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Nova Southeastern University

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ORIENTATION ISSUE
guide for new NSU students
Dear Reader,

Choosing a university is no easy task — it involves a lot of travelling, applications, interviews and stress. That’s why we’ve created the Orientation Issue, a special issue of The Current designed specifically for incoming students. As the university newspaper, it’s our job to keep you up-to-date and informed on all things NSU and there’s no better place to start than with the basics.

Enclosed you’ll find everything from advice from fellow students to how-to guides to student life crash courses. We hope that you find it useful. We also hope when you return in August, and every Tuesday after, you’ll find The Current again — both online and at various news stands on campus.

Until then, enjoy your orientation. Laugh, ask questions and don’t be afraid to take risks. This is your time. From everyone here, we hope you love it as much as we do.

Sincerely,

The Current
DO YOU KNOW YOUR RIGHTS AS A STUDENT?

By: Christina McLaughlin
Opinions Editor

In our current political climate, we hold civil liberties and individual rights at the utmost regard. With recent protests on gun laws, LGBTQ+ discrimination, and other similar issues being brought to light, students should know what rights they have as a student in the United States. As stated by the Supreme Court in 1969 by the Tinker vs Des Moines Independent Community School Dist. case, “students or teachers [don’t] shed their constitutional rights to freedom of speech or expression at the schoolhouse gate.” And this inalienable right has not changed since. Students still hold their individual rights.

At NSU, students are granted not only the rights given to us in our constitution but also equal opportunity rights, a strict nondiscrimination policy and general student rights. Outlined in the student handbook, here are the rights that NSU students possess.

STUDENT RIGHTS

• the right to scrupulous respect for the equal dignity and rights of others
• the right to be treated equally in academic and social settings
• the right to live and/or attend classes in a physically safe environment
• the expectation of a positive living environment
• the right to hold other students accountable to the Code of Student Conduct and Academic Responsibility
• the rights of personal and intellectual freedom which are fundamental to the idea of a university
• the right of dedication to the scholarly and educational purposes of the university
• the right to participate in promoting and ensuring the academic quality and credibility of the university
• the right to provide service to our community and beyond
• the right to engage in service opportunities that enhance learning outcomes, both on and off campus
• the right to associate with student organizations of one’s own choosing

NSU follows all the federal and state laws, rules and regulations. This means that NSU does not engage in discrimination or harassment against any persons because of race, color, religion or creed, sex, pregnancy status, national or ethnic origin, disabling disability, age, ancestry, marital status, sexual orientation, military service, veteran status, political beliefs or affiliations. This includes any academic, admission, scholarship, athletics or other university programs. If an individual feels that their rights have been infringed upon or discriminated against, they have a right to admonish these acts since NSU views these acts as unacceptable and strictly prohibited. For interested parties, your concerns or complaints can be directed to either the Title IX officer or the assistant dean of student development.

For inquiries or complaints regarding perceived discrimination based on gender or sex, contact Laura Bennett, Title IX coordinator by calling 954-262-7582 or emailing laura.bennett@nova.edu. All other inquiries or complaints regarding perceived discrimination should be directed to Alexis Martinez, assistant dean for student development by calling 954-262-7281 or emailing amartinez1@nova.edu.

FERPA provides students with rights in respect to their personal education records. Each of these rights are granted by the United States Department of Education. Here are basic descriptions of a few of these rights:

Students have a right to inspect and review their education records. They must submit a written request to the University Registrar with records they are requesting and this access must be granted within 45 days of the processed request.

If a student believes information in their education records is inaccurate, misleading or in direct violation of a student’s privacy, they may discuss these concerns informally with the University Registrar. If the decision is in line with the student’s request, the records will be amended. If not, the student will be notified that records will not be amended and be informed of rights to a formal hearing.

A student has a right to consent to disclose personal identity information in education records. There is an exception which information can be disclosed without consent but only to school officials when access to the academic record interferes with their professional responsibilities. With request, the university also may grant records without consent if the student seeks to enroll in another school (transfer) so long as it only involves records required for transfer or enrollment.

NSU classifies specific student information as public or directory information. This information can be disclosed by the institution for any purpose, at their discretion. This information includes names, local and home addresses, telephone number, email addresses, major field of study, sport participation, birthplace, dates of attendance, degrees and awards, enrollment status, year in school and anticipated graduation. If a student requests to withhold this directory information, they may do so by completely filling out the Request to Prevent Disclosure of Directory Information form and submitting it to the University Registrar. Some consequences of this prevention of disclosure do include Dean’s List or commencement bulletins to be unpublished as well as denied requests from prospective employers.

A student must give consent, however, to grant NSU the right to discuss or release personal information with a third-party such as a spouse, parent or guardian. This written form must also be presented with a student’s signature. This form, available at the Office of the University Registrar’s website, is entitled the Authorization for Release of Information.

As stated in the handbook, NSU’s purpose is to ensure all students have an equal opportunity to fulfill their intellectual potential and that means students have a right to learn, live and attend classes in an environment free of discrimination. Students are encouraged to have their rights embraced by the community and observe the spirit of the university’s mission by knowing these individual rights.

FORGET GOING DUTCH: RECRUITMENT WEEK PROVIDES A CHANCE TO “GO GREEK”

By: Michaela Greer
Co-Editor-in-Chief

The beginnings of fall bring to mind a number of things like pumpkin-spiced lattes, extra large bowls of soup and gently falling amber leaves — except in South Florida of course, where we go to the beach year-round. In addition to these fall staples, there is one highly anticipated event that you might not want to miss: Recruitment Week.

Recruitment week, which takes place at the beginning of each fall semester, allows for students to socialize with members and learn more about on-campus chapters of fraternities and sororities through different events to assist students with making the decision of joining Greek Life. All chapters are governed by one of three separate councils: the Interfraternity Council, Panhellenic Council or Unified Greek Council.

The breakdown:

The Interfraternity Council oversees the chapter operation of three nationally recognized fraternities: Beta Theta Pi, Kappa Sigma and Phi Gamma Delta.

The Unified Greek Council supervises the management of fraternities Kappa Alpha Psi, Phi Beta Sigma as well as the Alpha Kappa Alpha, Lambda Theta Alpha, Sigma Lambda Gamma and Phi Sigma Sigma sororities.

The Panhellenic Council works with the Delta Phi Epsilon, Phi Sigma Sigma and Sigma Delta Tau social sororities.

This information is important because the way in which students can register for recruitment week reveals on which fraternities or sororities they would be interested in learning more about. Registration information can be found at nova.edu/greeks or by contacting the Office of Student Activities. For the most part, you should know that members of the Unified Greek Council find members throughout the year and have individual, often confidential recruiting processes. Members of the Panhellenic and Interfraternity Councils recruit one to two times per year, usually through recruitment week.

What happens during recruitment week:

Though the recruitment process differs slightly based on governing council bodies and the discretion of sororities and fraternities, there are a few key events to note. Students interested in joining Greek Life can expect to meet with current members through more events like barbecues to the more traditional informational sessions.

According to Katherine Silver, former president of the Panhellenic Council, students interested in joining such a sorority will be matched with a Rho Gamma, a version of a recruitment counselor, who will guide the groups to designated rooms for informational regarding each sisterhood.

Each of the sessions over the three-night process feature a specific topic: Sorority 101, Values and Traditions, and Preference Night where students are able to rank the sororities they wish to join.

“As far as PC’s recruitment, the matching process is a manual selection process. PSMs [or Panhellenic Council Members] will rank the sororities they visit each night at the end of the night and the sororities do the same with the women who visited their rooms,” said Silver. “Together these two lists are entered into a computer program called Interactive Collegiate Solutions or ICS and it matches the girls up with the sororities for the following nights.”

Following informations comes Bid Day. This is the time where students will be informed about which sorority or fraternity has invited them to join their Greek organization. Upon receiving the bid, prospective new members have the option to accept or deny the invitation to join. Those who do accept are invited to attend a celebration event with their new brothers or sisters.

A word of advice:

Silver adds a word of advice for students apprehensive about going through recruitment: “I would just say try it out. You aren’t committed to joining a sorority or fraternity by going through it and if at the end you have the opportunity to join, it’s ultimately your choice.”

“Going through is a great way to get to know the Greek Life we have at Nova and to make connections,” said Silver. “By going through recruitment you might even find a fraternity or sorority that fits your values and interests.”

According to Renee Bolboll, graduate assistant for fraternity and sorority life, the dates for the Fall 2018 recruitment period are as follows:

August 21: Fraternity and Sorority Life Welcome BBQ (6-8pm) Right deck backyard
August 22: PC and UGC Sorority Informations
August 23: IFC and UGC Fraternity Informations
August 24: Panhellenic Life Informational
August 29: Sharkapalooza
August 25: Panhellenic Potential Informational Recruitment closes
August 27 – 31: IFC rush period
August 29: PC Meet your Rho Gamma
August 30 – Sept 1: PC Recruitment
Sept 3: Bid Day
Dr. Harry K. Moon will become NSU’s executive vice president and chief operating officer beginning on July 15, Moon, who previously held several executive positions at the Cleveland Clinic Florida, will be responsible for the management of the university’s administrative operations, specifically focusing on student and patient centered clinical performance.

College of Education to launch The Fischler Academy

NSU announced The Abraham S. Fischler College of Education will launch its new program, known as The Fischler Academy, in the fall. Approximately 100 incoming freshman will be a part of the program and will earn their bachelor’s and master’s degree in education on either a four or five-year track. Students will also participate in experiential education opportunities and are guaranteed a job offer in a local county — Broward, Palm Beach, Collier or Lee — school upon graduation.

Patel Family Foundation Pledges $200 Million Gift to NSU

At a news conference on Sept. 25, Tampa-area cardiologist Dr. Kiran C. Patel and his wife, pediatrician Dr. Pallavi Patel, announced that their Patel Family Foundation would be committing $200 million to NSU; the largest sum ever donated to the university. The Patel’s commitment includes a $50 million gift as well as an additional $150 million real estate and facility investment. This investment will be used to develop a new 325,000 square-foot medical education complex, which will serve as the future home of NSU’s Tampa Bay Regional Campus and house NSU’s College of Osteopathic Medicine. The Patel’s commitment will aid University Park Plaza was sold to Hospital Corporation of America and the final approval was submitted in 2016.

NSU student body elects members to Undergraduate Student Government Association

On April 12, at the Undergraduate Student Government Association held its annual election party to reveal the candidates who had secured positions. Here’s what’s news USGA looks like:

- Pooja Varma, Diversity Senator
- Emily Stewart, Athletic Senator
- Alexandrea Reggiani, President
- Sanya Rashad, Academic Senator
- Neal Patel, Academic Senator
- Naziba Nuha, Underclassmen Senator
- Marnie McLean, Speaker of the Senate
- Miriam Mahmoud, Academic Senator
- Kristin Hawthorne, Academic Senator
- Chris Chookagian, IOC Senator
- Chethani Chitraacharige, Academic Senator
- Ashton Bryan, Academic Senator
- Misha Brahmbhatt, Upperclassmen Senator
- Michelle Bauer, Residential Senator
- Isabel Aris, Commuter Senator
- Poseidon Party

Dr. Harry K. Moon joins NSU as EVP and COO

On April 3, President Hanbury announced that Dr. Harry K. Moon will join NSU as EVP and COO.

