

2019

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Nova Southeastern University

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Orientation
the diamond edition *5/1/19*

Celebrating 30 years
and 30 volumes

Letter from the Editors

Hey new Sharks,

Welcome to the 2019-2020 school year! We know as well as anyone that finding a school, picking a major, interviewing across the nation and getting out of your comfort zone is no easy task. That's why all of us at The Current hope you're as happy as we are that you've picked NSU! Regardless of whether you're planning on residing on campus, we'd like to welcome you home with open arms— or fins.

While you're transitioning into your new life as a college student, you might hit some bumps along the way. You might not get the groove of studying right away, fall out with your first freshmen friends, get a grade that's lower than you'd hoped or realize your major isn't for you. But that's okay.

College is a time of learning and adapting. That's where we think we can help you out. We've created this issue of The Current to guide you along your first few months of college as a set of written training wheels. The Current is designed to keep you on track and informed about all things NSU. Every Tuesday after classes start, find the rest of our issues in our newsstands and on our website, nsucurrent.nova.edu. But until then, enjoy orientation and your first days in college! Relax, ask questions, make friends and give yourself room to grow. ♦

Best regards,
Madelyn & Christina
Co-Editors-in-Chiefs



The Current

The Student-Run Newspaper of Nova Southeastern University

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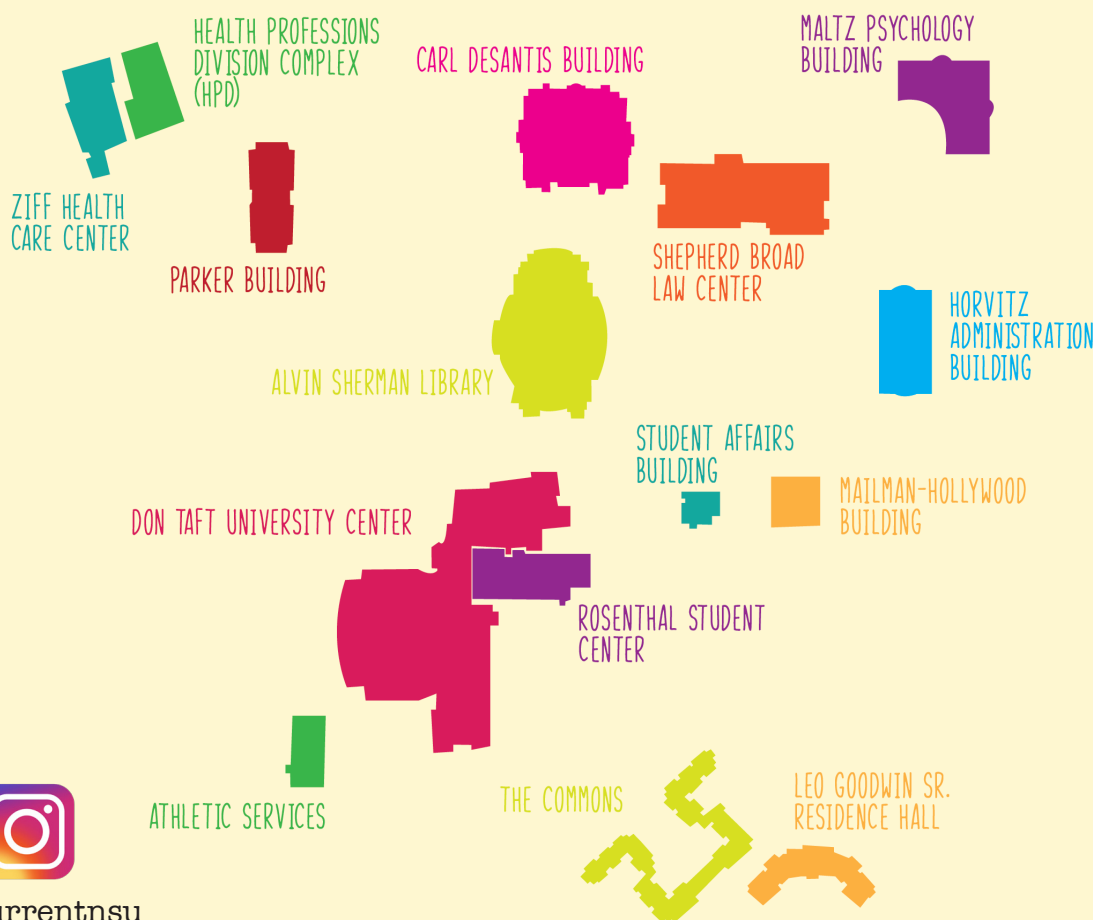
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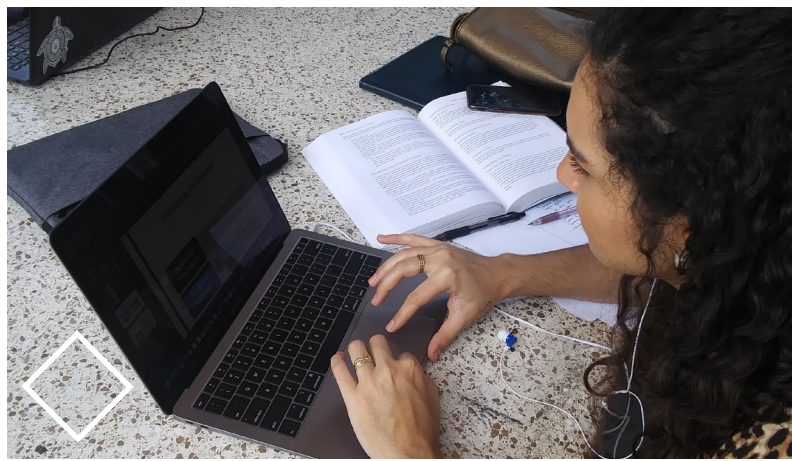
and by following us on these social media platforms:



