University Spotlight—Emporia State University

Emporia State University is a comprehensive Regents university primarily serving residents of Kansas by providing leadership in quality instruction-related scholarship and service. Emporia State University is located in Emporia, KS, in the hear of the famous Bluestem Region of the Flint Hills. Emporia is considered an outstanding location for a university because of its easy access to three large metropolitan areas of Kansas. The campus has grown from its original twenty acres to over 200. Emporia State provided undergraduate educational opportunities designed to meet broad goals. Emporia State offers the School of Business, College of Liberal Arts and Sciences, School of Library and Information Management; and The Teachers College. The university offers programs of national distinction in Education and Library and Information Management and offers a Ph.D. in Library and Information Management. Over 130 honorary, religious, Greek, service, and departmental clubs and organizations exist at Emporia State. Varsity athletics consists of volleyball, softball, football, basketball, baseball, track and field, cross country, tennis, cheerleading, and dance troupe. About 1000 students live on campus in the Morse and Twin Towers Complexes. Financial assistance is provided through a variety of scholarships, grants and work study.
November 2007

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<td>1</td>
<td>2</td>
<td>3 Daylight Savings</td>
</tr>
<tr>
<td>4</td>
<td>5</td>
<td>6 Walking Tour</td>
<td>7 Comm. Workshop</td>
<td>8</td>
<td>9</td>
<td>10</td>
</tr>
<tr>
<td>11</td>
<td>12</td>
<td>13 ESU Transfer visit</td>
<td>14</td>
<td>15</td>
<td>16</td>
<td>17</td>
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<tr>
<td>18</td>
<td>19 SW AM transfer visit</td>
<td>20 SW PM transfer visit</td>
<td>21 No Class</td>
<td>22 Thanksgiving</td>
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<td>24</td>
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On Course with IMPACT counselor Bev Manuszak

**ARE YOU A VICTIM OR A CREATOR?**

When people keep doing what they’ve been doing even when it doesn’t work, they are acting as Victims. When people change their beliefs and behaviors to create the best results they can, they are acting as Creators. When you accept personal responsibility, you believe that you create everything in your life. This idea upsets some people. Accidents happen, they say. People treat them badly. Sometimes they really are victims of outside forces. This claim, of course, is true. At times, we are all affected by forces beyond our control. If a hurricane destroys my house, I am a victim (with a small “v”). But, if I allow that event to ruin my life, I am a Victim (with a capital “V”). Our choices reveal what we truly believe and value, as opposed to what we say we believe and value. When I meekly wait for others to improve my life, I am being a Victim. When I passively wait for luck to go my way, I am being a Victim. When I make choices that take me off course from my future success just to increase my immediate pleasure (like partying instead of studying for an important test), I am being a Victim. When I make choices that sacrifice my goals and dreams just to reduce my immediate discomfort (like dropping a challenging course instead of spending extra hours working with a tutor), I am being a Victim.

However, when I design a plan to craft my life as I want it, I am being a Creator. When I carry out my plan even in the face of obstacles (like, when my child’s day-care provider gets sick and I exchange babysitting with classmate for a week so I don’t miss any classes), I am being a Creator. When I take positive risks to advance my goals (like asking a question in a large lecture class even though I am nervous), I am being a Creator. When I sacrifice immediate pleasure to stay on course to my dreams (like resisting the urge to buy a nifty new cell phone, and allowing myself to cut back on my work hours to study more) I am being a Creator.

The difference is that Victims expend all their energy in judging themselves or others, while Creators use their energy to solve the problem. The voice we choose to occupy our thoughts determines our choices, and our choices determine the outcomes and experiences of our lives.

No matter what your final decision may be, the mere fact that you are defining and making your own choices is wonderfully empowering.

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**Schedule of Events**

- **Fall back in time!** Don’t forget to set your clock back one hour on Saturday, Nov. 3, when Daylight Savings ends.

- **Tuesday, November 6th—Walking Tour of Arkansas City (Academic/Cultural)** Meet in the IMPACT office at 1:45 P.M., and take a one hour walking tour of historic downtown Arkansas City.

- **Wednesday, November 7th—Communication Workshop (Academic)** 2-3 P.M. Meet in the IMPACT Room 102. Learn important communication skills for interviews, resume writing, and educational uses. Door Prize Drawing!

- **Tuesday, Nov. 13th—Emporia State University Transfer Visit.** Must sign up by Nov. 5th to visit with your department choice. Leave campus at 8 A.M., return by 7 P.M.

