

CSB|SJU Community

A newsletter for the faculty and staff of the CSB/SJU undergraduate program

February 2002

Thinking About Thinking: It's a Matter of Style

*prepared by Glenda Isaacs Burgeson
Community editor*

Sometimes, it's not what you think, but how you think that matters.

Paul Marsnik, CSB/SJU associate professor of management, recently led a campus workshop on thinking styles to show how style can trump substance, how that can harm organizations, and how individuals within those organizations can turn the potential negative effects of style into positive effects.

His presentation, "Managing Diversity: A New Perspective," featured a measurement of thinking styles based on the Kirton Adaption-Innovation Inventory (KAI). The workshop was sponsored by the CSB/SJU Student Employment Leadership Team (SELT) and attracted approximately 75 faculty, administrative and support staff, students and community partners.

Prior to the workshop, each participant completed a KAI instrument to assess his or her thinking style. Results were then incorporated into the presentation.

Marsnik explained that Kirton's theory holds that, while thinking styles vary, no particular style is better than another. They simply differ. However, when different thinking styles collide, problems may arise within organizations. Communication suffers, personalities clash and the task at hand gets side-tracked or derailed.

The KAI measures thinking styles along a continuum, with what Kirton calls "adaptors" at one end and "innovators" at the other, Marsnik explained. Most people fall within a middle range. Adaptors, according to Kirton's theory, operate best in a structured environment, while innovators are more freewheeling. Adaptors tend to see themselves as implementers, while innovators tend to identify themselves as dreamers.

The potential for conflict between these thinking styles arises because people tend to regard thinking styles different from their own as flawed, Marsnik said. The workshop is designed to help people not only identify their own thinking style, but also learn to appreciate the value of other, different thinking styles. The goal is to provide insight that can lead to more productive collaborations.

Obviously, people can and do function within a range outside their preferred thinking style, Marsnik said, but they do so at a cost of productivity, efficiency and self satisfaction. The reason, he explained, is because they exercise coping behaviors to accommodate the stress of performing outside their preferred thinking style. This may account for some job dissatisfaction, he said.

In an ideal work environment then, Marsnik said, "Good management allows people to do what they do well and gets out of the way."

Last fall, Marsnik used a sabbatical to become certified to administer the KAI instrument, as well as two other personality instruments, the Myers Briggs Type Indicator (MBTI), which is the most widely used psychological instrument in the world, and the Herrmann Brain Dominance Instrument (HBDI). All three are designed to help people get along better, he said.

This semester, he is using the KAI and the HBDI with his students in introduction to management and in his course on entrepreneurship. He believes each instrument has a unique value.

"They help jumpstart self-discovery," he said. "They're great for understanding yourself, and that's half the battle. The other half is appreciating other styles."

Marsnik is available to conduct additional workshops at CSB/SJU. E-mail him for more information.



"Good management allows people to do what they do well and gets out of the way."

Paul Marsnik, associate professor of management

Campus News

Bela Petheo, CSB/SJU Professor Emeritus, Featured at Plains Art Museum

The Plains Art Museum in Fargo has on exhibit "Bela Petheo: Portraits and Self-Portraits" through Feb. 24. Through his self-portraits and portraits of others, Petheo presents his search for psychological truths in various phases of his life and in the lives of his various models.

Of his exhibition, Petheo says, "To establish deeper connection between the portraits and self-portraits would be a fascinating inquiry, let alone relating them to previous practices as witnessed by the history of art. For the time being, however, this exhibition calls the attention to things that matter and by raising the issue and pointing the viewer in the right direction, the museum more than fulfills its educational mission."

On Feb. 10, Petheo presented the lecture, "Reading and Misreading: Portraits and Self-Portraits," at the museum.

Campus Diversity Embraces Everyone

prepared by Glenda Isaacs Burgeson
Community editor

Editor's note: This is the first of a two-part feature on the collaborative efforts that can realize and enhance the experience of diversity among all members of our community. Next month will feature the work of Lynda Fish, who serves as academic advisor to international students, and Kate Kamakahi, international student advisor.

When Theresa McNutt and Theresa Anderson counsel minority students to aim high and persevere, they speak from the heart as well as the mind, and from experience.

As major players in the CSB/SJU strategic plan to promote diversity, they have different responsibilities, yet they share the same goal, retention of minority students. McNutt is director of multicultural programs, a new position initiated in July. Anderson is an academic adviser for American multicultural students, a position previously held by McNutt.