NSU campus housing

According to Daniel Alfonso, vice president of facilities management, this year NSU will break ground on a new undergraduate residential building estimated to cost $80 million. The housing unit which will hold an estimated 500-600 units will be used to house the growing undergraduate population, particularly students, that they will not be able to live in the apartments for the 2018-2019 school year. The apartments which were originally designated to house graduate students, will instead be used to house the graduate students.

NSU announces that a hospital will be built in University Park Plaza

Construction is currently underway at 3528 S. University Drive, the former University Park Plaza. According to NSU’s Newsmore, the new hospital in the empty University Park Plaza lot is a relocation and replacement of Plantation General Hospital. However, Plantation General Hospital will remain a fully functioning hospital until the construction of the new hospital is complete. Plantation General Hospital will continue to run its emergency services at the current location, even after the new hospital is built. University Park Plaza was sold to Hospital Corporation of America and the final approval was submitted in 2016.

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Presented: Kiran and Pallavi Patel announced their plans to commit $200 million to NSU's medical colleges in a news conference on Sept. 25.

Full articles for all of these stories can be found on our website by visiting nsucurrent.nova.edu.
WHAT BROUGHT YOU HERE

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HOW TO LIVE IN THE RESIDENCE HALLS...WITH YOUR ROOMMATE

For many people starting college, this is not only the first time they’ve lived outside of their own home, but also the first time they’ve shared a space with complete strangers. It may seem a bit scary, or terrifying, or maybe you’re even excited — either way, here’s a few tips to make living in your dorm a bit less intimidating.

Communicate with your roommates

At this point, you should already have submitted your housing preferences. If not, don’t fret — just wait until you’ve received your housing assignments to get down to business. Once you receive your residence hall details, reach out to your future roommates or suitemates. You need to do this for a variety of reasons.

First, make sure you know what shared appliances everyone is bringing. Saving space in rooms is hard enough; the last thing you want is to be stuck in a triple with three refrigerators and three microwaves. Sharing is key when living with others.

Also, communication can ensure that move-in day doesn’t end up in a mediation session. Especially for those who live in a triple, it’s smart to know exactly what everyone’s getting from the get-go: from the bed space, bathroom drawers, closets and anything else you might think of. It may seem tedious at first, but it’ll make the already stressful move-in day just a tad easier.

Get out of your room

Everyone’s seen it in movies: the first day of college, party-goers knocking on doors telling the shy kids to come to a wild rager later that evening. Fortunately, or unfortunately, depending on your interests, that just doesn’t happen. Sure, maybe you’ll run into your neighbors once or twice in the first week, but it’s a rarity that someone goes down the hall knocking on doors to make a new friend. Try your best to go to the events that NSU has scheduled during their Weeks of Welcome. From freebies to friends, you’re sure to get some benefit out of taking a break from your dorm.

Decorate — but know the rules

The rooms can seem pretty sterile and bland with their white walls, standard beds and grey utilities. To throw a bit of color and excitement into your space, try adding some small decorations, such as posters, photos, paintings, movie stubs, postcards or anything else you feel might spruce up your new home. But beware — make sure you’re not doing anything permanent to the walls. This can cause unnecessary stress — and cost — at the end of the year. Get creative with how you decorate. Washi tape can stick stuff to your walls without harming them, and, with an endless amount of different designs and colors, they can add some flare to your decor as well. When all else fails, commit to the college cult favorite: Command Strips. Velcro strips are great for hanging canvases and heavier trinkets, while hooks can look great for other items.

Don’t stress if it’s not going the way you want

Unfortunately, your roommates might not become your best friends. Even if you came into college assuming your roommates would stay up with you all night or go out to dinner each evening, that’s not always the case. You’ll find your friends, whether they live with you or not. Get involved with clubs and organizations to meet new people. However, you manage to make friends, don’t let roommate drama stop you from enjoying school and living your life. If it’s really needed, don’t hesitate to reach out to your RA for advice on what to do — they’re there for a reason. Just be patient and give it time — you’ll find a way to make the college experience your own.

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College dorming is one pivotal experience of college life and the largest question students ask themselves upon moving in is “What in the heck should I bring?” Here is a list of suggested items that you should at least think about purchasing prior to move-in day.

BEDDING:
- Twin XL sheets (2 sets) - easy to wash and comfortable
- Twin XL Bed Bug Protector
- Twin XL Comforter - easy to wash
- Twin XL Mattress Pad - supportive and comfy
- Pillowcase
- Pillows
- Backrest - a lifesaver if you tend to study or sit in bed watching TV

ROOM DECORATION:
- Photos - friends and family
- Rug - keep your bare feet warm, and give the room some color
- Posters - inspiring or colorful to suit your personal style
- Dry-erase board - to write down assignments and plans
- Tapestry - to cover the bare walls
- Fan - for your temperature needs
- Alarm clock - to wake you up for classes
- Pillow - for a cozy and comfortable experience
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TOILETRIES:
- Toilet paper
- Paper towels
- Towels
- Hand towels
- Soap/Body Wash
- Razors
- Toothbrush
- Shampoo/Conditioner
- Shower curtain
- Shaver
- Medication
- First Aid Kit
- Poo-Pourri / Air Freshener - keep your room and bathroom smelling fresh
- Cleaning gloves
- Loofah
- Shower rag - to dry off your feet
- Cosmetics

CLEANING:
- Lysol wipes
- Clorox
- Mini vacuum
- Mini vacuum
- Steam cleaner - to keep your laundry smelling great
- Trashbags

LAUNDRY:
- Sewing kit
- Tide-to-Go-On-the-go stain remover

PERSONAL:
- Driver’s license
- Last name
- Social Security Card
- Insurance cards
- Blank cards
- Medical Information
- Keys

Toiletries:
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- Cosmetics

KITCHEN:
- Small microwave
- Small refrigerator/freezer
- Small toaster oven
- Drinkware
- Plates
- Utensils
- Ziploc
- Coffee maker
- Can/Bottle opener
- Dish towel

ELECTRONICS:
- Computer
- Camera
- Cell phone
- Cell phone charger
- Headphones
- Speakers
- Extension cord
- USB Stick

MISCELLANEOUS:
- Flashlight
- Toolbox
- Command strips
- Duct tape
- Batteries
- Umbrella
- Board games
- Bug spray
- Mini safe
- Luggage

FOOD:
- Some staples every college student should have in their dorm
- Popcorn - for movie nights
- Ramen
- Cereal
- Snacks - both healthy and junk foods
- Drinks
- Coffee
- Tea
- Condiments
- Grain bars
- Mac and cheese
- Ice cream

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- Small toaster oven
- Drinkware
- Plates
- Utensils
- Ziploc
- Coffee maker
- Can/Bottle opener
- Dish towel

ELECTRONICS:
- Computer
- Camera
- Cell phone
- Cell phone charger
- Headphones
- Speakers
- Extension cord
- USB Stick

MISCELLANEOUS:
- Flashlight
- Toolbox
- Command strips
- Duct tape
- Batteries
- Umbrella
- Board games
- Bug spray
- Mini safe
- Luggage

FOOD:
- Some staples every college student should have in their dorm
- Popcorn - for movie nights
- Ramen
- Cereal
- Snacks - both healthy and junk foods
- Drinks
- Coffee
- Tea
- Condiments
- Grain bars
- Mac and cheese
- Ice cream
Sometimes getting around this huge campus is no easy feat, especially in the Florida heat. Even so, there are several options available to the NSU community — in addition to walking — to help make the journey a bit speedier and more convenient.

Getting away from campus:

Call an Uber or Lyft

If you don’t have a car of your own, rideshare services like Uber and Lyft will likely become quite useful to you. Rides can be scheduled using the appropriate apps which can be downloaded for both Androids and iPhones. Users are also able to sync credit and debit cards or PayPal accounts to allow you to pay directly through the apps, removing the need for riders to carry cash.

NSU Public Safety has established a designated rideshare point for students to use transportation services like Uber and Lyft, as well as food deliveries. Students using these services should direct drivers to the point located off of College Avenue on McCahill Drive.

Make a friend who has a car

Luckily for you, many of your friends are likely to have a car which means that you may be able to hitch a ride this way. You may not only feel safer using this method, but it can also be cheaper for you than the ridesharing route. However, you should try to be courteous by tagging along for trips which your friends might already be making. Show your appreciation through thanks or by offering to pay for gas.

Creative ways to get around campus:

Skateboarding

Skateboarding offers many of the same speed-related advantages as longboarding does, but can be more difficult to maneuver, especially for beginners. It’s important for students to wear appropriate shoes like sneakers that allow for proper traction. Getting around campus is somewhat of an obstacle course, and riders should be prepared to transition from paved streets to sidewalk cracks and to pick up their skateboards to make their way up steps and stairs. If you have decided to ride a skateboard, wear helmets and padding while you are riding. Those may not be the hottest trends, but neither are cuts and bruises.

Longboarding

Because it’s larger than a skateboard, the longboard is typically easier to ride and allows for more space to stay balanced and maintain a comfortable stance. The only downside is having to carry the boards around and store them during class. As with skateboarding, riders should wear appropriate headwear, footwear and padding.

Scootering

In recent years, scootering has become a favorite mode of travel among students. Scooters are generally more lightweight than longboards and skateboards, making them a better option for those who want wheels but do not want the trouble or commitment of a bicycle. Scooters also provide greater stability and safety features, adjustable handlebars and a brake on the rear wheel. Plus, they come in a variety of colors.

Biking

A step up from scooters, bicycles offer bigger wheels, greater speed and an efficient way to get around the undergraduate housing — Rolling Hills and HPD buildings. Not only is biking a great workout, but it is also one of the quickest ways to get through the busy streets leading from the building to another on campus. There are also bike racks everywhere for you to post up and lock your bike. However, if it is raining, bikes are not always easy to control and maneuver around campus.

Best of both worlds:

Use the Shark Shuttle

All NSU students can ride the Shark Shuttle for free to destinations around and near campus. The Shark Shuttle provides safe, convenient and reliable transportation. Also, it operates on a fixed route schedule, stopping at academic and administrative buildings and undergraduate housing apartments. There is even a “shopper route” which stops at a nearby Walmart and also travels to the Downtown Fort Lauderdale area.

The service operates on a 20-minute headway, so it may arrive slightly early or a little later depending on the traffic conditions. You can track the buses to know when to expect the next Shark Shuttle by using NSU’s iShark app — available for both Apple and Android devices — or by visiting nextbus.com/#!/nova-se. For more information about the NSU Shark Shuttle, including the bus stop locations and operating times, visit nova.edu/locations/shuttle.

By: Jieun Son and Michaela Greer

Contributing Writer and Co-Editor-in-Chief

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OPPORTUNITIES AVAILABLE AT ALL LOCATIONS FOR DRIVERS, MANAGERS & QUALIFIED PERSONNEL
As a kid, I never thought much of where I would attend college. My dad is a Florida State alumnus so I grew up reping the FSU logo but I never had any intention of continuing my education in Tallahassee. When it finally came time to choose a college, I chose the one that would give me the best education. Nova Southeastern University offered me an intimate learning experience in an area that was conveniently located near the Miami/Fort Lauderdale broadcasting industry. I kept in mind job opportunities after college. NSU is also located a short nine miles from my house. That was a plus — mostly for my mom.

