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TheCurrent

The Student-Run Newspaper of Nova Southeastern University

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Orientation Issue

— *Guide for new NSU students* —



Letter from the staff

Dear reader,

Welcome to NSU, home of the Sharks. Maybe you're a first time college student or maybe you've transferred from another institution, but whatever your story is, we're so happy that you've made it here.

Transitioning into a new environment is exciting, but it can also be overwhelming at times. As the university's student-run newspaper, it's our job to provide our community with the information it needs to thrive. For that reason, we dedicate the first paper of each print year to our new Sharks, swimming into orientation.

In this special orientation issue, we've gathered advice, procedures and other information that may help you as your journey begins. It's our hope that you find it useful.

Enjoy your orientation and all the excitement that comes with it. Explore campus, get to know your peers and get ready for the coming year. When you return in August, we'll print every Tuesday, keeping you up to date on the latest happenings on campus and providing student commentary on everything from university policies to world events. We hope you'll find us again, either at a newsstand around campus or online.

Good luck, Sharks. See you soon.

Sincerely,

The Current Staff

The Current

The Student-Run Newspaper of Nova Southeastern University

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News Bites:

Your look at the biggest NSU news from the past year.

By: **Grace Ducanis and Brianna Walker**

Teaching hospital to be built on campus

NSU received final approval from Florida's Agency for Health Care Administration to relocate Plantation General Hospital to the University Park Plaza on NSU's campus in May 2016. In addition to serving the surrounding community, the new 200-bed hospital will serve as a teaching and research facility for NSU students and faculty. The hospital will be built around the emergency room currently located in the University Park Plaza, which was completed in 2015. In an interview with The Current published in April 2016, NSU President George Hanbury said that the new hospital will open by 2020.

as well as help faculty members with teaching discipline-specific writing. The center will be open to all NSU students, including online and at regional campuses.



Former NSU president Abraham Fischler dies at 89

Former president of NSU, Abraham Fischler, died on April 3 at the age of 89 from

natural causes. Fischler was NSU's second president, serving for a total of 22 years. During Fischler's presidency, the university grew from 57 students to over 10,000. When Fischler resigned in 1992, NSU was the second-largest private university in the state of Florida. According to NSU President George Hanbury, Fischler was "a great man" and "a visionary before his time."

Plans for new dorm, parking garage, athletic fields underway

In a November 2016 address, 2016-2017 Undergraduate Student Government Association President Bethany Warlich said that a new residence hall is in the consulting stage and the Office of Business Services is assessing the infrastructure. Parking garages, including one built specifically for residential students near the residence halls, are in development. Construction on 36th Street is projected to be completed by January 2018, at which time NSU will begin construction on a new softball, baseball and multipurpose field along the street.

NSU undertakes largest not-for-profit fundraising campaign in Broward County

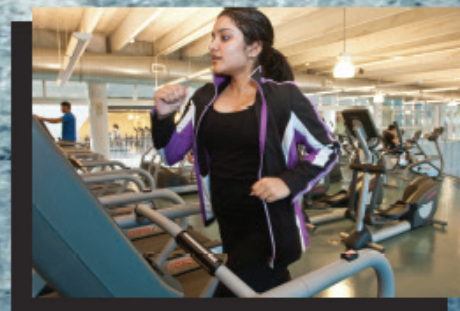
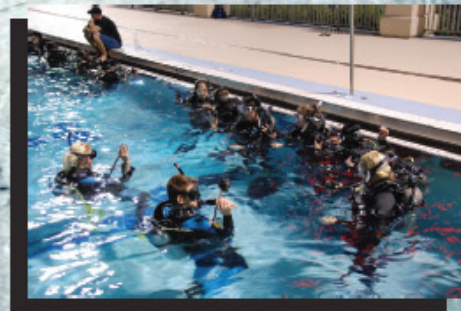
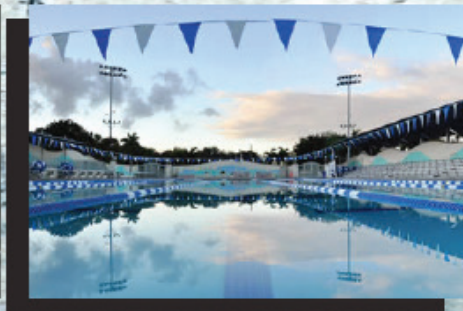
Through the fundraising campaign "Realizing Potential," NSU plans to raise \$250 million in philanthropic gifts and \$300 million in externally funded research by 2020. The campaign is part of Vision 2020 - NSU's mission to be recognized as a premier, private, not-for-profit university. The philanthropic gifts that the university hopes to raise will prioritize NSU students, faculty and 21st century education initiatives. The university plans to devote \$125 million of the funds acquired to funding scholarships and other resources for students, \$75 million to attracting qualified educators and researchers and \$50 million to expanding NSU's educational mission through community-centered initiatives. "At NSU, we have a single shared vision, a commission and a set of core values that guide us in our actions, but it takes thousands of people to see that vision come to reality," said NSU President George Hanbury when the campaign was announced in February 2016.

NSU prepares to launch quality enhancement plan

If approved by the Southern Association of Colleges and Schools Commission on Colleges, NSU will launch "Write from the Start," a quality enhancement plan, or QEP, in January 2018. The aim of the QEP is to improve student writing at NSU by creating the Write from the Start Writing and Communication Center. The center will offer students writing assistance,

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Infection: Avoiding it like the plague

By: **Adit Selvaraj**

Winter may be over, but the germs and the illnesses they bring don't take a summer vacation.

Aarti Raja, associate professor in NSU's department of biological sciences and specialist in microbiology, shared her tips and advice about avoiding sickness while living on campus.

What are some preventive measures you suggest to prevent contracting an illness while staying in the dorms?

"For most students staying in the dorms, in general, the best preventive measures are good nutrition and good exercise.

"Nutrition is important to prevent illness. Definitely plan to eat a regular breakfast, lunch and dinner. Even if you can't get the healthiest of foods, at least have a routine in place. Having a routine is very good. Make sure to eat around the same time every day. Ensuring that you don't skip meals, especially breakfast, [is] a good start.

"Being a scientist and virologist, I'm a big proponent of vaccinations. Getting vaccinated can protect not only yourself, but the people around you as well. Staying on top of your vaccinations is imperative. You have to know what vaccinations you need, when you need them, and so on and so forth.

"Basic diseases, basic infectious diseases at least, are the usual culprits that make students sick. The flu, which happens typically during September through November, is a big thing

for students to watch out for. However, NSU offers flu vaccinations every year, for everyone on campus. They have set dates at different locations on campus where you can get them. If you show up with your ID, and if you have insurance through the university, or even if you have insurance from an outside source, you're allowed to go in and get those vaccines. It's a great program and something that students should look at.

"A lot of times people think, 'Well, I'm healthy, I don't need this, I don't have to worry about it,' but when you live in the dorms and around other students, some of them who may have not gotten vaccinated or have traveled a lot, putting them in contact with potential non-native diseases, you never know who could be carrying a virus. Getting vaccinated will decrease the likelihood of contracting a disease from others."

Are there any resources for on-campus students to seek medical treatment or maintain a healthy lifestyle?

"Definitely. Make sure you receive medical care. I know many students think that they'll just fight the disease off and they'll eventually get better, but sometimes that's not the best way to go about it.

"Sometimes you're not aware of your health or how to improve it and don't know where to go to for help. That's fine, because [NSU] has medical facilities for all students,

faculty and staff so at least we have access to resources even for students on the campus. NSU has facilities where you can receive general care, such as the Sanford L. Ziff Healthcare Center. As long as you are a registered student with an ID, you should be able to go in and someone will be available to see you and provide services and suggestions with regards to getting over a particular ailment or even general health tips so you can maintain your health.

"NSU also has a large recreational and wellness center, and they offer a slew of exercise equipment and programs you can use at no charge. It's all readily available. A lot of times students either don't know about the facilities or don't want to make the effort to go out. I recommend going to the recreational center with a group of friends to motivate you and force you to stick to a schedule.

"Physical health is not the only thing that is important. There's also mental health as well. There are counseling services readily available for students and faculty members. It's important to know what facilities are there and utilize them to the fullest."

Is there anything students can do to make sure they don't repeatedly get sick? Is there anything related to the living space that can contribute to sickness?

"To ensure your dorms are the right environment to maintain your health, of course

one of the things you must do is have a clean living space. If you are living with another person, it's important that both you and your roommate do your share to keep your space clean. Sometimes it's as simple as cleaning once a week, if that's the only time you have to do so. Wipe down counters, sweep the dust under your bed, clean the bathroom. Keeping a clean environment prevents transmission of microorganisms that can make you sick and reduces the chance of illness greatly.

"If you share common areas like kitchens, make sure to keep those clean, because not only are you going to be using them, but others will be as well. Additionally, if you're sharing refrigerators, make sure to check once a week for food that is going bad or growing mold and dispose of them.

"Be aware that having a clean living space and cleaning regularly can make a huge difference to your overall health. As a college student, your immune system probably isn't functioning at its best due to stress and other factors. Putting yourself in an environment that isn't clean, compounded by a weakened immune system, puts you at greater risk of being sick.

"Good personal hygiene and a basic health regimen are imperative, whether you are a commuter or living on campus."

This article has been updated from its original publication date on March 28.

Avoiding the freshman 15

By: **Bianca Galan**

Your semester has started and the first thing you see when you go to the University Center is Pizza Loft, with that amazing, delicious well-baked pizza. You think, 'Why not?' and eat a slice. The second day of class you see Einstein's Bagels and once again, think, 'Why not?' and eat a chocolate bagel with some sweet shmeat. Third day of class? Same story, over and over, until you've unexpectedly gained 15 pounds. The so-called "freshman 15" may seem inevitable, but there are plenty of ways to avoid it. Here are some tips to steer clear of putting on those extra pounds.

Don't stress eat

As students we tend to eat when we feel stressed or tired. We're nervous about an exam and the first thing we do is go to Wendy's and stuff those nerves away with chicken nuggets and a frosty. According to Harvard Medical School Publications, "Numerous studies... have shown that physical or emotional distress increases the intake of food high in fat, sugar, or both." Avoid this by keeping a bottle of water or some simple snacks nearby for those times you're craving junk food.

Exercise regularly

If you're not used to weight training, start with some classes. The UC offers many classes daily. Make a few friends and try to get into the habit of going together to a class 2-3 times per week. Every once in awhile, do some HIIT (High Intensity Interval Training) workouts. This will keep your cardiovascular health active and could even speed up your metabolism to lose some fat. Always hydrate before, during and after your cardio or weight training.

Eat a few times a day

Sometimes we can get stressed because of our weight and start reducing our meals, but this does the opposite of what we want it to do. Instead, eat several smaller meals throughout the day. According to the Fit Day website, "Research has found that people who eat only two or three large meals over the course of the day tend to eat more calories than people who break up their calories into five or six smaller meals."

Keep healthy meals in your room

We sometimes buy crackers and Oreos to work with our midnight cravings, but try to have healthy treats in your room instead. Grab some almonds, fruits, vegetables, cashews, rice cakes and protein and granola bars instead of the Ben & Jerry's. If you keep these snacks in your dorm room, take them to munch on throughout the day and avoid fast food and vending machines.

Rest

It is easy to forget that sometimes we need to rest and sleep. Give your body and mind a break and have a good night's rest, or treat yourself to a massage and relax. Disrupting your sleep pattern can cause weight gain, so try to avoid it and get that beauty sleep. According to health.com, "Researchers at the University of Chicago found that dieters who were well-rested lost more fat — 56 percent of their weight loss — than those who were sleep deprived, who lost more muscle mass." The more tired you are, the more you crave the comfort food and sugary drinks, so avoid it by resting every night and truly relaxing your body.

Avoiding the freshman 15 isn't as hard as it seems, especially when you make the decision to lead a healthy lifestyle. Little changes can make big impacts. Start your semester the right way and be active. You might even feel better and get leaner after following these tips.

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 **NOVA SOUTHEASTERN
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Career Development

Apps to catch ZZZs while earning degrees

By: **Jenna Kopec**

Sleep is our body's way of restoring itself. According to the National Sleep Foundation, it's during periods of REM that our brain restores neural connections, making it easier for us to remember, process and produce information.

For that reason, it should be obvious that college students need to sleep. Unfortunately, classes, extracurricular activities and social lives make it difficult for the average college student to get the minimum amount of recommended sleep. According to the University of Georgia, the average college student gets around six hours of sleep, which is below the recommended eight.

That means the average college student is sleep deprived, but don't worry. Like many problems in the modern age, there's an app for that. Actually, there are quite a few. Here are four apps for any Sharks looking for help counting sheep.

Sleep Cycle

Sleep Cycle is like a scientist in an app. By providing a half hour window of when you would like to wake up, Sleep Cycle will choose a time when you'll be in the lightest part of sleep and wake you up there. For example, if you tell the app you have to wake up between 5 and 5:30 a.m., the app will wake you up as you leave a sleep cycle, which could be at 5:16 a.m. The app

is able to do this by using sound analysis to track your movements in bed through the phone's microphone. Unlike other apps that monitor your sleep cycle throughout the night, you won't have to keep your phone on the bed during the night — it can stay on your nightstand. This app is available for both Android and iPhone and is free. Users can upgrade to premium features which include the ability to view and track sleeping trends.

Digipill

Digipill provides its users with pills — no, not medicine. "Pills" on the app are recordings of soothing conversation and psychoacoustics that are supposed to tap into the subconscious. The focus of each recording varies from stress relief to insomnia to self-esteem. The app provides the first pill for free and it focuses on relaxation. After that, users will need to pay for pills, which will usually range between two to five dollars. The app is available for both iPhone and Android.

Sleep Timer

This app is a sleep calculator. No, it doesn't add up the amount of hours you slept. Instead, Sleep Timer uses the average amount of time that individuals take to fall asleep and the length of an average sleep cycle to tell you when you

should go to bed. You can input the time you need to wake up and the app will produce six possible times when you should wake up based on the end of sleep cycles. If you don't have a particular time you want to wake up, you can also see possible times you should wake up if you were to go to bed immediately. The idea here is to calculate the number of sleep cycles you want to have through the night. By waking up at the end of a sleep cycle, your body will have reached and left REM sleep, making it easier to wake up. The app will also set an alarm for you based on the time you choose. Sleep Timer is free with an option to update to premium features, including a wider array of alarm tones and reminders of when you selected to go to sleep. This app is available for iPhone.

Pzizz

Pzizz provides users with recordings designed to tap into the mental state, but focuses on sleep exclusively. Pzizz uses sleep hypnosis to help users reduce stress and wake feeling rested. The app allows users to choose between two modules: power nap and sleep. As the names suggest, the recordings will differ based on the amount of time the user wants to sleep. Choosing the nap module twice in one day or two days will bring the user different recordings. This way the listener won't become too accustomed or bored

with a recording. Users also have the option to adjust the music and voice setting in the power nap module. The app is available for free on both iPhone and Android.

Although the average college student may be slightly sleep deprived, there are accessible resources to help making the recommended quota a little easier. Working with the natural cycles of our bodies and the psychology of our minds can help students sleep better and sleep smarter.

Originally published on Sept. 21, 2016

SHARKS WHO ARE, OR THINK
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954-424-6911 OR THE NSU
STUDENT CLINIC AT
954-262-1262.

Mental health maintenance

By: **Grace Ducanis**

College comes with a lot of changes. Students often have to deal with new roommates, new responsibilities, new environments and new pressures. Managing all these competing factors can be difficult, especially at the beginning of a new school year. Therefore, it's important to make sure you maintain your mental health. Whether you've had a history of mental health issues in the past or not, paying attention to your emotions and behavior as you navigate NSU can help you keep an active measure of your mental state.