Learn to speak “Shark”

By: **Christina McLaughlin**
Co-Editor-in-Chief

At NSU, we have our own “Shark language.” Here are a few translations of some of the common lingo used around campus.



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FROM J. JOSEPH

The cabanas located near Flight Deck are an ideal spot for meeting with members of your group project.

Cabanas: The Flight Deck outdoor swings and seating area.

CLC: The Cultural Living Center is another apartment-style living area on campus for students who lived on campus for one to three terms or are a non-freshman or transfer student.

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The PVA is home to Gallery 217, which hosts a variety of programming. DECADE, pictured above, was a celebration of both the Arts & Design and Dance programs' ten year anniversary.

Commons: The Commons Residence Hall is available for freshman.

Commons Pagoda: The outdoor space outside Commons and between FFV, or Founders, Farquhar and Vettel residence halls, where barbecues, umbrellas and covered seating as well as a volleyball court are housed.

Convocation: The formal welcoming ceremony for new NSU students.

DB: Declining balance, which is found on your SharkCard, is swiped for any food item on campus.

DeSantis: The Carl DeSantis Building, aka the business school

ExEL Units: experiential units, or credits that are required for graduation, are distributed by the Career Development Office

FFV: Farquhar, Founders and Vettel apartments on campus. These undergraduate housing complexes are for non-freshman, transfer students or students who lived on campus for 1-3 academic terms.

Fins Up: The signature pose for NSU where the participant stretches their arms above their head, clasp hands together to a point.

Flight Deck patio or lawn: The grass area outside of Flight Deck in between the outdoor seating area.

Goodwin: The Leo Goodwin Sr. Residence Hall available freshmen.

HPD: The Health Professions Division, which houses offices for medical faculty, the dental building, dental clinic, the NSU Pharmacy and the NSU Student Medical Clinic.

Library Quad: The plot of land directly adjacent to the Alvin Sherman Library, used for events like Waterworks.

N number: The unique number given to students that starts with an N and ends with eight numbers. Ex: N01234567. This number is used for various forms and other activities on campus.

Outtakes: The small store next to the UC Dining Area where you can purchase snacks, drinks, medical and other supplies.

PVA: The Performing and Visual Arts wing which is found on the second floor of the UC and features areas like the Black Box Theatre and Gallery 217 on the second floor. Many visual art, theatre and film courses are conducted in this wing.

Razor's Reef: The main dining hall in the UC

RecWell: The Recreational and Wellness Center, located inside the UC on the left side of

the building where the gym and other rooms for fitness can be found.

Rosenthal: Rosenthal Student Center that holds RadioX, Students Affairs, SLCE office, SOURCE office and many other offices.

RSO: An on-campus registered student organization.

variety of useful platforms.

SLCE (pronounced “slice”): The Office of Student Leadership and Civic Engagement empowers students to get involved in leadership and service-based educational opportunities to promote critical thinking and inspire students to get involved in their local communities.



