

AN INSIGHT INTO THE MENTORING PROCESS

The word “mentor” comes from Greek mythology and describes the principle of offering wisdom and kind support to someone with less experience. A good mentoring program has been proven to dramatically increase the mentee’s academic performance and enhance his or her relationship with other students and teachers. The mentor gets to relive his/her youth, have fun, and be a positive influence on another person’s life. The HPPI mentoring program has been structured to carefully match individuals with possible common interests. The following will serve as a guideline in achieving a successful mentor-mentee relationship:

- The mentor should act more as a guide than an authority figure to the mentee. The mentor does not tell the mentee what to do but speaks from experience and offers suggestions.
- The mentor helps the mentee to develop professionally and may also serve as a confidant. The mentor-mentee relationship usually starts off very slowly. The mentee needs time to develop trust in the mentor.
- The mentee perceives the mentor as having a high level of experience, and he/she can learn the skills or traits needed for advancement and career paths to follow for success.
- The mentor should show interest in the academic endeavors of the mentee, monitor grades, and encourage excellence.
- The mentor should challenge the mentee to do more even if the mentee is a straight A student.
- The mentor guides the mentee on the complexities of growing up. The mentor encourages the mentee toward achievement and responsibility.

Almost everyone has, at some point in their lives, been a mentor or a mentee. The experience is rewarding and enriching to both parties involved and also to the society at large.

SADE KOSOKO-LASAKI, MD

WELCOME!! DEAN, SCHOOL OF NURSING



Eleanor Howell is the dean of the School of Nursing at Creighton University Medical Center. From 1998 to her appointment as dean in 2003, Dr. Howell served as associate dean for academic and clinical affairs, responsible for graduate and undergraduate nursing programs on campuses in Omaha and Hastings, Nebraska. Dr. Howell was the founding director of the Masters in Health Services

Administration Program at Creighton, an interdisciplinary program that prepares mid-career managers and clinicians for leadership positions in health service organizations. She is a core faculty member in the Center for Practice Improvement and Outcomes Research. Prior to joining Creighton, Howell was associate professor and coordinator of special projects at the School of Nursing at Auburn University in Alabama where she generated and coordinated faculty practice and service contracts. Dr. Howell’s teaching career began at the University of Alabama at Birmingham and included coordinating a graduate program in nursing administration, and teaching in an geriatric education center, a trauma clinical nursing specialist program and in an interdisciplinary injury control research center. Dr. Howell received her BSN from the Medical College of Georgia, her MSN in Cardiovascular Nursing from the University of Alabama at Birmingham (UAB), and Ph.D. in Administration – Health Services from the School of Business and School of Health Related Professions at UAB. Dr. Howell serves as an on-site evaluator for the Commission on Collegiate Nursing Education and a Magnet Recognition Program appraiser for the American Nurses Credentialing Center. She is active in international health care and has participated in curriculum reform in China, nursing education seminars in the United Kingdom, and management training workshops for physicians from Azerbaijan and the Republics of Georgia and Armenia. She is currently a member of a project team with the American International Health Alliance applying evidence-based nursing practice standards to hospitals in Armenia and Russia.

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School of Medicine Center of Excellence (COE)

The Center of Excellence grant enables the School of Medicine to expand upon and support its existing programs. The areas of focus include:

Student Performance: To establish, strengthen, or expand programs to enhance the academic performance of underrepresented minority students in the medical field.

Faculty recruitment and retention: To improve the school's capacity to train, recruit, and retain underrepresented minority faculty.

Clinical Education and Curricula: To carry out activities to improve the information resources, clinical education, curricula and cultural competence of the graduates as it relates to minority health issues.

Faculty and Student Research: To facilitate faculty and student research on health issues particularly affecting underrepresented minority groups, including research on issues relating to the delivery of health care.

Student Training in Providing Health Care Services: To carry out a program that trains students in providing health care services to a significant number of underrepresented minorities at community-based health facilities.

Competitive Applicant Pool: To develop a large competitive applicant pool through linkages with institutions of higher education, local school districts, and other community-based entities and establish an education pipeline for health professions careers.

In conjunction with the Creighton University Health Sciences Library, a Medical Health Information Resource Cyber Center (MHIRCC) has been created. This virtual resource center includes information about minority health care issues and health care delivery. The resources listed in MHIRCC are housed in the Health Sciences Library. A website will be developed to serve as an integral component of the minority health curriculum and as a regional information center for the medical community.

The Center of Excellence Saturday Academy is a 27 - week program serving 50 minority high school students. In this program students are provided with enrichment activities in the areas of math, reading and writing and ACT preparation.

These additions, along with the outstanding programs that currently exist, will help us to meet the challenge of improving the quality of health care provided to the diverse populations in our community and beyond.

Pre-Medical Post Baccalaureate Reunion Honors Dr. M. Roy Wilson

The weekend of February 7 & 8, 2004 was a special one for the current post-baccalaureate students and their predecessors. Dr. M. Roy Wilson returned from his new position as President of the Health Science Center at Texas Tech in Lubbock, Texas to meet the current and previous students. The alumni, staff and students took the opportunity to honor Dr. Wilson for his vision and commitment in promoting diversity in the Health Sciences in the five years he was at Creighton University.