The two women share much in common. They share a commitment to the educational experience of the students they advise; and they share a basic understanding of how diversity can work if it is to succeed. For them, diversity is not limited to minority students. They recognize diversity as an umbrella that encompasses the unique qualities, perceptions and experiences that comprise all of the individuals within our two campus communities. They understand, as well, that communication is the key to building understanding among all community members.

While they acknowledge their primary roles in campus diversity efforts, they agree that everyone — students, faculty, administrators and staff — has a stake in the value of diversity. In their idealized vision at CSB/SJU, diversity works best when the Benedictine welcome mat extends to all who set foot here. Their stories demonstrate how individual experiences enrich our community life.

As a child, McNutt moved with her family from Forrest City, Ark., to Apple Valley, Minn. The ninth of 10 children in a low-income family, she described the relocation as difficult. She struggled, and felt aware of being different.

"I was very quiet, shy, and I did not graduate in the top 50 percent of my class," she said.

After high school, she attended and graduated from Rasmussen as a legal secretary. Still, she wanted greater opportunity. She entered St. Cloud State University on academic probation, and continued to struggle.

"I felt no one cared. I felt isolated."

Somehow, she determined to persevere, drawing motivation from within, and from the encouragement of her grandmother, who had joined the family in Minnesota.

"My grandmother would always tell me to get all the education I could get."

That advice, from a woman who never experienced educational opportunity, helped McNutt pursue her goal. She completed an undergraduate degree in speech communication and entered graduate study at SCSU in applied psychology. In graduate school, McNutt began to excel. She discovered the self-confidence she had lacked all her life.

"I had the opportunity to make a difference in my life, and in the lives of others," she said.

Like McNutt, Anderson grew up in a lower income family, the youngest of seven children, in Idaho. Like McNutt, Anderson was timid and shy. Growing up, no one ever encouraged her to go to college. Not until high school, under the influence of her friends, did she consider college an option.



Theresa McNutt (left) and Theresa Anderson.

"All my friends were going to college. I just got swept up," she said to explain how she "found the gumption" to attend Lewis and Clark College in Portland, Ore., while working full time. After graduation, she attended Indiana University, where she received a master's in counseling, and met her husband, Derek Larson, CSB/SJU assistant professor of history and director of the environmental studies program.

As academic adviser, Anderson takes a proactive approach. First-year American students of color experience many of the same adjustment problems faced by majority students, but they may feel added pressure as minorities on a predominately white campus, she explained.

They may feel self-conscious about speaking out in classroom discussion because they feel they are perceived as speaking for an entire race and culture. If they need help, they may not approach the professor, Anderson said. For these reasons, she encourages faculty to contact her if they are concerned about a student of color. Early intervention

is the key to helping ensure a successful academic experience, she said.

While Anderson targets academics, McNutt works to ensure an enriched environment overall, to help multicultural students adjust and thrive — socially, emotionally, physically and spiritually. She emphasizes that her role is not limited to minority students. She promotes diversity, individuality, uniqueness and open-mindedness among all CSB/SJU students, faculty and staff.

In addition to her role as mentor to multicultural students, she embraces a holistic approach to the CSB/SJU community. As coordinator of events celebrating national heritage months, for example, she works to provide opportunities for all community members to learn about and appreciate our diverse cultural heritage. The recently established Multicultural Student Organization is open to everyone, she said, consistent with her view that diversity is inclusive, rather than exclusive.

Budget Choices Reflect Strategic Goals

*prepared by Cheryl Coryea
SJU vice president for finance and administration
and Susan Palmer
CSB chief financial and administrative officer*

On March 1, the CSB Board of Trustees and the SJU Board of Regents will approve the colleges' operating budgets for fiscal year 2003, which begins on July 1. Together those budgets will total nearly \$60 million. In the making for nearly nine months, our budgets will not only provide resources for continuing operations but, more importantly, will reflect a series of strategic choices intended to differentiate and distinguish us from other institutions and secure our place as institutions of excellence.

At the December Budget Forum, the presidents indicated that Saint Benedict's and Saint John's face enormous financial and enrollment challenges in the next decade. They identified four key strategic challenges we must address not only in next year's budget but in budgets throughout the coming years:

1. The need to balance pricing, tuition discounting and enrollment strategies;
2. The need to increase revenue from non-tuition sources;
3. The need to increase compensation to attract and retain the highest quality faculty and staff; and,
4. The need for strategic reallocation of resources as our enrollment stabilizes.

Never has it been more important for us to strategically align our resources with our values and aspirations. And yet, as we look ahead to the challenges in front of us, we do so with the knowledge

that over the past three years we have made a series of strategic budget choices that have put us in a position to respond to the future reflectively rather than reflexively.