There's no clear definition of mental health

Debra Futterman, director of Henderson Student Counseling services, said that there's no strict definition of mental health because mental health is different for every person. Instead, she said that any recurring behavior or emotion that is out-of-character can be a sign that you need to evaluate your mental health.

"Everyone's definition of normal is different, so [mental health issues stem from] the occurrence of something that impedes everyday functioning," she said.

According to Futterman, a lack of mental health can manifest in many different ways.

"Maybe it's a new freshman who's having trouble adjusting to the college environment and that's getting in the way of their everyday functioning, like their homework, or it's someone with a severe mental illness," she explained. "In that respect, mental health is hard to define. We like to look at it in terms of behavioral health instead of mental health."

Behavioral health issues are common

According to the 2014 National Survey on Drug Use and Health, 18 percent of adults experience some kind of mental illness. The American Psychological Association reports that anxiety is the top concern among

college students, followed by depression and relationship issues.

Futterman said that the biggest behavioral health issues undergraduate and graduate students face overall stem from anxiety, loneliness, homesickness, interpersonal conflicts, feeling overwhelmed and mild to severe depression.

"Sometimes [the reason for behavioral health issues is] just that you get thrown into everything, and you don't know where to start," Futterman said. "Sometimes it's people coming to grips with the picture they had of college being different from what college actually is. Our expectations are different from what actually happens, and it doesn't mean that what's happening is bad. It just means that it's different."

These issues can prevent students from functioning the way they would normally.

Futterman said, "If you and your roommate are fighting over who-knows-what, it's not that easy to sit down and study for your test because you're ruminating about the argument you just had. Interpersonal conflict comes into play a lot on our campus."

Monitoring your mind

According to Futterman, it's important for students to pay attention to their behavioral health before it reaches a dangerous level; students can do this by being aware of themselves and their behavior. Among things to monitor, Futterman mentioned sleeping and eating more or less than usual, increased or decreased activity and losing contact with close friends.

"It's noticing differences of pattern in your behavior," Futterman said. "It's really just paying attention and knowing yourself, knowing what works for you and when things change, why that is and what's getting in the way."

Managing mental wellness

Futterman said that self-care is key to maintaining healthy mindsets and behavior.

"Yes, studying and going to class is important," she said. "But you need self-care. You need to take a break, you need to sleep, you need to eat, you need to find time for activities that you like to engage in, you need to step back and take care of yourself. You're not hindering your study. You're refreshing your mental capacity."

Futterman reads as a way to focus her energy and relax. She said finding an activity that helps you zero in on a specific task can help the rest of your brain quiet down, and it might mean trying 20 things that don't work until you find something that does.

Futterman also suggested taking advantage of campus resources to help manage stress-related behavioral issues. For example, visiting an academic adviser for major-related stress, the Tutoring and Testing Center for grade-related stress, and the Office of Career Development for career-related stress.

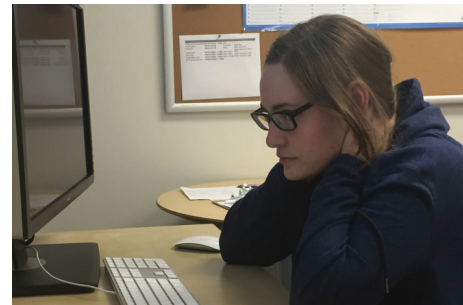
Keeping the peer circle healthy

While taking care of behavioral health on an individual basis is important, it's also important to be aware of those around us to help them stay healthy.

"Watch for a change in behavior," Futterman said. "The person who's always dressed up who now dresses a lot more casually, or the person who eats a lot is no longer eating, or the person who usually doesn't eat that much is eating a lot. It's the opposite of behaviors."

Other examples include sleeping more or less than usual and increased or decreased daily activity.

"If a red flag goes up in your head, pay attention to it," Futterman said. "Don't dismiss it. Our intuition is surprisingly good. We don't give ourselves enough credit. If you think



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College life can be stressful so it's important for students to monitor their mental health.

something might not be right, check."

Futterman emphasized the importance of asking questions.

"People don't always report when they're not doing well because they don't know how to bring it up with someone, but as soon as someone asks, they're able to say it's not going OK," Futterman explained. "Sometimes all it takes is someone taking interest."

Taking active care of your behavior health

According to Futterman, behavioral health and mental health should be treated as priorities.

"If you sprained your foot and you had to go to physical therapy, you wouldn't think twice about it," Futterman said. "Behavioral health is the same. Don't think twice about it. Your brain is just as important as a sprained ankle."

All students have access to 10 free counseling sessions a year. Henderson Counseling Services is a non-diagnostic and completely confidential service, with an optional in-house doctor. To schedule an appointment or to speak with a counselor, call the 24/7 phone line 954-424-6911. The National Suicide Prevention Hotline is 1-800-273-8255.

Originally published on Sept. 13, 2016

Goodbye Cheetos, hello to healthy snacking

By: **Jacqueline Lytle**

When I think of snacks, Flamin' Hot Cheetos, Kit Kats and Vanilla Wafers come to mind. Yum, right? Only 250 milligrams of sodium are clogging our arteries from one serving size of those delicious, spicy cheese crunchies, only 210 calories are being digested when we break apart that Kit Kat bar, and only 6 grams of fat are fueling our obsession with those vanilla-flavored cookies. Even after I looked up those nutrition facts, I shamelessly stuck my hand in the oversized bag of Cheetos that reside in my desk drawer.

While we all deserve a cheat day, more likely than not, your brain is telling you 'no.' So, throw out those cheesy bites, smash the vanilla cookies over the trash so you can't grab them back out later and hide the Kit Kats in your cupboard. Head to the grocery store and aimlessly search up and down the aisles for anything that qualifies as 'healthy.' Your face might resemble that of Dwight from The Office – bored and frustrated – because to you, chocolate sounds much better than granola, and salt sounds more appetizing than celery.

So, here are some easy, scrumptious, wholesome snacks you can put together and munch on throughout the school day, because healthy doesn't have to mean horrible.

Veggies

Celery seems to be the go-to veggie snack. Celery is yummy, especially when it's smothered in bleu cheese or peanut butter, but there are so many vegetables to choose from.

Carrots, broccoli, cauliflower or bell peppers can bring a lot of flavor and color to snack time. If you like raw veggies, try cutting some up and pairing them with your favorite dressing or dip. Hummus, made from chickpeas, is a great, healthy choice and comes in a variety of flavors, like roasted garlic, spinach and artichoke or jalapeno.

Avocados, which are technically a fruit but filled with good fats, are delicious alone or mixed with a variety of raw vegetables. Homemade guacamole is one of the easiest and yummiest snacks to make. Smash some avocados and incorporate chopped red onion, tomatoes, jalapenos, cilantro, a little salt and lime juice and voilà: you've just made a delicious, healthy snack that you can pair with some multigrain tortilla chips.

Fresh, frozen or dried fruit

Fruit is a simple snack packed with flavor and antioxidants. Fruits are naturally delicious snacks whether they are fresh, frozen or dried.

Apples, bananas and oranges make great transportable snacks because they're yummy

cold or at room temperature. If the thought of plain fruit doesn't interest you, try mixing some together. My absolute favorite mix, which also serves as a light breakfast or dessert, is a combination of grapefruits, oranges, apples and bananas. You can also pair fruit with a yummy dip. Sliced strawberries, bananas and apples go hand-in-hand with peanut butter, hazelnut spread or a cream cheese fruit dip.

Grapes and blueberries are a fun snack that can be jazzed up by throwing them in the freezer.

Almost every fruit can be bought dried. Bananas, apricots, pineapples, cranberries, apples, strawberries, grapes and mangos are all scrumptious choices.

Yogurt

Go for any flavor. Companies, like Yoplait and Chobani, have developed almost 50 iterations of this creamy snack. If you haven't already noticed, Greek yogurt is rapidly taking over the yogurt market.

Comparing Yoplait original strawberry yogurt with Yoplait Greek strawberry yogurt, the Greek option has more than double the protein.

If the smooth consistency doesn't work well with your gag reflex, try adding mix-ins. These can be as simple as fresh or dried fruit and granola. Dark chocolate pieces help make this snack a light dessert as well. While many brands

offer packaging that includes mix-ins, which are my favorite, fat content and calories will be higher in these than if you were to add your own.

Nuts or trail mix

If you like nuts, this may be the snack for you. Nuts are packed with protein and are a source of good fat. However, to remain healthy, you'll have to refuse the salted option and opt for lightly salted or no salt when buying.

Pecans, pistachios, almonds, cashews, macadamias and walnuts are some of the healthiest nuts out there, but you can never go wrong with peanuts, unless you're allergic.

For trail mix, buy a pre-mixed can, like Planters, at the grocery store or make your own mix from the large selection of nuts offered at specific stores, like Whole Foods. If you want to jazz it up, add some dried fruits and yogurt or dark chocolate chips to make a yummy trail mix.

Classes, on-campus jobs and club events can make our days at school long and dreary. Consider carrying a snack that is full of healthy ingredients that will help combat the midday crash you may be experiencing. Sprucing each day up with a healthy snack will not only be delicious, but it will make your body feel good.

This article has been updated since it was originally published on Feb. 28.

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Making ramen right

By: **Monique Cole**

Ramen noodles are a fan favorite with college students, mostly because they are cheap and easy to make. A package of ramen typically comes with a precooked block of noodles and a packet of seasoning. While ramen is economical and practical, it does have its drawbacks. Ramen is high in sodium and generally bland. Here are a few tips and tricks that can make ramen taste less plain without breaking the bank.

Drop the package and find alternative flavoring

This may be extreme for those who love the flavor packets, but try using only half of the package instead. While the packaging does provide taste, other flavorful and healthy options do exist. Soy sauce, powders, broth and peppers are all good seasoning options. For those who like a little spice, red chili powder, sriracha hot sauce or kimchi will add that extra kick. If a stormy, cold day leaves you in the mood for soup, using chicken broth or adding miso paste to the boiling pot of water can add more substance to the dish.

Colorful life equals a healthier life

While fresh produce can get expensive, all types of veggies can be added to the ramen mix. Spinach, green beans, mushrooms, corn, carrots and green onions are just some suggestions. The vegetables result in a more natural and



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Ramen is often considered a staple of the college diet, but there's many ways to prepare this noodle-based meal.

filling meal. Just be aware that different types of vegetables will require different cooking times. While most vegetables are added at the same time as the noodles, some might require a shorter cook time to prevent the vegetables from becoming soggy. Don't have time to make an entire stir-fry? To save time, you can also use frozen vegetables for more soup-based instant ramen meals.

For the meat lovers

Buying meat on a college budget can be daunting. One cheap meat that tastes excellent

in ramen is spam. Spam is a precooked ham that costs around \$3. The meat tastes its best when fried for two minutes on both sides. Spam ranges in a variety of flavors, and even has a light option for those who are more health-conscious. If you're feeling fancy, some other meat options can include rotisserie chicken, beef or even shrimp.

The egg-cellent choice

Whether boiled or scrambled, eggs require the correct timing when added to the mix. This technique is very common in traditional ramen

in Asian food culture. If you prefer a soft boiled egg, add the egg towards the very end of the ramen cooking time. Adding the egg in at the very beginning will result in the egg disintegrating, so hold off until the last few minutes. While soft boiled and scrambled eggs have the same cook time, scrambled eggs will require you to prepare a beaten egg mixture.

Food daredevils, listen up

Those who love to experiment with food mashups can really get creative with ramen. Recipes have been created for college students' love for macaroni and cheese as well as pizza. According to Spoon University, you can recreate the mac and cheese ramen in a few simple steps. First, add eight ounces of cheddar cheese and three-fourths a cup of milk to a cooking pot. Cook the ramen as normal. Once the ramen is drained, combine the two together. Another unique ramen recipe is pizza ramen, but this recipe requires the use of an oven. According to Food Beasts, the recipe requires dunking a block of ramen into pizza sauce, adding shredded cheese to the top and finishing off the pie with whatever toppings you would like. Keep the ramen in the oven until the cheese is golden brown and enjoy.

This article has been updated since its original publication on March 21.

Eating out on a college budget

By: **Gabrielle Thompson**

Being on a college budget is hard for a number of reasons, but the thing that eats up most of our money is food. Let's be honest, the food on campus can get old fast, so we tend to find ourselves making excuses to go out to eat. If you are anything like me, you tell your friends, "OK, but we have to go somewhere cheap."

Here are a few affordable restaurant options for when you can't bring yourself to eat Subway for the fourth time in a week.

Bento

2260 S University Drive, Davie

If you're looking for good Asian food with a large selection, this is your place. They have noodle and rice bowls, sushi, bento boxes and more. Bento is one of my favorite places to go to eat. The restaurant has plenty of seating and modern décor so you can enjoy your food inside.
Price Range: \$7.50 - \$11

Kristof's Kafe

8912 West State Road 84, Davie

When it comes to breakfast, you can't go wrong with Kristof's. They have a wide variety of comfort food for breakfast and lunch, and some of the best French toast I have ever tasted.
Price Range: \$6.99 - \$11.99

La Brasa

270 South University Drive, Plantation

La Brasa is a small Latin American restaurant known for its chicken and seafood.

They have awesome prices: you can get half a chicken with rice and beans for less than \$8.

Price Range: \$4.25 - \$29.99

Mr. M's

3325 South University Drive, Davie

Mr. M's is a sub shop near campus that sells both sandwiches and soup. They keep me coming back with their large menu, fresh ingredients and friendly staff.

Price Range: \$4.99 - \$10.99

BurgerFi

1902 S University Drive, Davie

BurgerFi is a great place if you're looking to choose exactly what you want, so no need to fear, picky eaters. They're known for having excellent burgers, and you are able to pick whatever toppings you want. They also have big portions of sides like fries and onion rings.
Price Range: \$5 - \$13

There are plenty of restaurants just down the road that can satisfy whatever craving you have. Just try not to go out too much. Even if your meals are under \$10, it adds up quickly when you go out three times a week. When looking for food off-campus, the options are endless.

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Shark shooters...and other sport recaps

By: **Trent Strafaci**

Men's Soccer

Following the 2016 year, Head Coach Matt Watts and the Sharks had a tough rebuilding season with a 4-11 record overall and a 2-7 conference record. The Sharks said goodbye to six seniors and hope the incoming freshmen class and players from last year's team have a quick turnaround.

Men's Basketball

After 13 seasons at the helm, Gary Tuell has retired from coaching the Sharks. Next season, Division II veteran coach Jim Crutchfield, from West Liberty, will take over. The Sharks only managed a 6-20 record and 3-15 conference record. The Sharks also said goodbye to three seniors including Harrison Goodrick, who was the Sharks' leading scorer and rebounder. The Sharks will rely on veterans Dwayne Gibson and Gerard Tarin, as well as the rest of the team, to carry the load.

Men's Golf

The Sharks' golf team has had tremendous success in recent years, winning five conference championships since 2005. The Sharks men's golf team welcomed a new coach when the Sharks brought in Christopher Carlin, previously the assistant coach from Barry. In his first year

with the Sharks, Carlin led the Sharks to a sixth place finish at the Sunshine State Conference Championship. The Sharks said goodbye to one senior, Richard Mansell, who has led the Sharks golf team for three seasons. The Sharks will still have a strong team returning to the links.

Men's and Women's Swimming

The men's and women's swimming team finished the season on a high note. The men's team finished third at the national championship - which was their best finish in program history - with national champion Anton Lobanov bringing home a silver medal. The women's team also found success, finishing fourth at the national championship. The Sharks hope to continue that success heading into the 2017-2018 season.

