, tami.carmichael@und.edu, 701.777.3015.
THE 8TH ANNUAL AMERICAN INDIAN FILM FESTIVAL

All films start at 7:00 P.M. in the LECTURE BOWL OF UND MEMORIAL UNION
2901 University Avenue Grand Forks, ND

BURIED MY HEART WITH TONAWANDA MONDAY, NOVEMBER 4
A historical fiction documentary, Buried My Heart with Tonawanda tells the story of a boy with Down Syndrome who is accepted by his own family but rejected by the Tonawanda Seneca. The film teaches us about Seneca culture, beliefs and myths and challenges outdated and stereotypical images of Native Americans.

FIRST SPEAKERS: RESTORING THE OJIBWE LANGUAGE THURSDAY, NOVEMBER 7
A language is lost every fourteen days. One of those endangered tongues is Minnesota’s own Ojibwe language. Now a new generation of Ojibwe scholars and educators are racing against time to save the language.

AMERICA REFRAMED: THE MEDICINE GAME TUESDAY, NOVEMBER 12
The Medicine Game shares the remarkable journey of two brother from the Onondaga Nation driven by a single goal; to beat the odds and play lacrosse for national powerhouse Syracuse University.

UP HEARTBREAK HILL TUESDAY, NOVEMBER 12
Up Heartbreak Hill is a documentary chronicling the lives of Thomas, Tamara and Gabby - three teenagers on the Navajo Nation - as they traverse their senior year and struggle to define themselves as both Native American and modern American.

TIGER EYES THURSDAY, NOVEMBER 14
A 17 year-old girl sets out on journey from heartbreak and confusion to transformation as she discovers love and life after tragedy.

STANDING BEAR’S FOOTSTEPS MONDAY, NOVEMBER 18
Standing Bear’s Footsteps is the story of an Indian chief who was too poor to prove he was a person—and in the process reaffirmed what it means to be an American.

PATH OF SOULS WEDNESDAY, NOVEMBER 20
A subversive picture unfolds an epic journey across North America to complete his dead husband’s thesis. Along the way, he encounters tradition and elders who tell him about quantum mechanics, dark matter, wormholes and parallel universes.

For more information contact American Indian Studies Department 707-777-2600
Intertribal Timber Council

BOARD OF DIRECTORS

President Philip Rigdon, Yakama Nation; Vice President Vernon Steams, Jr., Spokane Tribe; Secretary Orville Danzuka, Confederated Tribes of the Warm Springs Indian Reservation of Oregon; Treasurer Timothy P. Miller; Grand Portage Band of Lake Superior Chippewa; BOARD MEMBERS: William Nicholoff, Colville; James "Bing" Matt, Confederated Salish & Kootenai Tribes; Leroy Bylhe, Eastern Band of Cherokee Indians; Leonard Masten, Jr., Hoopa; Anthony Johnson, Net Perce; James Seiler, Quinault; Jonathan Brooks, White Mountain Apache

Scholarship Announcement
For Native American/Alaskan Natural Resource Students

Deadline: January 17, 2014, 5:00 p.m. PST

Award: $2,500 for college students (number of awards varies per year)
$2,000 for graduating senior high school students

Purpose: The Truman D. Picard Scholarship Program is dedicated to the support of Native American students pursuing a higher education in Natural Resources.

Required Material: The Education Selection Committee will review and rank only those applicants who completely address each area. Please be specific. Incomplete applications will not be considered.

1. Letter of Application: The letter must include your name, permanent mailing address, email address if available, and phone number. It should be a maximum of two pages in length, and discuss the following:
   a. Interest in natural resources.
   b. Commitment to education, community, and your culture.
   c. Financial need. Students who have completed the Free Application for Federal Student Aid (FAFSA) should attach the Student Aid Report or have the report sent to the ITC office. If it has not been completed, send last year's report.