A quick review of our financial performance and choices since F.Y. 2000 indicates that we have used a combination of rising income and resource reallocation to make investments in our future:

- Student tuition provides the largest share of operating revenue at both CSB and SJU, typically between 75 and 80 percent. Between F.Y. 2000 and F.Y. 2002, tuition increases and growing enrollments provided us with \$14.7 million in additional revenues. Almost half of the total growth in tuition revenue, \$6.6 million, was allocated in the form of student financial aid, a competitive imperative, leaving about \$8 million in net new tuition revenue available for other expenditures. All other operating revenue sources, such as annual fund and endowment income, contributed \$2.9 million in new revenue between F.Y. 2000 and F.Y. 2002. In total, then, CSB and SJU together generated \$11 million in net new revenue over the three-year period.

- Fully 70 percent of the new revenue — or \$7.8 million — was spent on increased compensation, including faculty and staff compensation, tuition remission, and student wages. From F.Y. 2000 through F.Y. 2002, compensation expenditures at Saint Benedict's and Saint John's rose by 23 percent.

- During the same period, we made a number of other investments in support of our strategic plan designed to enhance the quality of our educational experience and to secure the future of our institutions. Those investments included \$128,000 for international study, \$125,000 for program review and assessment, \$149,000 for diversity and enrollment initiatives, \$21,000 for undergraduate student research, \$15,000 for Catholic and Benedictine initiatives, \$300,000 for Academic Affairs for enhancements to academic programs, \$436,000 for fund raising, and \$544,000 to support and improve our physical plants.

- In total, the colleges allocated \$11.2 million dollars for new compensation and non-compensation expenditures, or \$600,000 more than was generated in new net revenue. In other words, our investments in our future were achieved not only by using revenue other than tuition but also by reallocating current expenditures.

- During the same period, we also transferred \$1.0 to long-term fiscal reserve funds as a prudent step to safeguard the institutions' financial health.

When we began the budget process for F.Y. 2003 last spring, our objective was to better align the strategic plan with the budget to insure that our resources followed our aspirations. While that process has not always been perfect, we believe we have made significant progress. We face significant challenges next year and beyond, but are confident we have made and will continue to make decisions that position us well to address them.

Campus News

Extraordinary Performance Recipients Named

*prepared by Herb Trenz
human resources director*

Eileen Bitzan, director of CSB Hahn Campus Center, and Norma Koetter, secretary for the CSB/SJU department of history, Asian and environmental studies, and assistant to the University Chair in Critical Thinking, were selected as the fall 2001 recipients of the EOP Award.

They were recognized at a luncheon on their behalf, with their invited guests and those who nominated them for the award. Each recipient received a desk clock, savings bond and a personal day off with pay to commemorate their selection.

Please congratulate them for the contributions they make to our community.



Eileen Bitzan



Norma Koetter

Campus News

Psst ... What's the Best Kept Secret at CSB?

Located on the ground floor of the CSB Main Building, the CSB Cafeteria offers variety, convenience and gift packages for special occasions. The daily menu, featuring all-you-care-to-eat fare, includes a salad bar, deli sandwich bar, pasta bar, omelet bar, waffles, cold cereal and breads, hot entrees, soft-serve yogurt and ice cream, desserts and beverages. Hours are 7:15 a.m.-7 p.m. Monday-Friday; 10:45 a.m.-1:30 p.m. Saturday; and 10:45 a.m.-1:30 p.m. and 5-7 p.m. Sunday. Menus are posted on the CSB dining Web page, the menu message line (5559), and in buildings campuswide.

The CSB Cafeteria also has a kiosk on the Main Building second floor, open 7:30 a.m.-1:30 p.m. Monday-Friday. In addition to a daily offering of beverages, rolls, muffins, snacks and bag lunch items, the kiosk will offer bakery items for sale on Fridays. The kiosk is open to everyone on campus, accepting CSB and SJU meal plans, cash and charge.

Clemens Library also has a new coffee and cappuccino vending machine that accepts cash and flex points from CSB and SJU student meal plans.

For special occasions, the CSB Cafeteria offers birthday cakes, snack packages and bakery items, which can be ordered from the Food Service Office.



Terry Bernardy (left) and Carol Stodolka at the CSB Main Building kiosk.

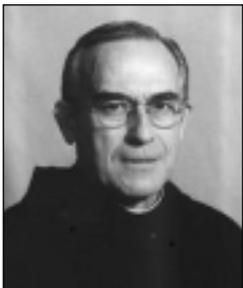
Abbot John Klassen announces appointment of three monks to new positions



Fr. James Tingerthal

In 1902. Since 1974, about 30 monks meet the spiritual needs of groups and parishes throughout Florida by providing an oasis for God's people to make retreats and find wholeness, rejuvenation and commitment.