Women's Golf

The NSU women's golf team is built on consistency, which has brought home four national championships. The Sharks welcomed new coach, Heather Wall from the University of Arkansas Monticello. In her first season as the Sharks head coach, she continued its success by winning three tournaments, two regular season tournaments and capturing the SSC Championship.

Women's Volleyball

The Sharks took a step back falling to 12-19 overall and a 4-12 conference record. The Sharks have brought in six new players to help rejuvenate the team and get them back on track.

Baseball

Following a 2016 National Championship win, the Sharks have continued that success with a 31-15 record and a 14-7 record in conference.

Women's Soccer

Following John Constable's first year leading the Sharks to the NCAA tournament, the team continued the success by going 12-4-3 overall and going 6-1-2 in conference, making it to the first round of the NCAA tournament. The Sharks will have several returning players and hope to keep the momentum going in the 2017 season.

Women's Basketball

The Sharks had a very solid 2016, going 17-12 overall and 12-6 in the SSC, which brought them to the NCAA Regional Championship game. The Sharks have six players returning and a strong recruiting class to continue their success.

Women's Tennis

Following a successful 2015 campaign where the team went 15-5, the Sharks struggled with injuries and took a step back, going 9-9 overall and 5-4 in SSC. The Sharks should be strong going into the 2017 season with a good recruiting class coming in and returning players.

Men's Cross Country

The Shark's cross country team had a fairly successful 2016 season, making it to the NCAA Regional Finals in which they finished 6th out of 17 teams. The Sharks will lose five seniors, but have a good group coming back to hopefully make it the NCAA's again.

Women's Cross Country

The women's cross country team had a decent year by making it to the NCAA Regionals, but had a tough time at the end, finishing 14th. The Sharks said goodbye to one senior, hoping to improve as they head into 2017.

Softball

Following a rough first year under coach Julie LeMaire where they went 12-39, the Sharks had an incredible turn around and something to build on with a 27-24 record. The Sharks will lose two seniors and have a lot of talent coming back.

Different strokes for different folks: Changing up your fitness routine

By: **Melissa Boneta**

I know what you're thinking. "Now that I'm in college I'm going to finally get in shape." So you start hitting up the gym the first week of school. The streak is going well but you find yourself becoming bored of the same old routine you do every time. Maybe you need to switch things up - try something different to get your fitness in. All classes regularly run for about an hour and I always find the classes to be great warm-ups or cool-downs, having the potential to enhance and add more flair to a daily workout. The RecPlex offers a variety of fitness classes taught by certified instructors. Here are just a few of the classes I enjoy:

Yoga

The Recplex offers yoga stretch, yoga flow and zenery yoga, adding to the variety of yoga forms you can practice. Yoga stretch is the class focused on - you guessed it - stretching in yoga. Yoga flow is a steady pace of yoga poses and stretches. Zenery yoga focuses on the breathing of the practice. The classes challenge their students while remaining doable. Yoga is good for a warm-up or cool-down to mix into your daily workout, or if you are just looking to lower your heart rate.

Spin

Do you like the exercise you get from biking but aren't a huge fan of the outdoors? Spin classes are perfect for working your heart, hamstrings and breath. The spin classes offer intense biking exercise, a bumpin' playlist and energetic instructors. Spinning can help in building lean muscle, so depending on what your exercise plan consists of, this is ideal for people looking to build a stronger endurance.

Pilates

Much like yoga, Pilates can lower heart rate while still improving flexibility. The exercise emphasizes proper posture, balance and core strength. There is also a focus on mental relaxation, meditation and the importance of breathing and concentration.

Zumba/Hip-Hop

Dancing as an exercise can bring a sense of rhythm to your daily exercise routine. It's the cardio that trumps running on a treadmill. You will work up a sweat while learning some moves to popular music in a range of genres.

For information on class times and locations, go to rec.nova.edu/group-exercise-schedule.

Get active with club sports and intramurals

By: **Grace Ducanis**

Whether you live and breathe sports or just want to spike a volleyball over a net once in a while, there's probably an outlet on campus where you can direct all of your athletic energy. Check out NSU's intramural and club sports options below.

What are club sports?

Club sports practice year-round, competing against other universities three to four times a year. These clubs are designed for students who are familiar with a certain sport and want to compete, but not necessarily at a collegiate level. Club sports are organized and led by students, and many club sports hold tryouts for prospective members. Club sports are open to current NSU students. To find more information about joining a club sport, go to the organization's OrgSync page.

Club sports at NSU

- Equestrian
- Swimming
- Ultimate Frisbee
- Women's Volleyball

What are intramural sports?

Intramural sports can be purely recreational or competitive, and are open to all NSU students,

faculty and staff. The leagues play seasons that are four weeks long, and other intramural sports consist of shorter, single events. To sign up for an intramural sport, create an IMLeagues.com account, go to the NSU homepage and join a team or join as a free agent.

Intramural leagues

- Basketball
- Bowling
- Flag football
- Soccer
- Softball
- Volleyball

Intramural special events

- Badminton
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- Racquetball singles and doubles
- Soccer



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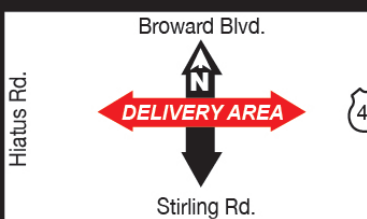
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How to be a Super Shark



By: Trent Strafaci

NSU offers a lot of great opportunities for students with its many clubs and other organizations, but what really brings the school spirit are the sports teams.

NSU is home to seven men's teams - baseball, basketball, cross country, golf, soccer, swimming and track and field - and 10 women's teams - basketball, cross country, golf, rowing, soccer, track and field, softball, volleyball and tennis. The Shark sports teams are rich in tradition and have had great success over the years, winning eight national championships in men's and women's golf, rowing and baseball. NSU has also won various regional and conference championships.

Become a super Shark fan, because NSU teams are worth it. If you're a student, you can get into all the games for free with your Sharkcard, so come out and support the Sharks.

Another way you can support the Sharks is by getting Shark gear in NSU's Shark Store located right next to the Flight Deck in the

University Center or at the bookstore in the University Park Plaza. They have a variety of t-shirts, sweatshirts, long-sleeve shirts, school supplies and much more to choose from. So, put aside sports gear from any other universities, become a Shark and bleed navy and silver.

Another way to show your Shark pride is to tailgate before the games. Use the grills around the Commons pavilion and make your favorite pre-game foods like burgers and hot dogs with your friends. If you aren't up for all that work, you and the crew can go to the Flight Deck and munch on some wings, burgers and other options they offer before the game. The last food option for you, ultimate Shark fans, is going to the actual arena or stadium and buying food at the concession stand.

So if you're ever bored or tired of homework, come out and support the Sharks. Fins up!

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Places to 'gill' out

NSU is a unique and lively campus, but that doesn't mean that Sharks can't band together and take an afternoon to explore the South Florida area — even if that just means finding a quaint place to study.

Gran Forno

By: **Jeweliana Register**

If you're searching for a place to devour some delicious bakery items, look no further than Gran Forno. Gran Forno, located on lively Las Olas Boulevard, is a traditional bakery shop. The bakery offers a variety of freshly-baked goods and beverages, as well as a laid-back atmosphere perfect for hitting the books.

Gran Forno has a wide array of treats. The aroma of fresh baked goodies fills the air of the quiet bakery when you walk in. According to their website, Gran Forno specializes in European, Italian and American favorites. Gran Forno produces approximately 800 ciabatta loaves every single day, so there will be no shortage of delicious, fresh bread in sight.

On the menu, there are various cakes, tarts, cookies, muffins and croissants. Some fan favorites include the strawberry amaretti cookies, the blueberry muffins and the asparagus parma prosciutto quiche. Other delicious items include the Belgium chocolate croissant, the chocolate chip cookies, the fresh fruit tart and the fresh mango cheesecake.

If you're in the mood for a savory snack, the menu includes a variety of paninis and house specials. The fan favorite panini is the Italian cold cut, but there are many other options as well, like the chicken pesto and the caprese panino. Some house specials may include chicken lasagna and Sicilian pizza.

In addition to this, Gran Forno has coffee options for your caffeine fix. Have a cappuccino



PRINTED WITH PERMISSION FROM J. REGISTER
Gran Forno specializes in freshly-baked goods and treats.

with friends or fuel your study session with an espresso doppio.

Bustling Las Olas meets traditional family style in this charming bakery. Whether you're meeting friends or flying solo for a study session, Gran Forno is sure to make you feel right at home. Grab a friend or a textbook and head to Gran Forno, but don't forget your appetite.

You can find a full menu online at granforno.com.

Gran Forno Bakery
1235 E Las Olas Blvd, Fort Lauderdale, FL 33301

Hours: Sunday through Friday from 7 a.m. to 6 p.m., Saturday from 7 a.m. to 9 p.m.

Price Range: \$5-\$15

This article has been updated since it was originally published on March 14.

Paris Morning Bakery

By: **Jenna Kopec**

@Jen_Kopec

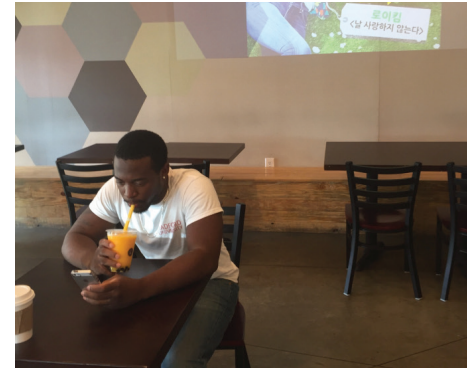
Sharks with a hankering for sweets and unique experiences might love the Paris Morning Bakery located in Davie.

Paris Morning Bakery is a Korean and French bakery that sells a range of pastries, breads and beverages. Patrons can search the racks of sweets for the sweet potato pastries, hamster white bean paste and cream puffs. The ingredients of each creation are listed on their racks. Their treats are far from run-of-the-mill; it's rare to find white bean paste or a red bean doughnut in traditional American bakeries. Their beverages include Americano coffee, espressos and traditional and bubble teas.

Paris Morning Bakery is perhaps most famous for their Shaved Ice or Milk Snowflake. These dishes contain milk ice chips flavored with fruits and rice cake, then topped with ice cream. Each dish costs about \$10 and is large enough to share.

The Paris Morning Bakery is designed for patrons to stay and enjoy the atmosphere. The bakery has both indoor and outdoor seating and plays Korean music. The modern décor and neutral color scheme help add to the light-hearted atmosphere of the bakery itself. Students may find this a nice spot to chat with friends, study without stress or find a sweet surprise for their significant other.

The bakery is expanding to different locations around the South Florida area. Sharks



PRINTED WITH PERMISSION FROM J. KOPEC
NSU grad student enjoying bubble tea at Paris Morning Bakery.

may opt to travel to the Lauderhill location on days where they have the time to travel. The company also plans to open locations in Doral and Boca Raton. Otherwise, students may find the approximate five minute drive to the Davie location a perfect fit.

In the diverse South Florida area, there are a wide array of cuisines for residents to try. Paris Morning Bakery boasts a unique menu for locals.

Paris Morning Bakery
4900 South University Drive Unit 110,
Davie, FL 33328
Monday through Saturday from 8 a.m. to 11 p.m. and Sunday from 9 a.m. to 10 p.m.

Price range: \$2-\$10

Originally published on Oct. 4, 2016

Delicious Raw Juice Bar

By: **Aldana Foigel**

If you're a Shark looking for a place to relax and take a break from assignments and classes without having to trek far, look no longer. Lucky for you, there is a place located only seven minutes away from our beautiful campus. From delicious smoothies to healthy soups and salads, Delicious Raw Juice Bar has it all.

Located in the Tower Shops Plaza, Delicious Raw Juice Bar is the perfect place to visit with friends, go to study or just grab lunch. There is both indoor and outdoor seating; inside you can sit on the sofas or at the bar, both very comfortable options.

The variety of healthy options on the menu is what makes this place so special. From crafted raw juices to smoothies, from tartines made to order on vegan, gluten-free toast to acai and health bowls, Delicious Raw offers all kinds of healthy food and beverages. One of their specialties is homemade almond and coconut milks. You can order a cappuccino or a latte and add homemade almond or coconut milk for \$1.50 extra.

If you like fruity and sweet brews more than coffee, go for the juice or smoothie. Be warned, you might be amazed by all the colorful options presented on the menu. Juices are divided into three categories: revitalizers, the roots and green goodness. Smoothies are also divided into three different types: activators, fruitations and super food. Breakfast, snacks, brunch or lunch, Delicious Raw Juices Bar covers it all.

Although Delicious Raw opened its location in Davie around the end of October, other locations have been promoting this healthy eating lifestyle since 2013, according to Naples Daily News. If you are looking for a comfortable and welcoming place to either go



PRINTED WITH PERMISSION FROM A. FOIGEL
An afternoon at Delicious Raw offers a variety of comfortable seating.

and read a book on your own, grab something to eat or drink before class, or just have a good time with friends, Delicious Raw Juice Bar can be the perfect place to gill out.

Delicious Raw Juice Bar
2276 South University Drive,
Davie, FL 33324, \$6-\$20
7:00 a.m. to 9:00 p.m.

Originally published Feb. 7

Ella Café

By: **Erin Herbert**



PRINTED WITH PERMISSION FROM E. HERBERT
Ella Cafe offers a wide variety of coffees, entrees and desserts.

Luckily for NSU students, one of the best coffee houses in the area is only a short drive away. Thanks to its relaxed and cozy atmosphere, Ella Café is the ideal place to grab lunch with friends or to kick back with a cold brew for a study session.

The exterior of this hidden gem is underwhelming; Ella Café is nestled in the middle of a sleepy plaza off of Broward Blvd, with only a sign reading "Coffee House" out front. Though don't be fooled by its modest exterior. The inside of the coffee house is warm and inviting, with quaint and simple décor featuring wooden furniture and vine covered brick walls.

One of Ella Café's biggest draws is its huge selection of gourmet coffees. From cold brews and lattes to espressos, they have something for any coffee lover. Spice up your visit to Ella Café by trying one of their unique flavors, like the Caramel Rosemary Iced Cafe Latte, or one of their seasonal specialties like the Apple Pie

Latte. But the options at Ella's don't stop there. In addition to their wide variety of coffees, Ella Café also serves desserts, pastries, flatbreads, sandwiches and salads.

There are plenty of café tables for patrons to enjoy their coffee, chat or study. The back of the café even features a small reading nook, with large armchairs and fully stocked bookshelves. So, whether you're looking for a place to grab a quick bite to eat or somewhere to spend a few hours curled up with a book, Ella Café can be the perfect place to gill out.

Ella Café
9743 West Broward Boulevard,
Plantation, FL 33324, \$5-\$20
Monday and Tuesday 7 a.m. to 5:00 p.m.,
Wednesday through Friday 7 a.m. to 8 p.m.,
Saturday 8 a.m. to 8 p.m. and Sunday 8 a.m. to 3 p.m.

Originally published on Nov. 15, 2016

No sun, no sand, no problem

By: **Brittany Eyres**

If I had a dollar for every time a relative asked me, “You go to school in Florida. Why aren’t you tan?” I would be driving off in a Lamborghini. Going to the beach every week can become boring, but, fortunately, there’s much more to Florida than great beaches. Below is a list of fun things to do around Broward County instead of going to the beach.

Swap Shop Drive-In Movie Theater
3291 West Sunrise Blvd, Fort Lauderdale, FL 33311

One of the last drive-ins in the nation is located in Broward County. What could be better than parking at the drive-in with your friends, watching a movie and eating popcorn and candy, all in the comfort of your car? Be sure to bring your own blankets and snacks.