2. Resume

3. Three signed letters of reference, on letterhead and dated within the last six months.

4. Evidence of validated enrollment in a federally recognized tribe or Alaska Native Corporation, as established by the U.S. Government. A photocopy of your enrollment card, front and back, or Certificate of Indian Blood (CIB) will suffice.

5. Transcripts: ALL students must include transcripts.
   - High school students must also provide documented proof of acceptance to an institution of higher education and a review of college class schedule to verify major before a check is released.
   - College students must also provide proof of their declared major.

All requested information MUST be received by the close of business (5:00 p.m. PST) January 17, 2014 for consideration. For more information, please visit our website www.itcnet.org. Fax (503-282-1274) and e-mail (itct@teleport.com) submissions are acceptable as long as we receive them by 5:00 p.m. January 17, 2014, and the original is mailed and postmarked by January 17, 2014.

Inquiries and applications should be directed to the Intertribal Timber Council office:

ATTN: EDUCATION COMMITTEE
INTERTRIBAL TIMBER COUNCIL
1112 N. E. 21st Avenue, Suite 4
Portland, Oregon 97232-2114
(503) 282-4296

The Intertribal Timber Council (ITC) has cooperative financial aid agreements with the University of Washington and Salish Kootenai College. Recipients of the ITC Truman Picard Scholarship are eligible to receive additional scholarships including tuition waivers, if attending one of these two colleges. For more information, visit the ITC website or contact the colleges directly.

TRUMAN D. PICARD (1946-1986)

To honor Truman D. Picard the Intertribal Timber Council (ITC) established a scholarship program in his name. Truman served on the ITC Board of Directors from 1982 to 1985. While working for the Bureau of Indian Affairs, Colville Agency (Spokane, Washington), he attended the Forest Engineering Institute at Oregon State University becoming one of the first people from the agency to complete this program. In 1977, Truman transferred to the Colville Tribal Forestry organization taking a position as Supervisory Forest Technician in charge of woods operations. Later he was promoted to Assistant Supervisor of Forestry Operations.

Because of his drive and determination to complete his education Truman returned to Oregon State University earning a Bachelor of Science Degree in Forest Management. Upon his return from college, he was appointed Director of Colville Tribal Forestry. His work for the Tribe will always be remembered by his individual efforts to bring BIA Forestry and Colville Tribal Forestry together in a joint effort to improve the level of Forest Management on the reservation – truly a lasting legacy.
The Lotus Meditation Center

Hosts:

Native American Spirituality,
a presentation and discussion
by the North Star Council, Grand Forks, ND

Monday, November 4th, 2013, 7:00 p.m.
at the UND International Center/
Lotus Meditation Center
(2908 University Avenue)

- What, do mainstream religions have in common with traditional Native American Spirituality?
- Do most Native Americans today attend church, practice traditional spirituality, or both?
- Do Native Americans really have visions?
- What is the significance of the circle? Eagle feathers? The sweat lodge?
- Why do Native Americans burn sweet grass and sage?
- What is a Sacred Pipe, who smokes it, and what's in it?
- If, as we learned, many early immigrants came to America for religious freedom, why did the religious missionaries try to convert the Native Americans?

The North Star Council is a non-profit community organization dedicated to empowering indigenous people through research, education, and community development; and strives to serve as a resource on Native American culture and diversity issues for the state and region.
Three Affiliated Tribes historian will receive Boswell Award Nov. 14

Calvin Grinnell, historian for the Mandan, Hidatsa and Arikara Nation, will be presented with the Paul V. Boswell Community Scholar award at the annual Stone Soup Awards Program and Luncheon at the University of North Dakota at noon, Thursday, Nov. 14.

Grinnell also will speak about community sustainability at the program and will be part of a discussion on “Engaging Communities Across Boundaries” at 2 p.m. that afternoon in Swanson Hall Room 10-12.

The Stone Soup Awards Program is hosted by the UND Center for Community Engagement and features awards presented to UND faculty and students as well as community partners for their exemplary community-university engagement.

