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ORIENTATION ISSUE

guide for new NSU students



A LETTER FROM THE STAFF



Dear Reader,

Choosing a university is no easy task — it involves a lot of travelling, applications, interviews and stress. That's why we're happy and honored to have you join NSU. Whether you'll be staying in the residence halls or spending your night hours off-campus, we'd like to welcome you home. We're glad you've made it.

Of course, when you're adjusting to a new environment, a lot can feel overwhelming. There's definitely a learning curve that comes with looking for where you belong. 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

The Current

The Student-Run Newspaper of Nova Southeastern University

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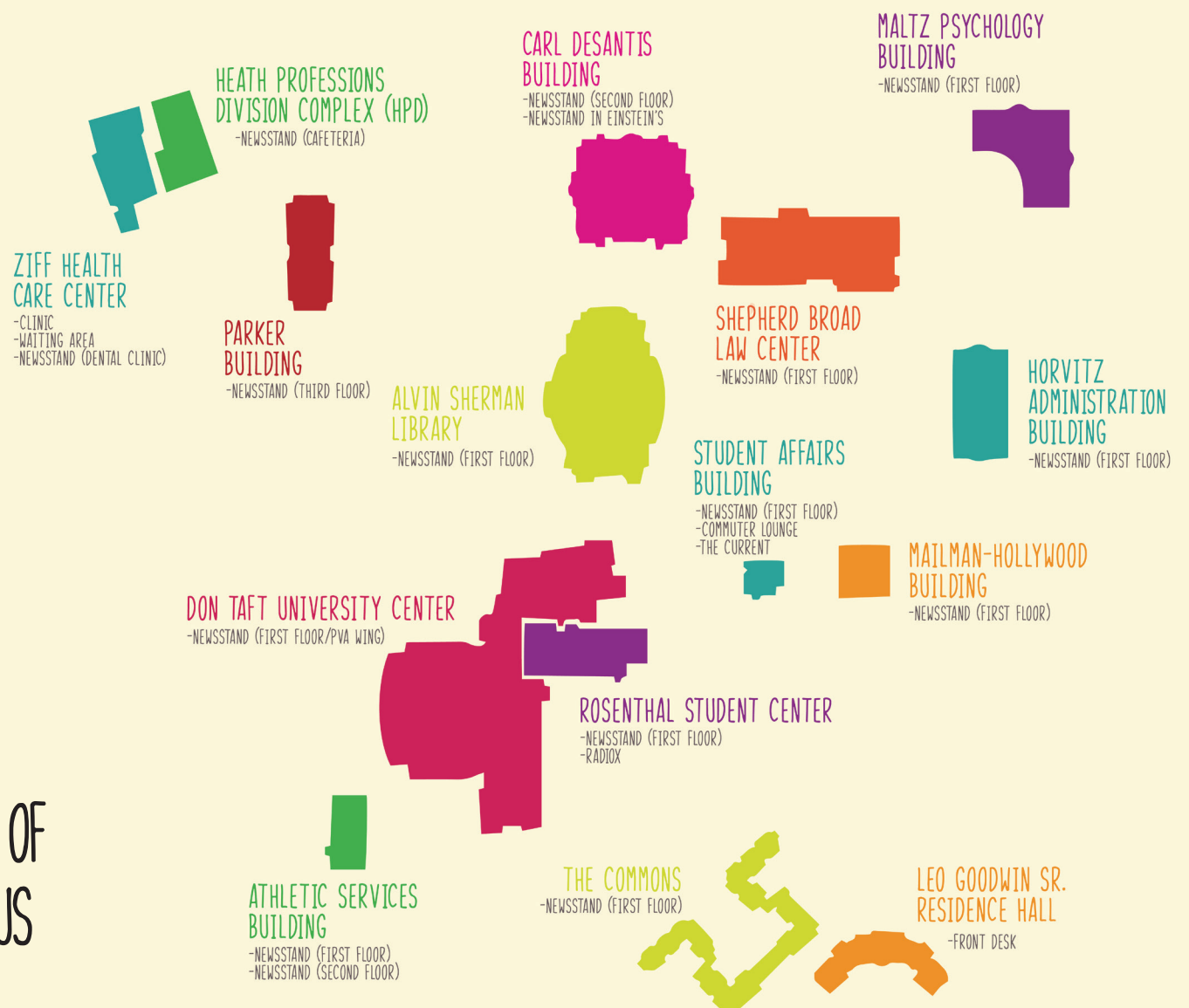
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The Current serves Nova Southeastern University from its location in Room 310 of the Student Affairs Building. The Current is NSU's established vehicle for student reporting, opinion and the arts. All community members are invited to contribute.

Editorials, commentaries and advertisements in this publication reflect the opinions of the authors and do not necessarily reflect the views of the University or its officials, The Current staff or other advertisers. The Current will not publish unsigned letters except under special circumstances at the discretion of the Editor-in-Chief. The Current reserves the right to edit.

Contributing writers must not be directly involved with their coverage. Coverage by contributing writers must be meaningful and of interest to the NSU community. The Current reserves the right to edit, publish or deny submitted works as it sees fit. The Current shall remain free of associations and activities that may compromise integrity or damage credibility or otherwise create a bias, real or perceived.

WHERE TO FIND ISSUES OF THE CURRENT ON CAMPUS



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 with 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 rights and dignity 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/learning 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 institution.

- 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

EQUAL OPPORTUNITY/ NONDISCRIMINATION POLICY

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, disqualifying 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 954-262-7858 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.

FAMILY EDUCATIONAL RIGHTS AND PRIVACY ACT (FERPA)

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 requests, 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 completing the Request to Prevent Disclosure of Directory Information form and submitting it to the University Registrar. Some consequences of this prevention of disclosure does include Dean’s List or commencement bulletins to be unpublished as well as denied requests from prospective employers.

RELEASE OF INFORMATION

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, inside and outside of the classrooms, 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.

ORIGINALLY PUBLISHED ON APRIL 3, 2018

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, since we go to the 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 Zeta Phi Beta 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 depends on which fraternities



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Greek Week allows students to join any of the more than 10 sororities and fraternities at NSU.

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 casual events like barbecues to the more traditional informationals.

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 room for informationals regarding each sorority.

