

University of Arkansas, Fayetteville

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Student Newsletter, University of Arkansas First
Year Experience

Student Affairs

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Student Newsletter, October 2011

University of Arkansas, Fayetteville

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The background of the entire page is a photograph of a brick building, likely a university structure, featuring a stone lion sculpture on its facade. The scene is heavily overlaid with vibrant, golden-yellow autumn leaves, creating a warm and seasonal atmosphere.

october 2011

student newsletter

In this issue:

OCTOBER ACADEMIC CALENDAR

ON-CAMPUS ENTERTAINMENT

RAZORBACK SPORTS SCHEDULE

FIRST YEAR PHOTO PROJECT

redefining success through strengthsquest

on the **entertainment** calendar:

OCTOBER 2011

Date

Event

10/12

Student Poetry Slam Night Feat. Matt Corey
7PM, RZ's Coffeehouse
(up.uark.edu)

10/26

Student Poetry Slam Night Feat. Preston Pugmire
7PM, RZ's Coffeehouse
(up.uark.edu)

Same Sex Marriage Debate
7PM, Union Theater
(up.uark.edu)

10/28

Friday Night Live: Murder Mystery Dinner
9PM, Arkansas Union
(fnl.uark.edu)

Joelle Storet: Halls of Our Forefathers exhibition closes

10/31

Hog-O-Ween
Union Connections Lounge
11AM to 2PM

Rocky Horror Picture Show
9PM, Arkansas Union

10/11

Reception for Joelle Storet: Hall of Forefathers
7PM, Anne Kittrell Art Gallery
(up.uark.edu)

on the **sports** calendar:

OCTOBER 2011

MEN'S TENNIS

football

Date	Event
10/22	Ole Miss * Oxford, Miss. @ TBA
10/29	Vanderbilt * Nashville, Tenn. @ TBA

volleyball

Date	Event
10/14	Auburn FAYETTEVILLE @ 7 p.m.
10/16	Georgia FAYETTEVILLE @ 1:30 p.m.
10/21	Ole Miss FAYETTEVILLE @ 7 p.m.
10/23	Alabama FAYETTEVILLE @ 1:30 p.m.
10/25	LSU FAYETTEVILLE @ 7 p.m.

SOCCER

Date	Event
10/14	Alabama Tuscaloosa, Ala. @ 7 p.m.
10/16	Auburn Auburn, Ala. @ 2:00 p.m.
10/20	Florida FAYETTEVILLE @ 7 p.m.
10/23	South Carolina Columbia, S.C. @ 2:00 p.m.
10/28	LSU FAYETTEVILLE @ 7 p.m.

THE FIRST YEAR OF THE REST OF YOUR LIFE.
IN PICTURES.

FIRST YEAR PHOTO PROJECT

FIRST MEETING: OCTOBER 11 / 5PM / ARKU 508

learn more at FYE.UARK.EDU/4000.php

Redefining Success through StrengthsQuest

"As educators, our challenge and joy is helping students move to levels of personal excellence by [helping them become] the persons they have the potential to be. [The] marvelous thing about this perspective is that in the process we also move toward our own levels of personal excellence, becoming the persons we have the potential to be."

Chip Anderson

Throughout our lives, success is defined by a standardized list of assumptions:

If you try hard enough, you can do it

If you dream it, you can achieve it

If you want it badly enough, you can do it

Fixing your weaknesses is the key to getting ahead

What if, for just a moment, we looked at success through a different lens? Weakness fixing is the manner in which we can try to prevent failure. However, research conducted by the Gallup organization highlights that building on strengths leads to excellence, engagement and passion. Encompassing this theoretical approach to success is the heart of StrengthsQuest. The philosophy behind this program is to equip individuals to build upon their talents instead of focusing energy their weaknesses. This theory is contrary to popular perceptions that focusing on weakness development brings the greatest return. Essentially, teaching ourselves to work on our weaknesses rather than polishing our talents is a poor allocation of time and energy.

Excellence occurs only when individuals capitalize on their strengths and talents while investing the time and energy needed to excel. We are committed, as the Division of Student Affairs at the University of Arkansas, to ensuring that you have an opportunity to discover,

develop and apply your talents and strengths to be successful. The Division of Student Affairs utilizes the Clifton StrengthsFinder assessment as a tool to assist you in achieving success in academics, career paths, leadership development, relationship building, and in your overall University experience. Dr. Danny Pugh, Vice Provost for Student Affairs and Dean of Students, defines success for you "as a result of understanding your unique talents, developing knowledge related to those talents, engaging in experiences to expand on those talents, and

ultimately leveraging those talents to become strengths which lead to success."

Over 1,000,000 students, staff and faculty at 600 campuses in North America have used StrengthsQuest to encourage the progression of talents, resulting in higher success. This year, the University of Arkansas has joined this venture and is committed to "Strengthening Our Students for Success" so you can achieve greater levels of academic, relational, professional and personal

success.

Finding Your Strengths

You were given an access code to take the StrengthsQuest assessment, whether during R.O.C.K. Camp or the first weeks of school. Through this assessment tool, you identified five talent themes that hold the greatest potential of forming into "strengths." Knowing these unique talent themes can help you, not only hone your skills and talents, but also put into words your abilities and potential, possibly in personal relationships or job interviews.

Identify Your Top 5 Talent Themes

If you have not yet done so, take the StrengthsQuest assessment and memorize your Top 5 Talent Themes. Begin thinking about what those themes may mean for you personally.

Strengths Q&A

with Abby Brumfield

Abby Brumfield is a junior at the University of Arkansas from Rogersville, MO. Studying International Relations with a concentration in Latin American Studies, Abby is involved inside and outside of the classroom. She serves as an Associated Student Government Senator for the College of Arts & Sciences, is involved with Fulbright Honors College and also served as a Student Coordinator for R.O.C.K. Camp this year.

Abby's Top 5 Talent Themes:

Restorative, Input, Communication, Harmony and Empathy

Q Why is talent and strength development important for students at the University of Arkansas?

A The University of Arkansas is an excellent place to do some serious self-growth. With the knowledge of your individual strengths, you have a greater potential of succeeding and applying your talents in more fruitful sectors of the university. I appreciate the personal nature of the StrengthsQuest system because it is important to look at individual merit and ability. Once you gain that level of self-awareness, you are able to better market yourself to future employers and accomplish more personal, career goals.

Q What new discovery have you made about yourself since taking the assessment?

A With the realization of my strengths, I now better understand my leadership style and the way in which others perceive me. Additionally, I am more conscious of the way in which I communicate with others and overall, I utilize my talents in order to be more effective.

Q How do you utilize your strengths/talents to be a successful student leader at the University of Arkansas?

A I sincerely attempt to keep my strengths at the forefront of my mind. I actually made an acronym

for them this year, R.I.C.H.E. My connection with my talents is greatly contributed to the constant interaction I have with the program. The majority of my strengths reside in my ability to connect with people and build personal relationships. By making those around me feel appreciated for their diligent work, I receive positive feedback and stronger, more dynamic relationships.

Q Which of your talents do you believe will be most instrumental in helping you fulfill your dreams and desires for college?

A My most instrumental talent is definitely input. With input, comes my unyielding curiosity! I am constantly asking questions and learning new information throughout my college experience. The input portion of my top strengths aides me in my ability to form connections within my educational and career goals.

Q What advice would you give your peers about strengths?

A With college comes change and discovery! Students are more likely to succeed with an open mind and an awareness of the many opportunities to grow at the University of Arkansas. Recognize your strengths and maximize their ability to help you succeed!