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Nova Southeastern University

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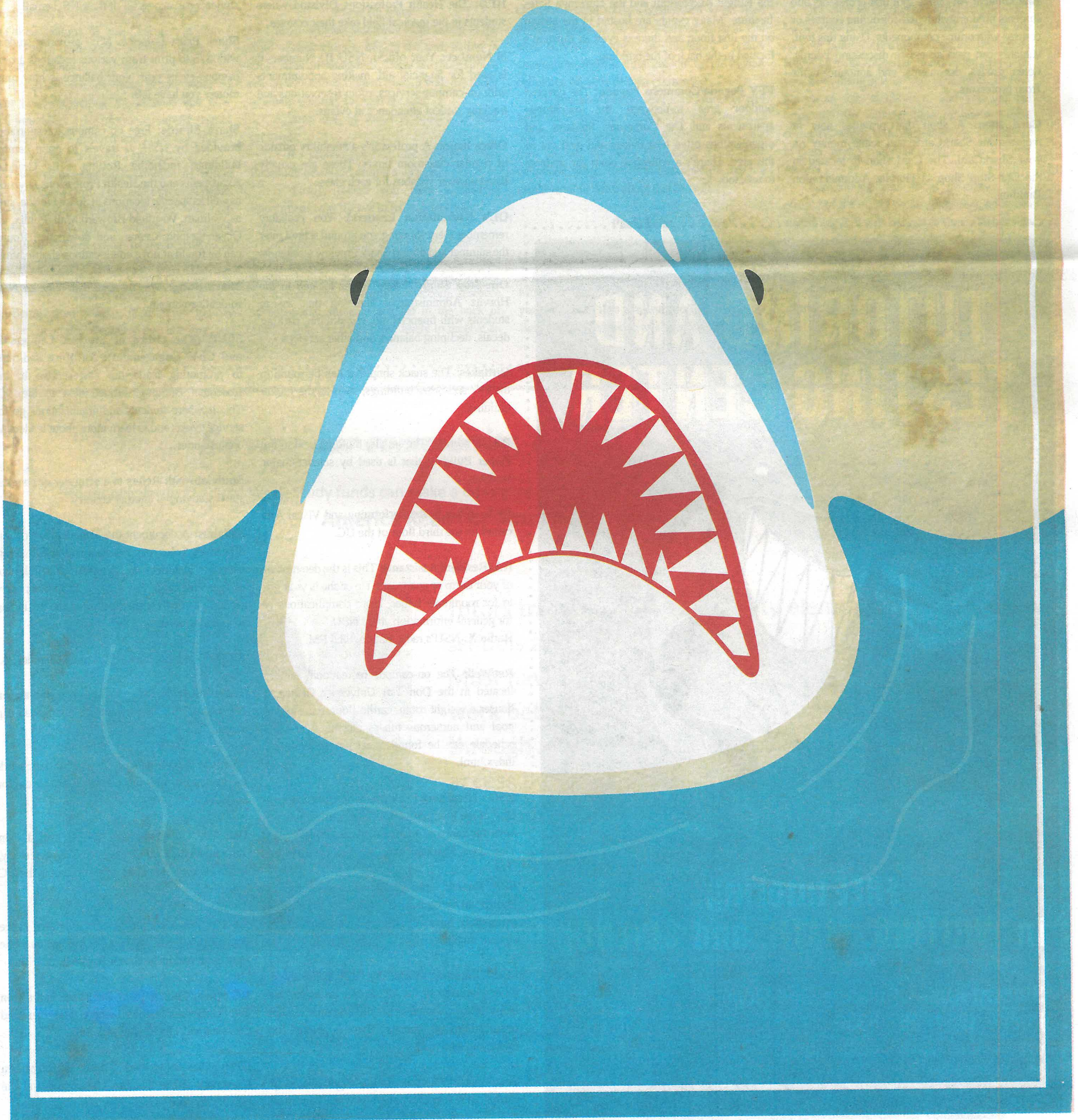
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# LIFE AS A SHARK

GUIDE FOR NEW NSU STUDENTS



DB??  
UC PIT?!  
SEA THURSDAY? HUH?

What on earth  
is RecWell?

# SHARK CODE:

## Student's guide to NSU slang

By: **Roddia Paul**

Welcome to Shark Nation, the place where you will spend the next four years, or more, swimming around campus and making a name for yourself. As new Sharks, there may be some terms and phrases you are unfamiliar with. Just as with joining any group, it takes time to become accustomed to the ways, traditions and language of this new family. But do not fret, for we have compiled a list of some of our Shark Slang to help you get adjusted to your new home a little more quickly.

**Add-drop period:** The period of time that students can join and leave selected courses without financial penalty.

**Adjunct professor:** A part-time professor.

**Blackboard:** An online tool that professors and students predominately use for online courses or courses with online components. Using this tool, students can gain access to discussion boards, notes, grades, documents, and announcements from professors.

**Card shop:** A shop that provides new or replacement SharkCards and loads money on your SharkCard. The Card shop is located in the One-Stop Shop in Horvitz Administration Building.

**Commencement:** Graduation ceremony.

**Convocation:** The official welcoming ceremony for new students.

**Course Wizard:** An online tool that allows students to access course syllabi, required materials and courses offered for a particular term.

**DB:** The declining meal balance that tells a student how much money is left on his or her meal plan.

**DeSantis:** Short for the Carl DeSantis building, located across from the Rose and Alfred Miniaci Center. This building has numerous classrooms, one of the two Career Development offices, the Knight Auditorium and the Huizenga Sales Institute. Many events are hosted in the atrium on the first floor, and there is even an Einstein's located in the back of the building.

**FFV Pagoda/Commons Pagoda:** The covered outdoor area in-between the on-campus apartments and The Commons. Students and organizations often host events and grill out in this area. There's a volleyball court for students to use, too.

**"Fins Up":** The act of expressing your school spirit by putting your arms above your head in the form of a shark fin.

**Flight Deck:** The inside and outdoor food and bar located in the UC.

**GA:** A graduate student within the Division of Student Affairs whom helps staff to manage on-campus organizations, programs and facilitate student development.

**Gold Circle Lake:** A big lake in front of the Horvitz building with a shark fin in the middle that is used to host many community orientated events, including CommunityFest and the annual raft race.

**HPD:** The Health Professions Division where students in the medical field take their courses.

**N Number:** Your official NSU ID Number. It is used for financial aid, making appointments with on-campus services, room reservations and tracking student attendance at events.

**Office hours:** A professor's availability outside of regular classroom hours. These are usually listed on your syllabus for each class.

**OL's (Orientation Leaders):** You probably remember them showing you around school over the summer and during Shark Preview weekends.

**One-Stop Shop:** A help center located in the Horvitz Administrative Building that assists students with financial aid, registration, parking decals, declining balance, and other services.

**Outtakes:** The snack shop that can be found in the UC and other buildings, such as the Parker building.

**Parker Annex:** The smaller building next to the Parker Building that is used by science-major students.

**PVA:** Refers to the Performing and Visual Arts center on the third floor of the UC.

**RA (Resident Assistant):** This is the den mother of your dorm or apartment. He or she is your go-to for roommate issues, room complications or for general information about NSU.

**Radio X:** NSU's radio station, 88.5 FM.

**RecWell:** The on-campus recreational facility located in the Don Taft University Center. It houses a weight room, cardio floor, recreational pool and numerous fitness classes. The class schedule can be found at [rec.nova.edu/fitness/index.html](http://rec.nova.edu/fitness/index.html).

**RSO (Registered Student Organization):** One of the many SGA-funded organizations we have on campus. Many of them table at SEA Thursdays, Sharkapalooza, and other fun events.

**SEA Board:** Student Events and Activities Board; an organization dedicated to hosting community based events on campus to further student involvement.

**SEA Thursday:** Hosted by SEA Board every other Thursday in the UC Spine, an event that helps bring awareness to the various student organizations on campus. There is always fun music and free food.

**SharkCard:** Your student ID, which should be carried with you everywhere you go. Your meal

plan funds are loaded onto your ID at the One Stop Shop and can be used at any dining facility on campus. Aside from this, the card allows access into parking lots and residential halls, events, and can even get you student discounts at local vendors.

**Shark Fountain:** Also known as the Shark Circle, this is the shark fountain in front of the Don Taft University Center.

**SharkLink:** The website portal that students use to access important information such as grades, financial aid and student employment. This is also where students go to register for classes when registration opens.

**SharkMail:** NSU's email system, where students can access all of their NSU email.

**Shark Print Balance:** NSU provides students with \$75 to print from various locations around campus every year; your balance is how much money you have left.

**Shark Shuttle:** Free on-campus transportation provided by NSU. It travels to main campus buildings, including Rolling Hills Graduate Apartments and the Health Professions Division, as well as specific locations in South Florida, such as Walmart, Westfield Broward Mall, Publix, the Oceanographic Center, and downtown. Routes can be found at [nova.edu/locations/shuttle.html](http://nova.edu/locations/shuttle.html).

**Shark Swag:** The fly-ness that only an NSU student can obtain.

**SLCE (The Office of Student Leadership and Civic Engagement):** An office dedicated to promoting leadership and service in the Rosenthal Building, located next to the UC. This is where students and organizations go for service events and to learn more about leadership opportunities.

**Study abroad:** Refers to a semester or summer spent studying in another country.

**Syllabus:** A document that lists detailed course objectives, rules, expectations and assignments; usually includes a detailed schedule of assignments and due dates. Professors give students a copy for each course at the beginning of every semester.

**SUTV:** The on-campus TV station, Channel 96.

**Travel study:** Refers to a course that you take on campus at NSU that includes a faculty-led trip abroad.

**Turnitin:** A website students submit their work to. Professors use this resource to check for plagiarism.

**UC:** The University Center, also called Don Taft University Center. Students often eat, study, attend events, go to class and work out in the UC at RecWell.

**UC Pit:** The slightly sunken seating area in the Don Taft University Center that is adjacent to the food court and located near RecWell.

**UC Spine:** Thin, hallway-like space in the Don Taft University Center, where you can find Outtakes and The Flight Deck Pub

**UPP:** University Park Plaza; a plaza on University Drive that has classrooms and the NSU Bookstore

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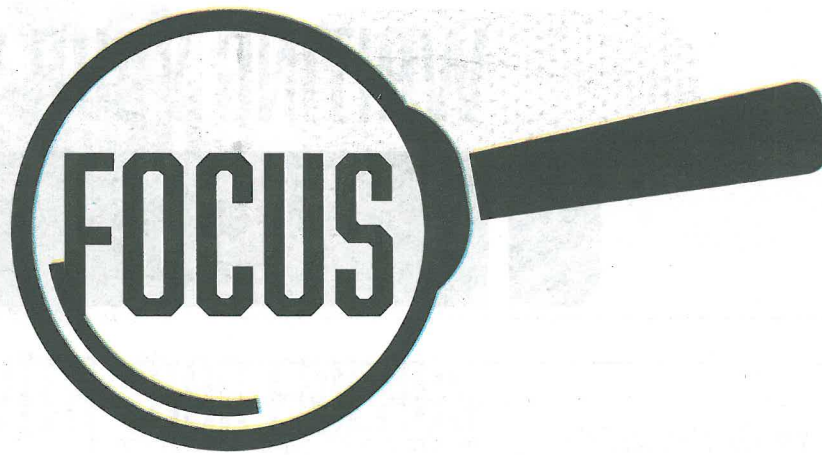
Student Affairs Building, 2nd Floor  
Phone: (954) 262-8350

Web site: [www.nova.edu/tutoring-testing](http://www.nova.edu/tutoring-testing)

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# MAINTAINING YOUR FOCUS



By: Chantel Grant

Paying attention in classes is one of those things that few people ever master. Throw in the use of laptops, and you can go through an entire semester without hearing a word your professor has said.

Waiting on your first bad grade to start paying attention in class is a bad idea; instead, train yourself to start focusing in classes from the beginning of the semester.

### Laptop policy

Some professors are OK with students using their laptops to take notes. It's always admirable when a professor is open to students using their laptops in class because it shows that they trust students to use their laptops for scholastic purposes.

If you are one of those people who, no matter how compelling the class is and how much you adore your professor, simply cannot stay away from BuzzFeed and Facebook during classes, then do not use your laptop.

Use the old-fashioned technique of taking notes, you know, with a pen and a piece of paper. Note-taking the old-fashioned way will help to keep you focused on lectures, and paying attention to lectures is one of the best ways to guarantee your success in a class.

### Avoid fatigue

Being tired makes it difficult to pay attention in class. Between the bobbing and

weaving of your head and the monotonous voice of your professor, it's challenging to muster up the strength to pay attention.

So avoid being tired by making sure you get a full night's sleep. The earlier weeks in the semester are less hectic, as professors usually take time to break you into the heavy workload, so don't take your leisure time for granted. Go to bed early, even if it means putting off some of your school work until the morning. A good night's rest helps you to stay attentive and alert throughout the day.

### Move up front

Most students shy away from sitting at the front of their classes, but, in the end, sitting in the front is advantageous. There are three simple reasons why sitting right in front of your professor will help you stay focused in class:

- Your area of focus is limited to your professor.
- It's probably a bad idea to check your Facebook newsfeed during a lecture.
- Lastly, unless you have a hearing impairment, you'll have to listen attentively.

Admittedly, sitting in the back of the class is comfortable and less intimidating, but college is about learning and having the grades to show for it. According to [facultyfocus.com](http://facultyfocus.com), research revealed that students that sat in the back of classes were six times more likely to receive an

"F" than students who sat in the front. So you decide: is being "comfortable" really worth it?

### Switch it off

It's almost impossible to talk about staying focused in classes without mentioning cellphones. Thank you, Steve Jobs, for creating a generation of cellphone addicts and phones that can perform almost every function of a laptop. This makes cellphones twice as addicting and distracting, so for the sake of your grades, practice turning them off.

It's difficult to not use your cellphone in classes because today's generation is so used to being plugged in, but whatever it is, it can wait. Unless you are in the middle of a family emergency, there's little reason to have your cellphone on your desk in classes.

If you have a long class, your professor will most likely give you breaks. Use these breaks to quickly check your texts and social media, and then refocus for class. Professors frown upon cellphone usage, and it is disrespectful, so you might want to think about that as well.

### Participate

Participating in class is one of the best ways to maintain your focus. Participation forces you to think and keeps you engaged in the lectures. Moreover, participating in the class indicates to your professor that you want to learn, so he or she will be receptive to any questions and points

that you may have. Plus, participation is often a part of the grading scale.

The scariest part of participating is speaking up, but the more you practice asking questions, the easier it will become to speak in classes. NSU professors are known for their attentiveness and kind-natures, so if you're worried about saying something wrong and feeling "stupid," professors will do their best to ensure that they respond to you in a way that does not evoke any of those negative feelings.

### Be prepared

It's easy to get distracted when you don't know what is going on, so make sure that you do your homework and readings before classes. Knowing the material beforehand prevents you from being left behind in lectures. If your professor asks a question, and you did the readings, you will be able to answer them correctly, which will increase your confidence in class. And a confident student is an attentive student.

Maintaining your focus in classes takes effort, but it's one of those things that, once you start doing it, it will be hard to stop. The benefits of staying focused are good grades, and, most importantly, the ability to say you have learned something. College is about learning, so don't squander away the opportunity by giving into distractions.

## Serving our community, is what we do at NSU.

Students awarded Federal Work-Study funds can make a difference in elementary school children's lives by becoming an **America Reads or America Counts Tutor.**



Tutors travel to Broward County elementary schools and earn \$130-\$325 per week (\$13/h). Must have dependable transportation and work between 10-25 hours per week. Apply through JobX in SharkLink which you can access by clicking on Student Employment on the Student tab.