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 mutual selection process. PNMs [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 room,” 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 informationals 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 to 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 Renae Bollibon, 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 flight deck backyard
- August 22:** PC and UGC Sorority Informationals
- August 23:** IFC and UGC Fraternity Informationals
- August 23:** Panhellenic Life Informational
- August 24:** Sharkapalooza
- August 25:** Panhellenic Potential New Member Registration closes
- August 27 – 31:** IFC rush period
- August 29:** PC Meet your Rho Gamma
- August 30 - Sept 1:** PC recruitment
- Sept 2:** Bid Day

UPGRADED SINCE BEING PUBLISHED ON AUG. 29, 2017

NEWS BITES 

By: The Current

A lot can happen in the span of a year and campus life at NSU is no exception to the rule. In case you missed the biggest stories of the 2017-2018 year, here's a little recap:

NSU student body elects members to Undergraduate Student Government Association

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

INDEPENDENTS

Tyrianna Richards, Upperclassmen Senator

POSEIDON PARTY

Isabel Aris, Commuter Senator

Michelle Bauer, Residential Senator

Misha Brahmhatt, Upperclassmen Senator

Ashton Bryan, Academic Senator

Chethani Chitraacharige, Academic Senator

Chris Chookagian, IOC Senator

Kristin Hawthorne, Academic Senator

Veronica Hermosilla, Executive Vice President

Miriam Mahmoud, Academic Senator

Marnie McLean, Speaker of the Senate

Naziba Nuha, Underclassmen Senator

Neal Patel, Academic Senator

Sanya Rashad, Academic Senator

Alexandrea Reggiani, President

Anthony Santoro, Interfraternal Council

Emily Stewart, Athletic Senator

Pooja Varma, Diversity Senator

Elisabeth Wong, International Senator

that 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.



PRINTED WITH PERMISSION FROM D. ALFONSO
Aerial view shows the locations of NSU's anticipated residential hall, temporary parking structure and parking garage.

NSU to break ground on \$80 million residence hall; parking garage to follow

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 located near the Leo Goodwin residence hall, in the place of the practice soccer field. Construction is scheduled to be completed in time for the Fall 2019 semester. Additionally, NSU has begun making plans to construct a 1300-space parking structure near the future residence hall. According to Alfonso, since the construction of the parking

garage will remove surface parking in the area, a temporary parking lot will be erected on the lot facing the Shark Athletics Building.

SGA passes legislation and budget to provide rentable swimsuits for students

In March, the Undergraduate Student Government Association (USGA) announced that they had passed the legislation and budget proposal necessary to create and fund a program that allows students to rent full-body swimsuits from RecWell for use in the leisure pool. The legislation will fund the purchase of 12 full-body suits, with multiples of several sizes, that students can rent to wear in the pool.



PRINTED WITH PERMISSION FROM M. GREER
NSU graduate students will not be allowed to live in the Rolling Hills apartments for the 2018-2019 school year.

NSU graduate students to relocate to off-campus housing

On Feb. 23, students living in the Rolling Hills graduate apartments were notified in an email from Brad Williams, vice president of student affairs and dean of the college of undergraduate studies, 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 growing undergraduate population, particularly juniors and seniors.

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 Newsroom, 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.



PRINTED WITH PERMISSION FROM D. PUCILLO
Doctors Kiran and Pallavi Patel announced their plans to commit \$200 million to NSU's medical colleges in a news conference on Sept. 25

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 in the advancement of local and international healthcare in due in part to the program's focus on multicultural and underserved communities. The goal would be to integrate medical and healthcare expertise to ensure that patients remain a priority.

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



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Dr. Harry K. Moon will become NSU's executive vice president and chief operating officer.

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

On April 3, President Hanbury announced



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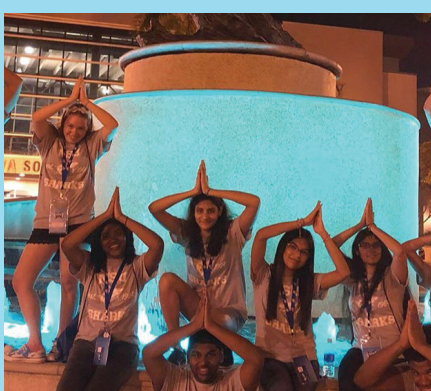
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WHAT BROUGHT YOU HERE



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

By: **Madelyn Rinka**
News Editor

For many people starting college, this is not only the first time they've lived outside of their own home, but also the first 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.



PRINTED WITH PERMISSION FROM M. RINKA
Living with roommates isn't always a walk in the park- but with communication, respect and understanding, you might come out better off in the end.

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

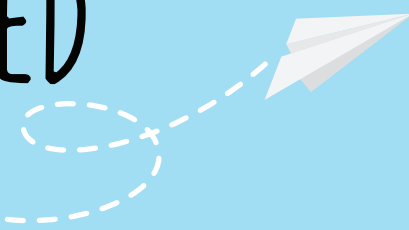
might spruce up your new home. But beware — make sure you're not doing anything permanent to the walls. This can cause unnecessary stress — and cost — at the end of the year. Get creative with how you decorate. Washi tape can stick stuff to your walls without harming them, and, with an endless amount 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 roomies 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.



EVERYTHING YOU NEED TO KNOW ABOUT DB



By: **Skylyr VanDerveer**
Multimedia Manager

One convenient part of living on campus is having a mandatory declining balance. The declining balance, commonly called DB, is money included in housing costs in students' accounts that goes toward their meal plan. Vernol Robinson, director of SharkCard services, said that the declining balance is "the funds for students to use on campus only, and it can only be used on or at the dining services on campus." The amount you have as DB depends on the residence hall. Knowing about DB is essential for living on campus.

Here is what every student should know about their declining balance:

DB is your meal plan

The declining balance acts as the meal plan for students. Robinson said that students can use these funds at any location run by Chartwells. These locations include the dining hall in the

University Center, West End Deli in the Library, Supreme Court Cafe in the Law School, HPD Cafe, Einsteins in the Desantis Building and Starbucks. Outtakes also accepts declining balance.

Run out of DB?

Sometimes students go through their DB faster than they planned. There are several ways students can add funds to their SharkCard. Students can add funds to the optional meal plan or their Shark Cash. Robinson said that the optional meal plan acts as the declining balance in that it can only be used for on-campus dining locations. Students can add funds through the Shark Card Offices in both the One-Stop Shop in Horvitz and HPD. Students can also add funds through SharkLink through GET Shark Funds.

Difference between Shark Cash and DB

Robinson said that the major difference between Shark Cash and DB is the way it can be used. Declining balance is used to pay for dining on campus and cannot be used in off-campus locations. However, through the SharkCard Offices and GET Shark Funds, students can load money on their SharkCard as Shark Cash to spend on and off campus. Students can spend their Shark Cash at CVS Stores 5115 at 2920 Davie Road and 3291 at 4610 S. University Dr., Uber and the vending machines on campus. Shark Cash can also be used for on campus dining and printing services. Robinson also said that the SharkCard services is planning to extend the off campus locations.

Have money left over?

DB can roll over into the next semester depending on the time. Robinson said that funds

left over as fall semester DB can roll over into the winter semester. However, winter semester DB will expire after the semester ends since there is no mandatory declining balance for the summer semester. Money students put into their optional meal plan account will not expire for seven years, but is non-refundable. Shark Cash does not expire and is refundable in certain circumstances.

