

Lumberjack Link

A weekly newsletter for the newest members of the Lumberjack family

November
28, 2011

Issue 14

Class of
2015



Hunter
Throckmorton,
Editor

SFA 101

Stephen F.
Austin
State
University

Importance of Goal-Setting

Would you ever consider setting out on a road trip without a destination in mind? Even if you knew your desired destination, it is likely that you would need to consult a map or guidebook before pulling out of the garage. In order to make the most of your college career and life in general, you need to have goals. Goals are your atlas, checkpoints, and destinations. Without them, you are wandering aimlessly. Wandering aimlessly is like a nice joyride, it can be fun for awhile, but you will eventually run out of gas. Similarly, one day your financial aid or monetary support from your parents may run out. Having strategies to accomplish those goals will ensure that you are self-sufficient when that day arrives.

When you were in high school, not having goals or having loosely defined goals was sufficient. However, the demands of college require that you have clearly defined and focused goals. Below are some strategies for effective goal-setting:

- **Spend some time thinking about the person you want to be ten, twenty, or even fifty years from now.** What kind of career do you want? Is making lots of money important to you? Do you want to have a spouse and/or family? Do you envision yourself giving back to your community? Do you want to make an impact on the world? How do you want people to remember you? Asking yourself these types of questions at this point in your life might seem extreme, however, setting goals is easiest if you begin with the end in mind and then work backwards.
- **Break down each long-term goal into short-term goals and strategies.** If your long-term goal is to be a nationally famous surgeon, a shorter term goal must be to make excellent grades in college so that you can get into medical school. Your day to day goals will likely entail things like going to class each day and putting studying ahead of partying.
- **Once you have established your goals (short-term and long-term), write them down and keep them in a place where you will see them daily.** Place them on your refrigerator or by a light switch.
- **Continue to evaluate and adjust your goals.** The next four years will be a time of considerable personal growth, change, and increased self-awareness. Allow yourself to be flexible.





Spotlight on:

The Office of Multicultural Affairs

“Many Cultures, One People”

The purpose of the SFA Office of Multicultural Affairs (OMA) is to create an environment where all students feel welcome. The OMA creates networks of support for students that provide opportunities for meaningful cross cultural interactions and learning experiences that promote respect for diversity. They work with student organizations to host cultural celebrations and activities that are fun, educational and that work to enhance our students' ability to succeed in a global community. The Office of Multicultural Affairs strives to support SFA graduates to achieve success in a diverse and global community. This office accomplishes this by providing many opportunities for our minority and international students to become active, productive, and collaborative within the university community. In addition, this office strives to promote cultural awareness and respect for cultural diversity to the entire university community.

The primary mission of the Office of Multicultural Affairs is to:

- Develop our minority students to become active, productive and collaborative within the University community.
- Develop our student population to become more culturally aware and to respect the importance of diversity.
- Provide opportunities that promote SFASU students, faculty, and staff to seek meaningful cross-cultural interactions that will allow our students to succeed in a diverse and global community.
- Create an environment where all students feel welcome.
- Provide cultural and social programs that promote respect for cultural awareness.
- Coordinate learning experiences for the student population.
- Maintain audio/visual materials, literature, and educational resources.
- Provide a network of support to all students.

Additionally, the OMA is home to more than 20 student organizations. Everyone is always welcome in the Office of Multicultural Affairs. Feel free to stop by and visit with the supportive staff, and consider the ways you can get involved in the Office of Multicultural Affairs.

The Office of Multicultural Affairs

P.O. Box 6196, SFA Station

Nacogdoches, Texas 75962

Room 3.101 - 3.102

Baker Patillo Student Center

(936) 468-1073

Email: multiculturalcenter@sfasu.edu

Hours of Operation: Monday - Friday: 8 a.m. to 5 p.m.

Embracing Diversity at SFA

You have probably already realized that SFA is a place where people of all different cultures, races, ethnicities, religions, and lifestyles come together with a common purpose. You might come from a hometown or high school where diversity is the norm, while many SFA students come from places where the populations are more homogenous. Allow yourself to be open-minded and take advantage of the amazing opportunity you have to explore and learn about the various individuals you will encounter. Some may share your values and beliefs while others may not, but all will help you reflect on your own experiences and come to a greater understanding of yourself.

Don't be afraid to cross the cultural boundaries on campus and get to know someone different from yourself. Oftentimes, we fear that which is unfamiliar, and you might just find that you have tons in common with the person you thought was so different.

At least once a semester, step out of your comfort zone and put yourself into a situation where you are the minority. For example, you could attend an organizational meeting or event of a multicultural or international student group or a religious service of a group that has differing beliefs than your own. It can be extremely humbling, and a great vehicle for self-reflection and personal growth. Remember that when stepping out of your comfort zone, you should do so with sincerity, patience, respect, and acceptance of others.

Easy Microwave Recipe: Microwave Mini Pizzas

Ingredients:

- 1 (6 count) pkg. English muffins
- 1 sm. jar pizza sauce (any flavor)
- 8 oz. pkg. shredded Mozzarella cheese
- 36 slices pepperoni (optional)

Directions:

Cut muffins in half and place on microwave safe plate (you will probably need more than one plate). Pour sauce on to open-faced muffins. Place 4 slices of pepperoni on each muffin. Top each muffin with a generous amount of cheese. Bake in microwave for 1 minute or until cheese is melted. Makes 12 mini pizzas and serves 3-4 or you can cut into fourths to serve as party food.

Tip of the Week

“Be yourself, but step out of your comfort zone. Don’t be afraid to learn who you truly are!”

- Veronika Tanguma, Grad. Student

Upcoming Events:

Tuesday, November 29th

- Ladyjack Basketball at Houston Baptist, 7:00 p.m.

Wednesday, November 30th

- Lumberjack Basketball vs. Wiley College, Johnson Coliseum, 7:00 p.m.

Thursday, December 1st

- SAA Movie Series

Friday, December 2nd

- One for the Road, Downstage Theater, 7:30, 9:00 pm.
- SAA Movie Series

Saturday, December 3rd

- Lumberjack Basketball at Texas A&M 7:00 pm
- Ladyjack Basketball vs. St. Edwards, Johnson Coliseum, 6:00 p.m.