- **Monday, Nov. 19th—8-11 A.M. Transfer visit to Southwestern College in Winfield, KS**

- **Tuesday, Nov. 20th—1-4 P.M. Transfer visit to Southwestern College in Winfield, KS**

- **Nov. 21-23—Thanksgiving Holiday—Count your many blessings! Happy Thanksgiving!**
Mid-American Indian Museum/Byblos Cultural Event

Bev and Dianne spent a Saturday in October with a group of IMPACT students at Mid-American Indian Museum and Exploration Place, an hour north, in Wichita, Kansas.

We began our day at the Mid-American Indian Museum where we were met by Rose, a Cherokee Indian who is one of only four full blooded Cherokee’s remaining in KS. She guided us through the museum showing us $2000.00 beaded dance dresses with matching moccasins, paintings, buffalo skin, papoose cradles, jewelry, arrowheads, teepees, and a sweat house. We walked out to the Keeper of the Plains, which looks towards Wichita, and surrounded by torches that light up each evening. This metal sculpture was created by Blackbear Bosin. The trail around the Keeper was beautifully landscaped with flowers, cactus, and a steam path. Did you know that the Cultural Center was designed to look like a bird, or eagle in flight if you look at the entire building from above?

Our group continued to be cultured when we stopped for lunch at Byblos, a Lebanese restaurant. We were served a variety of appetizers, entrees, and desserts in our own private room. We encouraged everyone to try each food item. The atmosphere was friendly and the shish-kebobs were delicious!

Exploration Place/Diversity Exhibit/Cultural & Academic

Our journey continued at Exploration Place where we spent time reading and experiencing diversity through video, photos, letters, and interactive technology. The exhibit demonstrated how economic interests, power struggles, scientific research, and even popular culture have informed the American understanding of race, and have provided a sturdy framework for discrimination. We learned how scientists who once legitimized ideas about race are now dismantling them. We spent time examining ourselves and how we see others. We examined RACE from scientific, historical and cultural perspectives. Excellent research on RACE can be found at the official website: http://www.understandingrace.org where you will find the history of race, a race blog, video, sports quiz and a game.

The largest domed theater in Kansas is located at Exploration Place, where we enjoyed Seven Wonders. We toured the marvelous creations of the Great Pyramid, China’s mausoleum of Mao Zedong, and the world’s first lighthouse—the Pharaohs of Alexandria. We flew through outer space and discovered Eta Carina, the most massive star that can be currently studied; the Orion Nebula, where young stars are born and the more familiar Saturn and its spectacular rings made of millions of ice particles.

APPROPRIATE CELL PHONE USE IN THE CLASSROOM?

Are you in the process of writing a persuasive essay? Why not persuade teachers and administrators at Cowley how cell phones can be used appropriately during class.

Ray McNulty enlightened us with his power point presentation and how technology and globalization are creating rapid change in our world. What changes do we need to make in our colleges in order for students to be ready to go into a global workplace? Is there a way we can bring cell phones, palm pilots, i-pods, and blogs into the classroom to be used as learning tools? Hannah Montana sang her way through biology by singing the names of bones and where they are located in a recent TV episode.

$100.00 WINNER!

Cowley students were given the opportunity to be in a drawing for a $100.00 gift card to the Cowley Bookstore if they attended the Thursday evening presentation of Ray McNulty. And the winner was one of our own IMPACT students, Monica DeLoera! Congratulations!
IMPACTing SPORTS

IMPACT student, Mauricio Marales, earned all-region honors in Cowley Men's Cross Country. He finished 11th (26:29.78).

Justin Cacaro, another IMPACT student, finished 26th (27:25.27).

The Cowley Men’s Cross Country Team won its first ever Region VI Championship.

CONGRATULATIONS! BRING BACK MORE HONORS AT NATIONALS!

L-R 1,2,3 Justin Cacaro, 4 Mauricio Morales, 5,6,7

Making a Difference . . .

Personal Responsibility

You can lead a horse to water, but you cannot make him drink. The drinking is the responsibility of the horse. Although the cliché has been around for a very long time, the concept is relevant today. As a college student, you have choices to make every day that affect your life. We can guide you and give you advice on making good decisions, but it is ultimately up to you to take advantage of that advice and guidance. This concept is known as personal responsibility. You have control over your life and the choices you make. When you make a bad decision, no one is to blame but you. When you make a good decision, you have the satisfaction of knowing that you did it on your own. Stop making excuses and blaming other people for the disappointments in your life. Accepting personal responsibility is the only way to feel good about you.

We’re on the web!

http://www.cowley.edu/academics/Impact/