Knowing about DB is essential for on-campus living. The convenience of having money set aside for meal plan purposes as well as where to spend it makes life as a resident easier. If student's need assistance with their DB, contact SharkCard Services at nsucard@nova.edu or call 954-262-8929.

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

NSUCURRENT.NOVA.EDU

AN INTROVERT'S GUIDE TO NAVIGATING FRESHMAN YEAR

By: **Kaeleigh Sturgeon**
Contributing Writer

College can be overwhelming – especially for an introvert. As an introvert, I've been told that in order to have a good time, I need to step far out of my comfort zone and go to parties or other social events with large numbers of people. Yes, I'd rather sit curled up with a good book instead of attending a huge party, but that doesn't mean that introverts like me are incapable of having social lives and making the most of our college experience.

If you're introverted like me, here are a few tips to have a great year:

Get involved

NSU has so many programs, clubs, events and activities that you can take advantage of. As introverts, we can often be shy or unwilling to attend a meeting or event where we don't know anyone, but trust me when I say whatever you involve yourself in, there will always be people to help you feel comfortable. So, go audition for

that show or attend a game or run for a leadership position. You never know what opportunities there are if you don't take a chance.

Step outside of your comfort zone

Stepping outside your comfort zone doesn't mean attending a party or event you know will make you extremely uncomfortable. If large social gatherings aren't your thing, create your own idea of a good time. Make plans to eat dinner with your friends, take a class at the RecPlex or hang out with your classmates after class. Whatever you do, limit yourself on cancelling plans. While it may feel good to just go back to your room and sleep, you may be missing out on a great time.

Communicate with your roommates

Living with others requires constant communication. In between coordinating who's bringing the microwave or shower curtain,



PRINTED WITH PERMISSION FROM K. STURGEON
Kaeleigh is introverted, but she doesn't let that stop her from having a well-rounded college experience.

let your roommates know about what you are and aren't comfortable with. It's not an easy conversation at first, but your whole year will improve if they understand your need for quiet

time or if you don't feel like hanging out.

Take advantage of office hours

It can be hard to speak up in class and ask questions. Luckily, there are ways for you to address your concerns or pitch ideas to your professor outside of class. Approach your professor during their office hours or after class if you need help understanding a topic or assignment. If an in-person meeting isn't for you, email your professor.

Take time to yourself

Lastly, and probably most importantly, is being able to step away from your crazy schedule and take time for yourself. The best thing you can do is find your own space to relax and recharge whether it be your room, the library or some other secluded space on campus. While it's important to expand your horizons and meet new people, you have to remember to take care of yourself as well.



YOUR ULTIMATE PACKING LIST

By: **Christina McLaughlin**
Opinions Editor

College dorming is one pivotal experience of college life and the largest question students asks 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 (you can always use your phone to lower costs)
- Mirror - to make sure you looking good before you head out
- Blankets - for those chilly or comfy nights
- Decorative pillows - to add some color or style
- Stuffed animals - an extra cute and totally acceptable addition to any room
- Reminders of home

STORAGE:

- Hangers - to hold all your clothing needs
- Trash Can
- Hamper - makes transporting your clothes to the laundry room easier
- Stackable containers
- Over-the-door storage

- Under-bed storage
- Shoe organizer

PERSONAL:

- Driver's license
- SharkCard
- Social Security Card
- Insurance cards
- Bank Cards/Medical Information
- Keys

TOILETRIES:

- Toilet paper
- Paper towels
- Towels
- Hand towels
- Soap/Body Wash
- Razor
- Toothbrush
- Shampoo/Conditioner
- Hairdryer
- Shower curtain
- Shower shoes
- Medication
- First Aid Kit
- Poo-Pourri / Air Freshener - keep your room and bathroom smelling fresh
- Cleaning gloves
- Loofah
- Shower rug - to dry off your feet
- Cosmetics

CLEANING:

- Lysol wipes
- Clorox
- Mini vacuum
- Broom/Dustpan
- Stain remover
- Sponge
- Steamer/Iron - to keep clothes looking great
- Trashbags

LAUNDRY:

- Sewing Kit
- Tide-to-Go/On-the-go stain remover



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When it's time to move in, make sure that you have plenty of people to help you.

- Laundry Bag- if you need to separate loads
- Laundry detergent
- Fabric softener
- Dryer sheets

SCHOOL SUPPLIES:

- Pens/Pencils
- Paper/notebooks
- Highlighters
- Sticky notes
- Desk lamp
- Stapler
- Tape
- Notecards
- Glue
- Calendar/Agenda
- Calculator
- Scissors
- Paperclips
- Pencil sharpener

KITCHEN:

- Small microwave
- Small refrigerator/freezer
- Small toaster oven
- Drinkware
- Plates
- Utensils
- Ziplocs
- 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
- Snacks - both healthy and junk foods
- Drinks
- Coffee
- Tea
- Condiments
- Granola bars
- Mac and cheese
- Ice cream

GETTING AROUND FROM CAMPUS



By: **Jieun Son and Michaela Greer**
Contributing Writer and Co-Editor-in-Chief

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.



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MY COLLEGE EXPERIENCE IS JUST AS VALID AS A COMMUTER



By: **Siena Berardi**
Contributing Writer

As a kid, I never thought much of where I would attend college. My dad is a Florida State alumnus so I grew up repping 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.



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Siena chose to attend NSU because of the opportunities the university could offer her, not to live on campus.

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 bed, live in the same room and continue to enjoy the company of my friends and family whenever

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-595 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 trance. I remember why I chose NSU and how I love it so much. The life of a commuter student may seem different compared to the life of 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.

CHEERING UP YOUR MORNING COMMUTE



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

Ain't no mountain high enough — to keep you from getting to school! This song is a classic, sure to make you feel like you're living through the happy ending of a rom-com or coming-of-age movie.

"Don't Stop Believin'" - Journey

Need I say more? Turning on this song at any get together is a shoo-in to get a dramatic

sing-along going, and it's sure to get you hyped up on your way to school.

"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 bop is definitely going to get stuck in your head.

"Build Me Up Buttercup" - The Foundations

If you really need something to build you up before the school day and get you out of bed, this jam will surely do the trick.

"Africa" - Toto

Disclaimer: don't put this song on if you

can't resist drumming along on your steering wheel.

"Best Day Of My Life" - American Authors

"This is gonna be the best day of my life, my li-i-i-i-i-ife." Even if you have an exam or you're running late, let this song remind you that today might just turn out to be great anyway.

"Sweet Caroline" - Neil Diamond

Bum bum bum! Almost everyone knows how great this song is — enough said.

"Jessie's Girl" - Rick Springfield

Rick Springfield is never gonna let you down, especially with this song hyping you up on your morning commute.

"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.

"Livin' On A Prayer" - Bon Jovi

If you're living on a prayer to get you through the school day, start it off the right way with this playlist.

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PARKING TIPS



By: **Nicole Chavannes**

Copy Editor

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 the 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.