Attending NSU meant living at home and commuting to classes every day. I’m a 15-minute drive from campus so living on campus just wasn’t plausible. I’ve always been close with my parents so the idea of living at home wasn’t bothersome. I got to keep the same close with my parents so the idea of living at campus and commuting to classes every day. I’m a student who dorms, and it is, but at the end of the day, the only difference is where you sleep at night. No matter the time of your commute to class, the day has the potential to be great.

By: Siena Berardi
Contributing Writer

PRINTED WITH PERMISSION FROM S. BERARDI
Siena chose to attend NSU because of the opportunities the university could offer her: not to live on campus. Siena chose to attend NSU because of the opportunities the university could offer her, not to live on campus. I pleased. With that being said, I still wouldn’t mind living on campus. I spend 12 hours a day on campus most days. Driving back and forth all the time can be straining but my friends who do live here always make sure I know I have a home with them. College in American culture tends to be a rite of passage. Teens leave home and venture out on their own. They are expected to become more independent and competent young adults. But you don’t always have to leave home to learn these things. I felt that still living at home meant I was not going to grow or have the chance to do new things. I was worried that being a commuter and living at home would hinder my college experience, but I was wrong. Being a commuter in college opened me up to a whole new world of experiences. Being only two semesters into my college experience, I’ve already learned a vast amount; in and outside of the classroom. The first lesson I quickly learned was how to manage my time. I know what time to leave my house exactly if I want to make class and I know what times of the day are smart times to leave campus to avoid traffic. You would be surprised by the kind of impact daily drives on I-95 has on the soul. It’s eat or be eaten out there. I make the most of each drive and my driving skills have definitely improved.

Since I am from the Fort Lauderdale area, when I made friends I was able to show them the cool places in town. More specifically, the food places. I’m lead navigator on our voyages to the beach and I’m the host of home cooked meals on Sundays. I’ve even learned about new places or activities around town from people out of state. My best friend lives on campus here so I live vicariously through her when it comes to enjoying the perks of living on campus.

Occasionally, I wonder what life might have been like if I went away for college, but someone asking me “why did you choose NSU?” is all it takes for me to snap out of my state. My best friend lives on campus here so I live vicariously through her when it comes to enjoying the perks of living on campus. I was worried that being a commuter and living at home would hinder my college experience, but I was wrong. Being a commuter in college opened me up to a whole new world of experiences. Being only two semesters into my college experience, I’ve already learned a vast amount; in and outside of the classroom. The first lesson I quickly learned was how to manage my time. I know what time to leave my house exactly if I want to make class and I know what times of the day are smart times to leave campus to avoid traffic. You would be surprised by the kind of impact daily drives on I-95 has on the soul. It’s eat or be eaten out there. I make the most of each drive and my driving skills have definitely improved.

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By: Madelyn Rinka
News Editor

Waking up to drive to school, regardless of the length of your commute, can be a challenge, especially if it’s to get to a 7:45 or 9:15 a.m. class. Put on this playlist to sing along and hype yourself up for the school day ahead.

“Ain’t No Mountain High Enough” - Marvin Gaye, Tammi Terrell

“Don’t You (Forget About Me)” - Simple Minds

“Africa” - Toto

“Come on Eileen” - Dexys Midnight Runners

“Too ra loo ra too ra loo rye aye” — even if you don’t really know what this means, you can still sing it at the top of your lungs.

“Piano Man” - Billy Joel

Sing me a song, you’re the college student. Warning: leaving your windows down while this song is playing will almost definitely result in a highway-wide sing along.

“Carrie” - Whitney Houston

“Sweet Caroline” - Neil Diamond

“Jessie’s Girl” - Rick Springfield

Rick Springfield is never gonna let you down, especially with this song hyping you up before the school day and get you out of bed, because this bop is definitely going to get stuck in your head.

“Don’t You (Forget About Me)” - Simple Minds

You won’t be able to forget about this song all day long after playing it in the morning, because this hop is definitely going to get stuck in your head.

“Build Me Up Buttercup” - The Foundations

If you really need something to build you up on your way to school, the day has the potential to be great. At night. No matter the time of your commute to class, the day has the potential to be great.

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“Too ra loo ra too ra loo rye aye” — even if you don’t really know what this means, you can still sing it at the top of your lungs.
There’s many variations of one well-known meme circulating the internet that virtually every college student can relate to: there is not enough parking. This is not just an NSU-specific problem; it’s an issue that plagues college campuses nationwide. If you’re an NSU commuter, there are a few basic things you should know if you ever want to find a spot on campus.

Know the rules
If you want to avoid unnecessary stress from pesky things like parking tickets, you should probably know where and when you’re allowed to park. First, you need to have your parking decal. Without one, you’ll look like a random person who essentially stole a parking spot from a needy student, and Public Safety doesn’t like that. You can get your decal from the One Stop Shop in the Horvitz Administration Building on the first floor with basic information like your car’s make, model and year as well as your license plate number. Easy-peasy.

It’s also important to know where you’re allowed to park and when. Almost the entire parking garage across from the Carl DeSantis building is fair game for students, except for the first floor. If you park on the first floor, you’ll have to pay just like the rest of the public visiting campus.

As for the rest of campus, there are color-coded signs at the entrance to each parking lot indicating which members of the NSU community are allowed to park there. Students are not allowed to park in restricted areas like certain gated areas in parking lots or garages — for example, areas sectioned off and designated for visitors during special events — or visitor and patient parking spaces. For more information on NSU’s parking regulations, visit nova.edu/publicsafety/parking.

Avoid campus rush hours
It’s important to remember that you’re not the only person attending classes, and if you think you can show up to campus 10 minutes before class starts, find a parking spot and arrive on time, just remember there are a bunch of your fellow classmates thinking the same thing. The result? Lines of cars trying to get into the parking garage at 12:50 p.m., gunning to make their 1 p.m. classes, actually making each other even later.

Lunchtime, around 12 to 2 p.m., is busy around campus — and almost anywhere you drive for that matter — so it’s important to keep that in mind when deciding what time to arrive on campus. If you know that you have class or extracurriculars scheduled during a rush hour — whether that be in the morning or the afternoon — arrive with time to spare in case you have to spend a few minutes roaming campus for a spot.

Find a spot and stick to it
NSU’s campus is fairly large, and it might be tempting to find a new parking spot each time you have to move around campus. Unless you’re heading to a 6 p.m. class on the other side of campus and most students have left for the day, I’d recommend finding a spot once you arrive on campus and sticking to it. While it may seem daunting to walk from the Horvitz building to the Parker building, it’s much more harrowing to circle a parking lot for the second or third time in a day looking for one lonely parking spot. We’re all lazy to an extent, and I understand the urge to sit in an air-conditioned car instead of walk across campus on a humid South Florida day, but time is money and often walking takes less time than finding a new spot. Once you’ve parked for the day, count your blessings and don’t push your luck.

By: Nicole Chavannes
Copy Editor

Color-coding system for decals and parking lots
Blue - Employees (faculty & staff)
Red - Commuter students
Orange - Students living in the residence halls
Yellow - Students living at Rolling Hills residence halls
Green - University School students
Brown - Contractors & vendors
- 263 Recently renovated oversized suites featuring a separate bedroom with either a King bed or two Double beds and living room with Queen size sleeper sofas.
- Suites feature microwaves, coffeemakers, safes, mini refrigerators, dual vanities and two flat screen HD televisions.
- Complimentary High Speed Internet Access.
- Complimentary transportation within a 3 miles radius including to Nova Southeastern University and Sawgrass Mills Mall.

311 N. University Drive
Plantation, FL 33324
(954) 424-3300
www.SheratonSuitesPlantation.com

For a listing of other NSU Hotel partnerships, please visit- http://www.nova.edu/travel/hotels.html
Getting a credit card in college is risky, but necessary if you hope to build your credit. If you use credit cards responsibly, you can build credit during your college years and be more likely to qualify for loans for the purchasing of a house or car once you’ve graduated. The trick is knowing how to apply for your first credit card, then educating yourself on how to use it responsibly.

Rebecca Abraham, who also has a doctorate in finance and is a professor at the H. Wayne Huizenga College of Business and Entrepreneurship, expressed her concern for first-time cardholders.

“When banks compare your ability to afford a mortgage, they take into account all debts,” said Abraham. “If a person has too much debt and has student loans on top of that, most likely they will not be able to purchase a home.”

According to Abraham, the best way to approach credit cards — especially for those with student loans — is to have a small balance that you pay off regularly, which helps establish your credit. “At the same time, [students] want to be careful [that] their balances and debt aren’t too high, because that affects their ability to borrow for a significant purchase like a home or car,” she said.

When choosing their first credit card, students should stay away from persistent offers that arrive in the mail. “Usually you’re flooded with companies you’ve never heard of,” Abraham said. “Don’t do business with somebody you’ve never heard of.”

Instead, for trusted companies like banks where you currently hold accounts or where someone you know and trust has banked. “The bank will restrict the amount of borrowing, so while an outside credit card will look more attractive because they all focus on incentives, the danger is the student may get into too much debt and end up paying high interest,” said Abraham.

Ultimately, students should think long-term. According to U.S. News & World Report, your FICO score is made up of several factors, the most influential of which is your payment history and debt. Your FICO score is derived from information obtained from the nation’s three major credit reporting industry and used by lenders to determine risks of lending and interest rates.

However, if you shy away from using credit cards and have no payment history, your credit will be virtually nonexistent which isn’t a good place to be in either. “I think students should have a credit card, but with a very small balance that they pay off regularly so they don’t incur interest,” Abraham said. “It gives a lender the feeling that this person has taken out revolving credit, has paid it off and it is creditworthy.”

To learn more about the basics of credit, visit nsucurrent.nova.edu/what-do-you-mean-i-need-a-credit-card/.

### Books and flights early at least convenient times

If you have an idea of when you want to travel, try to book your flight as early in advance as possible. In general, there is more room for price on the departure date draws nearer. Save money by traveling on red-eye flights — the flights usually scheduled during the early morning hours — since airliners are more likely to drop prices in attempts to get seats filled. Conversely, you can also scoop up savings booking unsold seats at the eleventh hour or traveling during a country’s off-peak season for the same reason.

Use your free money and card points

When you make everyday purchases using credit cards from companies and banks such as Bank of America, you can usually earn cash back rewards. What might look like small change in the beginning, can really add up down the road. Add to that the money you receive from birthdays, graduation and holidays as a means to fund your trip.

Accept a job or internship that takes you overseas

Yes, you will have to work. But, if the company is willing to pay for your lodging and travel, this option may work in your favor. Presumably, you’d get to do a job you love during the day while exploring the country on your days off — a win-win situation. Visit websites like Gooverseas.com and Goabroad.com, or speak with your career development advisor to find internships that work for you.

