THREE TIPS TO BE HAPPIER IN WORK AND IN LIFE
by Lauren Ashley

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Lauren is a working mother who uses social media as a creative outlet to live a healthier, happier life. Published with permission from tinybuddha.com.

Four Act 101 Students Awarded Weber Scholarships
By Uhuru Hotep

Maximillian Heinauer, a business management major, attended Fox Chapel High School where he attained Honor Roll status while playing on the golf team. At Duquesne, Max works part-time as a sports photographer and plans to remain in the Pittsburgh area upon graduation. About the Act 101 program, Max states, “Act 101 gave me a chance to further my education at my dream school.”

Four Act 101 students were awarded Michael P. Weber Scholarships at the 17th Annual Gussin Spiritan Division Reception held February 21 on the Duquesne University campus. All four awardees are Duquesne freshmen and all but one is from the Pittsburgh, Pa metro area.

Colby Simpson, a digital media arts major, is an alumnus of Northgate High School where he was active with the yearbook committee. Known for his musicianship, Colby is also a DU PACT tutor. After earning his degree, he plans to pursue a career as a graphic designer. Regarding Act 101, Colby states, “Act 101 is giving me the opportunity to achieve my academic and personal goals.”

Max states, “Act 101 has given me the opportunity to achieve my academic success…”

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Mason Cook, an economics major, graduated from Burrell High School where he played on the rugby team. Since coming to Duquesne, he’s been an active member of the Business School’s Economic Student Organization. He plans to attend law school after receiving his degree. According to Mason, Act 101 has “led to my academic success….”

Taren Peoples, a biology major, hails from Williamsport, Pa. She graduated from Williamsport Area High School where she served as treasurer of the SGA Executive Board. She now works part-time on campus as a lab tech. After earning her degree, she plans to train as a physician’s assistant. Taren credits the Act 101 program for “… allowing me to flourish in my studies here at Duquesne University.”

The Weber Scholarship was established in 2001 by the family of the late Michael P. Weber. Dr. Weber served as the Vice President of Academic Affairs at Duquesne University from 1987 to 2001. He was a loyal friend and staunch supporter of the Learning Skills Center which now bears his name.

(Left to Right: Colby Simpson, Mason Cook, Maximillian Heinauer and Taren Peoples)
Most students are probably desperate to find ways to complete assignments easier. Here are five great online tools.

1. **Book Finder**
   Book Finder allows you to compare the prices of over 120 million books between nearly 4,000 different merchants.

2. **WorldCat**
   WorldCat is a great website because it gives you access to thousands upon thousands of library catalogues across the United States and around the world. Chances are you will be able to request your references via an interlibrary loan.

3. **VerbaLearn**
   This tool helps you build your English vocabulary and your pronunciation. It will even keep track of your progress and pinpoint areas that need work.

4. **Zotero**
   Zotero is a Firefox add-on that works with both Open Office and Microsoft Word. It will keep track of your references and then help you compose your works cited page.

5. **GoogleDocs**
   GoogleDocs is fantastic for group writing projects. To implement, group members may be at home or in different dorm rooms. Conversations can be held using an instant messaging program. Using the editing ability, different team members can edit a document together in real time.

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**FOR STUDENTS**

**ONLINE TOOLS**

If you have a dream, something that excites you, inspires you, and maybe even keeps you up at night, I have some advice for you:

1. **Believe that it’s possible.**
   We think of dreams as things most people don’t get. But most of the things we dream about are things we could do if we were willing to work toward it, align our choices to support it, and stay flexible in terms of fulfilling it. You just need to believe in the possibility, which really means you need to believe in yourself.

2. **Take tiny steps to work toward it.**
   Working toward your dream entails aligning with the right people, disregarding people who don’t support your growth, and taking tiny steps each day toward your vision. “The right people” help you, support you, encourage you, believe in you, and guide you.

3. **Make choices that support it.**
   Much of our experience stems from our choices. Whatever your dream, the first choice is to prioritize it, dedicate time to it, money to it, attention to it, love to it. Give it all you can.

4. **Stay flexible about how you’ll fulfill it.**
   It’s tempting to be rigid about a dream—when it needs to happen, how it needs to happen, and who it needs to include. But, know that no dream is better than any other, and stay open to the possibility that your dream may change.

   Lori is the founder of Tiny Buddha, the author of the Tiny Wisdom eBook series and Tiny Buddha’s Guide to Loving Yourself. Published with permission from tinybuddha.com.

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Contributor: Demi Boeltz

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**2012-2013 ACT 101 STUDENT PROFILE**

**DUQUESNE UNIVERSITY**

The pie charts and bar graph below depict ethnic, gender and academic performance data pertaining to Duquesne University’s 2012-2013 ACT 101 student population and reflects only those students who received services or who actively participated in the program.

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**2012-2013 ACT 101 STUDENTS - GRADUATION STATUS**

<table>
<thead>
<tr>
<th>Category</th>
<th>Fall 2012</th>
<th>Spring 2013</th>
</tr>
</thead>
<tbody>
<tr>
<td>Undergraduates graduated</td>
<td>25</td>
<td>24</td>
</tr>
<tr>
<td>Undergraduates still pursuing</td>
<td>80</td>
<td>76%</td>
</tr>
<tr>
<td>Total ACT 101 Students</td>
<td>105</td>
<td>100%</td>
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**SEMESTER GRADE AVERAGES**

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<thead>
<tr>
<th>Grade Range</th>
<th>Fall 2012</th>
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<tr>
<td>&lt; 1.50</td>
<td>37%</td>
<td>34%</td>
</tr>
<tr>
<td>1.50 - 1.99</td>
<td>25%</td>
<td>24%</td>
</tr>
<tr>
<td>2.00 - 2.49</td>
<td>20%</td>
<td>19%</td>
</tr>
<tr>
<td>2.50 - 2.99</td>
<td>18%</td>
<td>8%</td>
</tr>
<tr>
<td>3.00 - 3.49</td>
<td>12%</td>
<td>3%</td>
</tr>
<tr>
<td>3.50 - 4.00</td>
<td>10%</td>
<td>5%</td>
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**ETHNIC DISTRIBUTION**

<table>
<thead>
<tr>
<th>Ethnic Group</th>
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<th>Spring 2013</th>
</tr>
</thead>
<tbody>
<tr>
<td>White</td>
<td>55%</td>
<td>52%</td>
</tr>
<tr>
<td>Hispanic / Latino</td>
<td>15%</td>
<td>16%</td>
</tr>
<tr>
<td>Black</td>
<td>24%</td>
<td>25%</td>
</tr>
<tr>
<td>Asian / Pacific Islander</td>
<td>7%</td>
<td>6%</td>
</tr>
<tr>
<td>Other / Unknown</td>
<td>10%</td>
<td>9%</td>
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**GENDER DISTRIBUTION**

<table>
<thead>
<tr>
<th>Gender</th>
<th>Fall 2012</th>
<th>Spring 2013</th>
</tr>
</thead>
<tbody>
<tr>
<td>Female</td>
<td>56%</td>
<td>58%</td>
</tr>
<tr>
<td>Male</td>
<td>44%</td>
<td>42%</td>
</tr>
</tbody>
</table>

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**Top Five Online Tools for Students**

by Louise Baker

“Don’t be pushed by your problems; be led by your dreams.”

- Unknown

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**ACHIEVER STAFF**

by Ameya Ranade
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