Email [studentemployment@nova.edu](mailto:studentemployment@nova.edu) for questions.



*"Tutoring for America Reads/America Counts is more than a part-time job; it's a rewarding opportunity to add to your college experience. I found that often times the students you're trying to inspire are the ones that end up inspiring you."*

*Priya Singh, America Reads Tutor 2015*

# WRITING YOUR WAY TO AN A



By: Grace Ducanis

With the input of Juliette Kitchens, assistant professor in the Department of Writing and Communication, here is a list of tips to help you write your way through any class.

## 1. Be clear on the assignment

Before you start on any paper, make sure you know what the professor wants. There's no worse feeling than getting halfway through a paper and realizing the paper that you're writing doesn't fulfill the assignment at all. Most of the time, professors will post essay guidelines online, hand them out in class, or put them in the syllabus. If you're not sure what exactly you're supposed to be writing about or how you're supposed to be writing, reach out to your professor.

Kitchens said students should check the assignment at various stages of the project to make sure that they don't forget anything. It's better than having to rewrite your paper or even start over later. Each professor will have different requirements for essays, so don't assume that just because your last professor wanted you to double-space that your new professor does, too.

## 2. Familiarize yourself with APA and MLA styles

Most professors will require you to format your paper in APA style, although, in some disciplines, professors prefer MLA, while some professors have no preferences about formatting. Make sure you know how your professor wants

you to format your paper, and research the different formats.

The Online Writing Lab at Purdue University offers style and formatting guides for a variety of different writing styles including MLA and APA at owl.english.purdue.edu. The Alvin Sherman library also offers style and formatting guides at nova.campusguides.com/main.

## 3. Go to the library

Many papers will require you to cite research, and the Alvin Sherman Library is, by far, the best place to look for supporting material. You don't even have to physically go to the library for sources. With your NSU ID, you have access to thousands of peer-reviewed journals in all disciplines through the Alvin Sherman Library's website.

The library also offers workshops to help you improve your writing and research skills. If you're having trouble finding research, ask a librarian for help online or at the library. If you're still having trouble, ask your professor for the best way to locate supporting materials.

## 4. Write an outline

While most students probably think that you're supposed to write an outline before you start, Kitchens said that some writers find it helpful to draft an outline after they've written their paper. An outline, no matter when you choose to write it, will keep your paper focused

and on track.

"Constructing an outline retroactively to see the organizational patterns in your paper can help you identify the strengths and weaknesses of the paper and can be really useful," Kitchens said. "It doesn't matter when you create the outline during the writing process, but it's important that you do so that you can get an idea of the big picture of the structure."

## 5. Give yourself enough time

It's hard to predict how long the writing process will take. Some days you can write pages and pages, and other days it's a battle to write down even a few sentences. To avoid stress, start your paper early enough that if you hit writer's block, you'll still be able to get your paper in on time.

## 6. Don't plagiarize

The convenience of the internet has made plagiarizing even easier, but it has also made plagiarizing easier for professors to identify. You're in college, and probably paying a substantial sum, to learn. Plagiarism doesn't teach you anything except how to cheat. Get your money's worth and do the work yourself.

## 7. Proofread

Even with practice, you will still make spelling and grammatical errors from time to time. It might be tempting to hit send or print the moment you finish your paper, but another read-

through is always a good idea.

Better yet, if you've allowed yourself enough time, proofread your paper, or even have a friend give it a glance-over, the next day before submitting it. A little bit of time will allow you to critique your writing with fresh eyes.

"If you've started early enough, you'll have more time between the writing stages," Kitchens said. "You'll be a far more effective editor if you give yourself a little bit of distance between writing your paper and proofreading it."

## 8. Turn it in on time

Some professors might let a late paper slide by, but it's better not to take a chance. You might write the greatest paper in the world, but your professor may not care that you're the next Thomas Jefferson if you turn your paper in late. If, for some very good reason, you are unable to turn in a paper on time, a professor might be lenient if you let him or her know before the deadline.

Kitchens said that time management is important to effective writing on the collegiate level and that students should submit papers online at least 30 minutes in advance to account for technical difficulties.

"Organization is really important," Kitchens said. "Being able to organize your ideas and drafts is important, as well as working through a number of drafts. We professors know what a 3 a.m. paper looks like."

### Tutoring and Testing Center

Second Floor of the Student Affairs Building  
954-262-8350

[nova.edu/tutoring-testing](http://nova.edu/tutoring-testing)

This center offers tutoring for all undergraduate and graduate students in a variety of subjects, including writing. Tutors are available to work with students face-to-face or online. At the Tutoring and Testing Center's website, students can also learn more about writing topics like essay planning, proofreading, grammar and plagiarism.

### The Writing Studio

Parker Building, Room 127C  
[nova.mywconline.com](http://nova.mywconline.com)

At the writing studio, students enrolled in composition courses can get help from students called Writing Fellows on class assignments. Students can visit the Writing Studio to get assistance from an available Writing Fellow or make an appointment with one online.

### The Alvin Sherman Library

[nova.campusguides.com/main](http://nova.campusguides.com/main)

As well as offering workshops on writing topics, the library has an online database with tutorials on style formats, researching, and identifying scholarly sources. The database can be accessed at [nova.campusguides.com/main](http://nova.campusguides.com/main).

### Health Professions Division Effective Writing Center

Health Professions Division Library

[nova.campusguides.com/hpdwritingcenter](http://nova.campusguides.com/hpdwritingcenter)

This center is only for students in the College of Health Care Sciences. They provide writing assistance in-person and online. At the Effective Writing Center's website, students can access information on APA style.

### SharkWrites

[sharkwrites.nova.edu](http://sharkwrites.nova.edu)

SharkWrites is an online collection of writing resources for students. The website includes information on grammar, paraphrasing and quotations, researching, using source materials, overcoming writers block, APA style, and more.

WRITING RESOURCES

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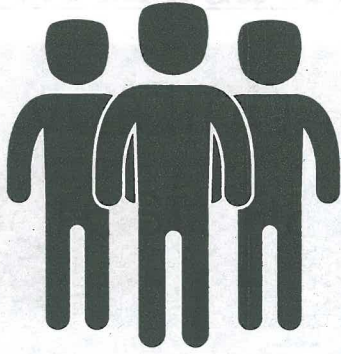
To make an appointment or learn more, visit [www.nova.edu/yoursuccess](http://www.nova.edu/yoursuccess) or call (954) 262-8386.  
Rosenthal Student Center, Room 104

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## KEEPING UP WITH YOUR FRIENDS

By: Chantel Grant

Even though your friends are missing out by not coming to NSU, it doesn't mean that you have to miss out on their friendship.

College is the ultimate test of friendships; between rushing to classes and cramming for midterms, it can be hard to keep up with a friend who doesn't attend NSU.

Amazing friends are hard to come by, so if you have a few friends whom you absolutely adore and want to keep in your life, by all means, please continue reading.

Unfortunately, it's going to take some work and tons of communication, but, at the end of the day, the benefits of having good friends are worth it.

### Finally, social media is useful

Social media has its pros and cons, but, when it comes to keeping up with your friends, it's definitely useful. Use Facebook, Twitter, Snapchat, Instagram and any other social media sites to keep an eye on your friend. Using these sites helps you to stay involved in

each other's lives.

Comment on pictures, and let them know you still have a place in your heart for them. It's never OK to let a good friend go because you allow distance to eat away at your bond. So share funny videos, like cool pictures, and message each other on these sites.

If your friends live in another state, social media platforms provide easy and fun ways to keep the connection going. With Skype and Facetime on almost every laptop and phone, there is no excuse for not seeing your friends and catching up on some good old gossip.

### Don't blow them off

In college, everything is always moving fast, so it's easy to be swept away in the motion of things. The best way to lose a friend is to stop valuing them. So don't leave him or her hanging; return calls and texts, and, even if you are busy, let your friend know, and make a mental note to get back to him or her. It seems like simple thing to do, but, before you know it, he or she will stop

calling, and your friend will become a stranger.

### Drake said, "No new friends"

Inevitably, you are going to meet new people and form new bonds, but that doesn't mean that your old friends are disposable. You can never have too many friends, so don't think that you have to replace your old friends with the new ones. You and your old friends were friends for a reason, so keep that in mind before you start ignoring their calls.

Moreover, in college, you'll change friends a couple of times before you cement a bond with a group of people. The worst thing that can happen is that you forsake old friends for new ones, only to find out that your new friends aren't really your friends. It's the mistake Lindsey Lohan made in "Mean Girls," and look what happened to her. So play it safe, and don't betray your friendship.

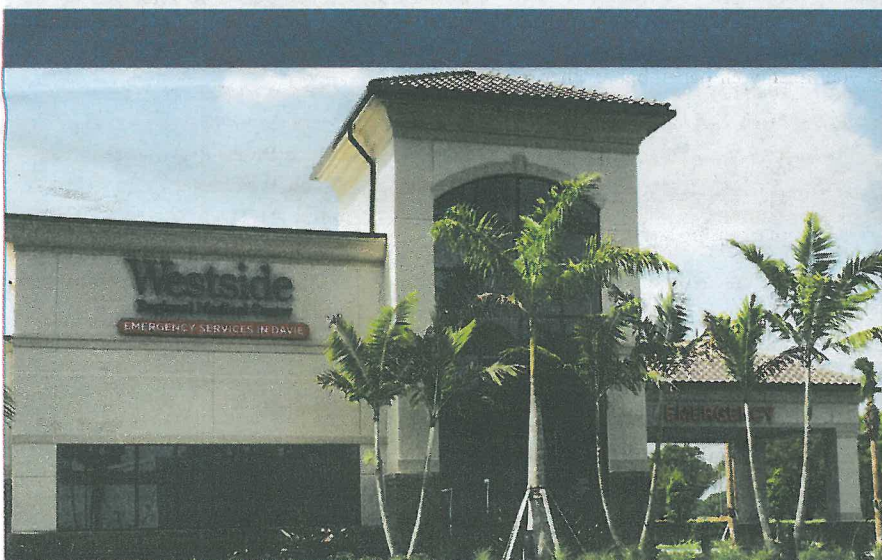
### Invite them to NSU

If your friends live nearby but go to another university, simply invite them to NSU and show

them around. It sounds cheesy, but it gives you time to bond, and they will get to see you in your new environment. This tip is extremely useful if you live on campus because living in dorms can leave you feeling lonely and separate you even more from your friends.

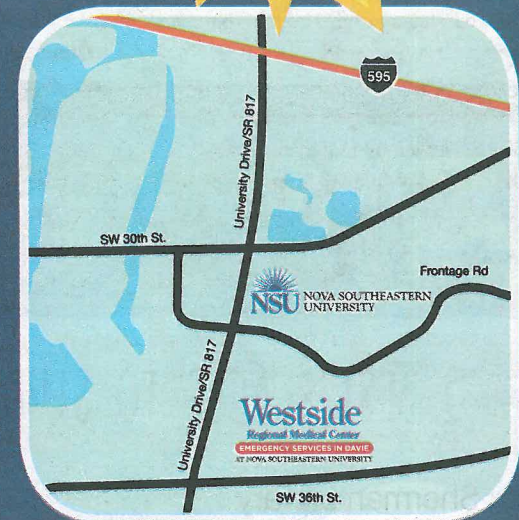
Invite your friends into your bubble, and spend the day catching up. Of course, if they live some distance away, it will take more planning. After you finish showing them around, you guys can go catch a movie or head to the mall using the Shark Shuttle. To find learn more about the Shark Shuttle and its schedule, visit [nextbus.com](http://nextbus.com), or call 954-262-8871.

It was easy in kindergarten when teachers would assign friends, so you didn't have to put too much thought into it. By the time you get to college, you understand that friendships are mutual relationships that take time and consideration.



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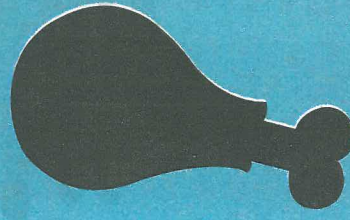
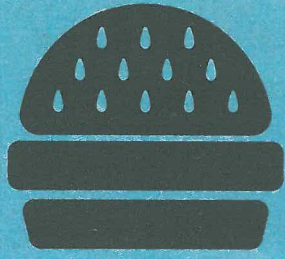
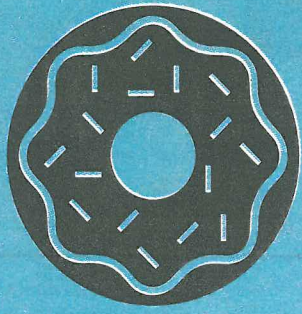
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## OFF-CAMPUS CUISINE

By Nicole Cocuy

Let's face it: eating from Subway and Pizza Loft every day can get a bit repetitive. Fortunately, for us, there is a wide variety of restaurants minutes away from campus to satisfy your every craving.

### STUDENT FAVORITES:

#### Chick-fil-A

1900 S. University Drive, Davie  
Hours: Monday-Saturday from 6:30 a.m.-10 p.m.  
Price: \$

#### Chipotle

2110 S. University Drive, Davie  
Hours: Monday-Sunday from 11 a.m.-10 p.m.  
Price: \$

#### BurgerFi

1902 S. University Drive, Davie  
Hours: Sunday-Thursday from 11 a.m.-10 p.m. and Friday-Saturday from 11 a.m.-11 p.m.  
Price: \$

#### Moe's Southwest Grill

2257 S. University Drive, Davie  
Hours: Monday-Saturday from 11 a.m.-9 a.m. and Sunday from 11 a.m.-8 p.m.  
Price: \$

#### Blaze Pizza

2135 S. University Drive, Davie  
Hours: Monday-Sunday from 11 a.m.-11 p.m.  
Price: \$\$

#### Laspada's Original Hoagies

2645 S. University Drive, Davie  
Hours: Monday-Saturday from 10 a.m.-8 p.m. and Sunday from 11 a.m.-8 p.m.  
Price: \$\$

#### Five Guys Burgers and Fries

801 S. University Drive, Plantation  
Hours: Monday-Sunday from 11 a.m. to 10 p.m.  
Price: \$\$

#### Bucca di Beppo Italian Restaurant

3355 S. University Drive, Davie  
Hours: Monday-Thursday from 11 a.m.-10 p.m.; Friday-Saturday from 11 a.m.-11 p.m.; Sunday from 11 a.m.-9 p.m.  
Price: \$\$\$

#### Mission BBQ

2411 S. University Drive, Davie  
Hours: Monday-Thursday from 11 a.m.-9 p.m.; Friday-Saturday from 11 a.m.-10 p.m.; Sunday from 11:30 a.m.-8 p.m.  
Price: \$

#### Tijuana Flats

8703 Stirling Rd., Cooper City  
Hours: Monday-Saturday from 11 a.m.-10 p.m. and Sunday from 11 a.m.-9 p.m.  
Price: \$\$

### CULTURAL CRAVINGS:

#### Fala Falafel

2275 S. University Drive, Davie  
Hours: Monday-Sunday from 11 a.m.-9 p.m.  
Price: \$\$

#### El Agave Azul

7750 Nova Drive, Davie  
Hours: Monday-Sunday from 11 a.m.-10 p.m.  
Price: \$\$

#### Pollo Tropical

2390 S. University Drive, Davie  
Hours: Monday-Sunday from 10:30-12 a.m.  
Price: \$

#### Pho 79

6451 Stirling Rd., Davie  
Hours: Monday-Wednesday from 10 a.m.-10 p.m.; Thursday-Friday from 10:30 a.m.-10 p.m.; Sunday from 10 a.m.-9 p.m.  
Price: \$