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C. MCLAUGHLIN

“Fins up on three” is a phrase that you should get used to hearing.

SAB: The Student Affairs Building which holds the Office of Student Affairs, The Office of Student Media—which includes The Current and SUTV—and the Tutoring and Testing Center.

SEABoard: The Student Event and Activities Board that organizes events that students can participate in to get involved on campus.

SEA Thursday: The SEA Board-sanctioned event traditionally held in the UC Spine, which features clubs and other organizations on campus where you can join and get free swag.

SharkCard: The card that functions as your ID on campus, which can be used to access your printing, dining and other information.

Shark Circle: The roundabout in front of The Don Taft University Center that has the Shark Fountain in the middle.

SharkLearn: NSU's Canvas platform that can be accessed online via nsu.instructure.com.

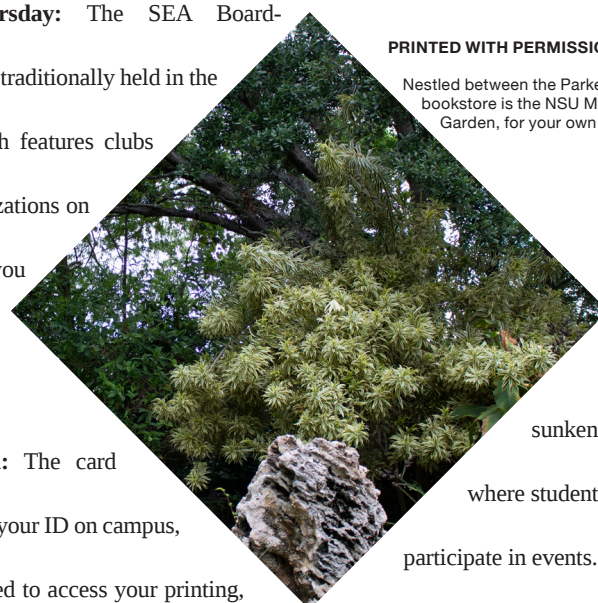
SharkLink: The online platform that connects students to academic records, financial aid documents and other important links to a

SOuRCe: The Student Organization Resource Center gives students support in their organizations they are involved in or help students find organizations that best suit their interests or information to start their own. They also do on-campus poster printing.

SUTV: The Sharks United Television network available on cable channel 96 features original shorts as well as recently released films.

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Nestled between the Parker building and the bookstore is the NSU Medicinal Healing Garden, for your own nearby outdoors.



The Pit: The sunken-in area of the UC where students can study, eat and participate in events.

