



OFF TO A GREAT START

CO-OP Fall Newsletter September 2013

Find us on Facebook: <u>www.facebook.com/coopmsu</u>

<u>CO-OP</u> <u>Website</u>

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 of 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:

- <u>Native Wellness Training Topics</u>: 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.
- <u>Academic Topics</u>: Chemistry, Care planning, Learning Strategies, Research Overview, A&P lab, Dosage Calculations, Dr. Kinion's Research, Dr. William's Lab.
- <u>Skill and Other Training</u>: 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.

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

<u>The MSU Year</u> of Engaged <u>Leadership</u>

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.

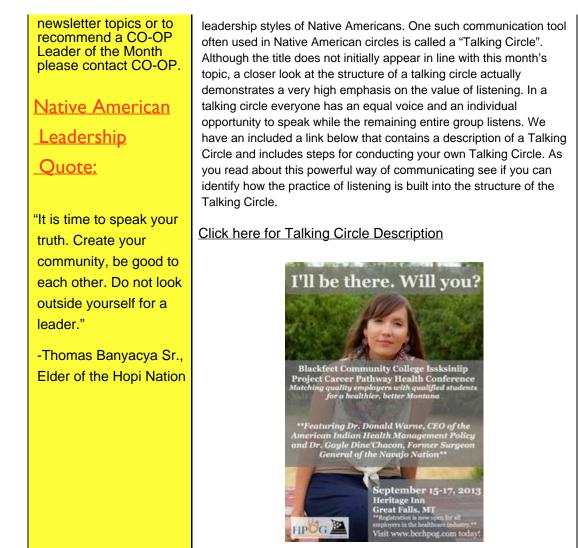


CO-OP LEADER OF THE MONTH

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 Aaniih 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



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