#### Tijuana Taxi Co

4400 S. University Drive, Davie  
Hours: Monday-Wednesday from 11-12 a.m. and Thursday-Sunday from 11-2 a.m.  
Price: \$\$

#### Bollywood Biryani

8270 Griffin Rd., Davie  
Hours: Tuesday-Sunday from 11:30 a.m.-3 p.m. and 5:30-10 p.m.  
Price: \$\$

#### KIKO Sushi & Thai Restaurant

801 S. University Drive, Plantation  
Hours: Sunday-Thursday from 11 a.m.-10 p.m. and Friday-Saturday from 11 a.m.-11 p.m.  
Price: \$\$

#### Zona Fresca

1095 S. University Drive, Plantation  
Hours: Saturday-Thursday from 11 a.m.-9 p.m. and Friday from 11 a.m.-10 p.m.  
Price: \$

#### Padrino's Cuban Cuisine

801 S. University Drive, Plantation  
Hours: Monday-Thursday from 11:30 a.m.-10 p.m.; Friday from 11:30 a.m.-10:30 p.m.; Saturday from 12-10:30 p.m.; Sunday from 12-10 p.m.  
Price: \$\$

#### La Carreta

301 N. University Drive, Hollywood  
Hours: Sunday-Thursday from 8 a.m.-11 p.m. and Friday-Saturday from 8-12 a.m.  
Price: \$\$

#### Kamados Japanese Seafood Buffet

2402 N. University Drive, Pembroke Pines  
Hours: Monday-Sunday from 11:30 a.m.-11 p.m.  
Price: \$

### OPEN LATE:

#### Geronimos Bar and Grill

3528 S. University Drive, Davie  
Hours: Monday-Sunday from 4 p.m.-4 a.m.  
Price: \$\$

#### Ye Olde Falcon Pub

2867 S. University Drive, Davie  
Hours: Monday-Saturday from 11 a.m.-4 p.m. and Sunday from 12 p.m.-4 a.m.  
Price: \$\$

#### Taco Bell

2250 S. University Drive, Davie  
Hours: Monday-Wednesday from 6:30-4 a.m., Thursday from 6:30-5 a.m., Friday from 6:30-6 a.m., Saturday from 7-6 a.m. and Sunday from 7-4 a.m.  
Price: \$

#### Flashback Diner

4125 S.W. 64th Ave., Davie  
Hours: 24/7  
Price: \$\$

#### Smokey Bones Bar & Fire Grill

809 S. University Drive, Plantation  
Hours: Monday-Sunday from 1-2 a.m.  
Price: \$\$

#### Steak 'n Shake

5790 S. University Drive, Davie  
Hours: 24/7  
Price: \$

#### Wendy's

3055 S. University Drive, Davie  
Hours: Monday-Sunday 10 a.m.-2 a.m.  
Price: \$

#### IHOP

1393 S. University Drive, Davie  
Hours: 24/7  
Price: \$

### 5 BEST PLACES TO STUDY ON-CAMPUS

- 1 Alvin Sherman Library
- 2 3rd floor of the UC
- 3 Study rooms in The Commons
- 4 Outdoor cabanas at the Flight Deck Pub
- 5 Study rooms in the DeSantis Building



## 5 WAYS TO BE THE ULTIMATE COMMUTER STUDENT

- 1 Get involved in student organizations
- 2 Become friends with residential students
- 3 Run for commuter senator for SGA
- 4 Study on-campus
- 5 Attend student events

**Denny's**

6545 S. University Drive, Davie  
**Hours:** 24/7  
**Price:** \$

**Steak 'n Shake**

5790 S. University Drive, Davie  
**Hours:** 24/7  
**Price:** \$

**HEALTHY OPTIONS:**

**Panera Bread**

2699 S. University Drive, Davie  
**Hours:** Monday-Saturday from 6:30 a.m.-10 p.m. and Sunday from 7 a.m.-9 p.m.  
**Price:** \$

**Tropical Smoothie Café**

5780 S. University Drive, Davie  
**Hours:** Monday-Saturday from 8 a.m.-10 p.m. and Sunday from 9 a.m.-7:30 p.m.  
**Price:** \$

**Whole Foods**

1903 S. University Drive, Davie  
**Hours:** Monday-Sunday from 8 a.m.-10 p.m.  
**Price:** \$\$

**Crispers**

5810 S. University Drive, Davie  
**Hours:** Monday-Saturday from 10:30 a.m.-9 p.m. and Sunday from 11:30 a.m.-8 p.m.  
**Price:** \$

**The Cheese Course**

801 S. University Drive, Plantation  
**Hours:** Sunday-Wednesday from 10:30 a.m.-9 p.m.; Thursday from 10:30 a.m.-10 p.m.; Friday-Saturday from 10:30 a.m.-11 p.m.  
**Price:** \$\$

**J72 Chef's Café**

3712 Davie Rd., Davie  
**Hours:** Monday-Saturday from 12-9:30 p.m.  
**Price:** \$\$

**Tossed Up Salads**

8616 Griffin Rd., Cooper City  
**Hours:** Monday-Saturday from 9 a.m.-9 p.m. and Sunday from 9 a.m.-6 p.m.  
**Price:** \$

**Juice Therapy Café**

8220 Griffin Rd., Davie  
**Hours:** Monday-Friday from 8 a.m.-6 p.m. and Saturday from 10 a.m.-4 p.m.  
**Price:** \$

**Greenwave Café**

5221 W. Broward Boulevard, Plantation  
**Hours:** Monday-Saturday 11 a.m.-9 p.m. and Sunday 11 a.m.-4 p.m.  
**Price:** \$

**DELIVERY OPTIONS:**

**Marco's Pizza**

3325 S. University Drive, Davie  
 954-533-2214  
**Hours:** Sunday-Thursday from 11 a.m.-10 p.m. and Friday-Saturday from 11-12 a.m.  
**Price:** \$

**Wings Chinese Restaurant & Take Out**

3750 SW 64 Ave., Davie  
 954-584-7511  
**Hours:** Monday-Saturday from 11 a.m.-10 p.m.  
**Price:** \$

**DelVecchios**

2060 S. University Drive, Davie  
 954-476-9336  
**Hours:** Sunday-Thursday from 11 a.m.-10 p.m. and Friday-Saturday from 11 a.m.-11 p.m.  
**Price:** \$

**Number One Wok**

6025 Stirling Rd., Davie  
 954-321-8118  
**Hours:** Monday-Thursday from 11 a.m.-10 p.m., Friday-Saturday from 11 a.m.-11 p.m. and Sunday-12 p.m.-10 p.m.  
**Price:** \$\$

**Domino's Pizza**

2531 S. University Drive, Davie  
 954-474-1100  
**Hours:** Sunday-Thursday from 10:30-12 a.m. and Friday-Saturday from 10:30-1 a.m.  
**Price:** \$\$

**Pink Buddha**

5949 S. University Drive, Fort Lauderdale  
 954-680-3388  
**Hours:** Sunday-Monday from 11 a.m.-10 p.m., Wednesday-Thursday from 11 a.m.-10 p.m. and Friday-Saturday from 11 a.m.-10:30 p.m.  
**Price:** \$

**Pizza Hut**

2901 S. University Drive, Davie  
 954-474-8844  
**Hours:** Sunday-Thursday from 11-12 a.m. and Friday-Saturday from 11-1 a.m.  
**Price:** \$

**Jimmy John's**

4613 S. University Drive, Davie  
 954-680-6911  
**Hours:** Monday-Sunday from 11 a.m.-9 p.m.  
**Price:** \$

**Papa John's Pizza**

2080 N. University Drive, Pembroke Pines  
**Hours:** Monday-Thursday from 10-12:30 a.m.; Friday-Saturday from 10-1:30 a.m.; Sunday from 10 a.m.-11:30 p.m.  
**Price:** \$

**COFFEE AND DESSERT:**

**Dunkin Donuts**

5141 S. University Drive, Davie  
**Hours:** 24/7  
**Price:** \$

**Mojo's Donuts**

7906 Pines Blvd., Hollywood  
**Hours:** Monday-Sunday from 6 a.m.-6 p.m.  
**Price:** \$

**Menchie's Frozen Yogurt**

4900 S. University Drive, Davie  
**Hours:** Sunday-Thursday from 12-11 p.m. and from Friday-Saturday from 12 p.m.-12 a.m.  
**Price:** \$

**Your Big Picture Café**

5935 S. University Drive, Davie  
**Hours:** Monday-Thursday from 7 a.m.-9 p.m.; Friday from 7 a.m.-11 p.m.; Saturday 9-12 a.m.; Sunday from 10 a.m.-6 p.m.  
**Price:** \$

**Dairy Queen**

6550 S.W. 39th St., Davie  
**Hours:** Sunday-Thursday from 11 a.m.-11 p.m. and from Friday-Saturday from 11-12 a.m.  
**Price:** \$

**The Good Pie Company**

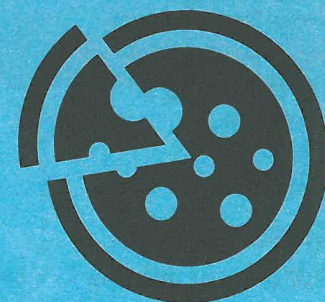
5665 S. University Drive, Davie  
**Hours:** Monday-Saturday from 10 a.m.-6 p.m.  
**Price:** \$

**Paris Morning Bakery**

4900 S University Dr, Davie  
**Hours:** Monday-Thursday from 8 a.m.-10 p.m.; Friday-Saturday from 8 a.m.-11 p.m.; Sunday from 9 a.m.-9 p.m.  
**Price:** \$

**The Magic Cow**

4298 S. University Drive, Davie  
**Hours:** Sunday-Thursday from 12-10 p.m. and Friday-Saturday from 12-11 p.m.  
**Price:** \$



### PRICE RANGES

\$--College-friendly (under \$10)

\$\$--Try not to eat here every week (\$10-\$20)

\$\$\$--Don't let your mom see your bank account (\$20+)





# HIGH SCHOOL VS COLLEGE



By: Amanda Kaplan

Transitioning from high school to college is one of life's most exciting times. It's the first time you get to do what you want, eat what you want, sleep whenever you want, and not have someone looking over your shoulder telling you to "do your homework!"

College life is all about independence, but, even though it feels great to have all this freedom, you have to do your best to stay on track. College is another world compared to high school. Below are some tips to help you settle into your freshman year and not look like the newest shark in the sea.

## Go to class

Sleeping in is great, and it will seem like some of your professors don't take attendance, so, why go to class? Believe it or not, professors take attendance without calling your name out loud and remember who comes to class and who doesn't. Many professors use attendance to grade your participation, which can greatly affect your final grade. You also don't want to be the one student who doesn't know what's going on. Go to class.

## Don't call your teachers "Miss," "Mrs." or "Mr."

They like to be called "professor." But be aware of professors who have a doctorate and like to be called "Doctor." Sometimes, professors will even let you call them by their first names. It may sound confusing or different, but you'll get the hang of it by the second week of classes.

## "May I go to the bathroom?"

You will rarely hear a student ask this question in college unless it's during a test. You do not have to ask for permission to use the bathroom or step out to make a phone call. It is your choice, and your professor will not stop you from leaving the classroom. Different, right?

## Being late

Many professors are not going to say

anything when you walk in late. They will just deduct points from your grade if it becomes a habit. Be on time for class, and there will never be a problem. But, if there is an emergency — for example, your car broke down — most professors will understand why you showed up late. If you miss anything, make sure to get the notes on your own time.

## Thirsty Thursday and Sunday Funday

You have no curfew and no restrictions if you live on campus. No one is going to stop you from going out and partying on a Thursday or Sunday night like in high school. Just remember that you most likely have class the next day, and you don't want to fall behind on your work. Don't go overboard.

## Money

The money on your SharkCard disappears quickly. With stress eating and expensive food, your \$1,495 declining balance is gone before you know it. Then, you have to start calling mom and dad and asking for money. Budget your money, and keep track of what you're eating. Not wasting it on food you won't eat will also help you dodge the freshman 15.

## Laptops

They are allowed in class. Unless the professor specifies otherwise, you are allowed to take notes on your laptop, even though it's hard to stay away from Facebook and Twitter. So, if you're too tempted to see who went to the beach that day, use a notebook.

## Cell phones

No one's going to take your phone away if you use it during class, but some professors will actively call students out for using phones in class, as it is still disrespectful to use it while your professor is teaching. You will notice that many students use their phones anyway, but make sure to keep it on silent, and only use it if necessary.

## Syllabus

Don't lose your syllabus. Either put it in a folder or save it on your computer. This will be your guide for your classes throughout the semester. It will tell you about your assignments and due dates and help you keep organized. Many professors will not remind you of dates or will remind you at the last minute. It is your responsibility to read the syllabus. (Side note: Don't worry; most professors usually upload it to the class's online component on BlackBoard, just in case you misplace it.)

## Study

This may sound obvious, right? But many students create the habit of not studying in high school, especially during senior year, and carry that over to college. Tests are important, and they all require studying. Remember, college is not free, so, if you're going to the beach or pool, take your books with you.

## Procrastination

Don't do it. In high school, it was easy to wait until the last minute to do something and get a good grade. Not in college. Certain assignments can take hours, and, before you know it, you are pulling an all-nighter. Yes, it will happen, but avoid it if possible.

## Stress, stress, stress

The stress level will seem to triple from high school to college. With papers, studying, classes, working, friends, clubs, sleeping and family, where's the time for yourself? Make sure you call your family because homesickness will most likely kick in at some point. Get involved, and make friends to make college feel more like home.

## Classes

You don't have class all day, every day. Sometimes, you may have hours between classes or only 15 minutes. This is your time to study, eat or accomplish other things. You spend a lot less

time in class than you would think.

## Reading and textbooks

In most cases, you need the textbooks. Do not wait longer than the first day of classes to order them. Some companies take a while to ship, and, if you wait too long, you won't have them for when you're first assignment is due. It happens to many students, but it is avoidable. And, when you get them, make sure you read them. You may not talk about the material in class, but the information most likely will be on tests. If you're worried about actually needing the textbook for class, e-mail the professor ahead of time and ask.

## Taking notes

You must take notes. Some teachers do not use PowerPoints, and you have to determine what is important in their lecture. Visual aids enhance the lecture, not take their place.

## Scheduling

You are responsible for creating your schedule and making sure you are fulfilling your graduation requirements. Your academic adviser guides you along the way, but it is best to keep track of it yourself.

## Transition

Transitioning from high school to college is not as easy as it looks for many students. There's a lot of change, new friends, a new area and new freedoms. It can be scary, and it's not meant to be easy. Everyone is going through it with you, so relax. It's normal. If you ever feel overwhelmed, remember to just keep swimming.

