

The Wolfpack

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An update for freshman students' parents

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Photo by Emily Steves

SPOTTED IN THE CROWD — University Friars cheered on the women's basketball team as they took on Charlotte in the Women's National Invitation Tournament on March 21 in the Reilly Center. Also spotted was Jim Stitt, CEO of Cutco Corporation.



Mt. Irenaeus: a journey to discover yourself

by Luis Rodriguez, '17

Here at St. Bonaventure University, life is not only about academics; it is also about spirituality. Life as a college student can be stressful, but students can find solace at Mt. Irenaeus, a retreat located in the hills of Cuba, N.Y.

Mt. Irenaeus, run by the Franciscans of St. Bonaventure, is named for the late Rev. Irenaeus Herscher O.F.M., a long-time librarian at Bona's. Students often go to Mt. Irenaeus to study or work in the peaceful environment. The friars host many events at the mountain that encourage students as well as others to visit. Recently, the friars held an overnight writing event for all who wished to join. A weekly Sunday mass is held there at the mountain's chapel.

The mountain provides a place for people to come together. Bonaventure sports teams, such as club rugby, use an overnight trip to build team chemistry.

"Mt. Irenaeus helped break my freshman jitters with the team," said freshman

rugger Luis Carpio. "The friars allowed us to open up wounds to heal as a team."

The university's Arthur O. Eve Higher Education Opportunity Program (HEOP) provides a similar experience for its students. It is not a coincidence that groups travel to the mountain. People believe that Mt. Irenaeus replenishes the soul to allow for growth. The friars say it is their mission to bring their community together so all can heal and grow both spiritually and mentally.

"When I want to find peace and quiet, I look to the mountain," said freshman Diego Emiliano. "With no cellphone service up there, it is only me and my mind left."

So if students wish to escape from campus for an afternoon, an entire day, or an overnight, they are welcome at Mt. Irenaeus. Friars are always happy to see new and old faces.

For more information, or to schedule a visit, click here: [Mt. Irenaeus](#).



Photo by Fr. Dan Riley

FALL LANDSCAPE — Fr. Dan Riley, O.F.M., regularly takes photos with his iPhone and posts them onto the Mount Irenaeus website. The one shown above is a panoramic taken in November 2013.

Academic support services ready to help with finals

by Amelia Kibbe, '17

Midterms are now in the past and the end of the year is fast approaching. With the end of the semester only five weeks away, many students are hitting the books to improve or sustain their GPAs.

For some, midterm grades can be a stressful time. It can be a sudden realization that their current study plan — or lack thereof — is not paying off. Luckily, there is still time to fix the problem.

Anne Foerst, associate professor of computer science, said the second semester can sometimes be troublesome for freshmen. She says there are so many other things to do that studying can sometimes take a back seat.

“Students are beginning to enjoy all the freedom that college brings,” Foerst said. “They are away from home, and there is no one to force them to do their homework.”

Bonaventure has many opportunities for students to get help. Foerst agreed that sometimes all students need is a little help to turn a bad grade around.

“Parents should encourage their child to engage in some of the many learning opportunities we have on campus,” said Foerst. “We have so much support for students with any problems. It’s

one of the things that makes Bonaventure special.”

One of those learning opportunities is the Teaching and Learning Center (TLC). At the TLC, students can get a tutor for any subject. There is also a writing lab in the TLC that allows students to make on-the-spot appointments for help with essays and papers.

Jean Trevarton Ehman, the director of the TLC, says the TLC can be of help to students who want to improve their grades as well as students who want to stay in good academic standing.

“There are only about five weeks left in the semester,” Ehman explained. “This is the perfect time for students to re-evaluate their classes and see what needs to be done. They can always contact an instructor to see where they are, grade wise. Staying organized and getting ahead will help students stay stress-reduced.”

Ehman explained there is still plenty of time to make use of what the TLC has to offer.

“The last date to request a tutor is April 11,” Ehman said. “We have peer tutors for almost every subject. The deadline is the 11th because it takes us almost a week to set up tutors. In addition to tutoring, we have a walk-

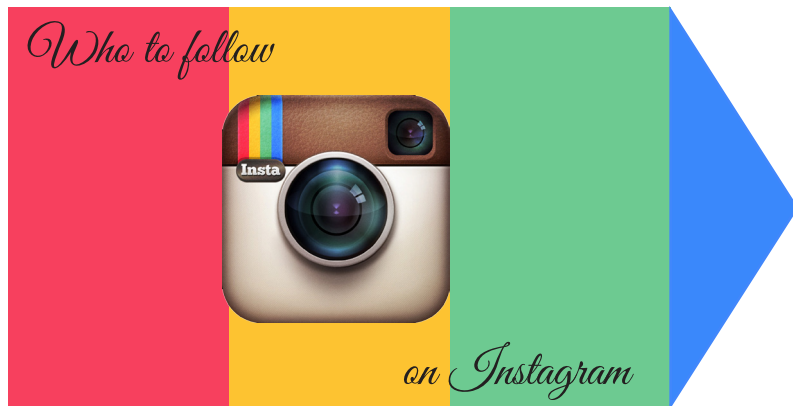
writing lab. The writing lab is available until the last day of classes, and papers of any of any nature will be looked at.”