The Boswell award is named for the former director of the UND Native Media Center, Paul Boswell, who died in 2006. The award recognizes an individual who supports community building and works across human differences. It is sponsored by the UND Center for Community Engagement, the UND American Indian Studies Program, and the UND Multicultural Center.

Grinnell is the historian for the Tribal Historic Preservation Office of the Three Affiliated Tribes. He is also the president of the North Dakota State Historical Board and has served on the North Dakota Historical Review Board and Lewis and Clark Bicentennial Committees. He narrated The People of the Upper Missouri: the Mandans, a 77-minute documentary produced by the State Historical Society, which received an Award of Merit from the American Association of State and Local History.

Grinnell has testified on behalf of his people before Congress in Washington, D.C. and traveled to Germany twice to represent them as part of a historic delegation. He co-produced In the Words of our Ancestors: the Mandan Language and Oral Traditions Preservation Project, a two-volume DVD and CD recording six stories told in Mandan with translation texts. In March 2013, he presented “A Mandan Hidatsa Arikara Interpretation of George Catlin’s Influence” at the National Portrait Gallery, London Conference, “American Indian Images: Making and Breaking George Catlin’s Legacy.”

The Stone Soup Awards Program and Luncheon takes its name from the stone soup legend in which hungry travelers start soup from a stone and feed a village when everyone makes a contribution. A special recipe stone soup will be served by Grand Forks Mayor Michael Brown and UND First Lady Marcia Kelley. Program hosts are co-chairs of the Center for Community Engagement Advisory Board, Greg Hoover, Director of the Grand Forks Office of Urban Development, and Kelly Greenlees, Non-profit Resource Specialists with the Otto Bremer Foundation.

The awards program will be held at the UND Gorecki Center. Reservations can be made by calling the Center for Community Engagement at 701.777.0675 or registering online at www.communityengagement.und.edu. Cost of the luncheon is $10 for students and $15 for others.
Gregory Gagnon to talk about his latest book on
Prairie Public Nov. 15

Gregory “Greg” Gagnon, Associate Professor Emeritus, will be interviewed about his latest book, *Culture and Customs of the Sioux Indians*, on Prairie Public Broadcasting’s “Hear It Now” at 3 p.m. Tuesday, Nov. 15. The show will be rebroadcast at 7 p.m. that day; it also is available online at [www.prairiepublic.org/radio/hear-it-now/](http://www.prairiepublic.org/radio/hear-it-now/) and will be archived after airing.

Gagnon’s upcoming Prairie Public interview is the latest addition to a continuing series of appearances on radio and public television. Gagnon also is set to appear on “Steamboats on the Red,” a Prairie Public documentary will be re-aired Nov. 21 at 9:30 p.m.

Gagnon’s career at UND has focused on service to American Indian communities and to sharing accurate information about American Indians with the larger North Dakota public.

“The most important contributions an Indian Studies faculty member can make to the mission of UND and Indian Studies are to serve Indian communities and to communicate accurate, research-based information to the general public,” said Gagnon—an enrolled member of the Bad River Band of the Lake Superior Chippewa in northern Wisconsin—who recently announced his retirement as of Dec. 31.

Gagnon is a consultant to several tribal colleges, sharing his research on college governance and his experience in accreditation. He has worked with Cankdeska Cikana Community College, Sisseton-Wahpeton Community College, White Earth Tribal and Community College, Leech Lake Community College, Oglala Lakota College, and Red Lake tribal college. have used Dr. Gagnon’s assistance.

Gagnon is a well-known speaker throughout North Dakota, sponsored, in part, by the North Dakota Council on the Humanities speakers program and the North Dakota Historical Society. The Minnesota Historical Society and the Minnesota Council on the Humanities have also contracted Gagnon for teacher training workshops.