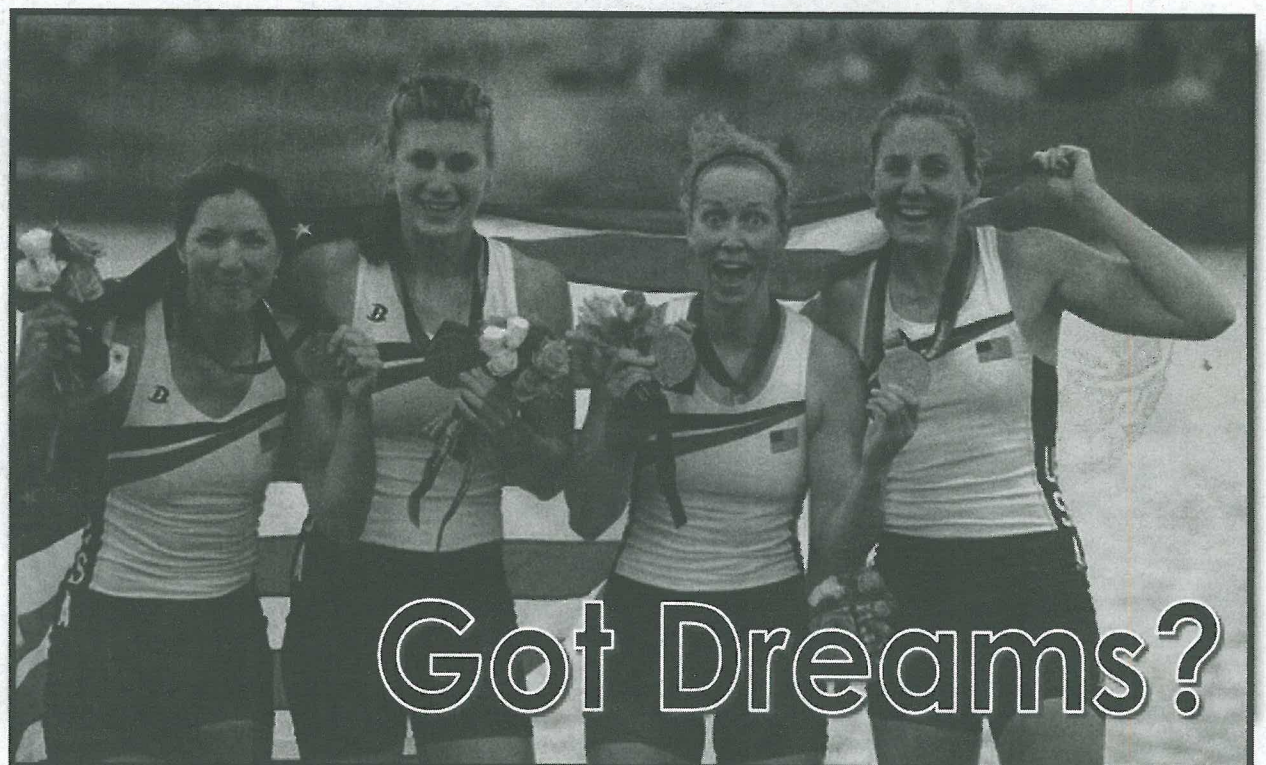
## Most importantly, enjoy yourself

College will be some of the best years of your life. Make new friends, take classes that scare you, try new things, join Greek life, and make amazing memories. Just take care of yourself, and be happy.

These Women  
Won Bronze At  
The London  
Olympics  
For The U.S.

And None Of Them  
Rowed  
Before College

Will This Be You?



# Got Dreams?

# Join Rowing.

No Experience Necessary

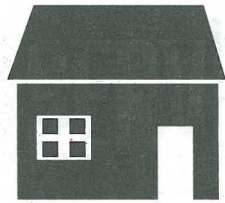
## Informational Meeting

Sunday, August 21st, 6pm

Meeting Room TBA

## Questions?

Graduate Assistant Ellie Hilton-Eh792@nova.edu



# DECK OUT YOUR DORM ROOM

By: Erin Herbert

Choosing to live on campus is an incredibly exciting experience. You'll always be on campus for events, your friends are right down the hall, and you're finally out of your parents' house and ready to enjoy some independence.

However, when you start coming home to the same four, white cement walls every day, it can get a little depressing. Some decorating will definitely make your dorm feel more like home. Your dorm room is a blank canvas, and it's perfect for you to decorate however you please, so here are a few tips to transform your dorm for drab to fab.

### Cover those walls

When you first arrive at your dorm room, be prepared to see four white walls and plain wooden furniture. It'll be just about as boring as a room can get. But the first and easiest step, when decorating your dorm room, is covering up those walls.

Between posters, pictures and mirrors, the options for covering up that boring white paint are almost endless. Use sticky tack to hang up posters of your favorite band or drape a tapestry down one of your walls to add some much needed flair. However, be sure that anything you put on the walls are well secured and won't damage the walls or paint when you take them down at the end of the year. If you're afraid of any of your decorations leaving marks on the

walls, then try wall stickers instead. They come in multiple designs and colors and peel right off the wall when it's time to move out.

### Add a personal touch

Adorning your walls with photos of family and friends isn't the only way to give your dorm room a personal touch. Small crafts or handmade decorations are a great way to show off your personality in your room. If there's still room on your walls, you can make picture collages or even cutouts of your name to hang around your room. You can make customized cutouts of your initials by adhering scrapbook paper or photos to wooden letters.

A cool floor lamp or holiday lights strung up around your room will give your dorm a fun and laid back atmosphere. But be sure to check which types of lamps are allowed in the residence halls to avoid any surprises during room inspections.

### Sleep in style

Although you're probably excited about finding the perfect poster or painting to hang above your desk, don't forget about the possibilities when it comes to decorating your bed. Nice bedding can definitely make your dorm room feel more like home. From plaid to stripes and even animal print, there's fun bedding to reflect anyone's personality. Try to find sheets and a comforter that match objects you might

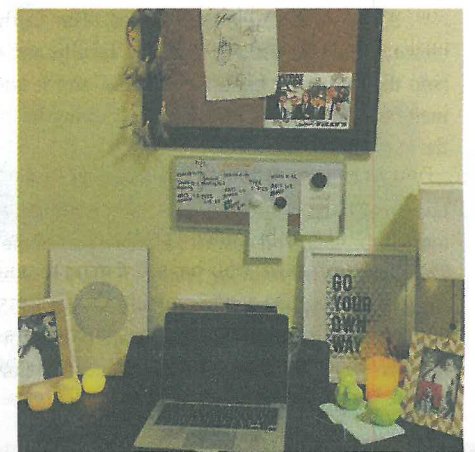
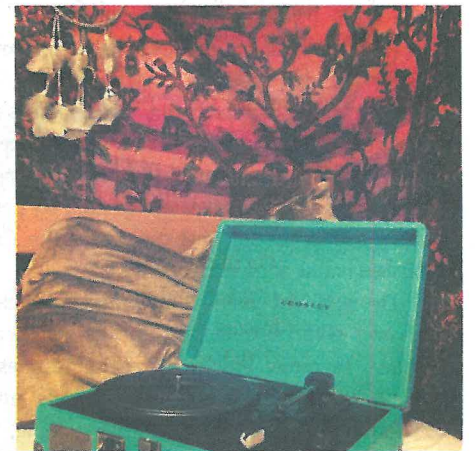
already have for your dorm such as rugs, posters or paintings. Don't be afraid to think outside of the box when it comes to bedding — you don't have to stick to traditional solid colors or patterns. You may even be able to find bedding from your favorite movie or sports team.

### Don't forget the bathroom

Many college students are so focused on hanging up posters or finding the perfect bedding that they forget that there are other places to decorate other than the bedroom. Colorful shower curtains and rugs can instantly bring any bathroom to life.

But the decorating doesn't have to stop at just a rug or shower curtain. Towels and other bathroom accessories can add some much needed pop to a boring bathroom. Colorful or patterned tooth brush holders or hand towels are ideal because they are visually appealing and won't take up much space in your small dorm bathroom. Just make sure you coordinate items with your roommate so your cute idea for a bathroom doesn't suddenly clash with his or hers.

When you're not out at the beach with friends or in the library cramming for exams, you'll spend quite a bit of time in your dorm room. So be sure to take the time to really make your dorm feel like your home away from home.





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# STUDENT MEDIA 411

By: Amanda Kaplan



## The Current

NSU's student-run newspaper aims to provide the NSU community with unbiased, honest reporting on important issues, events and popular topics. Weekly issues are distributed every Tuesday during the fall and winter semesters, and the annual orientation issue is available all summer long. They can be found on newsstands across the Fort Lauderdale/Davie campus and at the regional campuses. The Current is also published online at nsucurrent.nova.edu.

The staff and contributing writers research and conduct interviews with students, staff, faculty and local community members to create articles on news, features, sports, arts and entertainment, and opinions. Students are welcome to contribute to The Current through writing, photography, graphic design or multimedia.

Along with interesting stories, The Current strives to create a dialogue among students, faculty and staff that will help the university continue to grow, and it aims to keep all members of the NSU community learning inside and outside the classroom.

The Current holds weekly meetings every Tuesday from noon to 1 p.m. in the Student Affairs Building, room 104. For more information on how to become a part of the team, stop by The Current's office in the Student Affairs Building, room 310, attend a meeting, or give us a call at 954-262-8455. Don't forget to follow us on Twitter and Instagram @TheCurrentNSU, and like our Facebook page at facebook.com/TheCurrentNSU.

## Sharks United Television

More commonly known as SUTV, Sharks United Television is NSU's student-run TV station, bringing you the latest in NSU events, student-centered programming, and a great selection of movies. The station airs in the residence halls on Channel 96 and online.

Students choose a new set of movies to air each month, ranging from the hottest, new releases to classic movies. At the end of the month, the movies get moved to the on-demand site, where students can watch them again on their computers anywhere on NSU's campuses. To watch movies on demand, visit sutv.nova.edu.

SUTV's goal is to showcase all the exciting things that happen around campus. The staff films many events throughout the school year, so students can be on the lookout for the camera crews and tune in nightly to catch up on all the action. You never know who you might see on TV.

SUTV also works closely with NSU clubs, organizations and local vendors to create promotional videos. If students need help promoting themselves or an event, they can get in contact with the station.

The station is always looking for students to join the SUTV team. Whether you like being in front of the camera or behind it, SUTV offers students hands-on training in editing, filming and script writing — no prior experience is necessary.

SUTV holds weekly meetings every Friday from noon to 1 p.m. in the Student Affairs Building, room 104. For more information on how to join the team, stop by the Student Affairs Building, room 307, call 954-262-2602, or email sharktvch96@gmail.com. You can also follow them on Twitter, Instagram and Snapchat at @SUTVch96 or like their Facebook page at facebook.com/Channel96SUTV. You can also watch their videos on YouTube at youtube.com/SUTVCH96.

## RadioX

RadioX is NSU's student-run radio station that offers a wide variety of live shows on 88.5 FM every night from 6 p.m. to midnight. The station reaches Broward, Palm Beach and Miami-Dade counties.

Each night, RadioX showcases a variety of music including rock, alternative, indie, top 40, R&B, hip-hop and dance. During nightly shows, DJs give out prizes and tickets to local concerts, shows and sporting events. RadioX also features the "Not so Urly Morning Show," which airs Monday, Wednesday and Friday during the fall and winter semesters from 11 a.m. to 1 p.m.

The staff can provide students with hands-on experience in the radio booth. No experience is necessary. Students whose passion is music or who want to fill the air waves with their radio voices can stop by the office located downstairs in the Rosenthal Student Center just north of the Shark Fountain, or call 954-262-8457. Students can follow the station on Twitter and Instagram @NSURadioX, like its Facebook page at facebook.com/NSURadioX, follow it on Snapchat at radiox885 or check out their Pinterest page at pinterest.com/radioX0359. Students can also listen to playlists curated by the station's DJs at play.spotify.com/user/nsuradiox.

## TOP 10 TIPS TO STAY SAFE ON- AND OFF-CAMPUS

By: Li Cohen

While the reason for going to college is to continue your education, a major factor in staying in college is having fun. Whether you're simply walking around campus with your friends, going to drive your car from the parking garage to your apartment, or going downtown Friday night, keep these safety tips in mind.

### 1. Make yourself aware

One of the most important things you can do, no matter where you are, is to be aware of your surroundings. Stay in well-lit areas, get to know the different locations on campus and in the surrounding area, and, if you go somewhere new, take someone who has been to that area before. If you know where you're going, the less likely it is that something unexpected will happen.

### 2. Always use the buddy system

Walking or travelling alone always makes you appear more vulnerable. Whether you're walking around on campus or spending an evening downtown, take your friends with you. The bigger your group of friends is, the lower the risk of becoming the victim of a crime.

### 3. Keep your keys out when walking to your dorm, apartment or car

Many crimes happen when people are fumbling around their bags or purses searching for their keys and aren't paying attention to their surroundings. Having your keys ready not only eliminates the risk of someone taking advantage of you, but also gives you an advantage if someone does try to commit a crime. You can press the car alarm on the key or even use the

keys as a weapon in self-defense.

### 4. Eye your food and drinks when you go out

One of the biggest problems college students face, primarily females, is people putting drugs in their drinks when they aren't looking. Don't accept drinks from strangers and make sure you always have a hand covering your drink. If you have to step away from your food or drink for any reason, don't consume it again once you get back; just order a new one.

### 5. Input emergency numbers in your phone

If there's ever an emergency, always make sure to call 9-1-1 before calling anyone else. After making a call to emergency responders, make sure to call Public Safety at (954) 262-8999 so they are aware of what is happening, and, if you're on campus, they can get to your location quickly. Also, if something were to happen and you were unable to make the call, your friends and the emergency personnel need to know who to call, so mark your emergency contacts with "I.C.E." after their contact names.

### 6. Trust your instincts

Sometimes, it's your gut that tells you when you're about to enter a bad situation. Rather than ignoring that feeling, trust it, and, if you have to, tell your friends that you won't continue on. They won't leave their friend behind and you can find another activity to do or place to go that feels safer.

### 7. See something, say something

If you see something strange happening near you or suspect that something illegal may be

happening, don't be afraid to call 9-1-1 or Public Safety. It is better to be overcautious and stop a crime than do nothing and watch a crime unfold.

### 8. Avoid bringing strangers into your dorm, apartment or car

During college, you'll meet numerous people and gain incredible friends. However, this doesn't mean that you should trust every stranger whom approaches you. A lot of students find themselves on apps like Tinder and meeting strangers downtown. If you decide you want to hang out with this new person for longer than your initial meeting, arrange to meet with this person a few more times in public and bring some friends along to make sure you're not misjudging his or her character and that you're safe.

### 9. Find the blue light poles

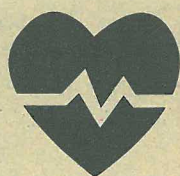
There are numerous safety light poles around campus. If you ever find yourself in an emergency situation, or even if you just want a Public Safety Officer to escort you to your car, you can hit the button on the pole and it will call Public Safety immediately.

### 10. Even if you're 21, drink responsibly

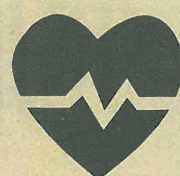
Part of being an adult is being responsible. If you're going clubbing or to a party, don't become so intoxicated that you can't function, as it creates an unhealthy and dangerous environment for you and your friends. If you plan on drinking, try to stay home with other friends who are of age, or, if you want to go out, make sure to have a responsible designated driver or consider using Uber or the Shark Shuttle to get to your destination.

## 10 NSU TRADITIONS TO LOOK FORWARD TO

- 1 Week of Welcome
- 2 Sharkapalooza
- 3 Labor Day Pool Party
- 4 Homecoming Week
- 5 Community Fest
- 6 Greek Week
- 7 Shark Jam
- 8 NSU's Got Talent
- 9 Student Life Achievement Awards
- 10 Crunch Brunch



# NSU CARES: On-campus clinics



By: Roddia Paul

Not only does NSU offer student healthcare insurance, but it is also home to over 20 different healthcare centers. Many NSU students may find themselves looking for somewhere to go for healthcare services while they are at their new four-year home. Everything from physical to mental care can be found in NSU's backyard.