Compare your dollar to theirs

Luckily for us, the US dollar is pretty strong in value relative to the world’s economy. So, while you might have to shell out for the flight, you may be able to save when it comes to shopping for souvenirs, food, and lodging if the US currency conversion rate is substantial. Consider taking trips to places like Chile, Morocco or Cambodia where this is the case.

Explore unconventional boarding options

Perhaps you can couch-surf at a friend’s home. But if not, the advert of companies such as Airbnb and HostWorld.com has changed the way you can room on vacation. Cuts down on the cost of a room by renting spaces instead of staying in a fancier hotel. If you’re fortunate enough to stay someplace with a kitchenette, save additional money by cooking some of your own meals.

Go on walking tours when you get there

Purchasing group tours can be expensive and you’re likely to see more of the tourist attractions rather than the heart of the country. Walking tours are typically free and better allow you to take in the sights, sounds and smells of a particular place. Of course, with whatever you decide, always make an effort to stay safe while on vacation.

If you have a will to travel, then there will always be a way to do so. Save your pennies, search for deals and remember to keep an open mind because it is turns out, college students can have their cake and eat it too.

### When you want to travel but only have two pennies to rub together

ORGINALLY PUBLISHED ON SEPT. 26, 2017

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By: Nicole Chavannes
Contributing Writer

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By: Michaela Greer
Co-Editor-in-Chief

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By: Madelyn Rinka
News Editor

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### When you want to travel but only have two pennies to rub together

Whether you’re coming to college with an abundance of professional experience under your belt or you’ve yet to be employed, now is a great time to start the hunt for a job. Regardless of if you want a few extra bucks for groceries or for hanging out with friends, here’s a handful of tips to help you land and keep a job.

Visit the Office of Career Development

Especially if this is your first time applying for a job, you might need a little guidance to get you interview ready. Career Development can help you write a cover letter, beef up your resume or fill out applications, or just offer you tips on how to make yourself more marketable. Platforms like Jobb, which is the way you apply for employment opportunities on campus, can be somewhat confusing to maneuver, and you might need some assistance. Alternatively, if you’re looking for jobs off-campus, they can help you figure out where to start.

Don’t get tunnel vision

If you’re just starting out in college, changes are you’re looking for a job, not a career. Even if you really want a specific on or off-campus job, sometimes things just don’t work out — you get a rejection, you don’t get called back or they fill the spot with someone else. Don’t fret, because almost everyone will get denied a job at some point in their life. It’s better to apply to more jobs at all times instead of applying to one, getting denied and starting from square one again. This way, you have a higher chance of getting a call back from at least one employer — just make sure you still put time and energy into every application.

Prepare yourself for an interview

Getting a call or email about a job you’ve applied for is equal parts exciting and nerve wracking, because now you most likely have to prepare for an interview. It’s smart to ready yourself for this beforehand. Look up commonly asked interview questions and think about how you might respond to them. The day of, make sure you have your resume and cover letter printed out, as the interviewer may reference them. Also, portray yourself as a professional. If your interview is in person, be sure to dress well and appear clean, calm and collected. The same goes for a video call, but just make sure you’re in a quiet room — don’t want your roommates to be walking around in a bathroom behind you listening to punk music while you’re trying to land a job. Similarly, make sure your environment is quiet while you’re on a phone call interview.

Know what is expected of you

Congrats! You got the job. The learning doesn’t stop here, however, because you still have to keep it. Upon employment, be communicative with your boss. Ask them exactly what they expect of you, and adhere to it. Be sure to read over an employee handbook if you’ve given one, as it can offer valuable information about dress codes, attendance, off or sick day policies and much more. And of course, show up on time, be polite and professional to your coworkers and do your job.

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By: Nicole Chavannes
Contributing Writer

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News Editor

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By: Nicole Chavannes
Contributing Writer

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By: Danielle Pucillo  Contributing Writer

There are plenty of guides and tips on navigating college, ranging from creating study habits to scoring an internship. But where is the manual that explains the “hookup culture” that is so common on most U.S. college campuses? What qualities as a “hookup” can vary from person to person, but it is generally defined as a culture that accepts and also encourages casual sex. Hookup culture prioritizes physical pleasure and does not necessarily require dating since emotional bonding and long-term commitments are not required. It’s not an openly-discussed topic, but every college student should prepare to encounter it. With information and the help of adjunct professor Rick L. Gumsallus, who has a doctorate in clinical sexology, we’ve listed some things that students should keep in mind:

First things first

It’s been reiterated for ages, but whenever you are planning on having sexual intercourse with someone new, it is always necessary to use protection. Even if you are using another form of birth control like the pill and spermicides, you should still use a condom and/or dental dam to protect from STDs. It’s so necessary that it has become a common practice for institutions and organizations to give out free condoms especially if you don’t have access to a convenience store. For instance, the locker room rooms at the RecWell gym generally have free condoms available. Also, remember that if your partner declines to use protection, you’re in no way obligated to have unprotected sex with them.

Meeting on social media

It’s simple enough to meet new people on a college campus, especially if you’re a resident student. But within the last few years, casual dating has gone digital. As such, dating apps like Tinder have also affected hookup culture by making it much easier to meet new people. Tinder can be intimidating to use at first, but if you do match with someone of interest, it’s best to get to know them through messaging to make sure you’re comfortable with them as a person.

You’ve probably seen the memes about new people during your time at university — they are some of my favorites. While they are absolutely hilarious, what’s not hilarious is actually living those memes. Trust me, you don’t want to be so stressed out that there’s Chex mix dust in your hair and you cry after putting a shoe on the wrong foot.

Taking care of your mental health is important. Unfortunately, it can sometimes be easier said than done. That’s where people like Yanique Levy, counselor in residence, in can help.

What is being “mentally healthy”?

Being mentally healthy doesn’t mean that you’re not ever going to be stressed. It means that you have coping mechanisms to deal with stress and feelings of being overwhelmed.

“It takes having insight about yourself,” said Levy. “And how you react to things and the various factors that trigger you.”

Basic "Safes" are your friends because everyone is unique,” said Levy. “So what works for 90 percent of individuals might not work for you. It doesn’t mean that there is something wrong with you or that you’re beyond help. It just means that what you’re doing isn’t working.”

According to Levy, if a student still feels that they’re having negative experiences — like feeling withdrawn or not wanting to get out of bed or just overwhelmed — for more than two weeks, they should seek help from either her or Henderson Counseling. You can contact Levy at 954-251-4911 or Henderson at 954-424-6911.

DON’T BE A MEME TAKE CARE OF YOUR MENTAL HEALTH

By: Jenna Kopec  Co-Editor-in-Chief

You probably know the memes about new people during your time at university — they are some of my favorites. While they are absolutely hilarious, what’s not hilarious is actually living those memes. Trust me, you don’t want to be so stressed out that there’s Chex mix dust in your hair and you cry after putting a shoe on the wrong foot.

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CHALLENGES YOU’RE MOST LIKELY TO FACE:

• Being away from family
• New work loads
• Pre-diagnosed issues
• Meeting new people
• Finding yourself
• New relationships
• Exploring your sexuality
• Learning new environment

Don’t beat yourself up

If you’re transitioning into this lifestyle in college — good for you! But just know it might be too difficult for it to happen overnight. Most people go vegan over the course of weeks, months or even years. During this time of change and figuring out how to be independent, it might be harder than normal to make this life-altering change. If you mess up, don’t quit it all together.

If you accidentally ate your favorite candy bar or didn’t realize there was whey in your potato chips, don’t fret. Just know everyone makes mistakes, and the choices you’re making are helping you, the environment and the animals.

YOU CAN EAT ALMOST EVERYTHING!

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REPORTING SEXUAL MISCONDUCT

By: Jenna Koopec
Co-Editor-in-Chief

Hopefully, you’ll never encounter a situation where you’re going to need to report sexual misconduct, but if you do, it’s important to understand what your rights and options are. If the sexual misconduct took place on the university’s campus and is reported, the university must investigate it under Title IX guidelines given by the government. If the incident didn’t happen on campus or in relation to the university, the Title IX office still has resources that can help you.

Here’s a breakdown of your options for reporting sexual misconduct to NSU:

Confidential resources
Confidential resources cannot report the details of what you tell them without your permission. In other words, an investigation won’t automatically take place when you report to a confidential source. For that reason, if you’re feeling scared or need treatment or help coping, you can speak with a confidential resource who can help you until you figure out what to do. You can still report the incident and receive a full investigation later.

Here are confidential resources at NSU:

Henderson Student Counseling Center
University Park Plaza
3440 S. University Drive
Davie, FL 33328-2003
Tel: 954-424-6911 or 954-262-7050
Fax: 954-424-6915

Confidential resources cannot report the information to the Title IX Coordinator. For that reason, if you’re feeling scared or need treatment or help coping, you can speak with a confidential resource who can help you until you figure out what to do. You can still report the incident and receive a full investigation later.

NSU Psychology Services Center
Malta Psychology Building
3301 College Ave.
Fort Lauderdale, FL 33314-7796
Tel: 954-262-1262
Fax: 954-262-1263

Responsible employees
Responsible employees have to report whatever you tell them to NSU’s Title IX Coordinator, Laura Bennett, who will then launch an investigation. Even if you tell the responsible employee that you don’t want them to share the information, they’re legally required to. If a responsible employee is told that you don’t want an investigation or that you want to remain anonymous, they also have to report that information to the Title IX Coordinator.

Here are the types of employers that NSU considers responsible employees:

- president
- provost
- associate provosts
- assistant provosts
- chancellors
- senior vice presidents
- vice presidents
- associate vice presidents
- assistant vice presidents
- Title IX coordinator
- deputy Title IX coordinators
- deans
- associate and assistant deans
- housing RAs
- residence hall staff members
- residence life coordinators
- supervisors and managers
- faculty members and faculty advisors
- international student advisors
- staff advisors
- academic advisors
- student conduct and conflict resolution staff members
- unit HR liaisons/managers/administrators
- athletic director
- associate athletic director
- student advisors
- head coach
- employee relations managers
- director of recreational sports
- law enforcement first responders
- campus security authorities

Online reporting system
Last year, the Title IX Office launched an online reporting system for sexual misconduct. Reports are delivered directly to the Title IX Coordinator who will then investigate based on the information that is provided. Unlike when you report to a responsible employee, online reporting allows you to report anonymously — just don’t fill out the information that would identify you. You can access the reporting form at nova.edu/title-ix/index.html.

Immediate responses
If you or someone you know encounters an act of sexual violence, it’s important to know that the first course of action is to tend to any injuries immediately. If you need to seek medical attention, seek it, or call someone who can help you even if you aren’t sure you want to press charges. You may also want to preserve as much evidence as possible. A crisis center can help you understand your rights and can perform a forensic exam to give to authorities if you want one. The closest crisis center where you can have a forensic exam after an assault — if you want one — and discuss your options is the Nancy J. Cotterman Center in Fort Lauderdale. The center will perform an exam at no cost whether you choose to report the violence or not and it has a hotline you can call to discuss your options confidentially with their staff. Here is their information:

Nancy J. Cotterman Center
400 NE 4th St.
Fort Lauderdale, FL 33301
954-761-RAPE (7273) - 24-hour helpline

Confidential counseling
Confidential counseling can help you feel better, try some of these tips for a quick pick-me-up.