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

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SWIPE RIGHT WITH YOUR FIRST CREDIT CARD



By: **Nicole Chavannes**
Contributing Writer

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 concerns for first-time cardholders.

"When banks compute 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 who are offering cards. Just throw those out," Abraham said. "Don't do business with somebody you've never heard of."

Instead, opt 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 are your payment history and debt. Your FICO score is derived from information obtained by 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 is creditworthy."

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

ACCORDING TO US NEWS, THESE ARE THE BEST CREDIT CARDS FOR STUDENTS IN 2018:

Discover it for Students - No annual fee and 5 percent cash back with rotating bonus categories; 1% cash back on all other purchases; Good Grades Rewards

Discover it chrome for Students - No annual fee; 2 percent cash back at restaurants and gas stations; dollar-for-dollar match of all cash back at the end of first year; Good Grades Rewards

Bank of America Cash Rewards for Students - No annual fee; 1 percent cash back every purchase; 2 percent at grocery stores; 3 percent on gas

Citi ThankYou Preferred Card for College Students - No annual fee; earn points to redeem gift cards and other rewards; earn 2x points on dining out and entertainment and 1x points on all other purchases

Journey Student Rewards from Capital One - No annual fee; 1 percent cash back on all purchases; no limit on the cash back you can earn and no expiration date for the rewards

Discover it Secured Card - No annual fee; 2 percent cash back at restaurants and gas stations and 1 percent on all other purchases; helps build credit responsibly

WHEN YOU WANT TO TRAVEL BUT ONLY HAVE TWO PENNIES TO RUB TOGETHER

By: **Michaela Greer**
Co-Editor-in-Chief

Throughout my primary and secondary school days, I diligently listened to the adults in my life, from my parents to guest speakers at school events, encourage me to secure a good education and to experience the world on my own terms. They explained that while anyone could learn about different cultures from the comfort of their home, I should strive to explore new lands and opportunities by traveling.

As a child, I couldn't wait to grow up and finally be the one to decide which exotic country I would visit that month. Now, as a realistic college student, I've found myself with more Pinterest-boards and bookmarked ideas than my wallet can feasibly purchase. With Thanksgiving break steadily approaching, I began wondering if college students had to wave au revoir to their travel plans because of a smaller budget. Sources like Forbes, Wheretraveler.com and Real Simple magazine say that they don't have to if these tips and options are considered.

Book flights early and at less convenient times

If you have an idea of when you want to travel, try to book your flight as early in advance as possible as flights tend to get pricier as the departure date draws nearer. Save money by traveling on red-eye flights — the flights usually scheduled during the early morning hours — since airlines 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 advent of companies such as AirBnB and Hostelworld.com has changed the way you can room while on vacation. Cut 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 as it turns out, college students can have their cake and eat it too.

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GUIDE TO GETTING AND KEEPING A JOB ON CAMPUS

By: **Madelyn Rinka**
News Editor

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 JobX, 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, chances 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 all at once 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 back 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 — you don't want your roommates to be walking

around in a bathrobe 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're 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.

NAVIGATING HOOKUP CULTURE

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 qualifies as “hookup culture” can vary from person to person, but is generally defined as a culture that accepts and also encourages casual sex. Hookup culture prioritizes physical pleasure and does not necessarily equate to 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. Gunsallus, 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 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. If you want to take it further by meeting with them, it’s advised that you meet the person in a public, populated and well-lit place; especially upon first encounters.

Keep your feelings in check

While hookups are known for being brief and detached, there should be mutual respect between partners. Being able to communicate is the key to a healthy relationship in any capacity. It’s also worth noting that you should brace yourself emotionally. In many cases, it’s natural to become attached to a sexual partner. It’s never fun being in a one-sided relationship, and unrequited love is rarely ever satisfying. So, if you ever find yourself in that situation, it’s best to move on.

Know your options

But what if you don’t want to get involved in hookup culture? There may be some peer pressure within college campuses to engage in it, but just remember that you’re an adult and can

make your own choices. Everyone has the right to say no, and if you feel uncomfortable with a situation or relationship, you have the right to end it or not even pursue it at all.

We all have different opinions and feelings on the subject of hookup culture, but college is the ideal time to explore and to get to know yourself. So have fun, but be mindful of your decisions and your personal safety.

YOUR CAMPUS CONDOM PLUGS

RecWell (Behind the locker rooms)
Henderson Student Counseling Center
Office of Student Success
Office of Residential Life and Housing
Campus Life and Student Engagement

ORIGINALLY PUBLISHED ON SEP. 26, 2017

DON'T BE A MEME: TAKE CARE OF YOUR MENTAL HEALTH

By: **Jenna Kopec**
Co-Editor-in-Chief

You’ve probably seen the memes about spiralling into mental breakdowns 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 Cheeto 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, 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.”

Basically, mentally healthy people have the coping capabilities they need to not be pushed over the edge when faced with stressors. It’s normal to feel overwhelmed sometimes, just not at all times.

“It’s pretty normal. You’re here on your

own, trying to find your niche here and find new friends and feel safe and comfortable,” said Levy. “So the next step is finding ways to make it less overwhelming.”

How to cope with stress

It’s hard to cope with stress when you don’t know what’s causing you the stress.

“The first step to feeling less overwhelmed is knowing what you’re overwhelmed about,” said Levy.

This might take some time because, in the moment, it can feel like everything is making you overwhelmed although that’s likely not the case. Levy said that once you identify the problem, you’ll then best know how to tackle it.

There are some general strategies that students can use to help cope with stress and relax. They include:

Journaling: This can be very effective for students who are a little more introverted. It allows you to write out all your feelings which is cathartic but may also help you identify patterns of thought and stressors.

Deep breathing: Deep breathing lowers the heart rate and can help you calm down in moments of stress. A popular breathing technique is called square breathing. Basically

you inhale, hold your breathe, exhale and keep the breath out each for a period of four seconds.

Exercise: Exercise can help you produce endorphins that make you feel less stressed. According to Levy, a healthy body is closely intertwined to a healthy mind. So going to the gym can really help with stress management.

Mindfulness: Mindfulness basically means being aware of what you are doing in the moment and taking the time to acknowledge your body. It helps you not think about things in the future and focus on the present. You can practice a mindful meditation by sitting aside for a moment, breathing deeply and noticing what your body — arms and legs — are doing and how they feel. When your mind starts to wander, acknowledge the thought but then return to your breath.

Sleep hygiene: Levy mentioned that there are a lot of things that can impact our sleep schedules which makes sleep hygiene important. Sleep in a dark room at a comfortable temperature. Make sure you turn your electronics off as this can impact you while you sleep.

When to ask help

“It’s always good to have guidance from professionals 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 954-262-8911 or Hendersen at 954-424-6911.