The Medical Center has physicians who specialize in family medicine, internal medicine, nephrology and hypertension, pediatrics, geriatrics, obstetrics and gynecology, sports medicine, osteopathic medicine, and psychiatry and psychology. You can choose the medical professional with whom you are most comfortable from a list of every medical professional and their specialties/descriptions. The medical clinic is open Monday through Friday from 8 a.m. to 5 p.m.

### Dental care

**Location:** Stanford L. Ziff Center  
**Hours of operation:** Monday through Friday from 8 a.m. to 5 p.m.  
**Phone number:** 954-678-2273  
**Website:** nova.edu/healthcare/clinics-services/dental-care

The Dental Medicine Patient Care Center specializes in providing and maintaining braces, children's dentistry, root canal therapy, gum disease and implants, extractions, and prosthetics.

### Optometric care

**Location:** Sanford L. Ziff Center  
**Hours of operation:** Monday through Friday from 8 a.m. to 5 p.m.  
**Phone number:** 954-262-4200  
**Website:** nova.edu/healthcare/clinics-services/optometric-care

The Eye Care Institute provides primary eye care, corneal and contact lens service, electro diagnostic service, emergency and after-hours eye care, geriatric services, glaucoma services, low-vision rehabilitation, macular and diabetes service, optical services, pediatric and binocular vision, treatment of eye disease and injuries, and visual development and perceptual testing.

### Psychological services

**Location:** Maltz Psychology Building  
**Hours of operation:** Monday through Thursday from 9 a.m. to 9 p.m., Friday from 9 a.m. to 5 p.m., and Saturday from 9 a.m. to 1 p.m.  
**Phone number:** 954-262-5730  
**Website:** nova.edu/healthcare/clinics-services/psychology

NSU's psychological services center serves children, adolescents, adults and elderly clients. Its specialties include adolescent drug abuse prevention and treatment, ADHA assessment consultation and treatment, adult services, anxiety treatment, biofeedback and health psychology, child, adolescent, and family services, child and adolescent traumatic stress, counseling for older adults, family violence, healthy lifestyles, guided self-change, intensive psychodynamic psychotherapy, neuropsychology assessment center, a Parkinson's support group, psychological services for the emotionally distressed, school-related psychological assessments and clinical interventions, and trauma resolution integration.

### Physical rehabilitation

**Location:** Sanford L. Ziff Center  
**Hours of operation:** Monday through Friday from 8 a.m. to 5 p.m.  
**Phone number:** 954-678-2273  
**Website:** http://www.nova.edu/healthcare/clinics-services/physical-rehabilitation.html

The physical rehabilitation center creates individualized programs for each patient to ensure recovery. The services provided are occupational therapy, physical therapy, neuromuscular coordination, sports and accident

injuries, balance and fall prevention, and treatment of movement disorders.

### Pharmacy

**Location:** Sanford L. Ziff Center  
**Hours of operation:** Monday through Friday from 9 a.m. to 6 p.m. and Saturday from 9 a.m. to 1 p.m.  
**Phone number:** 954-262-4550  
**Website:** nova.edu/healthcare/clinics-services/pharmacy

The pharmacy fills prescriptions for customers all over South Florida. Its services include prescription dispensing, compounding tailor-made medicines, disease management programs for diabetes, hypertension, anticoagulation, hyperlipidemia and osteoporosis, dosage monitoring for patients with multiple prescriptions, herbal nutritional counseling, and wellness screenings.

### Audiology Clinic

**Location:** Sanford L. Ziff Center  
**Hours of operation:** Monday through Friday from 8 a.m. to 5 p.m.  
**Phone number:** 954-678-2273  
**Website:** nova.edu/healthcare/clinics-services/audiology-clinic

The Audiology Clinic provides a number of services, which varies depending on age. Each individual age assorted program works to evaluate, diagnose, and treat those with hearing and/or vestibular balance disorders.

### Family therapy

**Location:** Maltz Psychology Building  
**Hours of operation:** Monday through Thursday from 9 a.m. to 9 p.m., Friday from 9 a.m. to 5 p.m., and Saturday from 9 a.m. to 3 p.m.  
**Phone number:** 954-262-3030  
**Website:** nova.edu/healthcare/clinics-services/family-therapy

The Family Therapy Clinic at the Brief Therapy Institute has trained therapist that help provide families with happier relationships, stronger communication, academic success, better parenting skills, stronger blended family, healthier intimate relationships, better blending of medical and family issues, team work, and safer ways to work through challenges.

### Early childhood development

**Location:** Mailman Segal Center  
**Hours of operation:** Monday through Friday from 8 a.m. to 5 p.m.  
**Phone number:** 954-262-6918  
**Website:** nova.edu/humandevlopment

The Mailman Segal Center for Human Development helps new parents understand childhood development, develop their own parenting style, build self-esteem, create strong communication and cooperation skills, build discipline skills, and teach parents how to handle typical social and emotional challenges.

Although the clinics do take walk-ins, it is best to make an appointment. For more information on medical professionals, specific clinics you can visit, and/or directions, visit [nova.edu/healthcare/clinics-services](http://nova.edu/healthcare/clinics-services).

### Henderson Student Counseling Center

**Location:** 3538 University Park Plaza, Davie  
**Hours of operation:** Monday, Thursday and Friday from 9 a.m. to 5 p.m. and Tuesday through Wednesday from 9 a.m. to 8 p.m.  
**Phone number:** 954-424-6911  
**Website:** nova.edu/healthcare/studentcounseling

The Henderson Student Counseling Center offers on-campus counseling for students. The center provides individual therapy sessions for students suffering from anxiety and panic disorders, depression, anger management, financial stress, social struggles, chronic illness,

abuse, suicidal thoughts and more. Students are given 10 free therapy sessions per year with a psychologist or mental professional. Appointments can be made by phone; however, walk-ins are always welcomed.

### Student Medical Center

**Location:** 3200 S. University Dr., Davie  
**Hours of Operation:** Monday through Friday from 8:20 a.m. to 4:20 a.m.  
**Phone number:** 954-262-5822  
**Website:** nova.edu/smc

The Student Medical Center provides general healthcare to all NSU students. Some of the medical services include physical exams, immunizations, preventative care, general medicine care and minor surgical procedures. Walk-ins are welcomed.

### Westside Regional Medical Center

**Location:** 3476 S. University Dr., Davie  
**Hours of Operation:** 24/7

**Phone:** 954-723-1400  
**Website:** westsideregional.com/service/emergency-care-davie

The Westside Regional Medical Center is NSU's off-site emergency care. This center serves adults and children 24/7. Patients have immediate access to emergency physicians and care.

### Speech-language pathology clinic

**Location:** 6100 Griffin Rd., Davie  
**Hours of Operation:** Monday through Friday from 8:30 a.m. – 5 p.m.  
**Phone:** 954-678-2273

**Website:** nova.edu/healthcare/clinics-services/speech-language-communication

This clinic evaluates and treats people for speech, language and communication delays and disorders, including articulation, phonology and language problems, developmental and organic communicative disorders, disease-related issues, and more.

## 10 TIPS FOR FRESHMAN

- 1 It's not really necessary to wear your lanyard around your neck every day. Just make sure you have your Shark Card on you at all times.
- 2 Don't worry, you're not going to turn into a ramen-noodle hoarder. NSU has a great meal plan, and, if you budget your income correctly, you can trade in those 89 cent noodles for \$2.99 pasta.
- 3 You are more than likely to change your major. Don't worry — most students do this at least once.
- 4 Don't buy all of your textbooks from the NSU bookstore. There are online stores, such as Chegg and Amazon, that usually sell your books at a cheaper price.
- 5 Gone are the days of extensive school supply lists. Unless your syllabi say otherwise, the majority of the time, all you need is a notebook, pens or pencils, and your textbooks.
- 6 If you need to use the restroom during class, just go and come back. There's no need to ask the professor for permission, unless he or she specifically says so, of course.
- 7 As tempting as it is, don't buy Starbucks three times a day. Your DB will run out before you can say venti-soy-triple-shot-hazelnut-mocha-frappuccino-with-a-pump-of-vanilla.
- 8 Don't be too surprised if you never get around to climbing the rock wall you got super excited about at orientation or Shark Preview. Freshman year is really busy and there are numerous other exciting things constantly happening on campus.
- 9 Trust us, everyone on campus is aware that NSU doesn't have a football team, we all knew that when we enrolled. Spend time cheering on our other award-winning sports teams.
- 10 You're in college and should definitely be excited about the next four years, but don't go overboard and wear yourself too thin in the first month. Take your time and enjoy every moment for what it's worth.

# STUDENT SERVICES

By: Li Cohen

When you first get to campus, getting the answers to your questions and finding the various services can be a bit overwhelming. Here's a list of our most-used offices and services on campus:

## Undergraduate Tutoring and Testing Center

The Tutoring and Testing Center offers tutoring, writing critiques, sample exams and other academic services to all undergraduate students.

**Location:** Student Affairs Building, second floor

**Contact:** 954-262-8350 for tutoring;  
954-262-8374 for testing  
academicservices@nova.edu  
nova.edu/tutoring-testing/index.html

## Undergraduate Academic Advising Center

The Academic Advising Center allows students to meet with an adviser to develop their academic schedules. Students will receive a personalized experience when they are trying to enroll in a class, request transfer credits or switch majors.

**Location:** Horvitz Administration Building, second floor

**Contact:** 954-262-7990  
ugadvising@nova.edu  
nova.edu/ugadvising

## Student Employment

A variety of both on and off-campus employment opportunities are available to students with or without financial need. Interested students should contact the Student Employment Program to learn about open positions, apply and complete the required Student Employment Workshop. Students can partake in Federal Work-Study, America Reads and America Counts, NSU Employment, or Job Location and Development.

To apply for a job, log in to [sharklink.nova.edu](http://sharklink.nova.edu), click the "Student" tab, select the arrow next to "Student Employment," and click on JobX.

**Location:** Horvitz Administrative Building, One-Stop Shop on the first floor  
**Contact:** 954-262-3380  
studentemployment@nova.edu

[nova.edu/financialaid/employment](http://nova.edu/financialaid/employment)

## Veterans' Affairs

Student veterans may contact NSU's Veterans Affairs Certifying Official for questions about benefits and scholarships. Veterans must complete an online application through the U.S. Department of Veterans Affairs to be eligible for benefits. Contact the office for details.

**Location:** Rosenthal Student Center, second floor

**Contact:** 800-541-6682 ext. 27236  
VAbenefits@nova.edu  
nova.edu/financialaid/veterans

## Financial aid

Students can meet with financial aid counselors to ensure that they can focus on their studies, rather than financial problems. The counselors help students understand what types of aid are available and assist in the application process.

**Location:** Horvitz Administration Building, One-Stop-Shop on first floor

**Contact:** 954-262-3380  
finaid@nova.edu  
nova.edu/financialaid

## Career development

NSU's Office of Career Development is dedicated to helping undergraduates, graduate students and alumni in planning and enacting a successful career plan. Advisers can discuss resumes, job search techniques, graduate school applications, interview skills and more. Students may either drop in for advisement or schedule an appointment.

**Location:** Horvitz Administration Building, first floor or Carl DeSantis Building, room 1042

**Contact:** 954-262-7201  
nova.edu/career

## International student services

The Office of International Students and Scholars (OISS) provides students with advisory services regarding any immigration-related problems with enrollment, employment, financial aid, health insurance and more. The

office acts as a liaison between NSU and U.S. Citizenship and Immigration Services.

**Location:** Horvitz Administration Building, second floor

**Contact:** 954-262-7240  
intl@nova.edu  
nova.edu/internationalstudents

## Student disability services

The Office of Student Disability Services is a resource for any student who needs individualized accommodations for disabilities. The office provides services and aids to qualified students to ensure equal access to the university programs and facilities.

**Location:** Rosenthal Student Center, suite 121

**Contact:** 954-262-7185  
disabilityservices@nova.edu  
nova.edu/disabilityservices

## Help Desk

The NSU Help Desk assists students who need to access Wi-Fi, NSU email and online learning systems. The help desk may also assist students in solving computer issues, such as spam or viruses.

**Contact:** 954-262-4357

help@nova.edu  
nova.edu/help

## Student activities

The Office of Student Activities is the central office for Fraternity and Sorority Life, the Undergraduate Student Government Association and the Student Events and Activities (SEA) Board. Contact the office to find out how to become involved in student organizations, help plan activities and more.

**Location:** Don Taft University Center, suite 1235 (next to the RecWell front desk)

**Contact:** 954-262-7288  
union@nova.edu  
nova.edu/studentactivities

## Student Leadership and Civic Engagement (SLCE)

The SLCE office connects students to

service-based and leadership opportunities, on campus and in the community. SLCE coordinates the annual NSU service trips, including trips to New Orleans, Key West and international cities.

**Location:** Rosenthal Student Center, second floor

**Contact:** 954-262-7195  
slce@nova.edu  
nova.edu/studentleadership

## Housing

The Office of Residential Life and Housing oversees NSU's residence halls. Staff provide maintenance in the halls and common living areas, respond to work orders for rooms, plan programs and activities for students and supervise resident assistants. The office also helps students look for off-campus housing and select roommates.

**Location:** The Commons Residence Hall

**Contact:** 954-262-7052  
nova.edu/housing

## Student success

Through one-on-one sessions, academic success coaches help students improve or establish plans to score perfect grades, manage ideal schedules, take helpful notes, set realistic goals and other strategies vital to achieving academic success. Coaches work with each student based on the student's interests, habits, strengths, weakness, schedule and other factors.

**Location:** Rosenthal Student Center, room 104

**Contact:** 954-262-8386  
studentsuccess@nova.edu  
nova.edu/yoursuccess

## Card office

NSU's Card Office is the first place to go when you lose your SharkCard and need a new one. Here, you can also add money to your card, check your balance or resolve any issues you may be having with using the card.

**Location:** Horvitz Administration Building, One Stop Shop on first floor

**Contact:** 954-262-8929  
nscard@nova.edu



## Interested in Jewish Student Life?

Come to Hillel! Located at the Commons Residence Hall, Room 109 at NSU Main Campus.

For more information, please email Nikki Goldrod at [nikki@hillelcenter.org](mailto:nikki@hillelcenter.org) or call (561) 302-5409

[www.hillelcenter.org](http://www.hillelcenter.org)

# THE GREATEST WEALTH IS HEALTH: STAYING HEALTHY IN COLLEGE

By: Li Cohen

Congratulations — you're officially a college student at NSU. The next four years of your life are going to be full of great friends, awesome experiences and amazing memories.

With all of the excitement of the first year of college, staying healthy tends to get put on the back burner. To prevent the "Freshman 15" you've probably heard about, here are some tips to staying healthy so you can have a wonderful first year.

## Spend time outdoors

Study, read a book or hang out with friends. Spending some time outdoors allows you to absorb some of that much-needed Vitamin D and gives you a little time to relax. Believe it or not, spending time outside is proven to decrease stress levels. Plus, with the beautiful weather in South Florida, why would you want to stay indoors all day?

## You paid for an awesome gym — utilize it

98 cardio machines, 84 pieces of strength equipment and not one, but two swimming pools, not to mention a group exercise schedule — yep we have a great gym at RecWell. With all of the machines and areas, there's really no excuse to avoid the gym. Yes, those guys with huge muscles can be pretty intimidating — we've all used that excuse — but, unless you're a set of weights,

you really have nothing to worry about. They're not going to try and lift you, so grab your workout partner and get to work.