Fr. James, 67, brings wide experience to this challenging position. In 1997 the Order of Saint Benedict recognized his 25 years of service that included positions as principal for Saint John's Preparatory School and SJU coordinator of special events. Most recently he served as an associate in the Abbey's woodworking shop. Fr. James began his post at Saint Leo earlier this month.



Fr. William Skudlarek

homiletics in the School of Theology and Seminary <www.csbsju.edu/sot/>. He will return to SJU as the director of priestly formation for students preparing for priestly ordination.

On Sept. 4, 2000, Fr. William was awarded the Order of the Southern Cross, Brazil's highest honor for foreigners who have made a contribution to the Brazilian people. The Nagano Prefecture in which Holy Trinity Monastery is located has one of the largest concentrations of Brazilians in Japan due to the large number of small factories in that area. In July 1996, Fr. William spent a week at the first East-West Interfaith Dialog held at Gethsemani Abbey in Kentucky. Presently he serves on the Board of the Monastic Interreligious Dialogue, a forum for discussion among monastics of different traditions in East and West.

Fr. James Tingerthal will serve as the superior of Saint Leo Abbey <www.saintleoabbey.org/> in St. Leo, Fla., for a three-year term. The monastery was founded in the Diocese of St. Petersburg in 1889, and became an abbey

Recently returned to Minnesota from Holy Trinity Monastery in Fujimi, Japan, Fr. William Skudlarek, 63, assumed duties in the newly created position of administrative assistant to Abbot Klassen. Before going to Japan, Fr. William taught



Br. Richard Oliver

almost six years in England and Germany micro-filming medieval manuscripts for the Hill Monastic Manuscript Library. In 1995, he became a cyberspace pioneer by creating some of Collegeville's first Web sites; currently he serves on the executive board of the American Benedictine Academy and heads its Benedictine Internet Technology Section. Br. Richard succeeds Fr. Daniel Durken, editor of the monastery's new publication, *The Abbey Banner*.

Br. Richard Oliver, webmaster for the Order of Saint Benedict, assumed new duties as publicist for Saint John's Abbey <www.saintjohnsabbey.org/> at the beginning of January. A librarian, Br. Richard, 56, spent

CSB/SJU Education Department Receives Continued National Accreditation

prepared by Communication and Marketing Services

The National Council for Accreditation of Teacher Education (NCATE) has awarded continuing accreditation until 2006 to preparation programs offered by the CSB/SJU education department.

NCATE-accredited teacher education pro-



grams are required to meet rigorous standards established by the profession and members of the public. Teacher candidates from institutions accredited under the new standards must demonstrate in-depth knowledge of the subject matter they plan to teach, as well as the professional skills necessary to assure that students will have optimal learning opportunities.

The CSB/SJU education department carefully assesses and documents candidate knowledge and skills according to research-based standards for effective teaching. The education department has partnerships and cooperative arrangements with 20 area schools that enable teacher candidates to practice and refine their teaching skills in real classroom settings.

"The accreditation process is a massive program review that involves many people from across the education community who contribute to the CSB/SJU teacher education program, including local school teachers and administrators, college

faculty, staff, administrators, students and teacher graduates from the two colleges,” said Br. Doug Mullin, education department chair. The team of five NCATE examiners from various universities, teacher education programs and K-12 schools around the country visited CSB/SJU April 21-25 to examine documentation of the schools’ preparation of teacher candidates. The team members interviewed nearly 200 people who were knowledgeable about CSB/SJU teacher education programs.

“The entire process and the accreditation itself affirm that candidates for teacher licensure who graduate from Saint Benedict’s and Saint John’s are prepared to meet the highest standards in teacher education,” Mullin said.

NCATE’s standards ensure that its accredited programs prepare women and men for licensure as teachers who can meet the instructional needs of racially and culturally diverse students. The CSB/SJU education department responds to this standard by developing exemplary teachers who use their foundation in the liberal arts to consistently make professional decisions that will encourage all their students to reach their full potential as responsible world citizens living in a democratic society.

The CSB/SJU education department, which currently graduates approximately 100 teacher candidates each year, was first accredited by NCATE in 1965, 10 years after the state of Minnesota first permitted liberal arts colleges to prepare teacher candidates for licensure. While the department has maintained accreditation continuously since that time, it volunteered to serve as a pilot institution for implementing the new NCATE performance-oriented standards first used during the last academic year.