CHALLENGES YOU MIGHT FACE THAT CAN STRESS YOU OUT:

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

BEING VEGAN ON CAMPUS: ITS NOT IMPOSSIBLE

By: **Madelyn Rinka**
News Editor

Whether you’re a long time vegetarian, vegan or transitioning to a more plant-based diet, certain challenges can arise that test your devotion to this lifestyle. But fear not: NSU has a variety of options to accommodate vegans, and when that’s not enough, there’s a few tips and tricks you can use to be sure you don’t give into temptations.

Use Dine on Campus

When you’re in desperate need of a quick bite from the UC, there’s not much worse than walking around for ten minutes before realizing that all you can eat is a plate of steamed cauliflower. Use the app Dine on Campus to look through menus to determine what’s vegan — options without animal products will have a green leaf patch that says “vegan” next to the description. Try looking at Innovations or World



PRINTED WITH PERMISSION FROM M. RINKA
Being vegan on campus certainly has its challenges, but with proper planning and knowledge you can lead a plant-based lifestyle easily.

Market’s menu — they frequently have plant-based options.

Have a back-up

If none of the freshly made counters have options for you, head over to Outtakes, Subway

or Starbucks. At Starbucks, grab a tea or drink made with almond, soy or coconut milk, and a vegan bagel or snack located by the registers. Subway has a veggie delite sandwich — order it on Italian bread with your favorite vegetables and sweet onion dressing or mustard and you’re good to go. Finally, scope out the vegan options at Outtakes. From frozen lasagna and veggie wraps to dairy-free ice cream and fish-free sushi, you’re sure to find something.

Learn to cook

Residence halls don’t generally have ideal kitchens. Besides the communal one in Goodwin or the apartments for upperclassmen, you’re pretty much stuck with a toaster oven, microwave, rice cooker or a steamer. Try getting as creative with what you have as possible. Toaster ovens can yield amazing hot vegetable

paninis, and you can whip up a mean “baked” potato in the microwave. Try looking up recipes on Pinterest before throwing in the towel and ordering takeout.

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.

REPORTING SEXUAL MISCONDUCT

By: **Jenna Kopec**
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
(available 24 hours a day, 7 days per week)

Counselor-in-Residence

Office of Residential Life and Housing
3301 College Ave.
Fort Lauderdale, FL 33314-7796
Tel: 954-262-7052 or 800-541-6682, ext. 27052

Health Care Professionals

NSU Student Medical Center
3200 S. University Drive
Fort Lauderdale, FL 33328-2018
Tel: 954-262-1262

NSU Psychology Services Center

Maltz Psychology Building
3301 College Ave.
Fort Lauderdale, FL 33314-7796
Tel: 954-NSU-CARE (678-2273)

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 employees 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 advisers
- international student advisers
- staff advisers
- academic advisers
- student conduct and conflict resolution staff members
- unit HR liaisons/managers/administrators
- athletic director
- associate athletic director
- student advisers
- head coaches
- 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 yet 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

SELF CARE MADE EASY

By: **Madelyn Rinka**
News Editor

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 and taking care of yourself is key to ensuring your efficiency and success when you hop back in after. If you're stuck on how to make yourself feel better, try some of these tips for a quick pick-me-up.

Change the scenery

No matter how cozy your bed is or how fun your room looks, hiding away in your residence hall might make you a bit stir crazy. If you've been studying for hours on end or just woke up in a funk, try changing out of your PJs and going for a walk. You don't have to go on a 5-mile trek — just go outside, stretch your legs and breathe in some fresh air.

Grab a bite

Make sure you're not forgetting to eat, even if you're stressed, especially if your main food group has been caffeine for more days than you'd like to admit. Call up a buddy and head over to the UC to pick up a quick snack or meal, depending on how long you've been cooped up in your room.

Take some deep breaths

Meditation has been seen as somewhat of a joke up until recently, but it's not all of the floating and "ohm"-ing that movies have it cracked up to be. Try clearing your mind, and just visualizing air moving in and out of your

body, breathing from your stomach, not your chest. This gives you time to clear your mind from test scores and papers that have been stressing you out. If you feel like you can't do it on your own, try downloading an app like Headspace or Pacifica for a little bit of help.

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 a diffuser 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 convincing yourself to get there, it might give you the confidence boost you need to tackle any obstacle.



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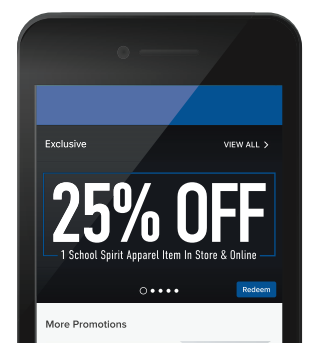
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Special Dietary Requirements

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!



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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

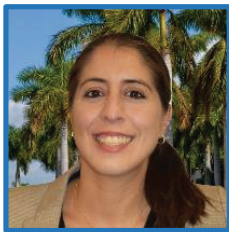
We're Here to Help



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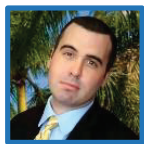


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HOW TO BE A SHARK FAN

By: **Aldana Foigel**
Contributing Writer

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 for 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 Sharks 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.

BEGINNERS GUIDE TO SOUTH FLORIDA PROFESSIONAL SPORTS

By: **Jenna Kopec**
Co-Editor-in-Chief



PRINTED WITH PERMISSION FROM S. VANDERVEER
Going to see the Dolphins has never been easier with the Fins Football program.

If you haven’t figured it out by now, there’s a lot going on in the land of SOFLO and sports are no exception. If you’re moving to NSU from out of state, here’s your beginner’s guide to being a South Florida sports fan.

Baseball

The Miami Marlins, previously the Florida Marlins, have had a rough couple years but manage to maintain some talent on their roster, still. Recently bought by Derek Jeter, the team plays home games in Marlins’ Park, a beautiful stadium win or lose. To learn about the Marlins’ season, or learn how you can go to a game, go to mlb.com/marlins.

Hockey

The Florida Panthers may be the unsung hero of SOFLO pro sports. It’s kind of surprising that we have an ice hockey team in the first place — you know, because it’s so hot. Yet, the Panthers remain a decent team despite the seeming mismatch of location. They play in the BB&T Center. To learn more about the team or get tickets, go to nhl.com/panthers/.

Football

There’s a joke at NSU that the Miami Dolphins are actually our football team because of the close partnership between the organization

and the university. Although the team has had a bumpy past, there’s signs that they could be turning it around. Through the Fins Football program at the university, it’s easy to go see the Dolphins without breaking the bank. To learn more about the team, go to miamidolphins.com. To learn more about the Fins Football program, go to nova.edu/finsfootball/index.html.