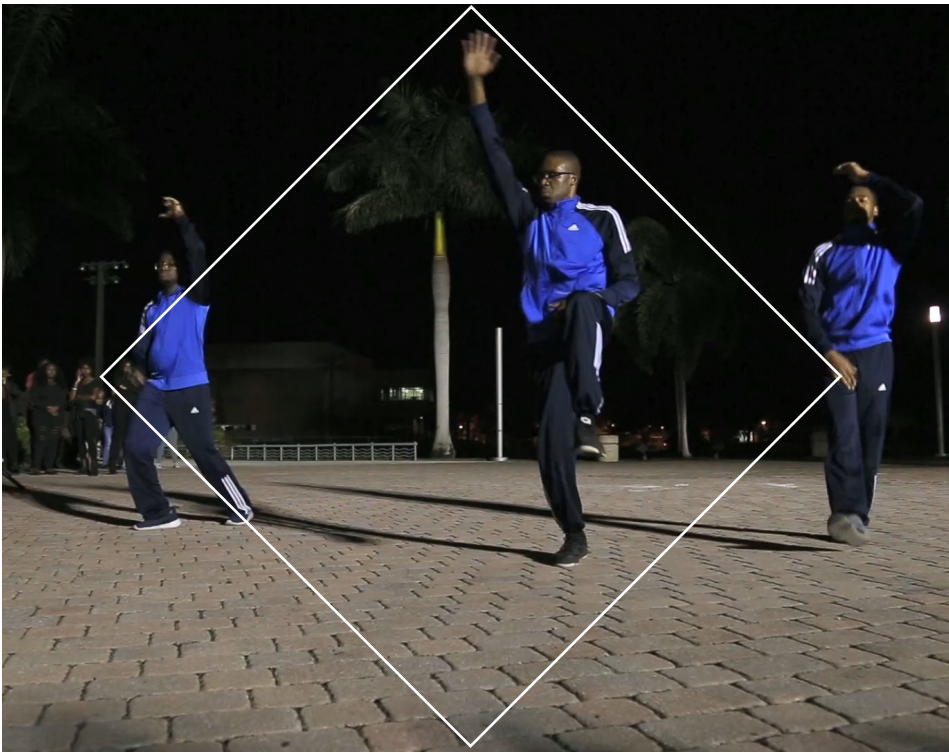
UC: The Don Taft University Center

UC Spine: The center hallway of the University Center where events like SEA Thursday and Student Employment Job Fair takes place.

UPP: The University Park Plaza, which is located across from the HPD that holds the Henderson Student Counseling center as well as classrooms and other NSU buildings.♦

Annual events to look forward to

By: **Emma Heineman**
Features Editor



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Stroll Off is an event hosted by Phi Sigma Sigma Sorority and the Unified Greek Council in the library quad.

Sharkapalooza

Sharkapalooza, one of NSU's most anticipated events of the year, is the highlight of the fall semester Weeks of Welcome. The annual events take place in the Rick Case Arena and features a student organization/department fair, booths from community vendors, performances, great prizes, activity booths and lots of food—all with free admission. The event is a great way to network with campus organizations and find clubs to join that may interest you.

Anything Floats Raft Race

The Anything that Floats Raft Race is an NSU tradition in its 27th year. The event is held annually in the Gold Circle lake where students bring their homemade rafts and compete in teams made up of student organizations and offices to win money for their organization. This past year the final round competitors won \$500, \$1,000 and a grand prize of \$2,000 for the winning team.

Community Fest

CommunityFest is an annual festival that celebrates and connects NSU students, employees, and the community in a carnival-like atmosphere around the Gold Circle Lake the first week of February. While the event is student-initiated, it encourages involvement from NSU staff and students, as well as community businesses and organizations. The event features obstacle courses, a petting zoo, music, face painting, free giveaways, food vendors and more.

Homecoming

Homecoming is fun and event-filled week here at NSU. Events during the week include the Unified Greek Council: Homecoming Yardshow, alumni events, the Anything that Floats Raft Race, Bleed SharkBlue Homecoming Tailgate, Homecoming Basketball game and royalty reveal. The week culminates with the annual Homecoming Bash, a dance for NSU students held either on or off campus.

Battleship

Battleship, an annual event hosted by the sisters of Sigma Delta Tau, was held for the third time



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Community Fest is a family-friendly event filled with various games, like the one pictured above.

last year. The event consists of about 20 teams of three in competition to sink each other's kayaks in the NSU competition pool. The team that wins the most rounds wins a trophy and the title of Battleship champion. The money raised goes towards one of the sororities philanthropies, Jewish Women International (JWI), an organization dedicated to empowering women, preventing domestic violence and educating women about safe dating.

Mr. Fintastic

Mr. Fintastic is a male pageant hosted by the sisters of Delta Phi Epsilon to raise money for the Cystic Fibrosis Foundation. Each year, men from various Greek organizations and sports teams participate to win the title of Mr. Fintastic by competing in a series of themed rounds and attending events throughout the week. The contestant who raises the most money is crowned Mr. Fintastic and Deeper Dude is chosen by the sorority sisters and is awarded to a man who has been exceptionally helpful throughout the event.

Miss Black Diamond

Similar to Mr. Fintastic, Miss Black Diamond is a female version of the beauty pageant hosted by the men of Phi Gamma Delta, also known as FIJI. Women from various sororities and clubs compete for the title of Miss Black Diamond by raising money through the week. The women are judged according to four main criteria: their involvement, which includes all of the events leading up to Miss Black Diamond, the money they raised, the Instagram challenge and their overall performance during the show. The winner of the event will be crowned Miss Black Diamond. The money raised goes to support the fraternity's philanthropy, the United Service Organizations.

Stroll Off

Phi Sigma Sigma Sorority and the Unified Greek Council host the annual Sigma Stroll Off in the Rose and Alfred Miniaci Performing Arts Center to raise money for autism awareness. Stepping and strolling are associated with multicultural Greeks on campus, but for this event, all Greeks can participate.



The "Anything that Floats" Race is a Homecoming tradition held at Gold Circle Lake.