Sawgrass Mills Mall
12801 West Sunrise Blvd, Sunrise, FL 33323

Sawgrass Mills holds the title of the eighth-largest mall in the nation and the largest single-story mall in the nation. You could easily kill at least five hours here. Try to make a list of stores you would absolutely cry over if you missed, then figure out the best route and parking. You might get lost or run out of time otherwise.

The Broward Center for the Performing Arts
201 Southwest Fifth Avenue, Fort Lauderdale, FL 33312

The center always has great shows running. Be sure to purchase your tickets at the student price.

To see shows and ticket options, visit browardcenter.org/events

Revolution Live
100 Southwest Third Avenue, Fort Lauderdale, FL 33312

Local artists and major bands play here. It’s always great to go to a live concert and see your favorite band. Get to Revolution Live a little before the show and you might meet an artist or musician that you love. For a list of upcoming events, visit jointherevolution.net/events.

Seminole Hard Rock Hotel and Casino
1 Seminole Way, Fort Lauderdale, FL 33314

There is so much to do at the Hard Rock in Hollywood. You can shop, dine and attend a concert or comedic performance. While you are there, visit Paradise, the outside area of the hotel, which has the best restaurants.

Laser Quest
2101 North University Drive, Sunrise, FL 33322

This laser tag arena is bi-level, glow-in-the-dark and fog-filled. Move over kiddies, college students enjoy this way more. Grab a group of friends or one of your organizations and experience the fun. It makes for the best team

bonding and is a great time.

K1 Speed
2950 Stirling Road, Hollywood, FL 33020

Who doesn’t love go-karts? Although they’re electric, these go-karts reach speeds of 45 mph. Visit k1speed.com to figure out what time and day the course is the least crowded.

Petland
356 North University Drive, Pembroke Pines, FL 33024
11482 West State Road 84, Davie, FL 33325
801 South University Drive, Plantation, FL 33324

Petland, the pet store, allows you to play with up to two different puppies during each visit because playing is good human interaction for the dogs and a great stress reliever for the humans. Pick the cutest dogs to play with and relieve some of your college stress.

Treetops Park
3900 Southwest 100th Avenue, Davie, FL 33328

This park has a viewing tower, which is really cool to walk up. It also has a playground, beach volleyball court, horseback riding stables and a small town for kids to learn about safety. My suggestion? Go to the viewing tower. It is the coolest thing about the park, other than the lake, where you might be able to spot an alligator.

Vista View Park
4001 Southwest 142nd Avenue, Davie, FL 33330

They say Florida is flat, but this park proves there are some hills in Florida’s landscape. Sunsets are breathtakingly beautiful at this hilly park, which is popular amongst cyclists, model airplane pilots and hang-gliders.

Von D. Mizell and Eula Johnson State Park
6503 North Ocean Drive, Dania Beach, FL 33004

Watching cruise ships leave port may sound boring, but it is definitely an experience I recommend. Ships usually leave around 4 p.m. on Saturdays. Be sure to have your cell phone ready to take pictures.

Flamingo Gardens
3750 South Flamingo Road, Davie, FL 33330

Flamingo Gardens is a local historic site with flamingos, turtles, alligators, river otters, tortoises and eagles, as well as thousands of trees native to Florida. During your visit, take a ride on the tram. It’s fun and educational.

This article has been updated since its original publication on March 14.

Local art hot spots

By: **Scott Black and Jenna Kopec**

South Florida is a cultural melting pot and, therefore, bursting with artistic development. Whether you’re looking to become a part of the art community, looking for trendy Instagram posts or just looking for a way to spend the day, here are a few local art hot spots for you to check out.



PRINTED WITH PERMISSION FROM C. LUTZ
NSU Art Museum features many eye-catching and international pieces.

NSU Art Museum
One East Las Olas Blvd., Fort Lauderdale, FL, 33301

NSU Art Museum specializes in international exhibits. The museum hosts world-class touring exhibits and has an impressive collection of 20th century European and American art. Nestled in the heart of Fort Lauderdale between the intracoastal and Riverwalk, the NSU Museum showcases colonial art and is a premiere exhibit in the art deco scene. The museum is free for NSU students, faculty and staff, and from 4-8 p.m. on the first Thursday of every month for all visitors. For more information, visit nsuartmuseum.org.

Las Olas Boulevard
300-900 E. Las Olas Blvd., Fort Lauderdale, FL, 33301

Las Olas Boulevard is considered the heart and soul of downtown Fort Lauderdale and hosts tons of art galleries. Stroll along the famous Las Olas Riverwalk. Experience the historic Riverside Hotel and its many features, including exquisite restaurants that complement the art galleries along Las Olas Boulevard. Once a year, Las Olas hosts an art exhibition for local and international artists.



PRINTED WITH PERMISSION FROM C. LUTZ
You never know what you’ll find while walking the streets of Wynwood.

Wynwood
City of Miami, 33127

Wynwood is an arts district located in Miami that hosts over 70 galleries, retail stores, antique shops and restaurants. Local artists and art enthusiasts flock to the area and chances are, you’ll see Instagram posts this semester of the famous Wynwood walls, painted head to toe in unique designs. Wynwood holds an ArtWalk on the second Saturday of every month, and is also home to Art Basel, an annual art fair. For more information, go to wynwoodmiami.com



PRINTED WITH PERMISSION FROM C. LUTZ
F.A.T. Village is home to many diverse galleries in Fort Lauderdale.

F.A.T. Village
521 NW 1st Ave, Fort Lauderdale, FL 33301

Flagler Arts and Technology, Village Arts District, perhaps better known as F.A.T. Village, hosts multiple art galleries and retailers. Located in the heart of Fort Lauderdale, the district holds an ArtWalk on the last Saturday of every month, to showcase the creations of gallery and local artists. For more information, go to fatvillage.com.

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Just because it's a required class doesn't mean it can't be fun

By: **Nikki Chasteen**

During your four years in college, you are required to take a bunch of electives, often from categories that don't necessarily interest you. What if we told you that NSU has plenty of fun electives that will have you questioning why all classes aren't this fun?

Marine Biology

MBIO 1300 Introduction to Scuba Science

Since we are in Fort Lauderdale, about 15 minutes from the beach, why not learn how to scuba dive? It's a good skill to have and you can take your certification anywhere as long as you keep it active. There are a few stipulations to the course, however. You must be a good swimmer and 18 years old by the start of the class. There will be a test to show how well you perform while in the water. Once all the important stuff is out of the way, you are on your way to being SCUBA certified. This course is offered every fall.

Literature

LITR 2110 Detective Fiction

For the bibliophiles, NSU offers a detective fiction class every fall. Discover the writings of Poe, Doyle, Christie, Chandler and Hammet. This class is sure to have your inner sleuth working all semester.

Theater

THEA 1500 Comedy and Improvisation

Even if you aren't a theater major, NSU offers a wide array of theater courses. This improvisation class is sure to keep you laughing off the semester stress. The class is offered every fall and winter.

The Arts

ARTS 1200 Introduction to Drawing

NSU has a large and varied offering of arts electives. Everything from digital photography, offered every fall and winter; to ceramics, offered every fall; to life drawing, offered every fall. Introduction to Drawing, in particular, is a great way to get your foot in the door of the art

world. There are no prerequisites and it's offered every fall and winter semester.

Criminal Justice

CRJU 3300, 3700

If criminal justice is something that intrigues you, check out some of the criminal justice courses NSU offers. Specifically, Corrections in America and The CSI Effect: Media and Criminal Justice courses examine how the United States handles correctional facilities, incarceration rates and how the media affects the criminal justice system. These courses are offered every fall and do require Introduction to Criminal Justice as a prerequisite.

Communication Science and Disorders CSAD 2015 Introduction to American Sign Language One

Aside from some majors at NSU requiring a foreign language, there is always the option of taking an additional language in American Sign Language. ASL can be a helpful

skill in any aspect of life. This course is offered every fall and winter.

Finance

FIN 2000 Personal Finance

Managing money can be hard, especially if you are living away from home. You can get a head start on managing your money by taking Personal Finance. The course is offered every fall and winter. MATH 1040 is a prerequisite to taking Personal Finance.

NSU has a wide variety of classes that can be taken as electives. These are just a few options to choose from. You never know - taking an elective could lead to the discovery of a new passion, or even lead to a minor in that subject matter. Think outside the box and try something new and fun with your electives.

Books expand your world and mind

By: **Melanie Chapilliquen**

College is a whole new world. The newfound freedom is overwhelming at times, and we may need a little escape. Simmering in a book may lead you to new discoveries, new perspectives and new ideas that may incite change. NSU is a diverse school that exposes us to a blend of all cultures. As a school that embraces cultural diversity, it is important to come in with an open mind. College is a time to enjoy educational freedom, embrace cultural diversity and break out of your comfort zone. So, take the time to read and enjoy all the leisure time that you can. You're in for a whirlwind experience.

"The Naked Roommate: And 107 other Issues You Might Run Into College" by Harlan Cohen

This is more of a guide than an actual novel. Each chapter is focused on things that every student will have to face once in college, from the good and bad in the residence halls, how to pass the classes and deciding on what to do when offered drugs, sex or alcohol. This book is full of comedic advice to help the future college student feel comfortable with everything that they will eventually have to face. For some humor and an insight into the world of college, feel free to submerge.

"Fahrenheit 451" by Ray Bradbury

This book is very similar to "The Giver" by Lois Lowry. The characters live in a society where homogenous thought is considered superior to freedom of thought. Firemen are called to go to a specific house and burn it to the ground, primarily focusing on burning the books inside since books were seen to be a way to express the "old society." Montag, a fireman, questions this authority and begins to read books that he saves from the fire. This book showcases the importance of breaking the molds, and college is the perfect time to find your own voice

and what you believe in.

"Siddhartha" by Hermann Hesse

The primary focus of this novel is the need for satisfaction and inner peace. Siddhartha and his best friend, Govinda, embark on a journey to find something that will spiritually satisfy them. And yet, even though Govinda finds what he is looking for in the teachings of Gotama Buddha, Siddhartha continues to search. After leaving the lifestyle he previously grew up with and facing different emotional hardships he discovers true happiness.

"Norwegian Wood" by Haruki Murakami

Starting off with a flashback, the reader learns of Toru Watanabe's childhood and his close friendship with a girl named Naoko. As they both grow up and enter college, their friendship persists. Toru then begins to experience the typical college life. Toru later learns that Naoko has moved to a sanctuary in a remote forest as a form of psychological therapy, which makes him question the strength of their friendship. This novel questions a bond between two individuals whose friendship is at stake when their paths begin to go in distinct directions.

"This Side of Paradise" by F. Scott Fitzgerald

This novel is focused on the life of a spoiled, wealthy kid named Amory Blaine and how his own personality and view of the world begins to change during this time in college. He goes from being an intelligent student to being lazy at Princeton because he doesn't want to learn in his classes. He enlists during World War I and is one of the lucky ones to make it back alive. However, he's not satisfied by his survival. Blaine continues to look for the purpose of life, a question most teenagers ask themselves at some point.



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Conduct research with your faculty members for deeper connections with your studies. Available across all majors and within your areas of interest.



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Experiential Coursework

Learn more and dive deeper into your coursework to go beyond the lecture hall and into our STEM labs, the field, and performing and visual art studios and theatres. connections.



Community Engagement/Service

NSU has received national recognitions as a community engaged institution, and you can be a part of that by participating in various community projects.



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Contact us to learn about the ExEL offerings and requirements.

nova.edu/exel



Experiential Education
and Learning

Your media fix,
NSU-style

By: Aidan Rivas

Popping onto campus can be an overwhelming experience. New students might be wondering what NSU has to offer in terms of entertainment and news. Well, look no further, because Student Media is your student-run entertainment fix.



The Current

The Current, NSU's student-run newspaper — which you're currently reading — serves NSU from its location in Room 310 of the Student Affairs Building. The Current is NSU's established vehicle for student reporting, opinions and coverage of the arts. Any student is allowed and encouraged to join the team or submit pieces of writing for publication. The Current prints every Tuesday, and is available at multiple locations on campus. Whether you prefer to write or read, The Current is for you.

You can follow The Current on Facebook, Twitter and Instagram @TheCurrentNSU and contact them directly via nsunews@nova.edu or 954-262-8455. You can also attend their meetings every Tuesday from 12-1 p.m.

CHANNEL 96 SUTV
NOVA SOUTHEASTERN UNIVERSITY

SUTV

Sharks United Television, or SUTV, is NSU's official television station, run by students for students. At the beginning of each month, different movies become available on sutv.nova.edu and Channel 96 in the residence halls. 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 our camera crews and tune in nightly to catch up on all the action. You, too, can get in on the action and create with other students.

You can follow SUTV on Facebook, Twitter, Instagram and Youtube @SUTVCH96 and contact SUTV directly via SharkTV@nova.edu or 954-262-2602. You can also attend their meetings every Friday from 12-1 p.m.



Radio X

NSU's Radio X, 88.5 FM, is a unique, non-commercial, non-profit radio station. Radio X broadcasts live on 88.5 FM each night from 6 p.m. to midnight and 24 hours a day over the Internet on nova.edu/radiox/listen.html, allowing listeners to hear WNSU programming worldwide. If you attend an event on campus and hear music bumping, chances are you'll spot Radio X team members spinning nearby. If you've always dreamed of being a DJ, or are simply interested in audio engineering and equipment, check out Radio X in the Rosenthal building, first door on the left.

You can follow RadioX on Facebook, Twitter and Youtube @NSURadioX and contact them directly via WNSU@nova.edu or 954-262-8457. You can also attend their meetings every Wednesday from 12-1 p.m.

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Office of Student Media at
sharktv@nova.edu or (954)-262-2602.

Apps every Shark should have

By: **Ben Underhill**

In today's technology-based society, many students carry around mini-computers in their pockets in the form of smartphones. Although most smartphones come with pre-programmed apps, these phones are, for the most part, fully customizable when it comes to which apps you have. Here are just a few of the apps that can help a student's daily life, all of which are free and available in both the iTunes App Store and Google Play.

Outlook

Starting with the basics, Microsoft offers the Outlook mail system as a smartphone app. The easy-to-use app lets users hook up multiple emails to the app, as well as turn on notifications for new emails, calendar events and more. With the app, seeing an email late becomes a thing of the past.

Blackboard Mobile Learn

The Blackboard app is another student essential, despite being frustrating at times due to crashes and slow loading speed. The app shows students their most recent grades, current courses, syllabi, upcoming assignments and announcements from professors, just to name a few features.

iShark

NSU's official mobile app is an all-encompassing app designed for current students, faculty, staff and new students. The "Student, Faculty and Staff" section of the app includes direct access to Blackboard and the course directory, real-time information about Shark Shuttle routes, and RecWell

services including group classes, intramural sports and scuba classes.

OrgSync

If involvement peaks your interest, then OrgSync is the way to go. The OrgSync app allows users to stay up-to-date with their organizations as well as browse the other on-campus organizations. The app also features optional notifications for announcements within the involved groups.

Uber

Sometimes students might not be in the best position to drive or don't have a car to begin with. Never fear, ride-sharing is here. Uber offers ride-sharing services that allow the user to request a car to pick them up at a set location and drop them off at another. For example, an Uber ride from campus to the NSU Art Museum costs about \$15, while a ride from campus to Publix would be about \$5.50.

Venmo

Owing money to someone can be a struggle if you don't usually carry cash. That's where Venmo comes in: simply hook up a credit or debit card and transfer money to another user. You can also use Venmo to split bills and keep track of your purchasing history.