## Give yourself at least 15 minutes of "me time" every day

I really don't think I can stress this one enough. You're going to want to say "yes" to every organization, event and person who comes your way. I'm not telling you to say "no," but just make sure that you reserve some time for yourself every day. Without that time to yourself, you will get burnt out, which will make you stressed, and nobody wants to be stressed out when he or she is supposed to be having the best time of his or her life. Watch some TV, go for a walk, read a book — do whatever makes you happy, and give yourself a break from all the craziness around you.

## Don't cram for tests. Don't cram for finals. Don't cram for anything.

Everyone's going to Key West for the weekend? That's awesome, but don't you have a test Monday morning in your 7:45 a.m. class? Don't wait until you get back Sunday night to study. You might live in South Florida now, but that's not an excuse to party all the time and forget why you are at NSU: to get an education. Go out and have fun, but make sure that you have studied as much as

you need to and that you're not losing your priorities. Midterms and finals always creep up really quickly once the semester starts; don't let a few nights of fun distract you from your studies.

## Get eight hours of sleep

Sleep is extremely important. If you don't cram for your exams, there's no reason you shouldn't get eight hours every night. Do a little homework and a little studying every night, and then you won't feel the need to stay up until 3 a.m. and drink five cups of coffee to get all your assignments done. Getting a full night of sleep provides you with more energy, better focus and a better start to your day.

## Water bottle bottoms up

All right, so here's the deal. You're in college now, which means it's time to make grown-up decisions. Caffeine is abundant, and everyone seems to have their hands on some kind of alcohol, but those are not your only two hydration options. Water is crucial to getting the most out of your day. Drinking at least eight cups a day will help keep you hydrated to help you focus better, have more energy and keep your body in homeostasis — one of our many bio students can explain this to you on a more scientific level, if you wish.

## Build new friendships...

The friends you make in college are the people who will stay with you the rest of your life. Nothing says bonding like crying over biology, going downtown and Netflixing with a gallon of Ben & Jerry's. If you've ever seen the show "Friends," you know how true this actually is. You're going to meet your best friends, soul bros and spirit animals. Just embrace it.

## ...but keep in touch with old friends and family

Just because you're a grown up now doesn't mean you shouldn't call your mom. Your parents miss you, and they want to know how college is going for you. The time will come when you get a little homesick, and that's OK. Your family and friends from home are still waiting for you. Don't let those relationships dwindle as time goes by. Focus on the relationships that mean the most to you, and take the time to continuously build them.

## Try new things

This is the time when you should learn to take chances. It can be as simple as trying sushi for the first time or going skydiving with your new best friend. Either way, get comfortable with being uncomfortable — it's the only way to truly grow.



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# MUST-HAVE, FREE APPS FOR COLLEGE STUDENTS

By: Li Cohen

These days, it feels almost impossible to get through anything, especially college, without utilizing a smart phone. Luckily, getting some extra assistance for college doesn't have to cost students another loan disbursement or payment plan to do so. Well, so long as he or she does so through the use of a smart phone. Here are some of the best free apps every college student should download from iTunes or Google Play to use religiously the next four years.

## CAMPUS LIFE

### iShark Mobile

See the different buildings, dining locations and discover where your classes are with NSU's official app. You can also see some of NSU's latest photos and learn more about athletics, the Shark Shuttle, Shark Cards and more.

### SUTV

SUTV is the best way to watch your favorite movies for free and on demand. To view these movies from your phone, download the Swank Media App. Once downloaded, visit [sutv.nova.edu](http://sutv.nova.edu) and select the movie you want to watch. All movies are free; however, they can only be viewed when you are on one of NSU's campuses.

### NSU Recreation & Wellness

View the different schedules for fitness classes and events, add them to your calendar, and even set reminders for them so you don't miss out on the various happenings at RecWell. You can even learn more about personal training, intramural sports, club sports and general office information.

## HEALTH

### MyFitnessPal

Don't give in to the Freshman 15. Instead, fight against the notorious weight gain with this helpful app. MyFitnessPal — otherwise known as MFP — allows you to set goals, whether it be to gain, lose, or maintain your weight, and keep track of your calories and nutrients. You can even

track your daily steps and follow your friends' progresses to help keep each other accountable.

### MindShift

Anxiety is more prevalent in college students than you would think. If you suffer from test anxiety, social anxiety, performance anxiety or anything else that makes you worry or panic, this is the app for you. It was created by AnxietyBC, a non-profit organization, and BC Children's hospital to help users cope with anxiety. Once downloaded, you can read more about what anxiety is, check how your coping with various situations, ease your worry, and more.

### Pact

If you really want to commit to living a healthier lifestyle, this is the way to go. Make weekly goals of exercising more or eating healthier and decide what you'll pay your Pact friends — it doesn't have to be much, but money is money — if you don't follow through. If you meet your goals, you end your week debt free, and, sometimes, you may even earn a little extra cash from other users who don't meet their goals.

### Lumosity

Mental strength is just as important as physical strength, and that's where this app comes in. Lumosity has various fun games that measure your cognitive abilities. A few games during your down time every day and see how you develop better memory, attention, and more.

## ACADEMICS

### Grades 3

One of the most frustrating parts about college is not knowing where you stand in a class. This app allows you to keep track of your grades as you go along. Once you get your syllabus for each class, input the weight of each assignment. Then, as you complete assignments and get your grades back throughout the semester, you can input the information and the app will keep track of your course grade.

### Google Drive

Forgetting assignments at home is no longer a problem with Google Drive. As long as you have a Google account, you can upload your papers or other online homework assignments to the drive and access them from anywhere. And with the multiple computer and printing stations around campus, you can really access your homework from anywhere at any time.

### Duolingo

NSU offers many foreign language courses, including French, Spanish and Arabic. Now, you can learn these languages even easier and better with this app. Duolingo teaches you how to pronounce, spell and recognize words and phrases in different languages.

### Quizlet

Quizlet is every college student's best friend. This app, which is also available online, allows students to create and share flashcards and games for various subjects. Whether you find notecards for you class someone else shared or create your own, this is a great way to save paper and study hard.

### Google Keep

Ever feel like you're inability to organize and remember things weighs you down? Well, not anymore. Google keep allows you to color-code and organize all your notes and to-do lists. If you check it every day, it really helps you stay on track and remember assignments, jobs, and other tasks you have to do.

## MONEY

### Venmo

Part of being a college student is lacking cash. Most students only have debit cards or credit cards, which can make paying friends back tricky. With Venmo, you can connect your card's account to the app and pay your friends back straight from your phone. No more ATM fees, getting cashback from Walgreen's or Walmart, or waiting for the next outing to pay for your friend's fun. Once you send your friend money on the app, they can transfer it straight

to their personal account.

### Mint

When you live away from home for the first time, it can be pretty difficult to figure out how to manage your money so you're not broke all of the time. Between bills, loans, food, school supplies and everything else you have to pay for, it can be really easy to spend more than you're really able to each week. With this app, you can set up what your income and expenses are each month so you learn how to budget your money, and, if you go over your budget, Mint will send you an alert right away. Learning how to be financially independent has never been easier.

## MISCELLANEOUS

### Groupon

Living in South Florida can be a little difficult when it comes to money, as many fun activities and restaurants cost a large chunk of money. With Groupon, you can find cheap local deals on various items, activities, restaurants and other outings. No matter what you and your friends want to do on the weekends, there's something that everyone will like and, more importantly, that everyone can afford.

### GroupMe

GroupMe is the ultimate communication tool for your friend group, organizations and work teams. This app allows you to create group chats and send pictures, gifs, and talk with your peers. Unlike regular group text messages, this app works when Wi-Fi is available, and, luckily, NSU has Wi-Fi all over campus, so, when someone in your group doesn't have cell phone service, they can still stay up-to-date.

### GrubHub

Let's be honest, the main priority that comes right after passing classes is eating. With GrubHub, students can see what local restaurants are open, will deliver, and have pick-up options available. You can even order straight from the website. Once you create an account, you can also receive weekly deals for discounts from your favorite restaurants.



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Panini, Salad,  
or Wrap!

Not valid with other offers. Exp 9/15/16

# FUN STUFF TO DO NEAR NSU

By: **Roddia Paul**

One of the luxuries of attending NSU is that it's near many popular beaches, restaurants and entertainment centers. If you are looking for something fun to do in between classes, writing papers and studying, read on.

## MOVIE MANIA

The great thing about these theaters is their location. Not only are they near the school, but they are also near retail stores and restaurants. This combination makes a fun day easy to plan.

### Paragon Ridge 8

954-472-4940  
9200 W. State Road 84, Davie

### Cinemark Paradise 24

954-680-3495  
15601 Sheridan St., Davie

### Regal Cinemas Broward Stadium 12 & RPX

954-577-7227  
8000 W. Broward Blvd., Plantation

## GET ACTIVE

Getting active can mean different things to different people. Whether it's physically getting involved, expressing your creativity, or enjoying wildlife, there is a place for everyone.

### K1 Speed

950 Stirling Road, Hollywood  
954-416-0044

K1 speed is an indoor racetrack center that has electric go-karts for all ages and skill levels. You can race, lounge and eat.

### Painting with a Twist

5810 S. University Drive #106, Davie  
954-900-9050

Painting with a Twist is a chain of studios that offers group painting. You can enjoy beverages and snacks as you paint a teacher-led portrait with your friends.

### Flamingo Gardens

3750 S. Flamingo Road, Davie  
954-473-2955

At Flamingo Gardens, you can enjoy 60-acres of wildlife and botanical gardens. There is nature to be enjoyed, not too far from NSU.

### Dave & Buster's

3000 Oakwood Blvd., Hollywood  
954-923-5505

Dave & Buster's is a family friendly sports bar and arcade that serves American cuisine and features a variety of games. It is a great place to go if you are looking for food and fun.

### SpareZ

Location: 5325 S. University Drive, Davie  
Phone: 954-434-9663

SpareZ is one of the many bowling allies located in the Davie area. SpareZ offers league play, group play, arcade games, and food.

## FEEL THE WAVE

South Florida is known for its year-round summer weather, so knowing where the closest beaches are can be quite helpful. The beach can be relaxing and fun, and there are also different shops and restaurants along the boardwalks. Plus, the Shark Shuttle takes you to Dania Beach.

### Fort Lauderdale Beach

North Lauderdale Beach Blvd., Ft. Lauderdale  
Otherwise known as A1A, Fort Lauderdale Beach is the central point for many road races and music festivals, including Tortuga. Nestled in Las Olas, this beach offers a beautiful place to shop, tan, grill out and play in the warm water.

### Hollywood Beach

North Boardwalk, Hollywood  
This isn't just the go-to for people, but dogs, too, as the beach includes a designated dog beach. With numerous outdoor cafes, restaurants and live music along the boardwalk, there's plenty to do here. There's also a trolley that takes visitors to Arts Park in Young Circle, where they have live music and food trucks every week.

### Dania Beach

45 N. Beach Road, Dania  
Known for being one of the quieter beaches, Dania is the perfect place for some rest and relaxation after a long week of work and classes. With a long fishing pier and John U. Lloyd Beach State Park nearby, this is the perfect area to visit to go fishing or kayaking.

## SHOP 'TIL YOU DROP

Fun can be as easy as buying a new shirt or that pair of shoes you've been eyeing for a while. One thing you can count on in South Florida is its many shopping centers. If you are in need of some new jeans or if you just feel like buying something that you don't really need, you've chosen the right location. Plus, many of these locations have places to watch movies or dine.

### Westfield Broward Mall

Location: 8000 W. Broward Blvd., Plantation  
Phone: 954-473-8100

### Tower Shops

Location: 1904 S. University Dr.  
Phone: 954-473-9619

### Pembroke Lakes Mall

Location: 11401 Pines Blvd., Pembroke Pines  
Phone: 954-436-3311

### Sawgrass Mills

Location: 12801 W. Sunrise Blvd., Sunrise  
Phone: 954-846-2300

For more information on store hours and specials, call the individual numbers provided. Make the best of your time in college, and gain more than knowledge — gain experience.

# LOCAL DISCOUNTS

By: **Erin Herbert**

Between the costs of tuition, text books and nights out with friends, it's incredibly difficult for college students to save money. It's easy to burn through paycheck after paycheck without realizing how much you're actually spending.

However, going out doesn't have to be expensive, if you know where to go. There are tons of great places to go and fun things to do in South Florida, and a number of these businesses offer special deals or discounts. So here are a few of the best deals in Davie to make nights out a little more budget-friendly.

### Save with your SharkCard

As an NSU student, your SharkCard will quickly become one of your most valuable possessions. It allows students to gain access to multiple buildings and parking lots on campus, use web print, and sign in to campus events. However, your SharkCard can also help you off-campus, too. Thanks to the Sharks Discount Program, NSU students can receive discounts from local restaurants and businesses simply by presenting their SharkCards at check out.

Here's a list of some of the best discounts:

## RESTAURANTS

- BurgerFi:** 15%
- Bull Market Bar:** 15% on food
- Chick-fil-A Davie North:** 15% Mondays and Wednesdays
- Cinque Terre Italian Restaurant:** 15% (regular priced items)
- DelVecchio's Pizzeria & Italian Restaurant:** 15%
- El Agave Azul:** 15% on food
- Hungry Howie's:** 15% (regular priced items)
- Marco's Pizza:** 25% (regular priced items)
- Menchie's Frozen yogurt:** 15%
- Pizza Loft:** 15%
- Pollo Tropical:** 15%
- Spaghetti Factory:** 15%
- Sweet Tomatoes:** 15%
- Tropical Smoothie:** 15%
- Ye Olde Falcon Pub:** 15%
- Zona Fresca:** 15%

## SERVICES

- Aveda Institute:** 15%
- Bob Simon's Auto Repair:** 15%
- Chip Shots Golf Solutions, Inc.:** 25%
- Dr. PhoneFix Plantation:** 15% off repairs or accessories
- Holistic Massage and Wellness Clinics:** \$10 off 1-hour massage, \$5 off half-hour massage
- Runner's Depot:** 15% discount on nutrition supplements and \$10 off shoes (excluding items on clearance)
- Sprint Wireless Communications:** 20% discount off accessories
- J Crew:** 15%

### A deal for every day

Your SharkCard isn't the only way to get good deals in the area. A number of restaurants and other businesses offer special

discounts for certain days of the week. From discounted movies to dinner on the cheap, there are endless possibilities for saving money in Davie.

### Paragon Ridge 8 Cinema

\$6 movies all day on Tuesdays

### SpareZ Bowling Alley

Everything is \$2 on Tuesdays

### Florida Panthers Ice Den

\$8 admission and skate rental from 7-8:30

p.m. on Wednesdays

### Buffalo Wild Wings

Special-priced boneless wings on Thursdays

### The Whole Enchilada

\$4.99 for two tacos, chips and a drink on

Tuesdays

### Dave and Buster's

Half-priced games on Wednesday

### Ellen's Ultimate Workout

First class is free

### Don't forget about online shopping

Subscribing to emails isn't the only way to get online shopping and service discounts. NSU students get discounts just for becoming a part of Shark Nation. Just go to [nova.edu](http://nova.edu), search for the Shark Discount Program, and click on "online vendors" to get the discount code to the following places.