Try aromatherapy
It’s no secret that candles and a lot of related items aren’t allowed in residence halls, and for good reason. The last thing you need while you’re already down in the dumps is an angry knock from an RA or a wild fire alarm that’ll disrupt your neighbors. For a safer, effective alternative, dabble around with essential oils. For example, try lavender to help you relax, or mint to aid a headache. Read around online and make informed decisions about what oils might be best for what you need. But before you set off on a diffuse or sprinkle scents around your room, consult your roommates, if they’re in town, to make sure you’re not filling your room with their least favorite smell.

Get moving
If you’re feeling a bit down, try using exercise to lift yourself up. The last thing you might want is to head over to the gym and get your workout on, but studies have proven that exercise releases hormones into your system that make you happier. While it may be challenging to convince yourself to get there, it might give you the confidence boost you need to tackle any obstacle.

College is hard — no one’s going to lie about that. From seemingly endless assigned chapters to millions of homework assignments, it’s easy to get overwhelmed. When everything starts to feel like too much, take a step back and practice some self-care. Having a break early in after. If you’re stuck on how to make yourself feel better, try some of these tips for a quick pick-me-up.

Practice some self-care. Having a break early in after. If you’re stuck on how to make yourself feel better, try some of these tips for a quick pick-me-up.

1. Take some deep breaths
2. Change the scenery
3. Grab a bite
4. Try visualizing
5. Make sure you’re not forgetting to eat,

in your room.

Get to your room.

Developed in collaboration with
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5. Make sure you’re not forgetting to eat,
Welcomes You!

Special Dietary Requirements
Shark Dining caters to all dietary needs and restrictions, both in culinary and On-The-Go recipes. For any questions, please ask to speak with our chef or management team. Look for these helpful icons at all our dining locations across campus!

We’re Here to Help

Jason Fitch
 Resident District Mgr.
 Jason.Fitch@compass-usa.com

Stefanie Furniss
 Dir. Operations
 Stefanie.Furniss@compass-usa.com

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 Dir. Retail Operations
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Mark Broekhoff
 Dir. Catering & Concessions
 Mark.Broekhoff@compass-usa.com

Harrison C. Davies
 Dir. Marketing / Guest Experience
 Harrison.Davies@compass-usa.com

New for Fall 2018
New Hybrid One Price Dining
Dinner 7 Days A Week
4:30pm-9:00pm
Weekend Brunch
10:30am-3:00pm

Among the additions to The University Center will be Rooted, a new Plant Based Location

Einstein Bros.
Bagels

Save The Date
August 29th

“At Shark Dining we look for opportunities to make a difference in the lives of our guests and our community through our commitment to nutrition, healthy eating, and sustainability.”

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SUPPORTING FAIR WAGES FOR FARMERS
LOWER ANTIMICROBIALS
ENRICHING LOCAL COMMUNITY
ENERGY
FAIR-TRADE COFFEE
CAGE-FREE EGGS

www.dineoncampus.com/nova
If you have ever watched a sports event either live or on TV, you have probably noticed that players celebrate “with” their fans. When a soccer player scores, he or she runs towards the stands and smiles to the fans. When a tennis player wins the match, they throw signed tennis balls to the crowd. Similar scenarios take place throughout other sports, such as hockey, golf, football, basketball and so forth.

Did you know that we have 17 sport teams at NSU? The Sharks compete year round, from September to May. Schedules vary from sport to sport; some of them have a few days off in between matches, games, meets or tournaments, and others have many back to back. One thing is sure, your NSU Sharks have busy schedules, and there are a lot of on-campus games for you to go watch and support. In case you need them, here are four tips to becoming a Shark fan:

Follow @NSUSharks on social media
Social media platforms are a great way to keep up with the Shark's performances and upcoming events. Follow @NSUSharks on Twitter, Facebook and Instagram. There you can find information about each team, photos, videos and highlights. Make sure you keep up with the Sharks.

Attend the games
Playing and competing in the sport you love at a college level sounds very good, but competing in a supportive environment, when you hear hundreds of voices cheering for you sounds even better. The Sharks are representing every NSU student when they compete. They represent me, and they represent you. They represent our community. Attending the games and cheering for them is a great way to show our Sharks how proud you are of them.

Encourage your friends to join you
Friday evenings in the arena can be a lot of fun. Watching basketball, having dinner and laughing with friends does not sound like a bad plan at all. Of course, basketball is not the only sport on campus. You can also watch and cheer the Sharks at the baseball field, the swimming pool, the tennis court, the softball field and the volleyball court. Other sports generally compete off-campus, but you can always support them on social media or follow them via live streaming.

Support, cheer, and Go Sharks!
As an athlete myself, I can say that it feels very good to hear someone shouting “Go Sharks!” When difficult times come — when the match, the game, the meet or tournament is not going as expected — the fans’ support might help athletes push through. College can be very stressful sometimes, especially during midterm or finals weeks. Why not take a little break from studying and go support the Sharks?

There are different ways to support the Sharks. Whether they are on-campus or off-campus, you can always keep up on social media. No matter how you do it, whether you attend the games or leave a comment on their social media profile, always support our student athletes.
WHAT YOU NEED TO KNOW ABOUT CLUB SPORTS AND INTRAMURALS

By: Rachel Larson  Contributing Writer

As a college freshman, finding ways to get involved can often be a hit or miss when there are so many options. One of the easiest routes can be joining either club sports or an intramural team.

What's the difference?

Let's start with the basics: Club sports and intramurals aren't the same. Club sports have set practices, rules and a specific quota of games that your team must play in order to be eligible. Intramurals can often be joining either club sports or an intramural team.

What's the difference?

Intramurals and community sports aren't the same. Club sports have set practices, rules and a specific quota of games that your team must play in order to be eligible. Intramurals can often be joining either club sports or an intramural team.

Intramurals work a little differently. You will have 1-2 games a week with no formal practice and all you really pay for is a fee to join the team. The equipment is provided, so there's no need to be concerned over cost of those. Games are played at Grouse field, which is right across the street from Goodwin and Commons residence halls and very convenient as a freshman if you have no car. Intramural sports are usually just for fun, so if you're looking for a way to get to know some people on your floor, ask them to make a team with you!

What's right for you?

If you were an athlete in high school and are looking for a way to still compete, I would recommend finding a club sport to participate in. NSU offers anything from soccer to swimming, so there's sure to be a sport for you. If you're looking for something just for fun and for a shorter period of time, intramurals are a great way to get involved on campus and meet new people without having to sacrifice a ton of your time. Not to mention, it's always a good time. Intramurals offer a number of sports based on the semester, so there's sure to be something that will interest you.

Whether you choose intramurals or club sports, both are a way to get out there and make friends, which can be difficult when first starting college. Whichever one you choose, you're guaranteed to have a good time. You can find out more about club sports or intramurals by going to rec.nova.edu/index.html.

Intramurals are a great option for students who want to play sports without as much of a time commitment.

FINDING FITNESS OUTSIDE OF TRADITIONAL GYM WORKOUTS

By: Michaela Greer  Co-Editor-in-Chief

As a newcomer, you’ve probably been hearing a lot about the dreaded “Freshman 15,” which you’ve pledged to avoid like the plague. As a senior, I can say from experience that I remember taking that oath. However, while I managed to keep the pounds off during my freshman year, they followed shortly afterward. What can I say? Midday bagels and study snacks can do that to a person.

Still, it’s important to exercise to maintain a healthy weight. Dreading traditional gym workouts? Here’s a compilation of the ways that we’ve found fitness over the past year.

Sharks swim

Beside oranges, Florida is known around the world for its beaches. Make the most of all this water — whether it be by heading to the gym or either of RecWell’s pools — by trying out this year’s Health-related workout that copy editor Nicole Chavannes swears by: Warm up by swimming 12 stroke cycles at an easy pace using the front crawl or freestyle strokes. Rest, then repeat for three more sets.

Swim at a brisk pace for 50 yards or 25 stroke cycles. Do this for six sets, resting 30 seconds between each.

Do four sets of the fingertip-drag stroke at a relaxed pace. This means raising your elbows high out of the water as you reach for the next stroke with only your fingertips dragging beneath the surface for 12 stroke cycles each set. Rest 20 seconds between each set.

Do four sets of a kick drill with 30 second rests in between. Grab a kickboard and rest your arms on it, then swim across the pool using only your legs. Do 25 kick cycles in each set — with one kick of the right and left in a cycle.

Do six sets of a pull drill with 20 seconds in between. Hold the kickboard between your legs to keep them afloat and swim using only your arms for 12 stroke cycles. Reach your arms forward, but don’t let your fingers leave the water.

To find fitness, try finding your zen

While I’ve never done yoga, contributing writer and student athlete Aludasa Foigal says that these workouts are a great alternative to traditional exercise routines. Even better? RecWell offers various classes for students from beginners to the more advanced. Here is a breakdown of the yoga classes offered as described by NSU yoga instructor Marilyn Gordon:

Yoga Stretch is a good opportunity if you are looking to gain flexibility and enjoy an hour of relaxation at the same time. This class often attracts beginners and athletes.

Yoga Flow “connects from pose to pose to pose” as the name suggests. This class is a constant transition from one pose to another, focusing on movement and breath.

Zenergy Yoga, a title created by Gordon, is thought of as a stretch class for the first 30 minutes. “We stretch primarily the lower back, which tends to be tight in the morning,” Gordon said. Then, for the remaining 30 minutes, this class becomes more of a Yoga Flow class, which tends to have an invigorating effect on people. Zenergy Yoga is a perfect example of how yoga teachers can give yoga classes their personal touch.

Hatha Yoga is more of a stationary-style yoga class. Poses in this class tend to be very static. However, according to Gordon, yoga teachers can tweak their classes based on what they want to teach and based on their students.

Say hello to HIIT workout regimens; goodbye to hitting the gym

Between classes, extracurricular activities and those aforementioned study sessions, it can seem almost impossible to find a way to squeeze in a work out at the gym. If that’s the case, high intensity interval training (HIIT) workouts — an incredible combination of exercises you can do anywhere without the need for any equipment — may be the ticket for you.

HIIT workouts refer to regimens which alternate between vigorous bursts of activity and short periods of rest. According to Shape magazine, the intense spurts of energy push your body’s repair cycle into “hyperdrive,” effectively burning more calories than traditional methods of exercising such as a long run. Here is one of my favorite regimens created by YouTuber Whitney Simmons:

Front jumping squats with “hut, hut, hike” side-to-side transitions:

Stand with your feet shoulder-width apart. Get into a squatting position, clasping your hands together in front of you. Jump forward twice and then shuffle sideways three paces, bringing your knee toward your chest for the last movement. Repeat this motion, moving in the other direction.

Plank walks to a half-burpee:

Get into a planking position, then move forward “walking” on your hands and toes a few paces, bringing your feet up toward your hands. From this position, jump upwards stretching your hands toward the sky or ceiling.