RetailMeNot

College can get expensive, so there's no reason to spend more than you should at stores. RetailMeNot collects hundreds of stores' sales and coupons together into one coherent app. Users are able to use the coupons directly from the app.

Quizlet

Quizlet is a great resource for study material. It compiles a myriad of practice quizzes, virtual flashcards and more on almost any topic. With all of this information in one place, studying for your next big exam becomes a breeze.

WhatsApp and GroupMe

These popular group messaging apps are must-haves if you are involved with anything on campus. From sports to performing arts to organizations and more, both of these apps have their advantages for communicating with a large number of people, such as group and direct messaging, liking messages, setting up events people can RSVP for and more.

WayUp and Indeed

College is all about preparing for a "real-world" job. WayUp, which is only available through the App Store, and Indeed, which is available in Google Play and the Apple Store, provide easy-to-use services that compile internships and jobs within the area. Both apps have their perks. WayUp is designed to help college students and recent graduates find internships and smaller jobs, while Indeed is for anyone and can help find any kind of job within the area.

AroundMe

As much fun as college can be, sometimes it's nice to get out and explore the city surrounding campus. AroundMe is a great way to see local restaurants, movie theaters and other entertainment, including reviews and price ranges.

Circle of 6

Walking by yourself when no one else is around can be a bit nerve-wracking, but Circle of 6 is there to help. The app lets you choose six trusted people, hence the name, and can tell them where you are and if you need help. The app is a great way to help prevent violence.

Vent

College can be very stressful and sometimes just having someone to talk to helps. That's where Vent comes in. The app allows you to write away all of your feelings and post it to a forum-like community for others to read and respond positively to.

Waze

For commuter students plagued with sitting through traffic every day to get to class, Waze is the perfect app for that stressful morning commute. Waze is a community-based app that works as both a GPS and real-time traffic alert system. Real drivers update the app as they continue on their route, identifying upcoming traffic accidents, police cars and road hazards for the users that follow them. It's also useful for finding the most inexpensive gas stations nearby and syncing up meeting times and locations with friends using Facebook.

With technology surrounding us in our day-to-day lives, apps can make the difference in productivity, safety and savings. As the semester comes to full speed, make sure to have these apps on hand.

This article has been edited since its original publication on Jan. 31.

Getting on the Wi-Fi

By: **Monique Cole**

Got Wi-Fi? One of the first things students should do when they get to campus is connect their electronic devices to the campus' internet connection. Depending on whether you're a student or a family member, the server you choose will be different. There are no fees for using any of NSU's internet servers.

How to set up Wi-Fi for students, staff and faculty (1NSU)

NSU recommends students, staff and faculty connect to 1NSU because the network is encrypted to provide more security features.

In order to connect to 1NSU, follow these steps:

- Go to Network Connections
- Choose "1NSU" from the list of wireless connections
- Check "Connect Automatically"
- Enter your NSU Sharklink ID and password

How to set up Wi-Fi for guests

NSU provides a wireless network for those unaffiliated with NSU to connect to as well - GUEST. GUEST is an unencrypted wireless network that is less secure than 1NSU. Visitors to the university can connect to this network by doing the following:

- Go to Network Connections

Once in Network Connections, click GUEST

Accept NSU's user agreement

Guests are required to accept the university's user agreement in order to gain access to the network. If the terms are not accepted, access to the wireless server will be denied.

Quick Tips

Help Desk Contact Information: 954-262-HELP or help@nova.edu

There is no fee for receiving assistance to connect to Wi-Fi.

NSU affiliates can visit help desks in the Alvin Sherman Library, Research, and Information Technology Center or on the second floor of the Carl DeSantis building for technical support and guidance when connecting to Wi-Fi networks on electronic devices.

Those interested in linking Sharkmail to mobile devices can visit technical support members at one of the aforementioned help desks for assistance.

Students located in the residence halls can connect electronic devices by registering with their wireless laptop address.

Photo tutorials showing 1NSU network setup can be found at nova.edu/help/index.html.

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Tips and tricks for acing your online class

By: **Gabrielle Thompson**

When most students decide to take an online class, they probably think it's going to be an easy A, a way to skyrocket their GPA. However, this is often far from the truth. Online classes aren't as simple as they may sound.

Sure, you don't have to worry about having to get to class on time or sitting through an hour-long lecture. Online classes have different requirements and a different setup than your average, on-campus class. Here are some of the most important points to master for your online class.

Make time to review

In an online class, you can't just go a couple times a week and listen to what the professor says. You have to make time to review the material yourself. Your professor may have lecture slides available for you to go over, but it is up to you to utilize them. Nobody is holding

your hand and guiding you to make the right academic choices – it's all on you.

Know the syllabus

Your syllabus will be your best friend during your online class. Everything you need to know is on there. In online classes, you don't have the same interactions you do in on-campus classes. This means that you don't have constant reminders about important essay or project deadlines. Saving the syllabus to your computer and checking it weekly could be a complete lifesaver.

Get familiar with discussion posts

Most online classes require weekly discussion posts. The discussion posts are normally a question or two about assigned readings. Though it may seem awkward responding to students you don't know

personally, discussion posts may make or break your grade. Make your initial post, respond to at least one comment on your own post, especially if your professor comments on it, and comment on two to three other students' posts. Asking other students questions about their posts is a great way to get a conversation going and get those participation points.

Keep up with course messages

This is where you can send your professor and classmates messages regarding the class. It's almost like the email system of Blackboard. Because everything for the class is written communication, deciphering the actual meaning of an instruction can get confusing. Don't be afraid to message your professor or classmates for further clarification.

Track your tests

It is important to know in advance how tests will be set up. Some online classes require lockdown browsers. This is a certain application you are to download to your computer that makes sure you aren't opening different tabs and looking up answers. If you have to use a lockdown browser, make sure you download it before you have to take the test. Also, be sure to find a quiet place with good Wi-Fi when you go to take any test. This will ensure that you won't have technical difficulties that could mess up your testing.

Online classes aren't going to be the easiest thing you do, but they also are not to be feared. If you make sure you are on top of your work, you'll do well in your online class.

How to virtually navigate NSU

By: **Monique Cole**

Transitioning into college for the first time can bring stress, especially when it comes time to learn all the new websites associated with NSU. Below are websites to bookmark that students tend to use daily throughout the school year.

Sharklink

sharklink.nova.edu/cp/home/displaylogin

Sharklink is one of the most-used websites for NSU students, because it provides a wide array of information about the university. Students will also be able to access their personalized account with the university, where they can see information pertaining to their finances and financial awards, academics and personal information the university has on file. When a student logs onto their account, they'll see various sections and tabs.

The tab students typically use the most is the Student tab. This is where students can seek more detailed information on student employment, how to schedule an appointment with academic advising, view their transcript, find textbook information, see their financial aid or check their class schedule. Courses can be added or dropped in the course information section under "Records & Academics." Any financial awards can also be accepted in the financial aid section.

The Home tab allows students to manage their account information. This includes changing their password, updating their personal information, or subscribing to various layouts for what they want to see on their Sharklink, such as the Alvin Sherman Library.

The Community tab allows students to view upcoming events on campus, information on campus safety and transportation services. It also provides various links for information on services that the university offers when it comes to food, career development, employment, disability, health resources, study abroad and

more. All the links for student media, which includes NSU's student-run newspaper, radio station and television station, are also provided.

Sharklearn mako.nova.edu

Students can be directed to the Sharklearn page from Sharklink homepage. Sharklearn provides students the opportunity to monitor their grades, class announcements, view course assignments with their due dates, turn in homework and find internships.

When clicking on a class in "My Courses," students should see a screen with various links on the left-hand side. This is where most professors will often include their syllabi, contact information, course assignments and will post grades. Be aware that not all professors will enter the student's grades into Sharklearn. All online classes are carried out on Sharklearn. All class work, discussion posts and any other online components will take place in the "Courses" section. Students can follow their class syllabi or utilize the calendar option on Sharklearn to keep up with course work.

Sharkmail sharkmail.nova.edu

In Sharkmail, students can check their emails or contact their professors. Students can also contact their professor through course messenger on Sharklearn. Since professors only answer emails from their Sharkmail account, students should always be using their Sharkmail account to contact anyone associated with NSU. An added benefit with Sharkmail is that there is a section that allows students to access Microsoft Word, PowerPoint, Microsoft Excel, Skype and several other helpful softwares. All these services can be found in the top left corner by clicking on the box with three rows of squares. Students will also be able to edit their layout or

customize their own email signature by going to settings.

Course Wizard fcas.nova.edu/coursewizard

Course Wizard allows students to research course information, download their class syllabi and see their schedule. Please note that you cannot sign up for courses with this website. While the site does offer a scheduling creating tool, this is only to help students organize and select the classes they would like to take for the next semester.

When you are registered for classes and want to check your course, you will need to either have your NSU ID or Course CRN number. Be sure to select the correct term. If you're unsure about which classes to take, make an appointment at nova.edu/undergraduatestudies/gradesfirst/index.html. Setting up an appointment with an academic advisor can help keep you on-track for graduation.

Alvin Sherman Library sherman.library.nova.edu

The Alvin Sherman Library website gives students the chance to virtually take advantage of the many resources the library provides. Students will be able to find library hours, locate information on how to cite resources in APA format, chat with a librarian, research databases for class assignments and reserve a book or study room.

Handshake nova.joinhandshake.com/login

Handshake allows students to market themselves to employers and apply for job positions or internships. The website also provides a career development section, where students can find handouts on how to construct their resumes and cover letters.

OrgSync orgsync.com/login/nova-southeastern-university

On OrgSync, students can look up information on events on campus. The Organizations tab offers students the chance to look at various clubs and Greek life on campus. By clicking on an organization, a student can view the club's meeting dates, contact information and view a general description of the organization.

Performing and Visual Arts nova.edu/student-life/arts.html

This website gives students information on events and shows created by NSU's visual and performing arts department.

Sports and Athletics nsusharks.com

This website allows students to see all the sporting events taking place at NSU. Here, you can also find information on the different student athletes and teams, and read recaps of NSU games.

NSU Recreational and Wellness rec.nova.edu

At this site, students can learn more about NSU's gym policies, fitness classes offered and how to take part in the many intramural sports.

Shark TV on Demand suttv-nova-edu.swankmp.net

In addition to watching movies and original content on Channel 96, students can also view programming on the go using this website courtesy of Sharks United Television (SUTV), provided they are connected to NSU-supported Wi-Fi.

WANT TO READ MORE? HEAD ON OVER TO THE CURRENT'S WEBSITE FOR WEB-EXCLUSIVE PHOTOS AND ARTICLES!

NSUCURRENT.NOVA.EDU

Keeping your roommate relationship status

By: **Aldana Foigel**

Once upon a time, two girls were roommates in college and became best friends. They moved to the same neighborhood after graduation, their husbands became best friends and they all lived happily ever after.

This is what many people may expect from their college experience, but sometimes fairytales are far from reality.

Leaving your home, family and friends is never easy, so coming to college is definitely a life-changing experience. In college, we meet new people, we make friends, we get lost on our way to class during the first week and we live with someone who is not a relative — we live with our roommate. Getting to know someone’s culture and lifestyle takes time, and for this reason, relationships between roommates can occasionally be difficult.

Disagreements usually start at the very beginning when you are getting to know each other, a time when you realize how different your lives might have been before college.

Bryan Licona, graduate assistant for mediation services in the Office of Residential Life and Housing, said, “The typical top three disagreements between roommates are sleeping schedules, cleanliness and visitors or overnight guests.”

Licona said that there’s always a solution. “Roommates should sit down and talk to each other. In general, they know the conflict exists, but they don’t talk about it,” he explained.

Communication is extremely important between roommates, and many conflicts start because students don’t talk to each other.

Some roommates, however, try to talk but

can’t come to an agreement. There is no need to panic because at NSU, a lot of people are willing to help students through good and bad times.

“If talking to each other does not help solve the problem, roommates should contact the Residential Assistant (RA). If the RA feels that the situation is out of their control and they are not comfortable handling it, they will ask students to reach out to the Office of Mediation Services,” Licona said. “We are here to help students, and they are more than welcome to come to the office anytime”.

Although having issues with your roommate is not easy, it’s possible to find a solution to your problems.

“During my freshman year, my roommate and I had very different sleeping schedules,” said Sophie Madden, sports management major.

“She comes from a country where people go to bed late, and I like going to sleep early. At first, it was hard because I didn’t know her too well, and I found it difficult to get my point across. But we finally sat down and arranged a sleeping schedule that suited both of us.”

College is meant to be a fun learning experience, so don’t give up right away on solving any problems you might have, especially roommate conflicts. Communicate, solve the problem and enjoy.

If you have problems with your roommate, talk to them first. If that doesn’t work, talk to your RA or visit the Mediation Services Office. You can also contact the Office of Residential Life and Housing at 954-262-7052.

Originally published Sept. 13, 2016



By: **Gabrielle Thompson**

Leaving for college can be a super exciting time. You get to gain independence, make your own decisions and learn new things about yourself. On the downside, this also means that you have to leave your friends behind. You might be worried that because you don’t see your friends every day, your relationships will suffer. I’m not going to lie: keeping up with everyone you were friends with in high school is hard and takes some work, but that doesn’t mean it can’t be done.

The first step is to figure out your friends’ schedules. Start on a fresh piece of paper and label the days at the top and the times on the side. Fill in all the times you have class and/or work. Then, on the same paper, fill out your friend’s schedule. This will allow you to see exactly when both of you have free time.

Once you figure out when both you and your friend are free, you can plan out when to Facetime or call. Try to schedule a time to chat at least once a week. You may not necessarily think you have a lot to talk about, but it’s good to hear from someone even if it’s only for 10 minutes or so. I’m sure you’d be able to find something to talk about. After all, you are friends for a reason.

If you’re particularly busy one week, try calling when you are walking to or from class. Traveling across campus can sometimes take a while, so it’s a perfect time to catch up. This way you won’t feel guilty for talking on the phone instead of writing that 10-page paper that’s due at midnight.

Of course, the simplest and most obvious way to keep in contact is to text each other. I’m not saying you have to text every waking minute of the day, but if you see or do something that reminds you of your friend, don’t hesitate to let them know.

Even though you don’t get to see your friends from back home all the time, they are still your friends. Being away from home doesn’t mean you automatically can’t be friends anymore. If you keep in contact throughout the school year, once you go back home for break or the summer it’ll be like nothing ever changed in the first place.



By: **Kerrigan McVicker**

SharkCards are magical. Your SharkCard gives you access to everything on campus and, most importantly, holds your declining balance. It is basically your debit card for food. This often excites new students, but beware of its powers... it is stronger than you think.

You must be mindful of how you are using your SharkCard. It is very easy to get carried away and many students have learned that lesson the hard way. Nonetheless, it’s possible to handle your declining balance strategically. Once you start a rhythm, it becomes easy.

To spend your declining balance responsibly throughout the semester, purchase food for mainly lunch and dinner and limit snack purchases. Breakfast food is easy to make in the dorms, whether it is cereal, oatmeal, eggs, toast and more — it can be done. You’ll save money by eating breakfast in your room a few days a week, so spending money on lunch and dinner will not be a problem. If you are a Starbucks lover and plan on grabbing coffee every morning before class, definitely eat breakfast in your room beforehand because those daily trips will add up quickly.

Outtakes is an extremely convenient mini-mart right in the heart of campus. It can be your best friend or your most powerful temptation. It has everything one could possibly desire. From snacking food to frozen meals, sushi, ice cream, hygiene necessities, every drink you can imagine and more, Outtakes has it all. In order to not let the safe haven get the best of you, try to limit your trips to Outtakes to once a day. Whether it is a quick stop for a snack, beverage or a small grocery trip, the prices add up very quickly. Instead, buy your favorite snacking foods or dorm necessities at a local grocery

store to limit your trips to Outtakes because it is expensive. Also, try to limit yourself to a price range when you go to Outtakes. Of course, some days you might spend more money than others, but keeping a balance of the number of stops at Outtakes can save a lot of cash in the long run.