NSU's Greek Life

By: **Madelyn Rinka**
Co-Editor-in-Chief

Sorority and fraternity life isn't all that Hollywood claims it to be. If you're looking for friendship, service and leadership opportunities, academic support and more, consider joining one of the following Greek organizations and follow them on Instagram.

Delta Phi Epsilon — @dphie_nsu
Phi Sigma Sigma — @nsu_phisig
Sigma Delta Tau — @sdt.nsu

Unified Greek Council

The Unified Greek Council consists of several associations and councils and unites the diverse organizations at NSU. According to NSU Greek Life, UGC aims "to increase awareness and promote a positive image through the encouragement of community service and philanthropy, through the support for high academic standards, and through the development of campus and community leaders."

Interfraternity Council

The Interfraternity Council (IFC) encompasses many different Greek men's organizations across North America. At NSU, the fraternities represented are detailed below. The fraternity men "stand for academic achievement, for the respect of all persons, for guarding the health and safety of all human beings, and for the challenge to our brothers to uphold fraternal ideals in their daily lives."

Order of Omega

NSU's Pi Rho Chapter of Order of Omega is a prestigious honors society that recognizes academic success and leadership among Greeks. Order of Omega aims to promote excellence and unity amongst NSU Greek organizations.

Pi Rho Chapter
@nsu_orderofomega

National Panhellenic Conference

The National Panhellenic Conference (NPC) consists of 26 women's organizations across the United States and Canada. At NSU, NPC encourages "academic, emotional, and social development in each member, the Panhellenic Council promotes unity among all Greek organizations and is dedicated to the improvement of our global community."

Alpha Kappa Alpha Sorority
@sigmachiakas
Kappa Alpha Psi Fraternity
@piphinupes
Zeta Phi Beta Sorority
@betatau_zetas
Lambda Theta Alpha Latin Sorority
@Ita_gammadelta
Sigma Lambda Gamma Sorority,
@nsu.slg1990
Lambda Alpha Upsilon Fraternity,
@novalambdas

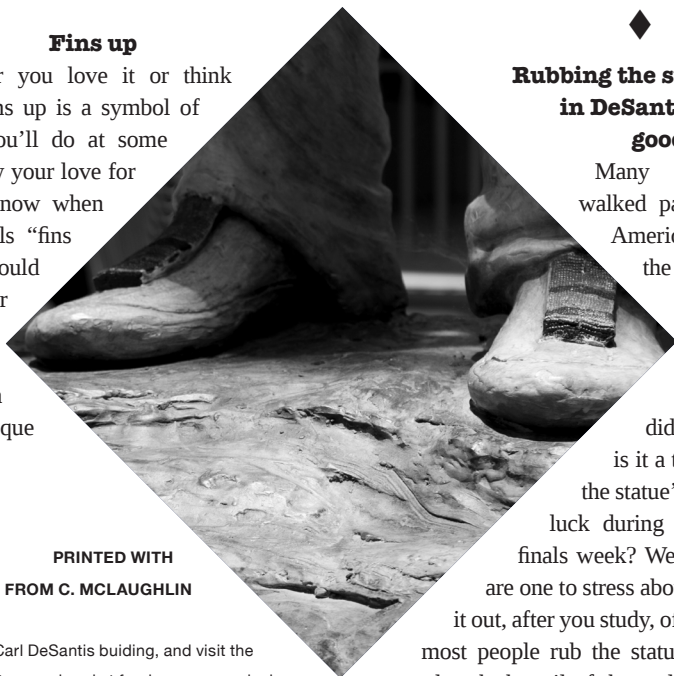
Kappa Sigma
@kappsigma_nsu
Phi Delta Theta
@phideltnsu
Phi Gamma Delta
(also known as FIJI)
@nsufiji
Beta Theta Pi
@beta_nsu

Must know NSU traditions

By: **Alexander Martinie**
Opinions Editor

Fins up

Whether you love it or think it's corny, fins up is a symbol of NSU that you'll do at some point to show your love for NSU. Just know when someone yells "fins up!" you should clap your hands above your head in a shark fin-esque manor.



Rubbing the statues foot in DeSantis for good luck

Many people have walked past the Native American statue in the Carl DeSantis Building Dr. Williams S. Spears Atrium, but did you know that is it a tradition to rub the statue's foot for good luck during midterms and finals week? Well, it is. If you are one to stress about test, then try it out, after you study, of course. While most people rub the statue's foot, other people rub the tail of the wolf on the statue

for good luck as well. So if one doesn't work, try rubbing the other.