Basketball

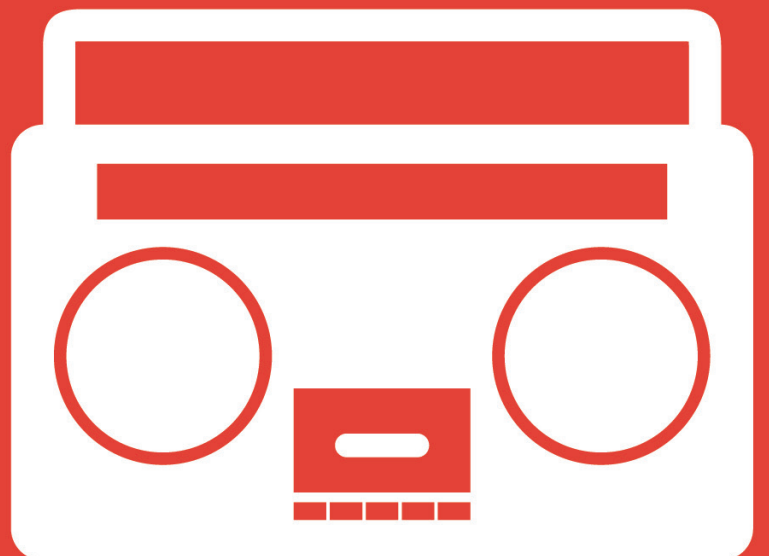
The Miami Heat might be the only team that’s actually considered good — at least in terms of championships, having won three in the last ten years. The bonus? Every time you think they’re going to enter a slump, someone like D. Wade shows you they aren’t finished yet. To learn more about The Heat, go to nba.com/heat/?tmd=1.

Golf

Obviously there isn’t a professional golf team in South Florida, but the PGA and LPGA Tours do host tournaments at our courses including ones in Palm Beach and Naples. If you’re interested in learning more, head to pgatour.com or lpga.com.

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WHAT YOU NEED TO KNOW ABOUT CLUB SPORTS AND INTRAMURALS

By: **Rachel Larson**
Contributing Writer



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

As a college freshman, finding ways to get involved can often be a bit overwhelming 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, dues and a specific quota of games that your team must play in order to be eligible for the league that they're in. It is more of a time commitment than intramurals and it is more competitive. You will have to travel for your

games or meets, which can be a problem if you don't have a car on campus. Some teams have a coach and some don't, it's really all based on the president's prerogative.

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 Gessner 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.

CLUB SPORTS AT NSU

- Equestrian
- Swimming
- Ultimate Frisbee
- Women's Volleyball
- Men's Soccer
- Women's Soccer
- Men's Basketball
- Co-Ed Tennis
- Springboard Diving
- Maasti Dancing

INTRAMURALS AT NSU

- Basketball
- Soccer
- Wallyball
- Ultimate Frisbee
- Flag Football
- Volleyball
- Table Tennis
- Raquetball
- Kickball

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? Midnight 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 Men's Health recommended 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 Aldana Foigel 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



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Hitting the gym could possibly become a thing of the past with the introduction of these types of HIIT workouts.

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 a plank. Bring 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 rest time too much, as this will defeat the purpose of the HIIT workouts.

My words 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 954-262-7301.

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3200 South University Drive
Fort Lauderdale, Florida 33328
(954) 262-2199



NOVA SOUTHEASTERN UNIVERSITY

LOCAL SPOTS TO JAM ON A BUDGET

By: **Nicole Chavannes**
Copy Editor

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 you 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 SoFlo 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 whether you sound like the next Beyonce or some species of wailing animal – or if you prefer sitting back and listening to the amateur talent on stage.

Restaurants like ROK, a Korean-fusion

restaurant in Lauderhill, offer both delicious food and karaoke daily. Other venues, like The Inn-Field Bar and Grill and Smarty Pants Bar, both on Oakland Park Blvd., offer karaoke on Friday and Saturday nights. Smarty Pants also has matinee karaoke on Sundays, for those that prefer daytime entertainment. Even Ye Olde Falcon Pub on University Drive, mere minutes from NSU’s Davie/Fort Lauderdale campus, offers karaoke on Monday nights.

Park yourself at free concerts

If live concerts are more your speed, Gulfstream Park, Flamingo Gardens, Sunrise Civic Center Amphitheater, Mickel Park in Wilton Manors and Fort Lauderdale’s Riverwalk all offer live music and art events every month. These events are perfect for nighttime picnics with friends or trying out various food options

as you listen to live music.

Gulfstream Park offers live music of varying genres every Saturday night, and features recurring artists Benji 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 Brunch, 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 oceanfront dining experience – though 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 free, live entertainment. Don’t hesitate to get to know the area more and browse some of its musical and artistic offerings; you’re bound to find something that suits you.

UPDATED SINCE BEING PUBLISHED ON FEB. 13.

THE ULTIMATE LIST OF PLACES TO “GILL” OUT

By: **Michaela Greer**
Co-Editor-in-Chief

NSU is a unique and lively campus, but that doesn’t mean that Sharks can’t band together and take an afternoon to explore the South Florida area — even if that just means finding a quaint place to study. Whether you’re vegetarian, vegan, 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: cinnamon, maple, lavender and the seasonal pumpkin spice. With a variety of flavors of tea, such as Earl Grey, pomegranate, green and a citrus blend, there is sure to be something for everyone. Their banana-walnut muffins and chocolate croissants are also to-die-for.

BREW Urban Café Next Door
537 NW 1st Ave.
Fort Lauderdale, FL 33301
Mon. – Sat.: 7 a.m. – 7 p.m.,
Sun. 8 a.m. – 5 p.m.
954-357-3934
Price range: \$3-\$10

Juan Valdez Café - Self-proclaimed coffee connoisseur Jenna Kopec says that the secret to the Colombian franchise’s authentic taste comes from their beans which are exclusively sourced from Colombian growers. Customers can also select the strength of their lattes and flat whites, while munching on Colombian delicacies like almojábana and a carrot and nut coffee cake.

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-\$10

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-serve 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 substitutions like Silk almond milks. No matter what you’re in the mood for, you’re sure to find your new favorite frozen yogurt flavor at TCBY.

TCBY
1447 S. University Dr.
Plantation, FL 33324
Every day from 12-10 p.m.
\$6 – \$10

Parlour Vegan Bakery - According to

vegan sweets-lover Madelyn Rinka, walking into this picturesque bakery is a treat in itself as the the inside boasts a natural-looking sign loaded with greenery where rows upon rows of fresh-baked vegan goods crowd the glass wall, each looking equally delectable. Your bound to have a tough time choosing between cookie sandwiches, cupcakes, and blondies in flavors ranging from passionfruit to strawberry milk. Additionally, they offer a variety of teas, coffees and kombucha, as well as to-go salads and packaged vegan snacks.