Many students think food at NSU gets boring. Yes, at times you may want to eat out more than eating at school. However, you can save your tastebuds from boredom and create original combinations from the food on campus.

Create a dining routine for yourself. Try everything at each venue. People who get bored of the food often aren’t searching for more options. All of the spots to eat have a good selection on their menus, so try it all to see what you do and do not like.

The Food Bar and Training Table provide different types of food every day for each meal, so you can always count on variety there. The Chick-N-Grill has more than just chicken, beans and rice, so try their quesadillas or tacos. Other locations with a lot to offer on their menus are The West End Avenue Deli in the library, Einstein Bagels in the DeSantis Building and Flight Deck in the University Center. There are healthy options on campus, too. Greens and JuiceBlendz provide salads, sandwiches, wraps, smoothies and juices.

Be creative and optimistic with your daily diet routines on campus. Plan out what days or how many times a week you will eat at each restaurant and be sure to try different options on the menus to take advantage of the variety NSU offers. Prioritize your diet by eating different foods each week, and you will surely be satisfied.

Stay updated 24/7 so that you know exactly when to rock out with us!

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Decorating your dorm room

By: **Athena Edwards**

It can be difficult to personalize your dorm room. In less than a year you're going to have to pack up all your things for the next school year. Compared to all your years at home, one academic year goes by in a flash. You also can't bring everything to college with you and will have to work around the school's furniture and a smaller room. Figuring out how to balance neatness with personality is difficult.

Furniture is not the only way to add personality to a room. By all means, bring a few containers and chairs, but don't get caught up in bringing fancy TV stands and vanities with you to college. They're hard to move all the time and will most likely wind up making your dorm look cluttered. Instead, try for the simple things:

Surround yourself with memories

Put your photos on the walls. Some people

opt for collages, others for hanging pictures on strings or fishnets with clothespins. When you're away from home you'll be able to enjoy looking at pictures of your family, pets and friends. You could also put up photos and posters of your favorite celebrities and movies or photography shots.

Stay motivated with word art

Many people on campus have quotes on their walls. This could be just a select few of your favorite motivational or comedic relief quotes or it could be a wall covered in quotes. It's all up to you.

Twinkle and shine

Stringed lights are also very common in the dorm rooms. They are compact, easy to put up or away, and they brighten up the space. It's a

great choice to personalize your room because you can get a wide range of colors or even paint a light coat of your favorite color over the bulbs. Just make sure the mini lights you use are Underwriters Laboratories (UL)-approved.

Reflect on yourself

While vanities are almost an assured no-no, a wall mirror can be a great choice for making the room look bigger and serving your reflective needs. You can also paint the rims any pattern you desire and put stickers or pictures on them.

Color is key

Get colorful and/or patterned bedspreads, blankets and pillows. Comfort is obviously the most important thing, but your bed is going to be the biggest piece of furniture and sets the mood for your room. Why not get that fancy

comforter you've had your eye on? You could also decide to splash your room with color by having different colored pillows and blankets. If you're in a room with a bunk bed, you can opt to cut pool noodles and put them on the ladder. This will make it easier and less painful to get in bed but can also serve as a great way to add color to the room.

Give your feet a warm welcome

Put in a rug. This serves double purpose as it keeps your feet from being immediately greeted by a cold floor when you wake up and also adds personality to your room.

Above all, do you. It's your room, so make sure it's a place you want to open your eyes to every day.

Questions to ask a potential roommate

By: **Kerrigan McVicker**

Are you planning to live on campus? There is no better way to become acclimated to being on your own at school. This can be a very exciting time for incoming freshmen who are eager to get out of the house and leave their parents' rules behind. However, there are many things to consider before living on campus, and one of them is your potential college roommate.

For some, finding a roommate may be exciting, but for others, it can be a time of curiosity and nervousness. It is important to get to know your roommate so you can both coordinate your schedule and lifestyle. If you are fortunate enough to be going to college with your best friend, or if you met your "roommate soulmate" during orientation and wish to request a room with them, you can note these preferences in your housing contract. Here are eight basic questions to ask a potential roommate.

1. Do you smoke?

This might seem like an odd question to ask since NSU is a tobacco-free university, but it is still important. If you are not a smoker yourself and do not care for it, then living with someone who does smoke could be problematic.

2. Are you an early riser or a night owl?

Adjusting to a roommate can be hard, especially if both of you are on opposite sleep

schedules. Having a roommate with a similar sleep schedule will benefit you greatly in school and help you adjust more smoothly to living in a residence hall. A roommate who goes to sleep and wakes up around the same time as you will motivate you to get to bed on time and not skip morning classes.

3. What are your study habits?

Scoring a roommate who has big academic goals in his or her future is great. However, if you are not the most studious person, then this is something you should take into consideration. Also, asking the person what they want to study could be helpful too, especially if you both have similar majors, or better yet, the same major. Having a roommate who's also a study buddy is an even greater advantage.

4. Do you mind sharing clothes?

If you are thinking about rooming with someone who has a similar physical stature and style as you, then the question of sharing clothes should be addressed. Sharing clothes is a bonus as your wardrobe can double in size overnight. But if the topic is sticky for you or the other person, then it's an issue you are at least aware of before moving in together.

5. What do you enjoy doing on the weekends?

As college nears for newcomers, a large

amount of hype is focused on the infamous college activities, including parties, socials and sporting events. Ask potential roommates what they are most excited to do with their free time and weekends, because your plans may or may not be in line with theirs. If you enjoy late nights of partying and lack of sleep, but your potential roomie does not, or vice versa, then discuss some potential compromises or reconsider being roommates.

6. How do you feel about overnight guests?

College is freedom from parental supervision, which means sleepovers are popular and welcome for friends, boyfriends, girlfriends, siblings – you name it. If you need your beauty sleep every night, then this is a crucial question to ask a potential roommate. And if you love having company, even on school nights, then it would be a good idea to search for a roommate who shares similar interests. If you are both neutral on the topic, then it should not be a serious issue. However, if it does get out of hand, it is totally fine to address that during the school year if necessary.

7. What chores do you prefer doing?

Yes, chores are a definite must when living in a dorm with a roommate. Because there is a bathroom in each room at NSU, it would be a good idea to discuss who wants to take on the germs to scrub the toilet, shower, and sink.

You'll also have to empty the trash, vacuum the floor and wipe down the countertops frequently. It is easiest to divide and conquer these tasks and to switch the roles throughout the year as well.

8. What are your biggest needs?

All students have their own needs and preferences in their living space. If you need the room to be spotless in order to feel sane, then that is something you should mention to your potential roomie. If you do not care too much about the tidiness of your room but your roommate does, then that is maybe a sign you two should not be roommates. Also, try to find someone who shares similar qualities as you. If you are an introverted person and like your quiet time, then it will not be a good idea to room with an extrovert who wants to talk and is outgoing all of the time.

Living with another person will be an adjustment to your lifestyle, but as long as both of you are compatible and willing to compromise, then there should not be any major problems. Keep in mind that it is extremely important to respect your roommate's belongings at all times. Enjoy the company of your roommate and have fun getting to know each other. You never know: Your first roommate could become your lifelong friend.

Living it up in the dorms

By: **Gabrielle Thompson**

Living away from your family for the first time can sound a bit daunting, but staying in the dorms is a perfect way to transition into independence. Residential life will help you make new friends, make it easy to get to class and teach you skills you will need to know as an adult — learning how to do laundry is an important one. To make your transition a little easier, here are some things I wish I knew when I first came to live in the dorms:

Get to know your roommate

When you find out your roommate assignment, send an email introducing yourself. You are going to be living with this person for at least seven months, after all. You can also

coordinate what you're bringing. That way you aren't responsible for buying everything and don't end up having two microwaves.

Clean up after yourself

I know you're busy and it can sometimes seem like a task to clean up your food right after you're done. However, it is a necessary chore. It is very likely that if you leave your food out, the ants will come — even if you are living on the fourth floor. Also, you have to be courteous to your roommate. Having a messy room is OK if you're on your own, but I'm almost positive your roommate would appreciate it if you kept everything tidy.

Use your declining balance to the best of your ability

If you live in the dorms, you are required to have a meal plan. The declining balance on your SharkCard can be used at any of the vendors on campus, including, but not limited to: Starbucks, Subway, Einstein's, and Outtakes. Since you lose the money you don't use by the end of the year, utilizing your declining balance is super important. If you're still left with a sizable amount of DB towards the end of the semester, you can use it to stock up on everyday items at Outtakes or to buy those really cool cups at Starbucks, which make a great gift for yourself or somebody else.

Utilize your RA

Your residential assistant (RA) is there to help you in any way you need. Having problems with your roommate? Go to your RA. The light in your room went out and won't turn back on? Go to your RA. You got locked out for the third time? Go to your RA. Their job is to assist you and make sure that your stay in the dorms goes as smoothly as possible.

Perfecting life in the dorms is definitely a learning experience. Like most things in life, practice makes perfect. Living in the dorms is a rewarding experience, and knowing a few tips will make your year in the dorms as smooth as possible.

Becoming the ultimate commuter student: Make college your own

By: **Jenna Kopec**
@Jen_Kopec

There's no door with your name on it in the residence halls, and you don't get to roll out of bed and shuffle to class. You're a commuter student. Unfortunately, the commuter student can be left out of the college conversation. There's often talk about how commuter students feel disengaged from the university population or that they're missing out from the complete college experience, but NSU takes great pride in its large commuter student population.

Jennifer Hicks, president of the Commuter Student Organization, said, "I would say a successful commuter student would be really involved on campus. [They'd be] focused on their studies and also on getting involved, whether through student government or through sororities and fraternities. Just be involved in the college experience."

Of course, this advice sometimes seems easier said than done. A commuter student may have more responsibilities at home than their residential counterpart. They may only be on campus for select days of the week and they may be unsure about what the "college experience" actually is. None of this means that commuter students are at a disadvantage or can't enjoy this period of their life. Here are three things for the commuter student to keep in mind at the beginning of the fall semester.

Realize that there is no standard

We talk about dorm rooms and declining

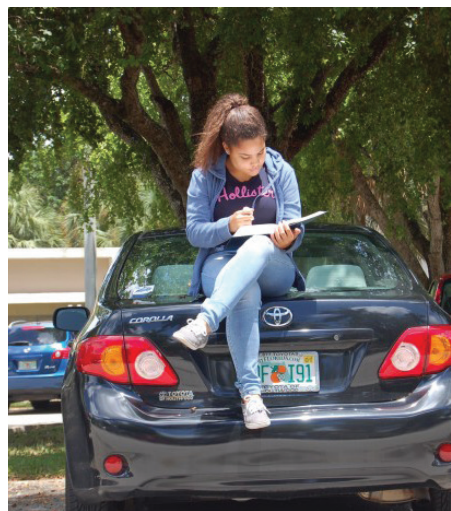
balances like these are the key characteristics of a college experience when, in reality, that's not the case. Each individual student has his or her own ideas about what it means to be in college. For some students, it means finally getting the freedom to make their own decisions, attaining all the knowledge they can and the degree they've always dreamed of. For others, it means both of these things and more. Commuter students are not excluded from these common goals. They need to create an experience that suits them best, just as a residential student would.

Samantha Yorke, assistant director in the office of Undergraduate Student Success, said that the college experience is different depending on a student's goals and involvement.

"I don't think that there's necessarily one ideal college experience nor do I think that there's one definition of student success," she said. "I don't think you need to live on campus to have the ultimate college experience. It's just important to be educated on what opportunities are available to you at the college you're attending."

Resources can help you find your niche

Though the student creates the experience, it may still be difficult to decide where to start. Speaking to organizations at Weeks of Welcome and SEA Thursday events, which bring together different clubs and organizations, may be a good start. Joining clubs or organizations allows



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Commuters often have a different kind of college experience, but that doesn't mean that experience can't be great.

students to create a niche and find companions.

Hicks said, "[When you're part of a club] you get to be around other students that are kind of feeling the same way you are, and you get to be part of a group rather than being by yourself."

Resource offices, such as Student Success or Campus Life and Student Engagement, can also connect students to programs, events and clubs that will fit their needs. The Student Success and Academic Advising offices have options for phone and Skype appointments in the event that a student is unable to make it to campus on a certain day.

The campus belongs to you, too

Although it may not be realistic for a commuter to spend an entire day on campus, students shouldn't be afraid to spend time at NSU outside of class. Whether it's an event, study group or just some quiet time out by the lake, commuters can find solace and connections between classes.

Yorke said, "I think it's really important that [commuter students] find those spaces on campus that mean something to them. So if they do have a couple hours between classes, they know where 'their spot' is."

The resources, spots, and activities on campus belong equally to commuter students and residential students. Student should feel comfortable utilizing resources and space.

"Once [the commuter students] find those connections, it should feel the same way," Yorke said. "I think it's important for commuter students to know that they are NSU."

Fill your gas tanks, find your favorite parking spot and face the semester knowing that you're equipped to take it on. Being a commuter student means that your college experience may be different, but it doesn't mean it will be any less amazing.

This article has been updated since its original publication date on Aug. 23, 2016.

Commuters can study on campus, too

By: **Nikki Chasteen**

Welcome to the next four years, or more, of your life. Your college years should be fun and exciting, socially. However, it's important to remember you are also here to further your education. Whether you are sharing an apartment with roommates or you live at home with your little brother who always wants to know what you're up to, fear not. Here are some of commuters' favorite study spots:

Alvin Sherman Library

Whether you are studying for a regular semester exam or for midterms and finals, the Alvin Sherman Library is there for you. The library hosts a variety of options for group and individual studying. If group studying is your thing, check out the study rooms on the second, third and fourth floors, available by reservation on the library's website: sherman.library.nova.edu/rooms.

If group studying isn't your thing and you just want some peace and quiet, the library also offers individual study cubicles and tables on a first-come, first-serve basis. The library is open Monday through Thursday 7:30 a.m. to 11 p.m., Friday 7:30 a.m. to 9 p.m., Saturday 8 a.m. to 8 p.m. and Sunday 11:30 a.m. to 11:30 p.m. The library also extends hours during midterms and finals weeks. Check the library website for exact times during those weeks.

Flight Deck

Flight Deck in the University Center, or UC, is the place to eat and study. If you don't mind using your headphones, or aren't distracted easily by your environment, then Flight Deck

might be your go-to study spot. Make all your cold-weather friends jealous in November, when you can study outside at one of Flight Deck's cabanas or gliding tables. If it happens to be raining, you can sit at one of the high-top tables or booths inside to study as well. Flight Deck is open every day from 11 a.m. to 11 p.m. You can also find tables and chairs for a comfortable study experience on the second floor of the UC.

Commuter lounge

The commuter lounge is located on the first floor of the Student Affairs Building in room 105. This room is designed specifically for commuters to have a sanctuary to chill out, but a lot of students use it for a study room. The room is stocked with a Keurig for coffee or tea, a mini fridge with soda and water, a variety of candy and plenty of comfortable seating. The Student Affairs Building is open until 11 p.m. on weekdays. It's the perfect place to study, but also a great place to take a break and relax.

DeSantis second and third floors

The second and third floors of the DeSantis building have several rooms that are great for getting away from the hustle and bustle of the first floor and having some quiet study time. Unlike the library, these rooms do not require a reservation and there is no time limit.