CSB/SJU is one of 60 teacher preparation programs awarded either initial or continuing accreditation from NCATE’s Unit Accreditation Board. NCATE accredits 525 institutions and these institutions produce two-thirds of the nation’s new teacher graduates each year. Another 100 institutions are candidates or pre-candidates for NCATE accreditation.

For more information about the teacher education programs at CSB/SJU, visit <http://www.csbsju.edu/education/>

SJU Leads NCAA Division III Football in Attendance

*prepared by Michael Hemmesch
Communication and Marketing Services*

The SJU football team, for the fifth time in the past nine years, was the top ranked institution among NCAA Division III attendance leaders, attracting 40,041 spectators during six regular season home games in 2001. The Johnnies averaged 6,674 spectators per home game, which placed them just ahead of second-place Emory & Henry, Va., with 6,460 spectators per game. The attendance rankings were listed in the Jan. 21 issue of *The NCAA News*.

One of the nation’s top Division III tickets, SJU has won NCAA Division III attendance crowns in 1988, 1993, 1995, 1996, 1998 and 2001.

As a conference, the Minnesota Intercollegiate Athletic Conference ranked third among Division III conferences with an average of 2,864 spectators per game. In 49 games this season, the MIAC attracted a total of 140,312 spectators. Of note, the nation’s top Division III conference was the Old Dominion Athletic Conference with 3,014 spectators per game. In conference and independent groups below the NCAA Division I-AA level, the MIAC ranked 10th for attendance.

In 2001, SJU completed its season with an 11-3 overall record, 8-1 in the MIAC. SJU won its eighth MIAC title in 11 years and lost in the NCAA Division III national semifinals. SJU head coach John Gagliardi, the winningest active coach and second all-time in college football, continues his march towards the all-time collegiate win record. Gagliardi has 388 career victories in 53 seasons as a head coach and is 20 wins away from the all-time record, set by former Grambling head coach Eddie Robinson.



SJU Football Team Donates Money to Two Causes — SJU assistant football coach Jim Gagliardi (left) is pictured presenting checks to Debra Schroeder (right) of Anna Marie’s Battered Women’s Shelter in St. Cloud and SJU assistant football coach Gary Fasching, middle, uncle of Laura Volness who has been battling leukemia. Donations were accepted in lieu of an admission charge at the SJU home football game on Nov. 10 against Carleton.

Campus News

Chinese Faculty and Students Visit CSB/SJU

*submitted by Dave Bennetts
CSB/SJU professor
and chair of history*

Kevin Clancy, SJU ’00, Nancy Deng, professor at Zhanjiang Normal College (ZNC) in China, and four ZNC students arrived in the United States on Thursday, Jan. 17, to spend three weeks as guests of the College of CSB/SJU Asian Studies Learning Community, a program funded by the Bush Foundation. Their visit is the culmination of a well-established Asian studies program at CSB/SJU and Clancy’s dream to link the ZNC community with his former campus community.

ZNC is a branch of the Maryknoll Volunteer Program in China. Like many of its volunteers, Clancy joined the volunteer program after participating in CSB/SJU’s study abroad programs and completing coursework for an Asian studies minor. Determined to connect his China community with the CSB/SJU community, Clancy developed an intercultural communications course at ZNC, and with the help of CSB/SJU communication professors Don Turk and Jeanmarie Cook, established a telecommunications link with the CSB/SJU classes.

Having success with this connection, Clancy aspired to bring some of his Chinese students to the United States and meet their American classmates. With the help of Dave Harrison, recruiter and on-site coordinator of the Maryknoll Volunteer Program, Maryknoll volunteers, ZNC and the CSB/SJU community, Clancy was able to fulfill his dream of bringing the two groups together.

The ZNC group participated in several CSB/SJU activities during their visit, including the Asian New Year celebration on Feb. 9, sponsored by the CSB/SJU Asia Club.

In the Media

Louis Johnston, assistant professor of economics, was interviewed by WJON radio regarding the economic impact of the potential Fingerhut closing on the St. Cloud community.

Jamie Partridge, associate professor and management chair, appeared in the *St. Cloud Times*, in the article, "Recession forecast with loss of Fingerhut, Downturn would be area's 1st in 20 years." Partridge addressed the economic impact and indirect results that may occur in the St. Cloud area if Fingerhut closes its doors.

The restoration project of the 70-year-old mural that spans 60 feet high and 45 feet wide in the **SJU Great Hall** was featured in local media, including Central Minnesota News (Channel 28), Minnesota Public Radio and the *St. Cloud Times*.