Side hops to planking shoulder taps:

In a squatting position with feet shoulder-width apart, hop sideways three times. Transition into planking, bringing your right hand to your left shoulder while in this position. Switch hands and alternate the movement four times.

Bear crawls to oblique mountain climbers:

Stand up straight with feet together and then touch your toes. “Walk” your hands away from your toes, transitioning into a planking position. While in this position, bring your right leg toward your left elbow. Return to the planking position, alternating the leg movement four times.

Walking lunges to knee raises:

Stand with your hands on your hips to provide balance. Take step forward, bending at the knee to complete the lunge. Using the other leg, step forward and move into a standing position. Jump forward eight times, bringing your knees as high as you can.

Do these exercises for a total of 40 seconds each, resting for 20 seconds in between. Then, repeat the entire process for a second time. Spans of exercise and periods of rest can be adjusted based on your individual levels of fitness. However, it is important not to extend the amount of time too much, as this will defeat the purpose of the HIIT workouts.

My word of advice: Keep a towel and a bottle of water handy because after any of these workouts, you’ll need it.

For information about pool hours or class times and offerings, visit rec.nova.edu or call 954-202-7301.

NSU Offers anything from soccer to swimming, so there's sure to be a sport for you. Whether you choose intramurals or club sports, both are a way to get out there and make friends, which can be difficult when first starting college.
NSU Copy Services
for Students, Faculty, and Staff

• Black-and-white or color copies
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Simplifying life,
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It’s easy and affordable.
Simply email us your files, and then pick up your documents when you’re ready. We have two convenient main campus locations that are open Monday through Friday, 8:30 a.m. to 5:00 p.m., so you don’t even have to leave campus.
You’ll find that NSU’s Copy Center services are half the price than the same services at off-campus print centers. So put away your piggy bank, just bring your SharkCard and stop in to one of our on-campus Copy Centers.

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3600 South University Drive,
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(954) 262-8860
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HPD Copy Center
Located in Assembly Building II, on the west side of the building.
3200 South University Drive
Fort Lauderdale, Florida 33328
(954) 262-2199
As a struggling college student, there are two things I enjoy immensely: free stuff and live music. Combine these and you can get great entertainment that costs nothing at all—except for the obvious, like transportation, food and drink. If you’re looking for a musical escape that won’t break the bank, read on for some local spots to hear free, live music in the SoFla area.

Be the spectacle on karaoke night
If karaoke is your scene, there are a number of places in the area that are either karaoke bars or host karaoke nights. These venues are perfect if you enjoy getting up on stage—regardless of or host karaoke nights. These venues are perfect if you're looking for a musical escape except for the obvious, like transportation, food and drink. If you're looking for a musical escape

The ultimate list of places to “GIL” 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 quiet spot to study. Whether you’ve got your head in the books, or an omnivore, Parlour Vegan Bakery has something for everyone.

Here is a list of places that made our list over the past year which are sure to become your favorites too:

For the coffee aficionados:
Coffee is basically the stuff that fuels college students; that and carbs of course. While Starbucks and Einstein’s Bros. will likely keep your energy above dangerous levels, these places hold a special place in our hearts.

BREW Urban Café Next Door - Dubbed as a hipster’s paradise, this coffee shop tucked away in C&I Studios, off of Flagler Avenue, lives in a large room with high, wood-beam ceilings, sporting lots of vintage-style furniture pieces and natural wood decorations. According to coffee-lover Gabrielle Thompson, there is even a half-wall made entirely of windows that looks into the adjoining studio, so viewers can observe when a photo shoot is taking place. Coffee flavors include: caramel, maple, pomegranate, green and a citrus blend, there is sure to be something for everyone.

Juan Valdez Café - 8751 Stirling Rd., Cooper City, Fl. 33328 Mon. – Wed. 7 a.m. – 8 p.m., Thurs. – Sat. 7 a.m. – 9 p.m., Sun. 8 a.m. – 8 p.m., Price range: $3-80

For the sweet tooth:
You like the sweeter parts of life. Who can blame you? Consider visiting these places the next time you get a hankering for a sweet treat.

TCBY’s Plantation - On the hunt for a delicious heaping of soft-serve frozen yogurt? This creamery features a row of soft-served machines with rotating flavors like marshmallow, hot honey pecan, cake batter, strawberry and cookies and cream. Or, if soft-serve isn’t your thing, visitors can opt for a scoop or two of staple flavors like cotton candy, mint chocolate chunk, peanut butter delight, rainbow cream and mocha almond fudge. TCBY even offers options for those who are lactose-intolerant or simply prefer dairy-free treats. These offerings come in the form of sorbets and yogurts made with milk substitute like almond milks. No matter what you’re in the mood for, you’re sure to find your new favorite frozen yogurt flavor at TCBY.

Bolay Restaurant - 1487 S. University Dr, Plantation, Fl. 33324 Sun. – Wed. 10 a.m. – 7 p.m., Thurs – Sat. 10 a.m. – 8 p.m., Price Range: $11-30

For those “I-could-eat-a-horse” moments
Studying can work up quite an appetite. When you start feeling those hunger pangs starting to set in, head on over to one of these eateries.

Lester’s Diner - 250 W State Road 84 Fort Lauderdale, Fl. 33315 Open 24 hours a day, seven days a week $5-20

Bolay Restaurant - Much is expected from a company that has a tagline that reads: “So bold. So fresh.” Yet, a quick skim through their menu will show that Bolay Restaurant delivers. You can order ahead for pickup or queue in front of a glass-enclosed, cafeteria-style setup to customize your small or large-sized bowls with the bases, vegetables, proteins, toppings and sauces from items inspired by the international cuisines of exotic countries. Feeling adventurous? Try the Forbidden Black Rice, Peruvian Quinoa, Cajun Sweet Potatoes, Miso Glazed Tofu or Spicy Thai Shrimp. Or you can choose from time-honored classics like Ginger Broccoli, Lemon Chicken, Ahi Tuna and Baklava. HV

Even if that just means to look any further than this gem located just minutes away from campus. Whether you’re craving a homestyle breakfast or deli-style sandwiches, as you listen to live music. Gulfstream Park offers live music of varying genres every Saturday night, and features recurring stars like Enki Rafaeli and Travis Bridges every Tuesday and Sunday night, respectively. Flamingo Gardens hosts First Friday Food Trucks every month, featuring spinning DJ Anarchy and South Florida Bluegrass Association bands. For a daytime equivalent, visit Fort Lauderdale Riverwalk’s Sunday Jazz Band, which features live music on three different stages on the first Sunday of every month.

Enjoy a meal and a song
Sometimes lounging in the grass or walking around for your food doesn’t sound too appealing but never fear, there are plenty of sit-down spots that offer both standard service and live entertainment.

Rock Bar in Fort Lauderdale beach features a live DJ every Thursday through Sunday night, as well as an outdoor dining experience through admittedly, the menu can be a bit of a splurge for the college student on a budget. For a more affordable meal-and-music combo for any time of day, try Nick’s Bar & Grill on Hollywood beach, which features delicious seafood and local musicians, as well as the occasional karaoke scene.

No matter what your musical or atmospheric preference, South Florida’s got an abundance of options to choose from in the way of live, entertainment. Don’t hesitate to go to know the area more and browse some of its musical and artistic offerings; you’re bound to find something that suits you.
**THINGS TO DO IN THE AREA**

**By:** Suvina Daryanani
**Contributing Writer**

It’s fun to explore the area around your college. If you enjoy agriculture and nature around you, there are plenty of parks to visit less than 10 miles away from campus. If you’re interested in more than just greenery, the Broward area has much more to offer.

**Vista Park**
With 272 acres of green rolling hills and meadows, Vista Park offers a wide range of activities all week. In addition to just going to a park, you can rent bikes for $6 an hour. Vista Park is a great place to visit if you want to go hiking, biking, take a scenic walk, etc. It’s located less than 15 minutes away from NSU’s Davie/Fort Lauderdale campus.

**Movies**
Apart from the wildlife and nature of living in South Florida, there are other fun things to do in the area. Regal Broward Stadium 12 & RPX is a movie theater only seven minutes away from NSU, located in Weston Field Broward Mall, selling $11 tickets. Of course, like any other movie theater, Regal Broward Stadium offers food and drinks at great prices too.

**Secret Woods Nature Center**
Secret Woods is a hidden gem for any nature enthusiast. Hidden along State Road 84, Secret Woods garners a unique glimpse into Florida mangrove habitat. From trails lined with beautiful blue land crabs to boardwalks leading out to the marina, as well as being a hotspot for manatee activity, Secret Woods has a lot to offer.

**Blue Heron Bridge**
Voted the World’s Best Dive Site of 2013 by Sport Diver magazine, Blue Heron Bridge is an incredible site for experienced divers and beginner snorkelers alike. With an average depth of less than ten feet, beach access and an incredible amount of biological diversity, Blue Heron provides an unforgettable experience every time you visit. I have seen turtles, octopods, eels, eagle rays, barracudas and many other sea critters that you would otherwise require a dive charter from the Keys to see.

**Everglades National Park**
The Florida Everglades is one of the most unique ecosystems in the United States, encompassing several unique habitats and containing several species that are not found anywhere else in the world. Venture within feet of alligators and wading birds along Anhinga Trail, then make your way down to Flamingo to view saltwater crocodiles and manatees living in harmony.

**HOW TO CONNECT WITH NATURE**

**By:** Mitchell Gilliland
**Contributing Writer**

Mitchell Gilliland is a junior marine biology major. He is also the president of NSU’s Nature Club.

Anyone new to South Florida will quickly come to realize that it is a fast-paced maze of turnpikes and shopping centers, and seemingly disassociated from nature. However, after living in Fort Lauderdale over the last three years, I have found several neat nature spots that I can always return to when the concrete jungles of downtown Fort Lauderdale and Miami become overwhelming.

**Mesonic/Native Garden**
Found outside the Parker Science Building, the Mesonic Garden boasts a host of unique and exotic plants. Furnished with benches and picnic tables, it is an excellent place to study during mild afternoons.

The NSU Native Garden is a thriving naturescape that utilizes only native Florida plants. The Native Garden is prime habitat for many butterfly species that can be found year-round.

**Treetops Park**
Located only minutes from campus, Treetops includes several habitats unique to South Florida. Treetops offers several trails through native live oak, a viewing tower into the upper canopy, boardwalks through a sawgrass marsh and pavilions on an island in the middle of the lake. Treetops offers a unique look into natural South Florida and has something to offer all nature lovers.

**Dr. Von D. Mizell-Eula Johnson State Park**
Dr. Von D. Mizell-Eula Johnson State Park offers diving, snorkeling, fishing, kayaking and stand-up paddle board renting, pavilions and grills. They also offer monthly holiday-themed events, as well as Full Moon Kayaking Tours and cookouts.

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**Songs to get you through college**

**By:** Siena Berardi
**Contributing Writer**

We won’t lie to you. Sometimes college can be a little overwhelming; especially around midterm and final weeks. Here are a few songs to get you through those moments when you need a little motivation, or when you just want to know that someone knows exactly where you’re coming from.

**“Work B**∗∗∗**ch” by Britney Spears**
This song is the ultimate motivation anthem. Whether it be putting in work at the gym or concluding a research paper, any situation can feel like everything is.