Whether you like to study indoors or outdoors, alone or in a group, NSU has a variety of options for studying around campus. Just pick a spot and spread out. Don't forget highlighters, notecards, headphones, coffee, snacks and whatever else you need when you study, and good luck on a great first year.

Parking 101, Shark-style

By: **Melanie Chapilliquen**

It's no surprise that, as Sharks, we have a tendency to fight for what we want. The NSU parking spots are no different. Turn on your blinker a second too late and you'll have to circle the parking lot a few times in search of another spot.

Being a commuter student can be a challenge, but after a semester of driving to campus every morning you know exactly the right times to come to school and how to make sure you get the best parking spot.

Scope out the reef

Don't be that wandering lone Shark that has no idea where it's swimming. Check out the campus and as soon as your class locations are released, stop by and locate the parking spots closest to you. NSU has so many parking locations that, if scoped out correctly, you won't need to bite to get your parking spot.

Give yourself some time

Do not, under any circumstances, assume you will get a parking spot. It is a myth that the smaller the school, the more of a chance you have of getting a parking space. True, NSU is a small school, but as the student and faculty population increases with time, the more crowded it gets. Plan accordingly, and don't

give yourself five minutes to find parking. Make sure you give yourself 10 extra minutes between getting to school and walking to class.

Use your blinkers

It is common courtesy to use your turn signal when you find a parking spot. Don't be one of those nasty drivers that cuts in front of someone because they were at the right place at the right time. If you use your blinkers, you're more than likely to find a good spot simply for being respectful. Here at NSU, courtesy and respect are key components of integrity and they will work wonders.

NSU is a vast ocean with many parking spots that are there when you most need them. Fellow Sharks, it is up to you to scope out the best parking, so always have a backup. Navigating won't be as hard and your fellow Sharks all understand the struggles. Welcome to the Shark life.

For more information on parking at NSU, visit nova.edu/publicsafety/parking/index.

Talk shows for your morning commute

By: **Grace Ducanis**

@GraceDucanis

Commuting is annoying, but a morning commute? Unspeakably dreadful. A morning commute in South Florida? It's just the worst. Thankfully, there are plenty of morning radio shows on the air to keep you entertained during your drive. Whether you're a fan of pop, country or classic rock, there's a spot on the dial for you and hosts that will keep you chuckling as you slam the brakes all the way down the highway. Check out some of the best radio shows in South Florida.

"Elvis Duran and the Morning Show"
6-10 a.m. Monday through Friday on 100.7 FM

This "morning zoo"-style show, which broadcasts from New York City, features short entertainment and news reports and recorded prank calls with listeners. The Top 40 show, which began airing in 1996, blasts morning commuters with a crazy and entertaining mix of music, personalities and comedy. An endless parade of celebrity guests include Dan + Shay, One Republic, Shawn Mendes, Nick Jonas, John

Cena and Emma Roberts. With topics ranging from breakup gifts to Instagram husbands, you won't find yourself snoozing on your way to classes.

"The Bobby Bones Show"
6-10 a.m. Monday through Friday on 104.7 FM

If you like country music and good news, look no further than Bobby Bones. The show broadcasts from Nashville, and recurring segments include trivia and Friday morning dance parties. The highlight of the show is "Tell Me Something Good," a segment where show members share positive news stories. Luke Bryan, Carrie Underwood, Blake Shelton and The Band Perry have all frequented the "The Bobby Bones Show" at one point or another. After a solid dose of feel-good songs, hilarious conversations and heartwarming stories, you'll definitely wish you were in a truck on a dirt road, but at least the weekend's never more than five days away.

"The DJ Laz Morning Show"
5:30-10 a.m. Monday through Friday on 97.3 FM

Broadcasting from Miami, "The DJ Laz Morning Show" plays Top 40 and fun. Listen to members of the show get answers for listeners about why they've been blown off in the appropriately named segment "Blown Off," keep updated with 30-second entertainment news snippets, and get the Hollywood buzz straight from actors and singers. Seth Rogen, Iggy Azalea, Meghan Trainor and Sacha Baron Cohen have all stopped by the 97.3 studio for interviews. So, if you're Miami-bred and prefer locally-sourced morning radio shows, "The DJ Laz Morning Show" is for you.

"The Breakfast Club"
6-10 a.m. Monday through Friday on 103.5

For your morning hip hop and R&B needs, check out the extensive content buffet of morning show "The Breakfast Club." Providing their personal opinions on topics from celebrity rumors to sexual assault cases, from living with your parents to police shootings, this show will keep you entertained but also informed.

Celebrity guests include Snoop Dogg, DJ Khaled, A\$AP Rocky and Kevin Hart. If you're feeling angry, call into the segment "Tell'em Why You Mad" and get out a good rant over the airwaves. Or, during "Donkey of the Day," poke fun at celebrity mishaps with the show's hosts. Whether you remembered to eat breakfast or not, "The Breakfast Club" and some good music will help you get through your day.

"The Paul Castronovo Show"
6-10 a.m. Monday through Friday on 105.9 FM

You'll find classic rock and classic chill on "The Paul Castronovo Show." Rock out to Lynyrd Skynyrd, the Beatles and Guns N' Roses while getting entertainment updates, local news and recipe ideas. If you're game for a little detective work, play "B.S. or Not" with the show host. "The Paul Castronovo Show" has a more relaxed atmosphere that will keep you calm as you anticipate the day ahead of you, and will throw you back even if it isn't Thursday.

Originally published Aug. 30, 2016

Managing traffic: Tips for commuters

By: **Bianca Galan**

Sometimes we trust that 20-minute drive too much. We calculate our time to get to class and forget all about traffic, traffic lights, accidents and parking time. The worst times to go to classes are 8 a.m. and 5 p.m., when traffic barely moves. Many of us don't have those classes, but some of us do. Here are some tips for those of you who go through rush hour traffic on a daily basis:

Leave 10-15 minutes earlier than your estimated driving time

This is one of the simplest but best tips. Ten minutes can make a significant difference when driving. If you have unexpected traffic, those extra 10 minutes will come in handy. If there isn't any traffic, then you have time to drive peacefully. Leaving home a few minutes earlier also gives you the opportunity to go back and pick up something you might have left by mistake.

Try different routes

GPS apps oftentimes have different routes to arrive at your destination. But, the featured routes are sometimes the ones that take the longest. The initial route that your GPS provides might be on streets filled with traffic lights that always seem to be red for some reason. At the beginning of the semester, try all of the routes, and eliminate the ones that don't work for you.

Beware the highways

Highways sometimes aren't the fastest way to get to class. Rush hours on highways are the worst. Sometimes even taking a highway feels like you're entering a new dimension and wasting a lot of gas in the process. Check out local routes that don't suffer -- as much -- from rush hour traffic. Though highways can get you there faster when it's not rush hour, it is something to take into consideration to avoid arriving late on those heavy traffic days.

Use Planned Driving on Waze

Waze is a personalized GPS app with continual traffic updates, thanks to users. This app has a feature called Planned Driving that allows you to plan a future drive to a destination and will alert you when you should leave to get to your destination on time. The app takes traffic lights, traffic and accidents into consideration. The app is a great way to make sure you know when it would be best for you to leave, especially during rush hour.

Create a playlist you'll love

Driving is often frustrating. Even though you got out of your house early and you planned your drive, you might find traffic anyway. Have a playlist full of songs that you know you will enjoy for those moments. That way you can have fun while being in traffic.

Balancing school, work and life as a commuter

By: **Melanie Chapilliquen**

After graduating, many of us have the idea that everything will simply fall into place. And it can -- if you find the right balance between school, work and life. Balance is the key component to a successful college career, along with gaining the best experiences you can. Living at home will be completely different than rooming at school, but it all comes down to time management and how you take on responsibility.

School

Welcome to the adult world where you control the classes you take, the times you'd like to take them, the credit hours you can handle and when you can procrastinate. When in college, school isn't the only thing you have to balance. For one, it's different classes, with different requirements, teachers and due dates. Before you think too far ahead, keep the following in mind:

Pick class times you know you'll maintain. In other words, don't pick a 7:55 a.m. class if you aren't likely to wake up before 9 a.m.

Plan sufficient times to study during the week. Fewer grades in college means it's irresponsible to absorb eight weeks of information the night before a midterm.

Look at your syllabi ahead of time and plan out when all assignments are due. Don't assume your professors will remind you.

Work

In addition to school, many of us work to help pay for basic necessities, tuition and fun with friends. Work is often part of the college life, and if not balanced with everything else,

your studies will quickly become second to making money. Tips for working include:

Work hours that can accommodate school classes, while permitting enough time to study.

Don't work unrealistic hours too early or too late into the night, as the effects will catch up to you.

Try to work near home or campus. This will save you time and ensure balance between work and school.

Life

We are young. We are seeking adventure, and this is finally the age to go out and explore the world. Regardless of major, college is the time and place to break out of your comfort zone and enjoy all the experiences it has to offer. Here are some things to keep in mind:

Prioritize. Don't deprive yourself of different experiences, but think before you make spontaneous decisions.

Get involved with organizations that you enjoy, but do not forget other responsibilities.

Speak with a trusted adult who can help you sort out any issues.

Give yourself "me" time - sleep, leisure time, sports and hobbies. Don't lose your autonomy.

College is all about finding what works best for you. Don't overwhelm yourself with unreasonable expectations of the way it should be. Every person will have a different college experience. Find that balance between all work, school and life and you'll enjoy college to its full potential.

Maximizing your success as a Shark

By: **Samantha Yorke**

Welcome to college, where you can set your own schedule, attend concerts where you study, and start your own student organizations. Oh, and one other thing... you have to actually open your textbooks to succeed here. College is a voluntary experience and so is the amount of energy you invest into academic and professional success. Get ready, because your "adulting" skills are about to be brought up a notch or two. By following the tips by a Success Coach within the Office of Undergraduate Student Success, you can make it a FINtastic year (okay, I will stop with the puns).

Organization

Planners, calendars, post-its- these materials will ALL become your new best friends in college. Each class is going to present a lot of information to you, including deadlines, projects, expectations, and exam dates. Whether your planner is made of paper or exists purely on your phone, it should be filled with anything and everything you need to remember. If anything, take some time out of your first few weeks of the semester to bond with your syllabi and transfer important information into your planner. This way, you do not have to remember deadlines off the top of your head, which we all know can become a headache. I promise, when life gets a little busier, you will thank yourself for this.

Take your organization a step further and color coordinate. Synchronize your NSU Outlook calendar with your phone. Take time to

look through your Blackboard courses and what is listed on each page. If you carve out time to prep for each class, you will be more prepared to reach your goals.

Time-Management

Is your clock spinning out of control? Not for long! Consider building a time-management plan where you (wait for it) SCHEDULE your study time! Yes, I said it. You should actually schedule time to read, reflect, and practice math problems. Having your academic tasks scheduled helps you not only see what is possible to complete within the week, but creates a stronger feeling of accountability (see the next subsection for accountability). You can create a time management schedule with the Office of Undergraduate Student Success, which will assist you in feeling organized with the many components to your busy life.

Do you get distracted while studying? If so, you are absolutely not alone. Consider setting alarms for study breaks, so you know when exactly to get back to work. Put your phone on airplane mode if hearing that "ding" causes you to lose track of the hour... or the night. Finally, set a bedtime! Yes, part of adulting is bringing a bedtime back into your life.

Motivation

So it may be a bit difficult to concentrate on that lab report when your friends want to go out to dinner, a football game is coming up, and

the beach is calling your name. Motivation and procrastination may start to creep in to your life and you may find it affecting your academic success. When this starts to happen, consider your goals. Why are you here at NSU? Maybe you want to be a doctor someday. Maybe you want to work in theatre. No matter what the long term goal is, your short term actions matter. Consider keeping your "dream GPA" on a post it by your study space (which, by the way, you should find one of those). Find a study buddy in that harder course of yours and ask them to set up a routine study time with you. Finally, prioritize! Reflect on what is most important to you before you make a decision on how to spend your Thursday night. You know you know the right answer.

Faculty

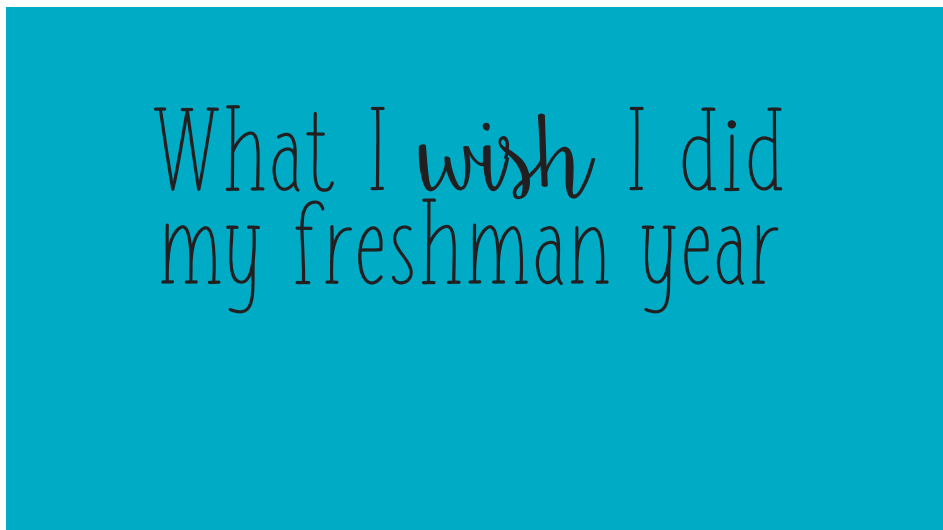
Start the semester the right way and introduce yourself to your professors. This can be before class, after class, or during office hours. Let your professor know that it is your first semester as a Shark and ask what you can do to best succeed in their course. Building on faculty relationships will assist you in feeling confident in the classroom. Additionally, you may find a future reference or mentor! Faculty want to see you succeed, so let them know your goals, concerns, and successes.

Resources

Luckily for you, you attend a university

overflowing with support services and opportunities to maximize your success. The Tutoring and Testing Center can assist you with courses you may be struggling with through both tutoring and SI sessions. Schedule your first appointment with them to get used to the tutoring process BEFORE you really need the assistance at 954-262-8350. Visit Career Development to draft your resume and find opportunities to further your professional development. This office has walk-in hours as well as appointments, at 954-262-7201. Get involved! We have some pretty dynamic events and leadership roles at NSU, with many of them stemming from Campus Life and Student Engagement (954-262-7288) and Student Leadership and Civic Engagement (954-262-7195). Looking for an accommodation? Stop by Disability Services in Rosenthal Bldg. Feeling stressed? Use your free counseling sessions through Henderson Student Counseling Center. Finally, make sure to visit your academic advisor to build your 4-year plan! Schedule your appointment at 954-262-7990.

Still have questions? Come speak to an academic success coach in the Office of Undergraduate Student Success (Rosenthal 104). This office can further connect you to resources and opportunities around campus as well as assist you in building the ultimate success plan. To schedule an appointment, call 954-262-8536 or visit nova.edu/yoursuccess. Best of luck this semester, new Sharks!



By: **Bianca Galan**

Freshman year is always interesting, but it's also hard. Everything is new: the people, the faculty, the classes and sometimes your room. The first year can be very confusing, so here are some things I wish I'd done differently my freshman year.

Go to events

There are so many activities and events that NSU puts on that sometimes we're too lazy to go to, like karaoke and game nights. But these little activities are opportunities to start getting to know people. These events often create the perfect moments to gain new friends. Great events to be sure to attend are Sharkapalooza and Community Fest, where they give prizes and offer free food, and some performances on campus, like NSU's Got Talent and SharkJam.