Gagnon’s “Everything You Ought To Know About Indians” series has been a feature of Time Out Week at UND for several years. He also does guest lectures in classes throughout the university community. Stereotypes about American Indians is an area of his research that has provided material for presentations.

“There are many negative stereotypes about American Indians that persist,” Gagnon said. “It should be the responsibility of Indian Studies faculty, in particular, to help dispel these stereotypes because they do so much damage to Indian communities and often warp the way Indians are treated by the general public and governments.”

In reflecting on his time at UND, Gagnon said, “Service is as rewarding and satisfying as any of the other duties of faculty members. Teaching is a major part of the job and research and writing provides a foundation, but public service is crucial to the mission of the Indian Studies department and the University.”

For more information, contact Juan Miguel Pedraza, writer/editor, University Relations, at 777-6571 or juan.pedraza@email.und.edu.
The 11th Annual American Indian Health Research Conference will take place on Monday, Nov. 4, at the Alerus Center in Grand Forks. The conference offers opportunities to discuss research directions, partnerships and collaboration in health research focusing on American Indians. The conference will feature Jerilyn Church, CEO of the Great Plains Tribal Chairmen's Health Board, who will provide the conference's keynote address titled "Public Health in Tribal Communities." Her keynote address at 9 a.m. will be followed by an opportunity for participants to ask questions.

Church, a Miniconjou Lakota, was born and raised on the Cheyenne River Sioux reservation in South Dakota. She is a second-language learner of the Lakota language, and is the proud mother of two young adult sons. Church is the former executive director of American Indian Health and Family Services of Southeastern Michigan Inc.

Church has worked to improve the health of American Indian families since 1981 when she promoted children's immunization as Miss Indian America XXVII. She graduated with honors from Michigan State University with a Bachelor of Science in Social Work and an American Indian specialization. She obtained her master's degree in social work from the University of Michigan, where she was a Child Welfare Fellow. She earned the 2009 International Women's Who's Who in Michigan Professional Women from the International Institute of Metropolitan Detroit. In December 2011, she earned a Special Tribute of Acknowledgement from the State of Michigan for "hard work, dedication and leadership, and public service on behalf of Native Americans and their families in Southeastern Michigan."

Numerous posters and exhibits will be on display at the conference along with sessions focusing on health risk and health promotion among Native American communities. For a complete schedule or for more information about the conference, visit [http://www.ruralhealth.und.edu/aihrc/](http://www.ruralhealth.und.edu/aihrc/) or call David Mann at 777.6084.

The 11th Annual American Indian Health Research Conference is sponsored by the North Dakota IDEa (Institutional Development Award) Network of Biomedical Research Excellence, Center for Rural Health, Seven Generations Center of Excellence in Native Behavioral Health, and the Chapter of the Society of Indian Psychologists.

-- Denis MacLeod, assistant director, Office of Alumni and Community Relations, School of Medicine and Health Sciences, 777.2733, denis.macleod@med.UND.edu.
Department of American Indian Studies
University of North Dakota
since 1977 leading to a B.A. in Indian Studies

Let Us Take You to Unexpected Places!

Courses Spring 2014

IS 121 Introduction to American Indian Studies (3cr)
IS 222 North American Indians since 1815 (3cr)
IS 344 Education and American Indians (3cr)
IS 379 Special Topics: Law & Order in Indian Country (3cr)
IS 395 Ethnohistory of North America (3cr)
IS 410 Indigenous Identities (3cr) (ES Capstone w/out requirements)
Boozhoo, Aniin.

My name is Courtney Davis Souvannasacd and I have recently accepted the position of Native American Liaison for the Grand Forks Public School District. Let me take a moment to tell you about myself, I am an enrolled member of the Turtle Mountain Band of Chippewa – born and raised in Belcourt, ND. My spouse and I have a child in the school district and are excited to become an active part of the community. I have experience in organizing large scale community events and educational/cultural presentations such as the University of North Dakota Indian Association Wacipi & Time-Out Week.