S.E.A. Thursday

S.E.A. Thursday is an event that the Student Events and Activities Board puts on to allow on-campus clubs and offices to table and reach out to and recruit students. S.E.A. Thursday happens on the first and third Thursday of every month in the Don Taft University Center Spine from noon to 1 p.m. Come and sign up for clubs or learn about upcoming events on campus or just look around and see the hard work of your fellow students.

Admission videos

Every college and university sends out letters to applicants saying whether or not they were accepted. But how many universities send

out personalized admission videos to accepted students? Well NSU does. NSU's very own television station, Sharks United TV, works hard to make sure that every accepted student feels at home and welcome before the students even start in the fall. So if you enjoyed your personalized video, stop by the Office of Student Media and talk with the SUTV staff about helping them with shout outs.

Getting the orientation issue of The Current

NSU has a lot of traditions but none as important as picking up a copy of the orientation issue of The Current, and if you are reading this, then congratulations! You have now been a part of one of our campus traditions. Look out for the opportunity to experience some more, or start a new tradition.♦

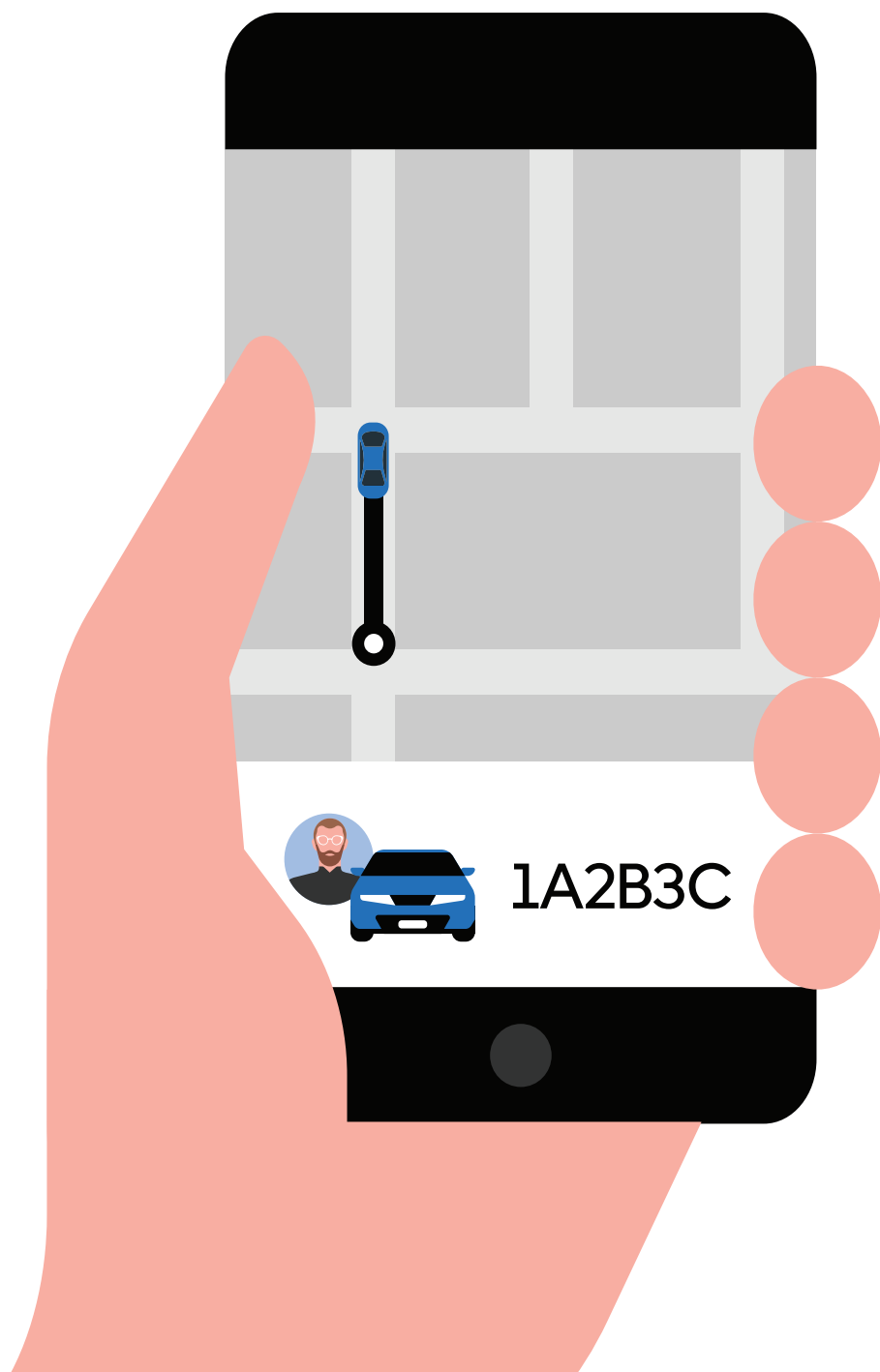
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Head to the Carl DeSantis building, and visit the atrium to try your hand at forging your own luck.