Stick to healthy habits

Be careful. Sometimes the college atmosphere encourages you to eat constantly. This is where the freshman 15 comes in, which is when college freshmen, not used to planning their own meals, gain 15 pounds because of poor food choices. It sounds like a lot, but it is possible. My first semester at NSU, I ate everything that was chewable and tasty, gaining about eight pounds. The university has tons of meetings and events on a weekly basis, and in many of these meetings free food is offered. The food tends to be pizza, sandwiches, pasta

or chips, which, if you're hungry, are appealing choices. Believe me, it is hard to resist a slice of pizza after a whole day moving from class to class. I wish I would have stuck to my healthy habits my first semester because, since then, it has felt impossible to get back on track.

Engage in some academic planning

I should've considered actually planning my four years of classes out during my first semester. The day I registered for classes, I literally just registered for whatever was available instead of organizing everything that I was taking. I thought that I wasn't ready to take 18 credits because it sounded like a lot, but it honestly wasn't. I did the minimum my first two semesters. I took four to five random classes instead of organizing my classes in the most effective way. That simple mistake of not giving it my all from the beginning and planning out all of my classes has cost me a whole semester. Taking an extra semester because of irresponsibility isn't the best idea.

Freshman year can be a good or a bad year depending on how well you prepare for it. Start your college education off right by planning classes, planning meals, not stressing out over simple things and drinking lots of water instead of soda. Freshman year wasn't my best year, but it sure can be yours.

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Transitioning from high school to college

By: **Monique Cole**

The realization of being a freshman in college hits every student at some point during the switch from high school to college. Some students know what they're getting into months before the first lecture, while others realize what they've signed up for after becoming overwhelmed. Everyone learns and adapts differently to college. Because of this, NSU requires freshmen to take a first year seminar course to help students with the transition process.

One primary key in adjusting to college life is understanding the differences between high school and college.

Read, study, repeat

Blowing off that reading assignment or going into an examination with a certain level of confidence and a lucky pencil will not work in college. In high school, a student's grade is often a combination of in-class assignments, homework and multiple tests. In college, professors will typically give assignments and homework a much lower percentage than tests, so if a student fails one test, the rest of the semester could be spent trying to pull up that grade by studying harder for the next one. One of the reasons you go to college is to expand your knowledge. College students are constantly building on what they have learned and applying that knowledge through internships, educational opportunities and in jobs after graduation. If

you're just learning to get the grade, what's the purpose of coming to college in the first place?

Great power comes with great responsibility

Professors aren't going to hold your hand through every assignment. A student can't fix his or her grade at the end of the semester by begging endlessly for extra credit. While both high school and college educators strive to inspire and help their students, college professors have higher expectations for their students' abilities. College students should not be afraid to ask questions or participate in classes. The more effort one puts into making a grade instead of begging, the better off he or she will be.

Get your life together by befriending a planner

The best way to know what's going on or what's due is by keeping track of everything. The best way to take hold of the semester is by knowing professor expectations and assignment due dates. Simply relying on memory won't cut it, especially during stressful times. Your syllabi will be the ultimate guides in navigating the semester. Writing down what you have to do will be a visual reminder for not only what's due, but for events on campus. This will become especially helpful for students taking online courses, who might only be able to speak with professors through discussion boards or email.

Don't abuse academic freedom

What can go wrong when students are able to pick their own classes and times? Everything - for some students. College breaks away from high school protocol and scheduling systems. While majors and minors do outline certain courses for a student to take, it is up to the student to pick when they sign up for the classes. A common college misconception is that attendance doesn't matter like it does in high school. While this might be true for some schools or classes, NSU leans towards taking attendance. Since NSU is unique due to its small class sizes, some professors will take attendance or have a sign-in sheet. Skipping out on classes more than three times a semester can result in a grade drop to the point of failure.

Utilize resources

The thing to realize about college is it's up to the students to take care of their overall wellbeing. While high schools will often help a troubled student by providing parent-teacher conferences or trips to the office, troubled college students are responsible for using available resources to take care of their problems. NSU offers various resources for students to use throughout the semester. Student Services is located in the Horvitz building and includes everything from academic advising and career development to help with financial aid. NSU also provides services to help students with

time management, tutoring and mental health counseling.

The college wallet diet

Another huge transition college students have to make is adjusting to the many expenses. One of the best things about high school was that the education was free, including the textbooks. College students can quickly lose their wallet's contents when buying textbooks and supplies. Keep track of your purchases and become aware of where the money is going. If you budget correctly, you might find yourself able to buy what you want, instead of only buying what you need.

Give it time

All students adjust and learn at their own pace, and that's OK. While high school and college have their fair share of differences, they are both learning institutions. College is a place for students to study what they are interested in, while college is more about letting students handle themselves and take responsibility. The purpose of the distance is to help foster stronger students and individuals. Sometimes, the best way to help with the transition is to create a support system and give it time.

Avoiding conflict in group projects

By: **Shennel Warner**

At some point during your college experience, you'll have to work on a group project. Group projects can be a great way to learn to interact with other students in your class. Also, they can help prepare you to collaborate with people in the future. However, working in groups can be stressful if everyone is not on the same page. Here are a few tips to avoid conflict while working in groups.

Set a convenient time to meet up

Finding the perfect time to meet up outside of class can be difficult, especially if you have other obligations like extracurriculars and work. If meeting up during the week is difficult, try having a meeting before or after class. If that doesn't work, try meeting for an hour or two on the weekend. If all those fail, set up a Skype account and have a meeting through an online video chat.

Don't rely on group chats for communication

Having group chats to follow up after meetings is not a bad thing, but don't use group

chats as the only source of communication. Sometimes words aren't clear in messages and can be misinterpreted. Instead, have an in-person conversation with your group members or take time out of your day to call them.

Address concerns right away if a problem arises

If a problem arises with a specific group member, don't hesitate to address your concerns with him or her as soon as possible. Waiting until the last minute to address something only adds more tension and makes it harder to communicate with your group member later on in the semester.

Work together

Because this is a group project, everyone should work together on all aspects of the project. Don't split up the work and only feel obligated to do your part of the project. As a group, you should plan a time when you can research and collaborate. Once everyone contributes and is on the same page, then you can start splitting up the

work before reconvening later. Also, don't be that person who does all the work. Even though, for some, it can be tempting, doing this only gives you an excuse to complain later.

Work with urgency

It is not a good idea to procrastinate, especially when working with groups. Do your best to stay on top of yourself and follow up with group members to make sure they are doing their part. As a group member, it is your responsibility to pull your weight. Always aim to complete work early. That way you can make changes if necessary.

Set tasks

When working in groups, it is best to set tasks and have deadlines. By setting tasks, you will work more efficiently as a group, and avoid procrastination. Setting tasks will also help keep track of what each group member is supposed to do, as well as distribute work evenly. That way no one has more or less work. Setting tasks also avoids confusion later on.

Be respectful

Treat each group member with respect. Lashing out at your peers just because you feel they might not be pulling their weight only adds more conflict instead of solving the problem. Instead, try to resolve the conflict by looking at things from their perspective and offer help if needed. Aim to be professional even in the midst of frustration.

Reach out to the professor

If it is hard to communicate with group members, don't hesitate to reach out to your professor.

Your professor is there to help you in situations like this. You should not feel embarrassed or afraid to reach out. Also, the faster you reach out to your professor, the quicker the problem can be resolved. You never want to wait too long to reach out, because by then, the problem might be harder to fix.

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The incomplete guide to being textbook savvy

By: **Nicole Chavannes**

As you begin your college career, you'll undoubtedly have lots of expenses to take into account when organizing your budget. You'll want to save your funds and pinch your pennies wherever you can, and buying textbooks is no exception. Here are a few tips and tricks to the art of acquiring textbooks for your many classes.

Reach out to your professors

There will be many instances, especially when taking general education classes, that you may not end up using the textbooks initially assigned to you. Downloading your syllabus is a great idea to get ahead and be prepared for class, but oftentimes syllabi aren't up to date. Before you commit to buying or renting your textbooks, shoot your professors an email over the summer to confirm whether you'll be using the textbooks assigned in the syllabus throughout the semester.

Rent, rent, rent

Buying textbooks is useful when you know you'll be using them again in the future for another class, but most of the time we use textbooks for one semester and then never again. If you have a particular interest in a subject and you can afford to buy the assigned textbook, do so. If, however, you know you won't need the book for another class and you don't intend to read it for pleasure, go the rental route instead. Renting can cut your book expenses tremendously, and you can often highlight and annotate freely in rental books, just as you

would if you bought them.

Used books are as good as new

When renting and buying, consider getting used books instead of new ones. At the NSU bookstore, it's easy to see a book's condition if you go in person. If you get your books online, websites often describe the book's condition for you, and the price varies accordingly. Book conditions usually range from "used - acceptable" to "used - like new," but even the lowest quality condition is almost always still readable. You might get a few unwanted annotations in the margins, but even those might hold some useful insights for you.

Price match when you can

The NSU bookstore is great for law students because their huge textbooks are often less expensive at the bookstore than online. Students who work at the bookstore also get a 20 percent discount on textbooks. The bookstore even matches Amazon, bn.com and local competitor pricing now. However, price matching is very tricky and must follow very specific guidelines. Books must be in the same edition and format, the online competitors must have the book in stock at the time of purchase or rental, and online marketplaces and access codes are ineligible. Rental terms must also be the same, which means that the online competitor must allow rental time for at least as long as the

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Why, what and how: A first-year's guide to thriving and surviving at NSU

By: **Emilio Lorenzo and Emily Tasca**

Emilio Lorenzo is the assistant director of career advisement in NSU's Office of Career Development. He understands the importance of helping students reach their career goals and works with all students, including undergraduate, graduate and professional level students, to achieve their professional goals.

Emily Tasca is a member of the career advisement team in NSU's Office of Career Development. She works with current students and alumni at the undergraduate, graduate and professional levels.

As a freshman, college can seem exciting and scary at the same time. This new chapter in your life will require a strategic plan from day one to ensure you reach your goals by graduation, including finding your dream career. Your collegiate journey will feel like a winding road at times, which is why you need to self-reflect as you prepare for this transition. The "why," "what" and "how" are the foundational components of your career plan, and reflecting on these three pillars will provide you the roadmap to navigate such a winding road.

Why: Uncovering the passions and motivations for your future

Going to college helps us grow as individuals, but the reasons we all attend college and the goals we set for ourselves can vastly differ from student to student. Self-reflection, including asking yourself the right questions, can help you identify the "whys" behind your choice to attend college, as well as your overall career goals.

As you self-reflect, a good exercise would be to ask yourself various questions that can

further define where your passions lie. Some of these questions can include:

What are your interests? If you were on the computer/internet, what would you spend your time reading or searching most? Is this interest aligned with a potential career you've thought about?

What values do you need in your career? Do you want to help others? Do you want to work creatively? Do you enjoy working with numbers?

What are your strengths? Which classes do you enjoy the most? Are there skills or tasks that you excel in? When you're at your best, what does that look like?

How would you define success? And what would success look like for you?

As you reflect back on your high school experiences, is there a specific moment that stands out to you? Does that make you think about future careers or majors throughout college?

Answering these questions will make you feel more confident because you will have a better understanding of yourself and what inspires you to do more. Self-reflection can help you visualize your future. You can now start exploring "what" needs to be done to continuously move forward on this journey.

What: Avenues to apply your skills, interests and passions

Once you have defined your "whys" it's now essential to identify the "whats" that will help you further clarify and reach your career goals. As you were exploring your "whys," you probably created very broad themes relating

to potential interests and long-term goals. The following strategies can help you narrow those broad concepts and develop a four-year plan for yourself.

Your four-year plan will help you to solidify not just your long-term goals, but also "what" needs to be done to ensure that you are on track throughout your four years at NSU. Some key points and important interactions that should be included in your four-year plan are major elements of the "what":

Meet with your career and academic advisers during your first semester in college

These individuals can help you clarify your four-year plan, including understanding the various channels to gain experience, and provide guidance on the best way to implement your game plan.

Visit professors' office hours

These meetings can be very useful in building a real connection with someone who is invested in your future, and can prove to be useful not only for advice but for letters of recommendation and other opportunities, including on-campus research.

Know your resources

Within your first semester, you should gather information as to the various stakeholders and support resources available to you, including tutoring and testing, student success, counseling services, and other departments or individuals that can assist throughout your collegiate journey.

How: Experiences, resources, and stakeholders to help you get ahead

Now that you know "what" you need to do for your four-year plan, the question becomes, how do you implement it? There are many ways you can implement the steps in your four-year plan, but here are some ideas to help you get ahead.

Join clubs or groups that interest you

Joining clubs related to your major or other personal areas of interest can connect you with like-minded individuals.

Participate in internships, research, shadowing and volunteering experiences

Gaining hands-on experiences, whether in your field or in an environment that helps you develop the transferable skills needed for your future goals, can keep you moving forward in your four-year plan.

Find a mentor on or off campus to push you out of your comfort zone

Receiving guidance from individuals that know us and understand our goals and tendencies can push us to constantly develop and force us out of our comfort zone, which will lead to further growth.

Every individual journey in college will look differently. It is up to you to define what this road will look like and where it leads after graduation. Having a strategic road map will provide you an avenue to uncover your passions and motivations, clarify options to apply your skills and interests, and push you to seek out experiences and stakeholders to help you get ahead.



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What advice would you give to incoming NSU students?

Shark Speak



“Take it easy, live it up, and avoid the freshman 15.”
Hamza Farooq, senior information technology major



“Make sure you’re in the right major and you do what you love. Don’t do things because you’re told to do them but do it because you actually have a passion to succeed in whatever area you choose. That’s my biggest advice.”
Maria Valladares, sophomore



“Do not procrastinate and wait until the last minute to finish assignments. [This is] coming from someone that turned in a paper at 11:58 p.m. when it was due at 11:59 p.m.”
Gabrielle Orr, freshman exercise science major



“Do not overcommit yourself to too many things because you are going to burn out at the end of the semester.”
Misha Brambhatt, freshman



“Call your dad more often. Your mom gets all the calls and sometimes your dad might feel left out. Also, do not go crazy on your declining balance. You will need it for the last month of the semester.”
Megan Springer, freshman psychology major



“Push yourself beyond your limit. [That’s] where you will grow.”
Kadeem Hall, sophomore biology major



“Stay positive no matter what. Even if you think you cannot do it, I promise you can.”
Sarah Margolis, exercise and sports science major



“Just be yourself.”
Nathaniel “Squeaky” Washington, freshman sports management major.



“Enjoy all of the opportunities college has to offer and call home to tell your mom you’re OK.”
Tate Vangellow, freshman marine biology major



“Meet and talk to your academic advisor the first few weeks of school. If you and your advisor do not mesh, or you think he or she is not the best fit for you, ask to change to ensure that you get the best academic experience here at NSU. You don’t want to be a senior and realize you can’t graduate on time.”
Cara Brueggeman, senior speech, language and communication disorders major



“Keep your grades up.”
Rajeev Patel, freshman biology major



“Get involved. Go to Sharkapalooza and sign up to receive emails from any and every club you’re interested in. The first few weeks, go to their meetings and narrow down the clubs you want to commit to. Your college experience is all what you make of it.”
Mackenzie Gasal, senior biology major



“I would say getting involved as much as you can on campus, because there’s a lot to do and sometimes people don’t know that but the more people you know, the better for your future.”
Katlyn Rode, junior exercise science major



“My biggest advice is to get involved but also to stay strict to a timeline. Make sure that you know what you’re getting yourself into and make sure you have time to have fun, but also to do your work. Don’t ever let anything get behind. Bad habits, man, bad habits.”
Mykella Mitchell, graduating senior business management major

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