Moving from Belcourt to attend UND, I understand the unique issues Native American families and students may encounter in regards to moving away from Native Country to pursue their dreams and aspirations. I hope to be an advocate and give voice to Native families and their students by acting as a bridge between the federal programs relevant to Native students, the school system, and the Greater Grand Forks community overall. I am eager to get to know all of you and would like to hear your thoughts, opinions, and concerns as they relate to your student’s education. Please feel free to contact me to setup a meeting.

Miigwetch,

Courtney Davis Souvannasacd
Native American Liaison – Grand Forks Public Schools
Phone: 746-2275 Voicemail: 746-2205 EXT 1412
Hello!

Our names are Jill Calderon and Nicole “GiGi” Giordano and we are graduate students in the Counseling Psychology Department at the University of North Dakota. We are doing research on American Indian/Native American college students’ experiences with career. We are specifically recruiting individuals who have been raised both on and off a reservation. The study involves answering some questions in a group of other students around messages you heard from family, your ideas about career, and other factors related to career and college. Snacks will be provided! Some questions in this study may be sensitive in nature. You are not obligated to participate and may terminate your participation at any time. Please feel free to forward this along to anyone else you think might be interested! Thank you! This research study has been approved by the Institutional Review Board at The University of North Dakota (IRB-201310-128).

Sincerely,

Jill Calderon, M.S. (jill.calderon@my.und.edu)
Counseling Psychology PhD Graduate Student
University of North Dakota

Nicole GiGi Giordano M.S.(nicole.giordano@my.und.edu)
Counseling Psychology PhD Graduate Student
University of North Dakota

Supervisor: Dr. Rachel Navarro (rachel.navarro@email.und.edu)
TIPS FOR STUDENTS
From the UND Counseling Center!!
There is no Place Like Home: Learning to Stay Connected, While Still Having Fun
by: Lisa K. Battle, Intern, UND Counseling Center

When I started my undergraduate degree, it was a mirror image of being at home. I lived with one of my four sisters and two other girls. My parents were only 15 to 30 minutes away. This led to a smooth transition. However, for my second degree, I moved 20 hours away. And as I began this second experience in college far from home in a strange place, I did not know anyone! I’m sure many of you who are new to campus are experiencing pangs of loneliness for your family as well.

The truth is no one can replace your family, so it is beneficial to find ways to stay connected to them, especially when the distance that separates you is too far for frequent visits! One thing I learned through my early attempts to reach them by phone is that our schedules were not going to match; therefore, I had to actually schedule a time to call my family! Following that, everyone knew I would be calling home during the weekend at a specific time. I still keep this tradition to this day. This allows us to feel connected even though we are far apart. A second thing you can do is ask yourself, if my house burned down, other than my family and pets, what would I save? If it is your photo album or another object with a meaning connected to it, bring it with you to school. This way, if you begin to feel homesick, you can look at that object for comfort.

The beautiful thing about college is you don’t recreate your family, but you find people that will be linked to you for at least a few years. Those people can be extremely beneficial in your life. For example, if your car breaks down, your friends are usually close enough to help you out, or when you are involved in a competitive activity, your friends may be present to cheer you on. Find a friend to study with, share a cup of hot chocolate, or go see a movie! Hopefully, when you look back after completing school, you will have your family, but also you will have gained a new group of wonderful friends!

Finally, college is like a huge city. You will likely meet people that there was little possibility you would interact with before you came to school. Consider this a valuable opportunity for growth! Challenge yourself to continually take advantage of being exposed to different cultures and increasing your understanding of diversity. You never know how this will impact your life down the road, but one thing is certain and supported by a wealth of research: exposure to diversity enriches the university experience for all!