- American Mini Mover:** 15%
- BabyDepotUSA:** 15%
- Birthday in a Box:** 15%
- Bloomberg Businessweek subscription:** 85% off annual subscription
- Camera Security Direct DBA CSD Security:** 15% off security cameras and access control solutions, as well as professional installation
- Castle Ink:** 15%
- Cleanitsupply.com:** 15%
- College Cookies:** 15%
- Eyewear Insight:** 20% prescription eyeglasses
- Fascinating Diamonds:** 15%
- Giftblooms:** 15%
- Golden Asp & Dress Goddess:** 20% off shoes and accessories
- Goldia:** 15%
- InkFarm Incorporate:** 20%
- Mall of Style:** 30% off fashion jewelry and accessories (excludes clearance)
- Medical Goods, Inc.:** 15%
- Movers Corp:** 15%
- Pelican Water Systems:** 15%
- ShipHawk:** 15% off shipping and moving services (excludes flatbed and truckload shipments)
- Sparefoot:** 15% (discount taken upon move-in)
- Stubzero:** 10% discount and no service fees for tickets
- The Baby Cubby:** 15%
- WayGood Tea:** 15%

There are tons of deals around campus to help students save a little money and enjoy going out. Planning your outings based on specials and remembering to flash your SharkCard at checkout can make a huge difference for your bank account. Being a college student doesn't always have to be expensive.

## 5 APPLIANCES YOU WANT FOR MICROWAVE COOKING

- 1 Omelet cooker
- 2 Cooking stone bowl
- 3 2-tier microwave steamer
- 4 Pasta maker
- 5 Rice steamer bowl



# SPORTS 101

By: Erin Herbert

## Men's and Women's Cross Country

Both the men's and women's cross country teams came off strong with performances in the 2015 season and are poised to be top contenders yet again in the Sunshine State Conference in 2016. In the 2015 season, the men's team finished second overall at the SSC Championships, while the women's team took fourth. Outside of the regular season, five men and one woman from the Sharks qualified to compete in the 2015 NCAA Division II Cross Country Championships in Joplin, Missouri. Bryan Hagopian will be entering his eighth season as head coach of the cross country program.

## Women's Soccer

After a successful regular season, West Florida knocked the women's soccer team out of the NCAA Tournament 1-0 early in the first round. The Sharks earned a 12-4-2 record under the direction of Head Coach John Constable. After the team's loss in the NCAA Tournament, the roster underwent a number of major changes to help them advance further in the tournament next season.

## Men's Basketball

The men's team ended the 2016 season after they fell to Saint Leo in the SSC quarterfinals and failed to advance to the national tournament. The Sharks will be back next winter looking to win their first conference title since 1995. However, the men's team will lose star player Chris Page, as well as three other seniors this season. Keep an eye out for Harrison Goodrick, who will play in his third season for the Sharks in 2017.

## Women's Basketball

The women's basketball team completed yet another impressive season, ending the 2016 season with their fourth consecutive NCAA playoff appearance. Though the Sharks fell to Benedict in the South Region semifinals, the women were still able to post a 24-7 record for the season. The team has previously won seven Conference Championships, three of which they won in the past four seasons, and made one NCAA Elite Eight appearance. Head Coach LeAnn Freeland will return for her sixth season with the Sharks to help the team further their recent success.

## Men's Soccer

Following the disappointing end of the 2015 men's soccer season, Head Coach Giuseppe DePalo stepped down from his position after 17 years with the Sharks. Matt Watts, who formerly coached at Alabama-Huntsville and Delta State, will replace him. The Sharks struggled all season long, only managing to post a 5-9 record and failing to qualify for the postseason. The team hopes for a fresh start with Coach Watts this fall.

## Women's Volleyball

Under the direction of Head Coach Jennifer King, the women's volleyball team has become a rising force in the SSC. The Sharks started the 2015 season with a four-game win streak and finished the season with a 19-12 record. The team is still rebuilding and has already signed three new players to prepare for next season.

## Baseball

The men's baseball team came off of a successful 2015 season after making their way to the third round of the NCAA South Region Tournament and have continued that success in 2016. They finished the 2015 season with a 39-13 overall record and are poised to be a threat in

the SSC yet again this year. Head Coach Greg Brown, who was the SSC Coach of the Year in 2015, leads the team.

## Softball

The Sharks have struggled in their first season under new Head Coach Julie LeMaire but are still looking to continue turning the softball program around. The team is still relatively young, featuring mostly freshmen and sophomores, but the team should be able to improve as the players gain more collegiate experience. The team will not lose any senior players this season, so the team is expected to continue its growth and improve next season.

## Rowing

NSU's rowing program has seen continued success over the past few years, and this season is no exception. The team has won six SSC Championships and won the NCAA Division II Title in 2009 and 2013. The 2017 season will mark the beginning of Head Coach Heather Barney's third season at NSU.

## Tennis

The women's tennis team completed the 2014-2015 season with an impressive 18-3 record. However, the team will lose six seniors this season, and the remaining three players are juniors, leaving little experience on the team for the future.

## Women's Golf

The women's golf team has been one of the best in Division II for multiple years. Led by Head Coach Amanda Brown for the past 10 seasons, the Sharks have won multiple conference and national championships. The team has won a total of four SSC Championships and four consecutive National Championships between 2009 and 2012. In addition to team championships, the women's golf program has produced three individual National Champions.

## Men's Golf

Like the women's golf team, NSU's men's golf team has also seen a high level of success in recent years. The team has won five conference championships since 2005. During the 2014-2015 season, Head Coach Ryan Jamison led the men's team to both a conference and a National Championship. In total, the Sharks have won two National Championships, their most recent being in 2015.

## Men's and Women's Swimming and Diving

Both the men's and women's swimming and diving teams closed out a successful 2016 season with multiple medals at the NCAA Division II Swimming and Diving Championship. Two male swimmers, Anton Lobanov and Thiago Sickert, were able to place first overall and earn national titles. The men's team has won two consecutive SSC Championships in 2011 and 2012, while the women's team has won two in 2012 and 2015.

## Men's and Women's Track and Field

As NSU's only athletic team competing in the Peach Belt Conference, the Sharks are well represented with the men's and women's track and field teams. In 2015, both teams finished second overall at the Peach Belt Conference Championship. Senior runner Talyn Washington was named 2015 PBC Track Athlete of the Year after setting two conference records in the 200- and 400-meter dash. Bryan Hagopian, who also serves as NSU's head cross country coach, was named the PBC Coach of the Year after the team's stellar performance in 2014.

# Avoiding the freshman

# 15

By: Chantel Grant

Welcome to college, where stress, all-nighters and grades will dictate the next couple of years of your life. If that doesn't excite you, then maybe the allure of the freshman 15 will.

The phrase "freshman 15" refers to the weight gain in your new college life. That's right — everything increases in college, from your tuition and the cost of books to the number on the scale.

Let's be honest and skip the denial phase, please. It doesn't matter if you were an Olympic star in high school with a voracious appetite who never gained a pound; the freshman 15 is waiting on you right there in the Don Taft University Center, so here are a few tips to avoid that pesky weight gain.

## Create a routine

Most high school students are used to getting up in the mornings, grabbing something to eat and then sauntering off to classes. Then, by midday, they refuel with lunch and power through the rest of the day. If, for any second, you thought that college was anything like that, you might want to start taking notes and highlighting paragraphs in this article.

Sitting down for a good, wholesome meal in college takes special consideration. So you might want to start creating a schedule because, if you eat on time, then it's unlikely that you will grab something unhealthy or overeat. If you have class at 10 a.m., try waking up at least an hour earlier so you can grab a fruit or smoothie from JuiceBlendz. Even if your classes are later in the day, try not to skip breakfast because you're going to need the energy to keep up with your professors.

Breakfast also speeds up your metabolism and limits snacking throughout the day. According to eatright.org, a college student's breakfast should have carbohydrates and protein, so a hardboiled egg, whole grain toast with peanut butter, or some fruit will suffice. There are a lot of microwave cooking tools, as well as other appliances that are allowed in the dorms, that you can use to make your breakfast as healthy as possible.

Once you master your breakfast schedule, you can apply the same approach to lunch and dinner. Plan your lunches and dinners around your classes, and ensure that you won't be starving in class. Some students walk with almonds and light healthy snacks in their bags just in case they get hungry in their classes. Try this approach until you have a proper eating schedule. FoodBar in the UC also has a "Training Table" dinner option, which features a new, delicious healthy meal option every lunch and dinner.

## Quick and easy

College students are always strapped for time, which is part of the reason why they become regulars at local fast food joints. To combat this, spend some time on

the weekends to plan your meals. While homework and assignments may get in the way, understanding that maintaining your physical well-being is just as important as getting good grades. So, on the weekends, go to the grocery store or Outtakes and buy healthy snacks.

No one is asking you to make salads every day, but buying your own food in advance will be helpful to curb unwanted weight gain. Also, you can research quick and easy healthy recipes for snacks, breakfast or dinner. Don't be afraid to be that student who walks with their lunch — prepare quick and easy meals and take them with you.

## Don't forget to sweat

NSU has one of the best gyms you will ever lay eyes on. Use it to your advantage, and get active. RecWell is an area that facilitates almost every physical activity, so schedule some time during the week to go there, de-stress and stay in shape. You don't have to go the gym; you can go rock climbing, swimming or take a yoga class.

Your student services fees cover almost everything, so don't worry about forking out money to stay in shape — NSU promotes fitness. For further information about activities, classes and hours, visit rec.nova.edu.

## Don't stress

While it's hard to seriously tell a college student to not stress out, if you want to avoid the freshman 15, you might want to consider heeding this tip. When you become stressed, the following can happen, according to WebMD:

- Hormonal imbalances may lead to weight gain.
- Binge eating or emotional eating may lead to weight gain because of increased caloric intake.
- Insomnia can lead to weight gain because a lack of sleep can cause chemical imbalances that alter the appetite.

Apart from the obvious "Don't stress because it's not healthy for your mind," stressing can also cause problems for your body. Moreover, remaining positive and staying happy prevents you from slipping into depression and eating pints of ice cream. So, try not to stress yourself out, and if you do start feeling stressed out, try talking it out or taking a breather.

Gaining a little weight in college is not the end of the world, but some students have a tough time dealing with the change in the environment and the resulting change in their bodies. So, to put your mind at ease, just avoid anything that will result in unnecessary weight gain. But, hey, if you want and like gaining a little weight, then by all means, do. But some of the tips mentioned above will help you to stay healthy, which is beneficial for everyone.

# HOW TO DEAL WITH FINANCIAL AID

By: Jazmyn Brown

For anyone unfamiliar with NSU's financial aid system, it's extremely overwhelming. But, don't fret. The in's and out's of Enrollment and Student Services and the Office of Financial Aid are pretty simple if you heed the following tips.

## Constantly check your NSU email, SharkLink and WebSTAR for updates

You will receive all communication regarding financial aid via SharkMail, SharkLink and Webstar. One thing that is never stressed enough is that you should check these often — at least once a week. Sometimes, an issue will pop up, and if you don't check, enough time may pass that the situation becomes even worse. For example, if your financial aid award is adjusted, ESS will send you an email, and, from there, you can check your adjusted award through SharkLink or WebSTAR.

If you don't check your email, and your award amount decreased, you may be in trouble because you'll be unprepared to pay the difference out of pocket. If you stay on top of your email and check the SharkLink/WebSTAR portals frequently for holds and award adjustments, you should be able to avoid unnecessary hassles.

## Pay close attention to deadlines

This one is pretty much a given. If there is a deadline for something, make it a point to know when that due date is. There is nothing more terrifying than missing or almost missing the deadline for an important document or eBill payment and having to face the consequences, whether it's missing out on a scholarship or other form of financial aid or being charged an unnecessary fee. Most applications — for example, the Free Application for Federal Student Aid or the NSU insurance waiver

application — have a set deadline. Organize your due dates and plan accordingly. Moreover, if you make monthly payments to the school, make sure you pay those on time, as the late fees are expensive.

## Apply for scholarships and grants

Although the general rule of thumb is to apply as early as possible, once the semester is in full swing, continue to apply for different scholarships and grants through NSU or a website like fastweb.com. By applying to as many scholarships as you can on a consistent basis, you optimize your chances for receiving some extra cash in your pocket to help with various fees, as well as tuition, housing and meal plan costs.

## Ask questions: Visit the One-Stop Shop

If you don't know what the One-Stop Shop is, familiarize yourself with it, as it will probably be your best friend for the next few years. Located in the Horvitz Administration Building on the first floor, the One-Stop Shop is your go-to place for any questions about registering for classes, making payments, getting your transcripts, and getting a parking decal. Most importantly, it's where you go to hash out your financial aid.

The One-Stop Shop is where you can sit down with experienced financial aid counselors who will do everything within their power to help you get and keep your financial assistance. Although each keeps a record of your visits so that others can pick up where they left off, stick with one financial aid counselor. Building a relationship with one of the counselors will help a lot when you have an emergency, and the consistency can help to make settling your financial aid a smoother ride.

## Know about the following forms and documents

- Free Application for Federal Student Aid, commonly known as the FAFSA
  - NSU State Aid Application
  - Authorization to Apply Title IV Federal Financial Aid Funds
  - Direct Deposit Form
  - Master Promissory Note for Federal Direct Loans
  - Income Verification Form
  - Disability Discharge Form
- These can be accessed at [nova.edu/financialaid/forms](http://nova.edu/financialaid/forms).

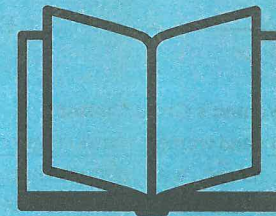
## Miscellaneous Tips

- Take advantage of the University Call Center for questions about your financial aid. Call 954-262-3380 or toll-free at 800-806-3680, or email [finaid@nova.edu](mailto:finaid@nova.edu). The Call Center is open Monday through Friday from 7 a.m. to 10 p.m. and Saturday and Sunday from 8:30 a.m. to 5 p.m.
- Look out for ESS's newsletter, Dollar\$ and \$ense. It's usually sent out via email.
- Save money by opting out of NSU's insurance, making payments on time to avoid unnecessary late fees, and renting textbooks from outside sources like Chegg and Amazon.
- File your 2016-2017 FAFSA as early as possible. The deadline is June 30.

## 8 RESOLUTIONS EVERY SHARK SHOULD MAKE FOR THE NEW SEMESTER

- 1 I will sleep more than 3 hours a night.
- 2 ...so I won't skip my 8 a.m. because of exhaustion.
- 3 I will not wait until the night before to complete an assignment. (But I may wait until 2 days before).
- 4 I will visit the gym (and do more than just walk up the stairs).
- 5 I will learn how to adult more efficiently.
- 6 I will get more involved on campus. And by more involved I mean binge watch Netflix only once a week instead of every day.
- 7 I won't go to Miami every night that ends in -y.
- 8 I will read The Current...just sayin'.

## TEXTBOOK SAVVY



By: Grace Ducanis

You read your syllabus with the list of required literature. Like a good college freshman, you go to the university bookstore and purchase the \$115 textbook and the additional online component for \$70. You get your books as soon as possible. You don't want to fail the course, of course. Then, the professor doesn't use the book the entire class, despite the fact that readings are scheduled on the syllabus for every week, and the textbooks were required material.

Unfortunately, college isn't cheap, and neither are textbooks. So what can you do about it?

### Talk to your professor before purchasing textbooks

Talk to your professor about the textbooks before the first day of class. Sometimes, the professor will tell you on the first day that you won't need the book. Sometimes, the syllabus is wrong, and you end up buying the wrong book. If you don't talk to your professor prior to the first day, and buy the books anyway, don't unwrap the book until you're sure it's the book the professor intends to use. That way, you can return it if you bought the wrong book or if the professor says that he or she doesn't intend to use it.