The *St. Cloud Times* featured SJU artist-in-residence **Richard Bresnahan** in a Jan. 12 story entitled "The art and magic of a master potter."

Jon McGee, vice president of institutional planning, research and communication, was featured in a Jan. 13 *St. Cloud Times* article entitled "Study finds public colleges affordable." McGee provided perspective on the affordability of private colleges.

Rita Knuesel, CSB dean, appeared in the *St. Cloud Times* on Jan. 14 in the article, "Spring semester ushers in changes for students." Knuesel addressed the decision for CSB/SJU to eliminate January Term and use a two-semester system.

Connect the Dots: Retention, Hospitality and Academic Achievement

*prepared by Henry Smorynski
provost*

The Benedictine tradition commends us to treat every guest as Christ and it encourages us while expressing our hospitality in that spirit to listen to others



Provost Henry Smorynski

with the ear of our heart. All members of the community are asked to live by these insights of the Rule and live their lives as clear and powerful witnesses of these guiding principles of community action. As members of a Benedictine educational family and community everyone makes a difference in student retention. Retaining students to graduation is a part of our communitarian tradition of support and presence for each of our students. Although many times we might believe the communications and listening that lead to any student staying four years at Saint Benedict's or Saint John's are, solely or mostly, the work of Admissions, Student Development or individual faculty members, this is never the case. It is all of our work. And it is our work every day. On any given day or hour of the day the Registrar's Office, Business Office, Campus Security, Food Services or the Advisement Office may be the vital ear that listens and responds to an overpowering student need. Every day the community bond is not built up and strengthened a certain level of unbonding with the institution and learning occurs.

There is a popular saying that "it takes a whole village to raise a child." Retaining each student, who is capable of profiting from our Benedictine and Catholic educational traditions, takes a similar community effort. Retention is built one student at a time. One precious and caring conversation, one honest and thorough classroom question explained, and one service request fulfilled on a timely basis are the kinds of elements that are the fundamental basis of our truly enviable 90 percent student retention. Each CSB/SJU member, no matter what status or daily role, is critical to our successful student retention experience. And without effective student retention for all who want to be learners and guests in our Benedictine tradition, we are not fulfilling our mutual expectations of hospitality and listening in that tradition.

Since Sept. 11, many of our students have been forced to see the world in a new light, sometimes a frightening and uncaring light. Our deepening recession has created further personal and family storm

clouds for many of our students. In light of those events and circumstances we will all be challenged in the coming months to express more openly and consistently in our daily work the stability of Benedictine and Catholic traditions. We will be challenged to be present, listen and respond.

Academic achievement does come from individual effort. But it also comes from providing an environment conducive to learning and supportive of risk-taking in learning by our students. There is a vital connection between Benedictine hospitality, student retention and academic achievement. Each of us in our own special way from our own special place in this community of learning and scholarship will be challenged to make a positive difference on student retention and student learning this spring semester. I am confident that our mutual efforts over the coming months will make very high levels of student retention our continuing tradition by our living fully our Benedictine traditions of hospitality and listening and thereby treating each and every student we serve as Christ and our guest.

CSB/SJU Receives Top Ranking for Students Studying Abroad

*prepared by Communication
and Marketing Services*

CSB/SJU is ranked first in the nation among undergraduate colleges for the number of students studying abroad, according to "Open Doors 2001," the annual report on international education published by the Institute of International Education (IIE). The 2001 annual report reflects the 1999-2000 school year.

Each year, more than 400 CSB/SJU students take semesters abroad in 14 programs in Australia, Austria, Britain, Central America (Nicaragua and Costa Rica), China, France, Greece, Italy, Ireland, South Africa and Spain. In addition, CSB and SJU are members of HECUA (Higher Education Consortium for Urban Affairs), which provides students with international programs that integrate course work and field study. Approximately 33 percent of the junior class cohort studies abroad for a semester, and about 15 percent of the total student enrollment in any one year studies abroad for a semester. By graduation, nearly 40 percent of all students will have studied abroad.

The success of the study abroad programs at CSB/SJU has been driven primarily by student expectations and faculty involvement, according to Stephen Burmeister-May, director of international education.

"Students come to CSB/SJU expecting study abroad opportunities," said Burmeister-May. "And, in order to deliver quality programs, our faculty gets directly involved. By attending and facilitating the programs, they become stakeholders in their success."

Healthy Heart Month

by Amy Steen, Healthy Learning Community Student Project Assistant

Editor's note: Each month the Healthy Learning Community and the Partners for Healthy Living promote a health theme to the CSB/SJU campuses. These groups are involved in the promotion of physical, intellectual, emotional, social, occupational and spiritual health.