So, friends, when you find yourself feeling lonesome for your family and friends back home, try this recipe to help prevent homesickness and certain types of mental health concerns:

- Find ways to stay connected with your family
- Meet new people and enjoy friendships
- Try to move out of your comfort zone and meet someone you would never know otherwise

At the end of your time at UND, I am sure you will be glad you did! Meanwhile, stay focused on your studies and do not hesitate to make an appointment or simply walk right into the UND Counseling Center if you find yourself feeling stressed, overwhelmed, lonesome, unmotivated, anxiety filled, or increasingly sad. We can help and there’s absolutely no charge for UND students to be seen at the Counseling Center.
**FALL 2013**

**American Indian Student Services**

**Learning Lab/Tutor Schedule**

American Indian Center: 315 Princeton Street, Grand Forks, ND
Lab, Lounge, Kitchen phone: 777-2321

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Carol Whitman  (Tuesday, Thursday) Biology 150, 151, Chemistry 121, 122, Genetics, Algebra, Applied Calculus, Business and Technical Writing, Evolution, Psychology-Intro/Abnormal/Developmental, Statistics, English courses, computer applications (Microsoft), Blackboard assistance.
E-Mail: carol.whitman@my.und.edu

Tyler Colling (Sunday, Thursday) Math: Algebra, Calculus I, II, III, Chemistry 121, Physics 251, 252, Engineering courses, computer applications (Microsoft), Blackboard assistance.
E-Mail: tyler.colling@my.und.edu

Christalin Casinader (Monday, Tuesday) Math, Applied Calculus, Economics, Accounting, Marketing, Business Studies, Business and Technical Writing, English, Communications, Statistics, computer applications (Microsoft)
E-Mail: christalin.casinader@my.und.edu

Malith Silva (Monday, Wednesday) Calculus I, College Physics, Algebra, Applied Calculus, Economics, Accounting, Business courses, Statistics, Atmospheric Science courses, Aviation courses, computer applications (Microsoft), Blackboard assistance.
E-Mail: malith.silva@my.und.edu

Colleen Burke (Sunday, Wednesday, and by appointment- contact Keith) Assistance with research and writing at the college level such as- brainstorming, writing an outline/draft, APA formatting, proofreading, and editing. Assistance with computer applications (Microsoft).
E-Mail: colleen.burke@my.und.edu

Mikki Kozel (AISS-Mon.-Fri., 9am-5pm): Assistance with writing at the college level such as- brainstorming, writing an outline/draft, APA formatting, proofreading, and editing.
E-Mail: michelle.kozel@und.edu
Papers may also be sent via email for editing but must be picked up in person; please do not wait until the day the paper is due!

The American Indian Student Services Learning Lab tutors provide walk-in tutoring, therefore, no appointments are needed! All tutors can assist with homework, computers, papers, studying and e-mail/Blackboard/Internet.

Students who would like assistance in an area not listed above should contact Keith Malattere, Student Learning Lab Coordinator, at 777-4292 or e-mail: keith.malattere@und.edu with any questions, comments or concerns.

(Updated 09/13/2013)
~Important Dates~

Holiday, Veteran’s Day **NO CLASSED & OFFICES CLOSED** Nov. 11

Last day to drop a full-term course or withdraw from school Nov. 15

Last day to change to or from S/U grading for a full-term course Nov. 15

Last day to submit Thesis/Dissertation “Preliminary Approval,” “Notice of Defense” and format copy to the School of Graduate Studies Nov. 21

Thanksgiving Recess Nov. 28-29

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**International Programs Thursday Night Cultural Series in Memorial Union**

**Nov. 14** - China Night*
Memorial Union Ballroom 6:30 PM

**Dec. 5** - Ghana Night Loading Dock
Memorial Union 6:30 PM

*Student Success Program participants...this is considered to be a cultural event for your booklet*
## 2013 Fall Soup Friday’s

serving at 11:30 a.m.

