



OFF TO A GREAT START

CO-OP Fall
Newsletter
September 2013

Find us on Facebook: www.facebook.com/coopmsu

[CO-OP Website](#)

Up-Coming Events

Sept. 7 @ SMU 7pm

Sept. 9 Registration
Deadline: Add/Drop

Sept. 10 Student
Employment Job Fair
11am-1:30 pm SUB

Sept. 13 CON Book
Discussion Noon-1pm
Sherrick Hall, VTC

Sept. 14 Colorado Mesa
1:05 pm

Sept. 16 CON Kick off
Research Seminar
Series 12pm-1pm
Sherrick Hall 114

Sept. 17 Resumes for
Federal Jobs
Noon-1pm SUB 117

Sept. 18 Involvement
Fair 10am-4pm



HOPE WEEK A SUCCESS

The Health Occupations Pathways in Excellence, also known as HOPE week occurred August 20-23, 2013. This CO-OP orientation program kicks off the fall semester for all CO-OP students. This year we had approximately 30 students at various stages of their academic endeavors attend. Topics covered during HOPE week 2013 included:

- Native Wellness Training Topics: Self Awareness-Key to Personal and Professional Success, Road to Wellness for Native Communities, Wellness Self Care and Maintaining Balance, Forging Effective Relationships, Talking Circle.
- Academic Topics: Chemistry, Care planning, Learning Strategies, Research Overview, A&P lab, Dosage Calculations, Dr. Kinion's Research, Dr. William's Lab.
- Skill and Other Training: CPR training, Financial Literacy, CO-OP Expectations, Financial Aid Office, Alumni Panel.

Comments from students on HOPE week 2013:

[Subscribe](#) to our email list

Training: CPR/AED for Adults 2pm-5pm Safety & Risk Management, Training Rm.

Sept. 21 @ Stephen Austin 6pm

Sept. 26 Human vs Zombies 1am REGISTER TODAY

Sept. 28 Rockin the M 9am-1pm REGISTER TODAY

Sept. 28 @ N. Dakota 2:35 pm

CO-OP BOOKS

Beyond the Asterisk: Understanding Native Students in Higher Ed. by Shotton., H., S., Waterman,S.

Using Our Wit & Wisdom to Live Well with Diabetes by Barabara Mora, Paiute/Dine

The MSU Year of Engaged Leadership

[click here to learn more](#)

September-Listening

"Most people don't listen with the intent to understand; they listen with an intent to reply."

-Stephen R. Covey

General Suggestions

If you have any

working with others especially in nursing because we work in a multidisciplinary team. As Native Americans, it is good to review generational and historical trauma to heal ourselves."

"Inspiring & uplifting, brings hope to start out the New Year."

*Special thanks to all who attended and especially our trainers/presenters: Barbara Aragon, Ginlin Woo, Dr. William, Dr. Kinion, Dr. Melland, Sam McColley, Larna OldElk, Kelly Pretty Weasel, Charlene Healy, Julie Ruff, Terryn Martin, Stephanie Kern, Storm Normick, Julie Watson.



CO-OP LEADER OF THE MONTH

Charlene Healy has been selected as the first CO-OP Leader of the Month. Charlene will be graduating with her BSN in December 2013. At HOPE week, Charlene shared her life story with CO-OP members in a video entitled "Beautiful Ride" in which she described her childhood and the path that she forged to MSU's Nursing program. This project was part of her participation in the Embrey Native American Women's Leadership Fellowship program, which offered Charlene a four-year scholarship. She was one of twenty recipients. Charlene's passion for helping people and supporting those following in her footsteps has been proven many times. In 2009, she helped pass Senate Bill 96, which created a Native American Heritage Day in Montana. (This year that day will be on Friday, September 27.) She served on Student Senate at Aaniiih Nakoda College and was the President of Phi Theta Kappa. Her belief in helping others was shown by developing a Women's Domestic Violence Walk at ANC, helping students get school supplies, and donating to the Montana Rescue Mission and Crisis Center. She has become an outstanding leader for the CO-OP program and has assisted with an IV lab for S1 students, developed study groups, and offered her story and the lessons from it to the students around her. Charlene is also the mother of 16-month old ChaNay HorseCapture. CO-OP is extremely proud to recognize Charlene's accomplishments and commend her on her final semester!

NATIVE AMERICAN LEADERSHIP

This month's topic for the MSU Year of the Engaged Leader is "Listening". The art and skill of listening play's a prominent role in the

newsletter topics or to recommend a CO-OP Leader of the Month please contact CO-OP.

Native American Leadership

Quote:

“It is time to speak your truth. Create your community, be good to each other. Do not look outside yourself for a leader.”

-Thomas Banyacya Sr.,
Elder of the Hopi Nation

leadership styles of Native Americans. One such communication tool often used in Native American circles is called a “Talking Circle”. Although the title does not initially appear in line with this month’s topic, a closer look at the structure of a talking circle actually demonstrates a very high emphasis on the value of listening. In a talking circle everyone has an equal voice and an individual opportunity to speak while the remaining entire group listens. We have an included a link below that contains a description of a Talking Circle and includes steps for conducting your own Talking Circle. As you read about this powerful way of communicating see if you can identify how the practice of listening is built into the structure of the Talking Circle.

[Click here for Talking Circle Description](#)



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