Parlour Vegan Bakery
1487 S. University Dr. #3
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 - Looking for a place to grab some great late-night diner food? Busy-bee Jeweliana Register says that you don’t have to look any further than this gem located just minutes away from campus. Whether you’re craving a homestyle breakfast or deli-style sandwich, you’re bound to find something you like here. Diner fare also includes burgers, salads, soups, fish, steaks, roasts and Italian and Greek cuisine. Then if you’re craving dessert afterward, check out the spinning case full of



PRINTED WITH PERMISSION FROM M. GREER
With an array of rotating flavors and hand-scooped options, TCBY is bound to become your favorite frozen yogurt place.



PRINTED WITH PERMISSION FROM G. THOMPSON
BREW Urban Cafe Next Door’s wall of books is sure to catch your attention.

cakes, cheesecakes, assorted fruit pies, chocolate horns, apple turnovers, cheese Danishes and a various types of cookies.

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 Balsamic Mushrooms. Then top your mouth-watering creations with different cheeses, avocado or minted tomatoes; not forgetting the Spicy Thai, Carrot Ginger or Cilantro Pesto sauces, of course.

Bolay Restaurant
151 North Hiatus Rd.
Suite 314
Pembroke Pines, FL 33026
Mon. – Sat. from 11 a.m. – 9:30 p.m.
Sunday: 11 a.m. – 9 p.m.
\$8 – \$14

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 biking, hiking, 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 Westfield Broward Mall, selling



PRINTED WITH PERMISSION FROM N. CHAVANNES
Woah! Where's the NSU student? Good thing she wore a neon shirt for Monster Mini-Golf.

\$11 tickets. Of course, like any other movie theater, Regal Broward Stadium offers food and drinks at great prices too.

Sparez

Another great spot to go is the bowling alley located on University Drive called Sparez. This alley is a fun place to go with friends or family and have a good time. You can not only bowl, but also eat and drink till after midnight. The best part about this bowling alley is that on Saturday nights, they turn on disco lights, loud music and have a built-in DJ booth that is placed in the center of the alleyway, making the ambiance so much fun.

Monster Mini-Golf

If you enjoy golfing — or rather, mini-golfing — there is a glow-in-the-dark "Monster Mini Golf" place you must visit. This mini-golf park is located in Miramar about 10 miles away from NSU. The environment gives a great vibe and is a lot of fun whether you are playing golf or just watching. Make sure to wear a light color to glow in the black light.

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HOW TO CONNECT WITH NATURE SOFLO STYLE

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 turn to when the concrete jungles of downtown Fort Lauderdale and Miami become overwhelming.

Mesozoic/Native Garden

Found outside the Parker Science Building, the Mesozoic 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.



PRINTED WITH PERMISSION FROM M. GILLILAND
Treetops offers several nature viewing experiences including trails.

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 boarding rentals, pavilions and grills. They also offer monthly holiday-themed events, as well as Full Moon Kayaking Tours and cookouts.

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.



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Going to school in South Florida gives you the opportunity to see one of the most unique ecosystems in the United States — the Everglades.

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.

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 be elevated by Britney.

"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 (Shallou 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 you reach for the stars yourself. SZA manages to awaken your inner spirit.

BOOKS EVERY FRESHMAN SHOULD HAVE ON THEIR BOOKSHELL-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 kind on the horizon, it can be a little confusing to know what cutlery to use first or what the 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 what a Roth IRA is and why you can't afford to pass up on a 401(k).

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.

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.

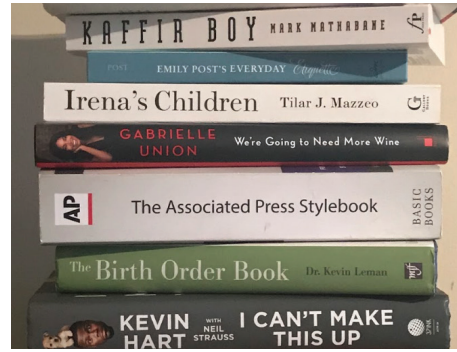
The extras

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 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 should pick up a copy of this book which can help you work through the lingering questions you might have.



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It's not an exaggeration when I say that these essential books are about to change your life for the better.

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.

The Associated Press Stylebook - In college I was taught that this is the manual for every budding journalist and writer, but in all honesty, this reference book is a good one to have for everyone including the Joe Schmo who lives down the hall. Learn why Champagne is always spelled with a capital "C" and what those weird editing symbols are that your professors tend to use.

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.

"Kaffir Boy" by Mark Mathabane - Follow the story of a young man who grows into his own during the age of apartheid in South Africa, living in shanties in the country's worst ghetto but dreaming of a better life. Publishers Weekly calls this book "Powerful, intense, inspiring." I couldn't have described it better myself.

"Irena's Children" by Tilar J. Mazzeo - During World War I, a young social worker named Irena Sendler would travel into the Warsaw ghetto 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 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.

"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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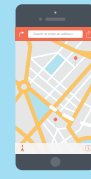
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MUST-HAVE APPS FOR COLLEGE STUDENTS



By: **Madelyn Rinka**
News Editor

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 that 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.

iShark - free

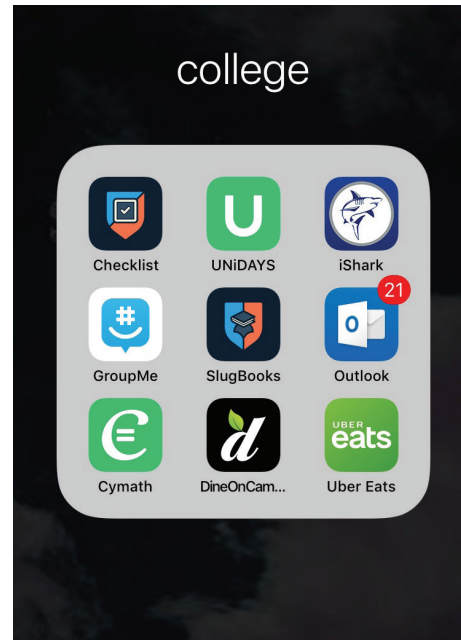
iShark is an app that's designed specifically for NSU students. You can do a variety of things using this app, from checking your schedule to looking at the shark shuttle routes. It's a great way to connect you to all things NSU right in your pocket.

Outlook - free

NSU's email server runs with Microsoft outlook. For those of you with yahoo or gmail loyalties, don't fear. The app store has an app called Outlook that you can use to get your NSU emails sent right to your phone. No more logging onto library computers to check your inbox — you'll see a notification pop up right on your screen. I'd recommend this app, unless you want to be the last person to find out class is cancelled — after you've been sitting in an empty room for 30 minutes.

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



PRINTED WITH PERMISSION FROM M. RINKA
As a generation which relies on tech, why not download some free apps to make your life easier.

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 Stack, 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.

WELCOME TO COLLEGE... ATTACK IT LIKE A SHARK!