**“Catch and Release (deepend remix)” by Matt Simons**
The light beat and comforting lyrics allow the listener to feel calm and collected.

**“Young Dumb & Broke” by Khalid**
Almost everyone can relate to the fun title of this chart topper. Khalid captures the sounds of all teens beginning the rest of their lives fresh out of high school.

**“Kids” by OneRepublic**
You just entered an important part of life where the real world is just around the corner.

The catchy melody of this tune will create the feeling of wanting to be a kid again.

**“Feels Great (feat. Fetty Wap & CVBZ)” by Cheat Codes**
Here’s to being young and figuring out your life. The tune will take anyone to cloud nine for at least three minutes.

**“8TEEN” by Khalid**
Taking risks and making stupid mistakes come hand-in-hand with being 18. Nothing is for sure in life but playing this song in the car with your windows down will definitely make it feel like everything is.

**“Go For It (Shaloo remix)” by CRUISR**
Life is too short for regrets. As the title proclaims, go for it. You won’t be disappointed.

**“Diamonds Dancing” by Drake & Future**
Motivation seems to be a useful commodity in college and this jam embodies it.

**“Bank account” by 21 Savage**
The goal after college is usually to rake in cash. So why not fake it ‘til you make it?

**“All of the Stars” by Kendrick Lamar, SZA**
Vibe to this upcoming hit, as much as you wish for the stars you’re staring at. SZA manages to awaken your inner spirit.
BOOKS EVERY FRESHMAN SHOULD HAVE ON THEIR BOOKSHELF-F

By: Michaela Greer
Co-Editor-in-Chief

As a college student, you likely won’t have a shortage of reading material for the classes you’ll be taking. Still, there will be moments where you’ll need a little bit of supplemental information for those pesky everyday issues. Here are a few books that will make your life a whole lot easier.

For the fancier moments
With staff dinners, formals, job and internship opportunities, dates and parties of all kinds on the horizon, it can be a little confusing to know what cutlery to use first or what socially correct responses are for a particular moment. Enter: The lifesaving wisdom of Peggy Post in the aptly named book called “Emily Post’s Everyday Etiquette.” Post covers everything from the correct way to cut ties with your hairdresser to appropriate gifts for any occasion. Whatever your qualm, there’s an app entry for that.

To help your pocket
You know all those jokes about college students surviving off of ramen noodles? Well, according to Suze Orman in her book “The Money Book for the Young, Fabulous and Broke,” young people should budget, it’s not all bad. Orman provides readers with a meticulous breakdown and tips for dealing with credit, monitoring and improving your score, paying off student debt, actually saving substantial amounts of money, investing and making big-ticket purchases such as buying a car to make your morning commute that much easier. There’s even a chapter devoted to discussing how to know what cutlery to use first or what socially correct responses are for a particular moment. Enter: The lifesaving wisdom of Peggy Post in the aptly named book called “Emily Post’s Everyday Etiquette.” Post covers everything from the correct way to cut ties with your hairdresser to appropriate gifts for any occasion. Whatever your qualm, there’s an app entry for that.

Express yourself
You’re going to experience a lot of things during your undergraduate career; some of it good and the rest, well, not so great. In my experience, talking about it helps. But for those moments where you don’t want to share, expressing yourself in a journal is the next best thing.

For learning more about yourself:
- “The Birth Order Book” by Kevin Leman - Ever wondered why you behave the way that you do? Some of this may be linked to your birth order. It sounds a little far out there, but there really is truth held in this fascinating read.
- “What on Earth Am I Here For?” by Rick Warren - Anyone experiencing an existential crisis or just trying to decide what to major in could pick up a copy of this book which can help you work through the lingering questions you might have.

Technically speaking
Unless you’re a genius who knows all of the ins and outs about writing, you’re probably going to need a little help every now and again. Sandra E. Lamb’s “How to Write It” and C. Edward Good’s “Whose Grammar Is This Anyway?” will help to guide you through writing everything from resumes, press releases, business plans, thank-you notes, emails and invitations, ensuring that your sentences are grammatically correct.

The extras
These are the books that you read for enjoyment, fostering of personal growth or just to pass the time. These are some of my suggestions:

For the history buffs:
- “The Immortal Life of Henrietta Lacks” by Rebecca Skloot - On Jan. 29, 1951, with nowhere else to turn to seek treatment for his wife’s pains, David Lacks drove his wife, Henrietta, to John Hopkins Hospital; the only institution in their area that would treat a poor, black, tobacco farmer. Nine months later, Lacks’ family lost her to a fight with cancer, while the world of medicine continued to grow her cells by the thousands. The real hitch? Her family wouldn’t learn about this for more than 20 years afterward. You’re in for a real eye-opener with this one.
- “We’re Going to Need More Wine” by Gabrielle Union - We’ve seen the superstar on television screens for years but in this book, we really get to learn about who Gabrielle Union really is. While she discusses the difficult-to-express events in her life like being raped as a teenager, she shows readers how to live despite the tougher moments, by keeping a smile on your face and laugh in your heart. Wine: optional.
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For when you need a laugh:
- “I Can’t Make This Up” by Kevin Hart - The funnyman details his road to fame and fortune, highlighting the hilarious moments that got him there.
- “Irene’s Children” by Tilar J. Mazzeo - During World War I, a young social worker named Irene Sendler would travel into the Warsaw ghettos under the guise of a public health specialist to save Jewish children from the horrors of the Holocaust. She would save the lives of more than 2,500 children, noting each name and burying the secrets in bottles under a tree in a friend’s garden. Sendler would later try to reunite the families after the war.

For professional development:
- “Treating People Well” by Lea Berman and Jeremy Bernard - Former White House Social Secretaries Berman and Bernard provide tips on how you can get along with that annoying coworker, be more confident in social settings and be a whiz in the “virtual manners” department.

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Look around any college campus and you’ll see students attached to their phones. Whether it’s walking between classes, grabbing a bite to eat or chilling out in the library, chances are a cell phone is nearby, if not in hand. If you’re on your phone anyway, you might as well use it to your advantage. Download these apps to maximize your phone’s potential in college.

**Dine On Campus - free**
Dine On Campus does exactly what the name implies — shows you where to dine on campus. NSU loads all of their dining options from each location to the app to let students know exactly what’s on the menu, and when. This can be especially helpful during that 12-1 p.m. period where everyone’s trying to get some food. Knowing exactly what you want and where to get it before you’re in the UC saves time and energy.

**UNiDAYS - free**
Using your student email address, UNiDAYS sends you notifications about deals for students daily. With $10 off of GrubHub, 15 percent off at LimeCrime, 20 percent off at Aerie or a $100 delivery free credit for Postmates, the offers they give you are hard to turn down.

**Uber Eats, Postmates and similar apps - usually free to download**
Sometimes, if you’ve eaten exclusively Subway or sushi for the past week, you just want something familiar and fresh. But if you’re cramming for a test or scribbling out a paper, the last thing you want to do is leave your room. Apps like Uber Eats or Postmates get you food straight to NSU from off-campus, without you ever having to leave the shark circle. They do usually have a fee associated with the delivery, so be sure to look out for that.

**1 Second Everyday - $4.99**
This app is a little less of a necessity than the others, but it can still improve your college experience. 1 Second Everyday does exactly as described — compiles one second of video footage that you record every day. For anyone who’s into nostalgia, this app is great. It gives you the ability look back on your week, month, or year. Also, friends and family, especially parents, love to see what you’ve been up to — if you’re willing to share.

**Any Game app - usually free**
Whether you’re waiting for a professor, killing time between classes or just hanging out, having some kind of mindless game on your phone can be super useful. It’s so easy to get sucked into the overwhelming stimuli of social media and get distracted. Try downloading a simple puzzle game like 2048, Color Cube or Stock, or search up a relaxing app like Tap Tap Fish, Smash Hit or Alto.

**Venmo - free to download**
Ever left your wallet at home, only to realize you’re out of money when you go to pay the bill while out with friends? Venmo’s got your back. With Venmo, you can hook up your bank account or card to the app, allowing you to make secure transactions between friends. This can be especially helpful if you’re ordering food with friends, dining at a restaurant where they don’t split bills or anything of that nature.

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By: Madelyn Rinka
News Editor
Can I Borrow That?

By: Michaela Greer
Co-Editor-in-Chief

Laptops

In addition to the desktop computers available for use on the first and second floors of the Alvin Sherman Library, students may also borrow laptop computers from the Office of Information and Information Technologies (OIIT). The OIIT desk is located on the first floor of the library on the right-hand side, opposite the materials check-out desk.

Laptops can be borrowed for 3-hour time periods and are loaned on a first-come-first-serve basis. Devices must be returned to the desk at least 30 minutes before the library closes and students are not permitted to remove the laptops from the library. For more information about this service, visit sherman.library.nova.edu/sites/services/other-services/.

3D scanners

Students are allowed to use the 3D scanners available in the Health Professions Division Library. The David Systems SLS-2 3D scanner can be used in the library, or borrowed for up to three days for use in your personal lab or home, but only by HPD students, staff and faculty. Borrowers must agree to pay for any replacements and repairs for any damages caused. For additional information, visit nova.campusguides.com/3dprinting/3dscanner.

E-books and other downloadable material

NSU students may download CDs, audio files, movies and other resources from the Alvin Sherman Library by accessing NovaCat — the library’s search tool — via the Alvin Sherman Library website: sherman.library.nova.edu/. Rentals have a due date in much the same way as physical materials do, as users will only be able to access the products for a specified period. Visit nova.campusguides.com/downloadable to learn more about this feature.

Looking for tutorials to learn everything from painting digitally to salsa dancing? Then Lynda.com, offered for free to NSU students through the Alvin Sherman Library may be a good resource for you. To learn more about this feature and to access Lynda.com, visit sherman.library.nova.edu/sites/spotlight/databases/lynda/.

Additionally, NSU students can also access popular magazines and periodicals like Rolling Stone, Essence, Entertainment Weekly, Sports Illustrated and Paleo Magazine for free through the Alvin Sherman Library via Flipster, the magazine app. Using your NSU Shark ID and password, login to Flipster here: sherman.library.nova.edu/auht/index.php?aid=1360. Commuter students can even access this resource from home, without the need to be connected to NSU’s WiFi.

Getting on the WiFi

By: Monique Cole
Contributing Writer

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 and staff

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 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.

How to Sign Up for Emergency Notifications at NSU

By: Sydney Stoneback
Visual Design Assistant

At NSU, there are many ways in which Public Safety keeps the students and faculty in the know when it comes to emergencies. The Emergency Notification System, or ENS, is a mobile service which sends texts or voice messages to students about any emergency situations that may be occurring on campus. In order to receive these very important messages, you will have to sign yourself up.

Steps to signing yourself up for the ENS:

- First, follow this link: nsualerts.bbcportal.com/ and click “Get Started.”
- Next, enter all information as the page prompts, such as your name, NSU email and create a password.
- Check your email for a confirmation email and reenter the system following the link provided in the email. Then enter your login information that you just set up.
- There will be three security questions that you must answer, and then your account will be activated.
- Once your account is activated, click login and enter your NSU ID and your NSU email as it prompts, and select the information that associated with your account.
- Select a preferred language you would like to receive the notifications in and select the preferred phone number and method of contact (text or voice).
- Finally, set your subscriptions by selecting the NSU-ALERT notification box, and then select “Done.”