Ehman said the TLC will host some events closer to finals that will help students relax and learn effective studying methods.

“We’re launching an event that I am really excited about,” Ehman said. “It’s called ‘Study in the Sun’ and will be in the Doyle courtyard. Our peer tutors will be at tables by subject and students get help as well as learn study tips. Our grad assistants have been finding study apps for phones that are cool. One app will help you properly cite a book just by scanning the book’s barcode. It will be fun and helpful.”

In the end, it all comes down to how much effort a student is willing to put forth, according to Ehman. If students make a plan and stay organized, fixing or maintaining grades for finals can be manageable.

“A student needs to be honest with himself or herself and put in the necessary work,” Ehman explained. “One last bit of advice I have for parents is to encourage students to find a quiet study spot and have a study plan. Having a plan will really help come finals time.”



It's never too early
to consider the next step.



St. Bonaventure's Career & Professional Readiness Center (CPRC) helps prepare students for their post-graduation lives. Click [here](#) to find out more about this valuable resource.



Merton Center offers programs for different religious affiliations

by Madeleine Faircloth, '17

The Thomas J. Merton Ministry Center offers students of all different religious affiliations a place to go for any reason. Located in the middle of campus, University Ministries provides a comfortable place to study, sleep, eat or just talk for both students and staff 24 hours a day, seven days a week. University Ministries also has a number of different programs available to students.

Faith Formation, Worship and Ministry — a subdivision of University Ministries — offers different opportunities to get involved. The Rite of Christian Initiation, or RCIA, is specifically for those looking to enter the Catholic Church. Kingdom Quest is a faith-sharing group that meets about once a week and discusses the Sunday Scripture readings and how to relate and incorporate them into students' lives.

SEARCH provides an opportunity for students to share ideas, theories, concepts and other church community topics. SEARCH also offers a confirmation retreat at the end of the year for anyone interested. Another opportunity, Spiritual Direction, is a one-on-one during which students talk about what is going on in their lives. A new program, Embrace, is a non-denominational gathering of students from a variety of faith traditions and/or beliefs. Everyone is welcomed to enter into conversations examining the realm of different cultures and religions and how it all makes sense.

"We are here to help anyone who wants to ask the bigger questions," explained Fr. Francis DiSpigno, O.F.M., executive director of University Ministries.

Bona Buddies is a popular program offered by University

Ministries. Through Bona Buddies, undergraduate students are paired with children from neighboring communities in grades 2 to 8. Students meet with their assigned child at least once a week. They will be there for whatever the child needs, including work on academics. The goal is to reduce domestic and community violence and improve advocacy efforts for needy families, all while encouraging the local youth to continue with education after high school.

The Warming House, another popular program, is the oldest completely student-run soup kitchen in the nation. It provides one meal a day to the less fortunate in the Allegany and Olean areas while also bringing diners a sense of community.

"It goes hand in hand with the faith we profess," said Fr. Francis.

The Franciscan Center for Social Concern (FCSC) is another part of University Ministries; it takes students on different service trips throughout the semester to reach out to the less fortunate. The director of FCSC, Sr. Suzanne Kush, O.S.F., took students to Washington, D.C. during the February break; where they served more than 400 abused and homeless elderly individuals about a block from the Capitol building. Sr. Suzanne explained it is all about the students and making sure they are exposed to something they may have never opened their eyes to if they were not involved. At the end of each day during service trips, she asks students to reflect on how what they saw impacted them as well as the stories they heard and how their attitudes have changed.

A club sport with Division I commitment

by Alexandra Allan, '16



GO TEAM, GO — An ever-present St. Bonaventure cheerleading squad cheers on the women's basketball team during a WNIT game against Charlotte on March 21 in the Reilly Center.



Photos by Emily Steves

St. Bonaventure University lives and breathes basketball. The student section, also known as the WolfPack, cheers on both the men's and women's basketball teams throughout the season. Being a cheerleader can take that simple act — cheering for your team — and add a new dimension.

Female and male students are welcome to try out for the cheerleading team, which holds tryouts in the first weeks of the fall semester. Those who make the team cheer for both the men's and women's basketball teams from the beginning of the season to the Atlantic 10 tournaments. If either team wins its tournament, the cheerleaders continue to travel with the teams during the playoffs. Cheerleading involves a huge amount of school spirit and involvement.

“Traveling was an amazing experience. I had so much fun cheering for my school this year,” said Marisa Burrows, a sophomore cheerleader. Burrows traveled with the women's team to the tournament in Richmond, Va.

The cheerleaders positively represent Bonas in communities near the University. They hold cheerleading camps for young girls and boys who have interest in learning about cheerleading or in furthering their skills. Children scramble up to the cheerleaders after games for pictures and an occasional autograph.

“There's nothing more exhilarating than being on the court during a game and hearing the roar of the student section and watching all of the people in the arena stand up and cheer with us for the last two minutes of a close game,” said Burrows.

This year, the team includes 15 women with a variety of talents. The student section cheers them on every time they take to the floor during timeouts and halftime. If your student is looking for a different experience for his or her sophomore year, he or she may want to try out for the cheerleading team.

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