“He showed his continued support of the program that he was instrumental in rekindling” said Francesca Cloutier, a former Post Bac student “We are honored that he would return to see us.” Post-Bac alumni attending the Medical School at Creighton as well as some who are graduates of the program (1975-95) under Dr. Elder attended. The weekend consisted of a basketball game at the Qwest Center followed by a post-game party at the Student Center. Faculty and alumni gathered for a formal brunch on Sunday morning. Fr. Schlegel, Creighton's President was present for the brunch and welcomed the alumni and thanked them for their spirit of giving that is so much the mission of the university. Dr. Cam Enarson, current Dean and Vice President of Health Sciences was present to speak to the students and alumni.

Health Sciences are in need of professionals to return to the underserved areas and “give back” to others. Alumni expressed their gratitude for the Post-Bac Program and how it has helped them to excel in their lives. It gave them another chance to fulfill their dreams of becoming healthcare providers. “A spirit of gratitude was definitely present in the air” commented Susan Orr, Post-Bac Coordinator. “We are very proud of our Post Baccalaureate Graduates as well!” The Post Baccalaureate Reunion takes place every two years, and is a recently instituted tradition under Dr. Wilson's reign as Vice President and Dean of the Medical School at Creighton and will continue into the future under Dr. Enarson (1998 – 2003).



L-R: M. Roy Wilson, Sade Kosoko-Lasaki, and Father John Schlegel

CALENDAR OF EVENTS

11TH FOCUS ON HEALTH PROFESSIONS

APRIL 14TH - 11:30AM – 2:00PM
BIO-INFORMATION CENTER

HS-MACA AWARDS BANQUET

APRIL 23TH - 5:30 PM – 7:30PM
UNION PACIFIC ROOM

SUMMER RESEARCH INSTITUTE FOR UNDERREPRESENTED UNDERGRADUATE STUDENTS

JUNE 1 – AUGUST 6

SUMMER RESEARCH INSTITUTE FOR HIGH SCHOOL UNDERREPRESENTED STUDENTS

JUNE 7 – AUGUST 6

HEALTH CAREERS OPPORTUNITY PROGRAM ACADEMY

JUNE 14 – JULY 23

HS-MACA Saturday Academy

The Center of Excellence Saturday Academy is happy to announce that we had 100% participation of our eleventh grade students, who took their first ACT examination in February. The students are doing well and are preparing for the SAT examination in May. Congratulations to Jasmine Opere who scored 29 on his first attempt of the ACT examination. Special thanks to Linda Pappas for conducting a test-taking workshop before the ACT examination.

Our ninth and tenth grade students continue to review basic concepts in math and increase their writing and reading skills.

First National Bank conducted a financial planning workshop on March 20th for all of our Saturday Academy students. In May Mr. Reineke from Carroll, Iowa will make a presentation on the dangers of drinking and driving.

New Academic Success Coordinator

Linda Pappas, Academic Success Coordinator, has joined the staff at Creighton Medical School and the office of HS-MACA this semester. Linda has been hired with the Center of Excellence grant monies to work in the School of Medicine. Her services are available to all medical students with emphasis on underrepresented students in the medical profession. Assisting all medical students in achieving their highest level of excellence is Linda's primary focus. She does this by working with individual students understand their learning style: realize their most productive ways of maximizing their studying, examine their critical thinking approaches, and deal with issues such as test taking strategies and preventing test anxiety. Linda also does group presentations on learning styles, planning for Step 1 exams of the Boards, and test taking techniques. She is currently involved in facilitating a study group for first year medical students on neuroscience.

In addition to her work with medical students, Linda is also involved with the Premedical Post-Baccalaureate program. She works with those students during the summer diagnostic program and then teaches a course on Academic Success in the fall and spring semesters. HCOP College one students also take a course taught by Linda in the summer. It is designed to help the students get ready to do college level work. The summer pre-matriculation to medical school program also include workshops taught by Linda. She also provides support for the high school students of the COE Saturday Academy program.

Linda worked for nearly fifteen year as the Academic Success Counselor in the Counseling Center at Creighton undergraduate before joining of HS-MACA. She is delighted to be here and looks forward to working with all the students.

Making the Adjustments

Written by Michela Peak – Junior Creighton University

Being a junior in the School of Nursing at Creighton has both its ups and downs, especially, when you are twenty-one, married and work a part time job. By the grace of God and great support I receive from my husband I am able to manage this busy schedule. Creighton students know how demanding the curriculum is at this Jesuit University. Nursing students know this two-fold with staying up late to study for Anatomy and Physiology exams to trying to stay awake through three hour classes at eight o' clock in the morning. Amazingly enough I would not give this up for anything in the world. I know upon graduation I will be left with a quality education and friends that will last me a lifetime. Nurses are in great demand at the present time and I hope with the knowledge that I received at Creighton will truly make a difference in the lives of others I also hope to be of service in my community.

HS - MACA STAFF

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Dr. Sade Kosoko-Lasaki
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Cordially invites you to the

UNDERREPRESENTED MINORITY
HEALTH SCIENCE STUDENT GRADUATION BANQUET

Friday, April 23, 2004

5:30 p.m.

Union Pacific Room
Lower Level Reinert Alumni Library

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