Heart disease, which includes heart attack (myocardial infarction), is the number one cause of death for both men and women. Each year, heart disease causes the deaths of over 500,000 women in the United States alone. More female lives are claimed as a result of heart disease than cancer, diabetes and accidents combined.

- One in 25 women dies of breast cancer.
- One in 2 women dies of heart disease.

Heart disease usually develops six to 10 years later in women due to the protective effect of estrogen. However, myocardial infarctions are often more fatal to women than men.

- Women are half as likely as men to survive their first myocardial infarction.
- Women are significantly more likely than men to have a second myocardial infarction within one year.
- Diagnosing myocardial infarctions can be more difficult in women than men because women tend to have less "typical" symptoms.
- Because heart disease has historically been a disease of middle-aged men, the incidence and seriousness has been minimized in women.
- Women have smaller vessels than men, increasing the risk of some treatment options.
- African American women have a 22 percent higher risk for heart disease than Caucasian women.

Know your risk factors for heart disease and take measures to modify those that you can control. A guide for risk factor assessment for heart disease and stroke can be found at http://women.americanheart.org/self_care/fs_reduce_risk.html

Some risk factors include:

- Smoking — QUIT! Smoking leads to the development of atherosclerosis and is the leading risk factor for myocardial infarction.
- Diabetes Mellitus — keep your blood sugar within a normal range of 70-110 mg/dl. Elevated blood sugar contributes to the development of atherosclerosis (plaque).
- Family history of heart disease — have your blood cholesterol checked. Keep your total serum cholesterol level less than 200mg/dl.

Please visit the Partners for Healthy Learning Community Web site at <http://csbsju.edu/extending/healthylearningcommunity/index.htm>

- Hypertension — normal blood pressure is 120/80 (systolic/diastolic). Take measures to lower your blood pressure if it is consistently above 140 systolic or 90 diastolic. You have a six times greater risk for myocardial infarction if your diastolic pressure is greater than 110.

- Diet — Eat a well-balanced, fiber-rich diet, reducing saturated fat to 10 percent of total calorie requirements. Eat less than 6 grams of salt (sodium chloride) per day (2,400 milligrams of sodium). <http://www.americanheart.org/presenter.jhtml?identifier=4561>. <http://www.heartcenteronline.com/myheartdr/home/research-detail.cfm?reutersid=2228>

The Latest in Prevention Study Results:

- Daily aspirin, 75 to 150 milligrams, taken under physician approval decreases the risk of myocardial infarction and stroke (a baby aspirin tablet contains 81 milligrams). Ibuprofen (an anti-inflammatory medication commonly used for arthritis) blocks the protective effects of aspirin. (<http://www.msnbc.com/news/675255.asp>)

- Rethinking Estrogen replacement: Due to conflicting evidence in studies, the American Heart Association now recommends that women should not start taking hormones simply to prevent heart disease. Women already taking hormones for non-cardiac benefits should continue their use. Women should discuss hormone benefits and risks with their physician. (<http://www.americanheart.org/presenter.jhtml?identifier=4536>).

- Several recent large studies failed to show the benefits of antioxidants, such as Vitamin E, in reducing the risk of heart disease. Antioxidants may interfere with some cholesterol-lowering drugs. Dr. Eric Rimm of the Harvard School of Public Health, who found vitamin E beneficial for healthy people in a study eight years ago, noted that the evidence was not so compelling that healthy people should be scared to take vitamin E. http://www.msnbc.com/news/HEARTHEALTH_front.asp

Web site References:

<http://women.americanheart.org/>
http://www.msnbc.com/news/HEARTHEALTH_front.asp
<http://www.heartcenteronline.com/myheartdr/>

In the Media

Diane Veale Jones, professor of nutrition, provided nutrition tips for the new year in a Jan. 1 *St. Cloud Times* article entitled "Step into the new year with a fit, toned body."

Christopher Ruddy, assistant professor of theology, published a book review on Dec. 17 in *America*. The article, "A Deeper, Larger Truth," reviewed the book *I Call You Friends*, by Timothy Radcliffe, O.P.

Abbot John Klassen, Saint John's Abbey, and **Br. Dietrich Reinhart**, SJU president, were on "The NewsHour with Jim Lehrer" on Dec. 25, discussing the Saint John's Bible Project. Their discussion, entitled "Holy Writings," was the segment focus topic.