### Check out the library

The best way to get a book is for free, obviously. The first place you should check for your books is the Alvin Sherman Library. You won't be able to keep the books for very long, but if a professor is having you read a work of literature as part of the class, you'll probably be able to find it at the library. If you can't find it at the Alvin Sherman Library, talk to a librarian about having a book sent to this library for pick-up, or check out other libraries in the area for your books.

### Talk to your friends

If you know someone who has taken the class before you, ask them if you can borrow the book for the semester, ask to rent it from them for a reduced price, or ask to buy it from them for a reduced price. Friendship can be very economical — chances are they'll give it to you for free.

### Go digital

E-books are a good alternative for all your textbook needs. Some may prefer the feel of a physical book, but e-books are often cheaper than their physical counterparts. If you like tangible books, you can still take to the internet and see if you can buy hard copies of used or new books from an online retailer. Some retailers also let you rent textbooks.

### Journey to the bookstore

If you do choose to purchase your textbooks from the NSU bookstore, which is by far the most convenient but more expensive choice, you can still opt for wallet-friendlier options. Instead of buying a new book, you can choose to rent a new or used book from the bookstore. You'll have to return the book at the end of the semester, but you won't have to pay as much for it. Or, if you're fortunate enough to have scholarship money that exceeds your NSU expenses, you can fill out the Bookstore Advance Purchase Program form online and use leftover scholarship money to buy or rent your textbooks.

### Pass them on

Finally, if you do buy books that you don't want to keep, sell them online, like on Amazon, for example, or to friends at the end of the semester. You can raise funds for your next big textbook splurge and help out another struggling college student daunted by big textbook prices.

# MAKE THE MOST OF YOUR COLLEGE YEARS

By: Li Cohen

College is more than four years of learning in the classroom — it's four years of expanding your horizons, trying new things, and getting involved in the community. Of course, a classroom education is crucial for mastering your area of study, but an involvement education is crucial to mastering life. Rather than sticking to the mundane schedule of going from your dorm room to class and from your class back to your room, spend some time getting involved on campus, learn some useful skills, and see yourself develop over the next four years.

## The Undergraduate Student Government Association

Elections for the new Undergraduate SGA are held at the end of each academic year. Students can make their own party tickets, or run individually, to serve as president, vice president of legislative affairs, vice president of judicial affairs, treasurer, campus entertainment director, public relations director, and numerous senator positions. SGA works to improve campus life for all students by listening to students' concerns at weekly meetings and passing legislation to address these concerns.

SGA meetings are held every Wednesday from 3-5 p.m. in Rosenthal Student Center, room 200.

## SEA Board

Short for Student Events and Activities Board, this group of students work to make our on-campus events and activities as amazing as possible. SEA Board is in charge of homecoming week, Cinema Tuesdays, Fin Fest, Crunch Brunch, SEA Thursday and many other programs and events. Students who are interested in joining can apply every year for a spot as president, vice president of membership and development, traditions chair, marketing chair, entertainment chair, and more.

Students who want to volunteer to help with events and programs, or who want to submit an event or program idea, should attend the biweekly meetings, held every other Monday from noon to 1 p.m. in the Rosenthal Student Center, room 200.

## Clubs and organizations

NSU is home to over 150 clubs and organizations. With this many groups, there's plenty of opportunities to meet new people, help plan and partake in events and make yourself feel more at home in Shark Nation. There are political, educational and interest clubs, which can all be found on OrgSync or through the student activities page on NSU's website. Make sure to be on the lookout for these groups at Sharkapalooza and SEA Thursday.

If you can't find a club that excites you, try

starting your own. All you need is six students, a faculty or staff advisor, and some assistance from the SLCE Office and the Office of Student Events and Activities.

## Student employment

Working at NSU is an entirely different experience. Not only does it teach you time management and ease you into the working life, but it also allows you to understand the in's and out's of everything NSU has to offer. Both federal work study and non-federal work study students can partake in student employment and work up to 25 hours per week, depending on if they have FWS or not.

To apply for a job, visit SharkLink, and, under the "Student" tab, click on "JobX."

## Greek Life

NSU may not be the biggest college campus, but our Greek life students have some of the biggest hearts. Not only do students have to retain a certain GPA — which is specific to the fraternity or sorority — but members are known for dedicating numerous hours to service and philanthropy, and for being heavily involved on campus. NSU is home to social fraternities in the Interfraternity Council, including Phi Gamma Delta, commonly known as Fiji, Kappa Sigma, Beta Theta Pi, and social sororities in the Panhellenic Council, including Sigma Delta

Tau, Delta Phi Epsilon, Phi Sigma Sigma and Theta Phi Alpha. NSU is also home to cultural fraternities in the Unified Greek Council, including Phi Beta Sigma Fraternity, Inc., Alpha Kappa Alpha Sorority, Inc., Lambda Theta Alpha Latin Sorority, Inc., and Zeta Phi Beta Sorority, Inc., a service-based co-ed fraternity, Alpha Phi Omega, and numerous Greek honor societies.

To get involved in Greek life, visit the Office of Student Activities and be on the lookout for each organization's rush week schedule.

## Leadership

There are numerous ways to enhance your leadership skills. Students can take part in Emerging Leaders Experience, become Leadership on Demand Facilitators, coordinate Shark and Service (SAS) trips, and more. Just visit [nova.edu/studentleadership](http://nova.edu/studentleadership) or visit the SLCE Office on the second floor of the Rosenthal Student Center to find more information.

Getting involved on campus is one of the greatest things you can do in your college career. Between networking, gaining valuable insight and creating lifelong friendships, getting involved is a sure way to become the greatest version of yourself in your college years. For more information on how to get involved, visit [nova.edu/studentactivities](http://nova.edu/studentactivities).

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*What's one thing you want to say to incoming NSU students?*

# SHARK SPEAK



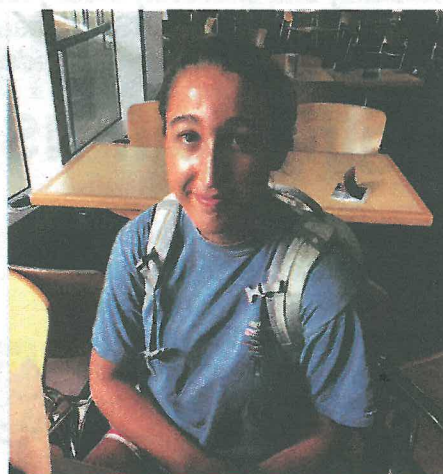
"Keep your head up, and keep up the good work. You might find some hard times in the middle of the year, but just keep going."

- *Jean-Paul Benoit, senior accounting major*



"Keep your mind open, and be prepared to meet new friends and have new experiences. Everyone else is in the same boat as you, and you'll all be sharing the challenges of freshman year together."

- *Sophie-Anne Baril, senior international studies major*



"Definitely get involved with a lot of clubs — it'll help you make more friends. I would recommend doing intramurals. I've gone to Frisbee a few times and made friends there. Also, live in Commons instead of Goodwin."

- *Bethany Gallucci, freshman biology major*



"Be on top of your grades, and don't get distracted by your friends. Just focus on your grades, and don't try to do everything for your friends. Join as many clubs as you can, and be active because that's how you build connections to help you throughout life. It really helped me make friends and get out of my comfort zone."

- *Shanae Brown, junior criminal justice major*



"Stick with your good habits. Don't let other students or professors sway you to into changing the way you work. In college, routine is everything, so if you find what works for you, stick to that. Also, never forget to make time in your routine for doing what makes you happy."

- *Kiersta Borrego, master's in biomedical sciences student*



"Have a study style. Find your own way of studying, and you will be guaranteed success."

- *Jamie Carbon, freshman behavioral neuroscience major*



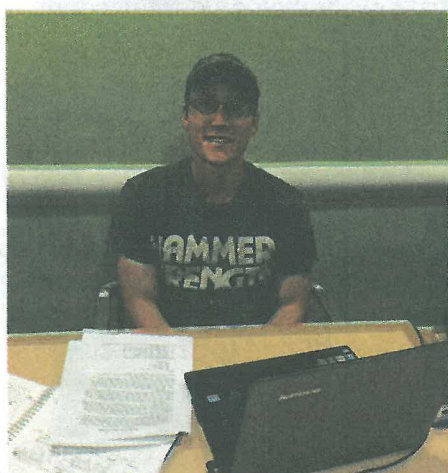
"Get involved in as many things as possible. You will be more likely to find your niche the more you get involved."

- *Jackie Garcia, junior communication studies major*



"Take each day one step at a time. Worrying to much makes things even worse. College is overwhelming enough. Take your time and find your balance between work and play."

- *Lauren Arguelles, senior biology major*



"Don't put too much on your plate at once; you do not want to overwhelm yourself."

- *Jacob Ripp, senior biology and marine biology major*



"Don't let your peers or other outside forces distract you. You have to always remain focused on your goals."

- *Na'leah Tomoah, freshman biology major*



"Take advantage of getting to know your professors. Doing so improves your class experience and helps you gain connections."

- *Lauren Santana, freshman prekindergarten/primary education major*



"Don't be afraid of change. It can sometimes be a good thing."

- *Tayler Crowe, freshman psychology major*



## Enrollment and Student Services (ESS) Welcomes You to NSU!

ESS is comprised of the Office of Student Financial Assistance, the Office of the University Registrar, the Office of the University Bursar, the One-Stop Shops in the Horvitz and Terry Administration Buildings, the University Call Center and Help Desk, Transfer Evaluation Services, Enrollment Processing Services/Admissions Management Services, and the Health Professions Division Office of Admissions. Collectively, the goal of ESS is to efficiently and effectively meet your service needs! On this page, you will find important information and tips for managing your financial aid, NSU student account, and registration. We are here to help!

[nova.edu/financialaid](http://nova.edu/financialaid) • [nova.edu/bursar](http://nova.edu/bursar) • [nova.edu/registrar](http://nova.edu/registrar) • [nova.edu/tes](http://nova.edu/tes) • (954) 262-3380 or 800-806-3680

## Tips for Managing your NSU Finances

### 1. Apply early for financial aid

Complete the Free Application for Federal Student Aid (FAFSA) at [fafsa.gov](http://fafsa.gov) as soon as it becomes available. The 2016-17 academic year was the last year that the FAFSA became available January 1. Beginning with the 2017-18 school year, the FAFSA will become available on October 1. Florida undergraduate students are required to complete the NSU State Application to apply for Florida grants and scholarships.

### 2. Authorize a parent or spouse

Will someone be helping you with financial aid decisions and paying your bill? If so, you need to grant two types of permission: 1. Complete an Authorization for Release of Information Form available at [nova.edu/financialaid/forms](http://nova.edu/financialaid/forms) which allows you to grant various types of information access to another person. Without this completed form on file, ESS is not permitted to discuss any information pertaining to your student record with another person. 2. Add an authorized user in NSU eBill so that the person you authorize may also receive your monthly billing statements and make payments on your behalf.

### 3. Monitor your charges

Tuition and the student services fee are charged to your student account when you register for classes and are due immediately. Charges for housing, meal plan, and health insurance may be added at different times. The fi-

ancial aid process takes place independently of your class registration. Grants and certain scholarships are credited to your student account after the drop/add period for your program. Loan funds disburse seven days prior to the start of your semester. Be mindful that the government charges loan fees, so your disbursed loan amount will be less than your accepted loan amount. Access your student account 24/7 by logging into SharkLink [sharklink.nova.edu](http://sharklink.nova.edu) and NSU eBill at [www.nova.edu/nsuebill](http://www.nova.edu/nsuebill). SharkLink is also the place to check your financial aid status, registration, grades, and more.

### 4. Keep up with your NSU eBill

Approximately on the 15th of each month you and any user you authorize will receive a notice to your NSU email account that a new NSU eBill-statement is available. NSU does not mail paper bills. The university requires payment in full upon registration. If you have a balance at 30 days after the start of the semester, a hold and a \$100 late fee will be placed on your student account. This hold stops all student services, including but not limited to, access to the University RecPlex, future registrations, grades, and transcripts. It will remain on your student account until the balance has been paid in full.

Payment in full means:

- ◆ Complete payment of tuition, fees, and charges
- ◆ Payment of all charges minus financial aid offered
- ◆ Enrollment in an NSU payment plan for the difference between financial aid offered and remaining charges prior to the start of the semester or the

payment plan application deadline

### 5. Be aware financial aid is linked to your enrollment

Awards issued prior to your drop/add date for the semester are based on the assumption that you'll enroll full time. This means that your awards may have to be adjusted for your actual enrollment. If you are an undergraduate student, the financial aid office will generally use your enrollment status as it appears at the end of the drop/add period for the first part-of-term to calculate eligibility. Undergraduates who add a class after this period will generally not increase their financial aid award amount. Also be mindful that since dropping a class may affect your financial aid eligibility, you may be left with an outstanding balance on your account.

**IMPORTANT:** Many scholarships and grants require you to be enrolled for a minimum number of credits in addition to other criteria in order to be renewed.

### 6. Be proactive

If you have a balance on your student account and need assistance paying your bill, do not wait to ask for help. By calling ESS, you may be able to avoid the \$100 late fee and hold which prevents you from obtaining grades, transcripts, registering for the next semester, and more. ESS representatives can help with navigating the financial aid process, identifying possible remaining financial aid eligibility, advising on student employment opportunities, payment plans, alternative payment arrangements, and more.

## 7 Things to REMEMBER when REGISTERING



### 1. Run a CAPP report

Your individualized Curriculum Advising and Program Planning (CAPP) report will show your progress toward degree completion and list remaining courses to be taken.

### 2. Consult your academic advisor for questions

That's what he or she is here for!

### 3. Resolve holds

If a hold on your account is preventing registration, be sure to resolve issues prior to the registration dates.

### 4. Complete the Student Enrollment Agreement (SEA)

This step is required each semester. The SEA includes many important policies and your obligations as a student. Failure to complete the SEA may result in the cancellation of your registration.

### 5. Submit payment

Payment is due at the time of registration. Make sure you have completed all financial aid requirements for your aid to disburse. You will be notified of outstanding requirements via NSU email, and you can also view them in SharkLink. Access your NSU eBill at [www.nova.edu/nsuebill](http://www.nova.edu/nsuebill) to view account activity and to make a payment. On-campus residents must satisfy their student account balance prior to official check-in.

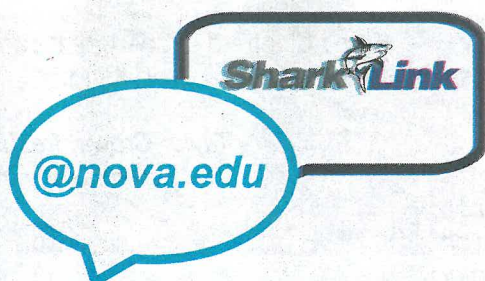
### 6. Know the deadlines

The best time to make adjustments to your schedule is before the end of the drop/add period. After this time, your record becomes official and you generally have to contact your academic advisor and submit a Student Transaction Form to drop a class.

### 7. Attend your first class

Faculty is required to reconcile their class rosters during the first week of classes. If you are not in attendance, you might be removed from the class. Therefore, as stated in the SEA, be sure to attend the first week of classes or proactively contact your professor so that you won't be dropped.

## Official Means of Communication



NSU email and SharkLink are the official means of communication that ESS will use to communicate with you. Be sure to check your financial aid and student accounts in SharkLink frequently as well as your [@nova.edu](mailto:@nova.edu) email for important notifications!