<table>
<thead>
<tr>
<th>Date</th>
<th>Soup Option</th>
</tr>
</thead>
<tbody>
<tr>
<td>Nov. 1</td>
<td>Vegetable Hamburger/Vegetarian Option</td>
</tr>
<tr>
<td>Nov. 8</td>
<td>Potato Hamburger Soup/Vegetarian Option</td>
</tr>
<tr>
<td>Nov. 15</td>
<td>Chicken Dumpling Soup/Vegetarian Option</td>
</tr>
<tr>
<td>Nov. 22</td>
<td>Chili/Vegetarian Option</td>
</tr>
<tr>
<td>Nov. 29</td>
<td>NO SOUP (Thanksgiving Break)</td>
</tr>
<tr>
<td>Dec. 6</td>
<td>Potato Hamburger Soup/Vegetarian</td>
</tr>
<tr>
<td>Dec. 13</td>
<td>Chicken Dumpling Soup/Vegetarian</td>
</tr>
</tbody>
</table>

Graduation Reception
American Indian Student Services

The AISS office provides all-encompassing student support services including advocacy, tutorial support, and academic, financial aid, and cultural advisement. It is responsible for coordinating recruitment, establishing communication channels, assisting with institutional planning, and advising UND’s faculty, staff, and administration as to the needs of American Indian students.

The staff is committed to helping students realize success at UND, and each member brings a unique area of specialty to their position such as financial aid guidance, housing assistance, academic advising, and technological or tutorial support. AISS also administers the American Indian Center on campus, and provides guidance and assistance to the American Indian student organizations and their events.

Staff Directory

Leigh Jeanotte, Director of American Indian Student Services (701) 777-3296;
leigh.jeanotte@und.edu

Linda Neuerburg, Assistant Director (701) 777-2578;
linda.neuerburg@und.edu

Darlene Nelson, Administrative Secretary, Technology Coordinator (701) 777-4291;
darlene.nelson@und.edu

Michelle Kozel, Program Coordinator (701) 777-6329;
michelle.kozel@und.edu

Keith Malaterre, Program Coordinator (701) 777-4292;
keith.malaterre@und.edu

Nicole Morin, Administrative Secretary, Student Employee Supervisor (701) 777-6985;
nicole.morin@und.edu

Ross Zaste, Interim Recruiter for 7 Generations Program (701) 777-6285;
ross.zaste@und.edu

Kristy Zaste, Recruiter/Program Coordinator (701) 777-2949
kristy.zaste@und.edu

American Indian Student Services staff members strive to help build stronger American Indian communities across the state and nation—one successful student at a time.

Let us help you to realize academic, personal, and all around success!
AMERICAN INDIAN STUDENT SERVICES

LEARNING LAB RULES

- Computers are for UND students use only – you may be asked to show your current student ID.
- Sorry, children are not allowed to utilize the computers.
- Children frequenting the Center must be supervised by a parent at all times.
- Learning Lab computers are for academic related activities only.
- Students accessing web sites that may be deemed inappropriate or disrespectful will be identified and this issue addressed by AISS staff.
- Homework takes priority over e-mailing, Facebooking, etc.
- No food or drinks allowed in the lab.
- SHHH...Please be respectful of others at work.
- Surveillance cameras and recorders are used to monitor activities and traffic around the clock.
- Any abuse of Learning Lab regulations will be addressed and may result in the loss of lab privileges.

American Indian Center

The Center, located at 315 Princeton Street, provides a place for students to find peer and cultural support, academic advisement, advocacy, and support, find a quiet area for study, or relax between classes. It is equipped with a full-sized kitchen, large screen TV, and a staffed computer learning lab. If you haven’t visited us, drop in and check out what we have to offer! We’d love to hear how your semester is going and let you know about the many programs, opportunities, and services available to help you succeed!

Fall Semester Hours of Operation:

8:00am-9:30 pm Monday-Thursday

8:00am-4:30pm Friday

Closed Saturday

4:30 pm-9:30 pm Sunday

All students and visitors are welcome!

“Your home away from home”