Ronald M. Bosrock, CSB/SJU professor of management, Myers Chair in Management and director of the SJU Global Institute, writes a monthly column, "The Global Executive," that appears in the *Star Tribune* business section the last Monday of each month. In his recent column, "Invisible Hand: Iron Fist," published Jan. 28, he discusses the merits of Singapore as a model of successful economic development.

COMMUNITY

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Deadline for the March issue is Feb 22. To share your information and story ideas, simply e-mail them directly to Community at: community@csbsju.edu.

As for the future of study abroad opportunities at CSB/SJU, Burmeister-May anticipates great things. More hands-on programs may be developed, similar to the successful clinical nursing program in South Africa.

"We've begun discussing the development of an international business management program, as management is the largest major at the schools," said Burmeister-May. "Such programs provide students the opportunity to fulfill academic credits while gaining experience in their fields of study, with no interruption or delay in fulfilling academic or clinical requirements."

Overall, the number of U.S. college students receiving credit for study abroad in 1999-2000 jumped nearly 11 percent from the previous year, reaching a record total of 143,390. "Open Doors 2001" reports that this increase follows three previous years of double-digit growth. Over the last five years, the number of U.S. students who studied abroad for academic credit has increased by 61 percent.

A recent survey conducted by the IIE shows that in spite of the world events since Sept. 11, interest in international education remains strong. The survey results show that 97 percent of the 600 international education professionals responding said that international education exchange, including study abroad, was regarded as more important or equally as important on their campuses in the aftermath of the terrorists' attack.

For complete survey results, go to http://www.opendoorsweb.org/Press/On-line_Survey_Results.htm.

Faculty/Staff News

Thorpe Running, CSB/SJU MCL professor, received an honorary degree of doctorate in humane letters from Concordia College during its winter graduation ceremony, where he also delivered the commencement address. He also recently had published an article, "La lengua y algunos poetas argentinos," in the Argentine journal, *Palabra Y Persona*. The article concerned how certain Argentine writers' perspectives on language vary.

A book featuring the life and work of Saint John's master potter **Richard Bresnahan** is among the finalists for the 14th annual Minnesota Book Awards, chosen by volunteer selectors on behalf of the Minnesota Humanities Commission from among books published in 2001. Winners will be named at a ceremony at 7:30 p.m. April 12, at the Fitzgerald Theater in St. Paul. The book, *Body of Clay, Soul of Fire: Richard Bresnahan and the St. John's Pottery*, by Matthew Welch (Afton Historical Society Press), was nominated in the category of history & biography.

Chris Freeman, assistant professor of English, will be presenting papers at two conferences this spring. In March, he will present "Becoming Paul Monette: Memoir, (Auto)Biography, and Shared Life Stories" at the American Culture Association meeting in Toronto, and in May, he will present on Christopher Isherwood's novel *The World in the Evening* and American culture in the 1950s at an American Literature Association conference at California State University, Long Beach. Professor Freeman's book *Conversations with Christopher Isherwood* (University Press of Mississippi) was published in December 2001. Freeman and co-editor James Berg appeared on KFAT's "Write on Radio" in December to discuss Isherwood's life and work, the *Conversations'* book, and their earlier book, *The Isherwood Century*, which won the Lambda Literary Award for Gay Studies in 2000. Professor Freeman is currently writing a biography, *Becoming Paul Monette*, and editing Monette's journals for publication.

Fr. Don Talafous, alumni chaplain, has completed his Scripture guides for the weekdays of the two-year cycle of Mass readings which are published as the Loose-Leaf Lectionary by the Liturgical Press. They run through October of this year.

Available at the Saint John's University Alumni website <www.csbsju.edu/sjualum/><<http://www.csbsju.edu/sjualum/>>>, under the heading "Daily Reflection," are short meditations by Fr. Don for every day of the week. They are usually based on a passage from Scripture or his years of service as chaplain to the University's undergraduates.

Michael Ewing, director of counseling services, was co-author of an article, "Career indecision and program effectiveness: Using the career decision profile to evaluate service outcome" in *Student Affairs Journal Online* (<http://sajo.org>).

Margaret Lewis, associate professor of economics, has learned that her book, *The Elgar Companion to Feminist Economics* (co-edited with Janice Peterson), was named an Outstanding Academic Title for 2001 by *Choice Magazine*. An article in the January 2002 issue of *Choice* announces the award. The book also will be featured at the American Library Associations' Mid-winter Conference.

Richard Wielkiewicz, professor of psychology, has published an article in the *Journal of College Student Development* (43). The article, "Validity of the Leadership Attitudes and Beliefs Scale: Relationships with Personality, Communal Orientation, and Social Desirability," is the second of two published articles describing a new measure of the way people think about the concept of leadership.