Let your librarians be your guide in navigating this year's rough waters!

ask a librarian

NSU
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Alvin Sherman Library, Research,
and Information Technology Center

sherman.library.nova.edu
954.262.4613

CAN I BORROW THAT?

By: **Michaela Greer**
Co-Editor-in-Chief

Picture this: You're in your room studying when your computer or your 3D scanner dies. While the sudden loss of your equipment is a valid concern, thanks to the provisions available at NSU, you won't be completely out of luck. Here's how to go about borrowing these pieces of equipment.

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 Innovation 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/auth/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, staff and faculty (1NSU)

NSU recommends students, staff and faculty connect to 1NSU because the network is encrypted to provide more security features. In order to connect to 1NSU, follow these steps:

- Go to Network Connections

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

How to set up Wi-Fi for guests

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

- Go to Network Connections
- Once in Network Connections, click GUEST
- Accept NSU's user agreement

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

Quick Tips

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

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

NSU affiliates can visit help desks in the Alvin Sherman Library, Research, and Information Technology Center or on the second

floor of the Carl DeSantis building for technical support and guidance when connecting to Wi-Fi networks on electronic devices.

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

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

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

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.

NSU STUDENT MEDIA GET INVOLVED & STAY CONNECTED



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For more information on jobs and volunteer opportunities at the Office of Student Media, please contact Michelle Manley at mmichell@nova.edu or call (954) 262-7188.

FIFTEEN FRESHMEN TIPS COURTESY OF THE OFFICE OF CAREER DEVELOPMENT

By: **Fransheska Pacheco**
Contributing Writer

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 co-advise 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 e-portfolio with Portfolium to seek internships and share your resume with potential employers. Portfolium allows representatives from companies like Apple, Google and Disney to find students to work with through job positions and internships.

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Fall 2018 data available in January 2019

TAKE IT FROM A SENIOR

By: **Michaela Greer and Jewliana Register**
Co-Editor-in-Chief and Contributing Writer

MG

I've enjoyed my college years at NSU. Yet, there are things that I wish someone had told me when I was a bright-eyed freshman who'd just moved up from the Caribbean to this beautiful Sunshine State. So, as seniors, we'd love to share some tidbits with you that we've learned.

JR

It's okay if you don't have your whole life planned out already. Sometimes you are going to feel like everyone around you knows exactly what they want and are making such great progress in that direction. This thought might make you feel even more lost and confused about your own path. Take a deep breath, remind yourself that you are doing awesome and that your dream will come true. You don't have to figure it all out at once, and chances are you are not the only one feeling this way.

MG

Or perhaps you're standing on the other side of this equation. Even if you have your life mapped out in its entirety, allow yourself the freedom to change your mind. As you go through college, you will learn many things about yourself, and sometimes what you thought you knew won't be the case; not to mention that things don't always go as planned. You might opt to make some simple dietary changes or decide to completely switch majors. In any event, giving yourself a little wiggle room is crucial.

JR

Homesickness is real. My first semester at college was basically just me missing home and questioning my decision to move six hours away. It's tough to venture into college classes while living in a new place. When you find yourself missing your home and your family – and if you are anything like me, your dog – try to find new ways to make NSU feel like home. Join clubs, meet new people or maybe get a job. Your homesickness will go away eventually and soon enough NSU will become your second home.

MG

Don't overload your schedule trying to stay busy. The key to your success will be to stay productive, but not at the expense of your health and sanity. Prioritize what's really important. If you have a job, choose a work schedule that allows you to pay your bills but still have time to sleep, study and relax. Above all, listen to your body.

JR

Exactly. You've probably all heard the saying "pain is temporary, but a GPA is forever." While that is somewhat true, you should never neglect your mental or physical health. If you are feeling overwhelmed, anxious or stressed, try talking to someone. Henderson Counseling offers up to 10 visits for NSU students at no additional charge every calendar year, so utilize them if you want some advice or just someone to listen. Also, as tempting as it may be, avoid eating a diet solely composed of oreos and instant mac and cheese. Always drink more water than you do coffee; your body will thank you.

MG

Speaking of food, you've probably heard of the dreaded freshman 15. What can I say? Friday night drinks with friends, a barrage of convenient, on-the-go meals and late night snacking have a way of catching up to a person. Remember that the number on the scale doesn't define you - in fact, you might even like the few extra pounds. In any event, we have access to an amazing gym and the staff at Rec Well that will help you create fitness routines so you can focus on being the best you possible.

JR

College is the perfect time to break out of your comfort zone. Whether this means taking an acting class you've always secretly been interested in or exploring a new sport, do something that scares you just a little bit. Challenges are good for you, and you never know what you will end up loving if you give it a try.

MG

Make your schedule work for you. Use that awkward gap of time between classes to hit the gym, do homework, study for an upcoming test or to take a quick nap. Also, try not to overload a few days of your week in the search of a "longer weekend." It doesn't benefit you if you're too exhausted to enjoy your days off.

JR

But, do enjoy those days off when you have them. While it may seem like a great idea to hide in your dorm and binge watch Netflix in your free time, get out and get involved. College life is better with friends, and the easiest way to meet them is to get out and find them. In addition to the friend-making aspect, involvement in clubs and organizations looks great on a resume.

MG

No matter what you decide to do, it's important to be yourself. After all, college life is what you make it. So get out there, test the waters and ride the waves to your success.

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TIPS FOR SCORING AFFORDABLE TEXTBOOKS

By: **Samantha Villarroel and Michaela Greer**

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.

Some websites to peruse: Amazon.com, Chegg.com, Barnesandnoble.com, HPB.com, AbeBooks.com, Alibris.com and Valore.com.

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

Pro tip: Consider buying/renting used textbooks as these will be considerably cheaper.

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.

Pro tip: Also keep an eye out for fliers posted around campus for textbook advertisements, as well as groups that you might be a part of on Facebook or student club or organization forums.

Make sure the text is actually required

From time to time, you may come across a textbook list where some texts have been required, while others are suggested reading material. In these instances, you may be able to forgo the additional texts to save money, or borrow a copy from the library as needed.

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.

HOW TO START YOUR OWN CLUB

By: **Diego Galvez**
Sports Editor

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 Students 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's its purpose is here at NSU," said Franco. Templates of the constitution 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 the 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.

Once you have completed all of the required meetings while being conditionally approved, your OrgSync account will become visible to the NSU community. As an RSO, you will be able to reserve space on campus and host events.

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

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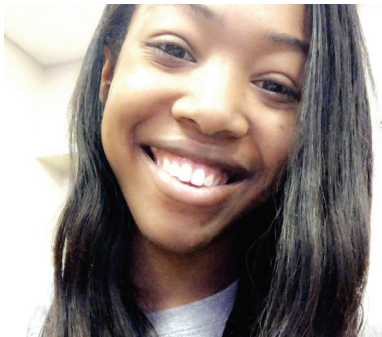


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SHARK SPEAK

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.”
- *Priscila 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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