For a more comprehensive and step-by-step photo/video instructions, visit nova.edu/emergency/notification/registration-process.html and follow the same steps that it provides.

How to Involve & Stay Connected

NSU Student Media

- Real-world experience.
- State-of-the-art equipment.
- Become an on-air DJ.
- Write for the newspaper.
- Work behind the camera.
- Work in front of the camera.
Fransheska is completing her master’s in College Student Affairs at NSU. Prior to starting her masters, Fransheska worked as a Collegiate Development Consultant for Delta Phi Epsilon where she supported student organization success, leadership development and recruitment efforts. These experiences have led Fransheska to want to be a support system to NSU students as well as help them grow professionally.

What you can expect is an array of support provided from every office at NSU to help with your transition into college. Below are 15 tips and pieces of advice for you to know regarding your career development as a freshman at NSU.

1. As an NSU student, you automatically have an assigned ExEL career advisor. They support first-year students through career exploration, goal setting and experiential education planning through individualized, one-on-one advisement and interactive group workshops, events and Career “Learn and Build Skills” (LABS) events.

2. You will need to complete six units of ExEL in order to graduate. A unit is determined by the amount of hours of experiential education you complete, with a distinction between curricular and co-curricular experiences.

3. You can set up an appointment with both your academic advisor and ExEL advisor to coadvise and formulate your four-year plan.

4. All first-time college students must take the First Year Seminar (FYS) course. Its purpose is to help prepare you for the rigors of college classes, while introducing you to all of the resources that NSU has to offer.

5. Through your FYS course, you will complete an interactive early immersion experience that will give you the opportunity to explore an NSU graduate or professional program of your choice. While at the graduate/professional school, you will interact with graduate students, participate in a hands-on activity and gain knowledge of the different career fields within the program, all while learning valuable tips to assist you in reaching your individual career goals.

6. You can schedule an appointment with an advisor at the Office of Career Development to help you create important documents like your first resume.

7. If you are still undecided about your major, an advisor from the Office of Career Development can also assist you by providing various career exploration assessments to help point you in the right direction.

8. If you are a pre-health student and undecided about which field you like best, the Clinic Exploration Program (CEP) offers students the opportunity to shadow medical professionals on the job in many of NSU’s medical and health clinics.

9. You can learn about upcoming career networking events, internships and webinars through our platform Handshake which is available for free to all NSU students. You can also register for our popular events such as Pre-Health Day, the Career Expo and FBI visits through that platform.

10. If you are interested in doing an internship, you should start searching at least one semester in advance in order to apply to have that experience counted as college credit.

11. Get to know your professors. This is beneficial not just from a networking standpoint, but also for finding faculty-mentored research opportunities.

12. Join pre-professional student organizations to develop leadership skills with like-minded individuals.

13. The career center also helps you brainstorm and revise personal statement ideas when it comes time to apply to professional programs.

14. The Office of Career Development also offers students the option to have a mock interview, which is a practice interview in which a career advisor provides feedback at the end of the session. These practice interviews are especially helpful for a job or graduate program interviews.

15. Customize an eportfolio with Portfolio to seek internships and share your resume with potential employers. Portfolio allows representatives from companies like Apple, Google and Disney to find students to work with through job positions and internships.

By: Fransheska Pacheco
Contributing Writer

FIFTEEN FRESHMEN TIPS COURTESY OF THE OFFICE OF CAREER DEVELOPMENT
It can be difficult to find affordable textbooks, and after paying a hefty price for tuition, it’s typical for students to really start looking for savings. Throughout your college career, each semester will bring with it a new set of required textbooks. It doesn’t matter what you’re majoring in, textbooks are a must. Here are some tips and websites that are the holy grail to finding textbooks at a discounted price.

**Rent it**

While you may want to keep some texts for future reference, you won’t always want or need to keep the textbooks that you’re required to get for a class. Renting is the godsend that allows you to borrow a textbook for the duration of the course and a fraction of the price. Online retailers like Amazon.com, Chegg.com and Barnesandnoble.com allow you to select a rental time-period, ship you the textbook, and provide you with a packing slip to return the text.

**Pro tip:** If you can, keep the boxes and bubble wrap that the textbooks are shipped to you in. Then, when you have to return the text, you won’t have to shell out for packing materials.

**Scour the internet**

The wonderful thing about online textbook buying is the availability to easily and quickly compare prices for books available at a variety of vendors. In fact, websites like Bookfinder.com allow you to search for your textbook using an ISBN number, or by the author’s name and title of the book, to compile a list of vendors starting with the cheapest offering.


**Pro tip:** Pay attention to the ship-by dates and shipping times to ensure that you’ll receive your text before the semester begins.

**Ask your friends and classmates**

As you begin making friends on campus, do not be afraid to ask about purchasing, trading or borrowing textbooks. Start by asking your closest friends, then move on to friends-of-friends and students in your major who have already gone through specific courses.

Additionally, there are instances where the professor might have forgotten to update a syllabus and textbook list by extension. In this case, email the professor to double check. A simple email to the professor, asking whether they require the textbook for the class, can save you time and money.

**Pro tip:** Sometimes you might only need a text during a specific period of the course. This might allow you to rent a text for an even shorter timeframe, saving a few dollars in the process.

**Check out the NSU Bookstore**

The NSU Bookstore is now conveniently located on the main campus in the Library Quad, so you don’t even have to travel off-campus to find the text that you need. By simply providing your course information including the semester, department, course name and section, a clerk at the bookstore will be able to locate your required texts. You can also order your textbooks online for pick-up by visiting nsubooks.bncollege.com and inputting the same information as aforementioned.

**Pro tip:** The NSU Bookstore price matches textbooks, so long as they are advertised as being in the same condition, identical edition, available for the same rental span and sold by a reputable vendor as determined by staff at the bookstore. For more details, speak with staff at the location or visit nsubooks.bncollege.com.
Clubs are an essential part of every college campus. Being a part of them can give you opportunities in the field of work you want to be part of and it can introduce you to people with similar interests and goals as yours. NSU encourages students to join, participate in and create clubs they want to see or may find interesting. These can be educational, recreational or of social interest. If you would like to create a club, there are certain requirements that you need to follow as outlined by the Office of Campus Life & Student Engagement.

Founding positions
You will need to have one president and one treasurer. Additionally, both the president and the treasurer must have at least two semesters left in college. Those interested in these positions should have already completed at least one full semester at NSU. In addition, you will need to have one full-time NSU faculty or staff member that will be the advisor of your club. A graduate assistant within the Division of Student Affairs may also hold this position.

Student interest
You’ll also need to have and maintain at least six active members; 51 percent of the members in the club must be undergraduate. Additionally, the club must be open to all students that want to take part.

Making it official
Once you are ready to make your club official, you can register your student organization through OrgSync by completing the appropriate forms. To access the forms, once you have logged or created your OrgSync account, navigate to the “Organizations” tab which should appear in the top left-hand corner. Then, select the green button at the top of the page which reads “Register New Organization.” Follow the prompts by answering questions like the name of the organization, purpose and mission as well as by submitting a constitution.

It must be noted that new clubs must be created by the fourth week of the term. Vanessa Franco, assistant director of campus life and student engagement, said, “OrgSync is our central hub for all of our student clubs and organization on campus. It’s a central area to upload files, have a portal for their organization and keep in touch with their members.”

“The constitution dictates what that organization will be and what its purpose is here at NSU,” said Franco. Templates of the constitution can be found under the Office of Campus Life & Student Engagement OrgSync page in the “Files” tab.

Once you have finished registering your organization, you’ll receive confirmation from the assistant director of campus life and student engagement, or the graduate assistant as well as a request for you to schedule a meeting with them. In that meeting, the president and the treasurer of the organization will be asked to present details about what the new organization will be. This presentation should take between five and ten minutes and should answer questions such as: How will this organization benefit the NSU Community? What are the short-term goals and objectives for the organization? How do you plan to recruit and retain members of your organization?

After the presentation, the representative will determine whether or not your organization will be conditionally approved. This means that you have not finished the process, but you have some benefits such as the ability to host one interest meeting, permission to promote the organization at SEA Thursday as well as printing privileges.

The conditionally approved period may last up to three weeks. During this time, both the president and the treasurer will be required to attend a series of meetings in order to be formally recognized as a Registered Student Organization (RSO). In a meeting lead by the graduate assistant for student organizations, the club’s president and treasurer will learn about RSO Policies and Procedures and OrgSync training. Two additional meetings will be held by a Student Government Association (SGA) representative and a member of the Student Activity Fee Accounts Office in which the president and treasurer will gain an understanding of fin points, service hours and budget proposals. Meanwhile, your advisor will be contacted and will go through advisor training.

For more information about starting a new organization, contact Vanessa Franco at vf169@nova.edu.

By: Diego Galvez
Sports Editor
SHARK SPEAK

What is your advice for incoming freshmen?

“Always read the chapter.”
- Jalisa Graham, senior music major

“Pick a major that makes you happy.”
- Ethan Lozano, sophomore communication major

“Don’t stress yourself and find a good group of friends.”
- Anthony Laboriel, junior communication major

“If you’re living on campus, don’t go all out on your DB [declining balance] because you will run out. Also, start planning ahead and use your resources to the fullest. Use Career Development and academic coaching. Finally, join clubs!”
- Leeza Abramov, sophomore environmental science major

“Take advantage of every opportunity that comes to you to get involved in college so that you can have the best experiences and memories when you graduate. It’ll also make you a better leader in the future.”
- Sarah Amaris, senior biology major

“Learn how to deal with conflict — especially when you’re living with three people. It will happen. Also learn to manage your money.”
- MJ Snider, freshman psychology major

“Know your graduation plan and work with your advisor. Don’t expect your advisor to work for you.”
- Pryscia Salinas, senior theatre major

“Make sure that you manage your time wisely and still give time to yourself. Utilize the Tutoring and Testing Center and utilize office hours as well. When you go to them they’ll give you important background information. Also, try to mingle and increase your circle of friends.”
- Hafsa Khan, junior biology major

“Find friends that motivate you to better yourself.”
- Nikil Nagabandi, sophomore mathematics major

“Make as many friends as you can and be nice to everyone. Don’t be afraid to go out of your bubble.”
- Victoria Smith, freshman psychology major

“Make connections with professors.”
- Nate Deimler, freshman marine biology and environmental science major

“Get involved on campus as much as possible and master your time management skills.”
- Meagan Vigo, freshman paralegal studies major

“Avoid early classes so you can get some rest. College itself isn’t hard but the adjustment is. So don’t be hard on yourself. Allow yourself to grow because you’ll grow a lot your first year.”
- Adele Joseph, freshman sociology major

“Get in touch with upperclassmen. They give better advice than advisors because they have first hand experience. They can tell you the more relevant details of life at Nova, including classes, professors to take, what to do around town and how to get involved on campus.”
- Qaas Shoukat, junior biology major
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