Ride Safer

Check Your Ride

1. License plate
2. Car make & model
3. Driver photo
4. Have driver confirm your name



How to make the most out of your commuter experience

By: **Christina McLaughlin**
Co-Editor-in-Chief

NSU is a diverse community of students from across the United States and abroad, but we tend to forget to mention the students that are a short drive from our doors. While some students live in the residence halls, we also have a strong community of commuter students who also might need some tips on how to make the most out of their commuter experience at NSU.

Make the most out of your drive

Whether you are driving five minutes or over an hour to classes, it's best to try and make the most out of your time sitting in traffic. Maybe record lectures in class (With permission, of course) and listen to them on the drive over. Make important phone calls and appointments. Listen to an audio file of your textbook or your notes. This comes in handy during those exams days or even classes that are more discussion-based. That way you have all the material fresh in your mind before you settle in to class.

Separate the school to life balance

In college most students find it hard to separate their schoolwork and their freetime, especially if they live on campus. Being a commuter, you are at an advantage in this department. When you drive home at the end of the day and walk in the door at home, you can physically and metaphorically put your schoolwork down. Try and coordinate this balance by keeping that drive home at the end of the day till the next morning dedicated to your own personal time.

Start the conversation with classmates

Commuters tend to find it hard to make friends and be social on their campus. Just because you are a commuter that doesn't mean that you can't make friends along the way. Try and start the conversation with people that sit next to you in class or even those you see sitting around campus. Use what I call the "I like" method. Start off a sentence with an "I like your ____" to one of your peers. It's a great conversation starter and it makes people feel comfortable enough to start a conversation with you. Maybe even offer to get a classmate coffee or food from off-campus. Inviting them to an off-campus excursion or even food campus eats are really appealing to most people that are stuck on campus all the time. Extending the olive branch in this way is guaranteed to at least start some sort of relationship, the rest is up to you.

Plan your weekends

After you put down your bookbag at the end of the week you might be tempted to just sleep all day or catch up on shows and relax. As great as that is and available that time maybe you should definitely take some time to experience what it is like to be a college student. Go hang out with friends or check out a new restaurant or park you want to explore. Once you get out of that bed and explore your surroundings in this way, your weekends will feel more productive, plus you will have something to talk about with your new friends on campus when you answer the annoying question, "what did you do this weekend."

Make a go-bag

Being a commuter, you are far away from your hub of supplies at home. Which means that you need to be prepared for anything and everything that can happen while your on campus. The best way to be prepared for everything is to have a go-bag or even a box you can keep in your trunk that has everything you need to take with you on a daily basis. Snacks,

money, school supplies and extra pens and pencils are ideal. To be thoroughly prepared, think of things like a change of clothes in case of an accident or special event, maybe a blanket or comfy outfit to take a nap. Always bring your chargers and even leave things you think you don't need for the day like textbooks in your car in case you ever do need it. That way, everything you will ever need is in one central place where it won't get lost and you can be ready for anything that life throws at you.

Find the best spot on campus

After or between class you might feel uncomfortable just sitting around and gravitate towards waiting near your car, in the library or even in the commuter lounge. But I suggest finding a place that you can call your own, your home away from home so to speak. It doesn't need to be much, it can be a cubicle at work, a certain chair in the library or even a place to hang a hammock. Find a place that you can almost guarantee will always be there for you and somewhere that you know you can go to when you need to destress, study or even just

hang out. Make it "your spot" that you go to everytime you need to. This way the campus feels a little more like yours in a more unique and personal way.

Set aside free-time on campus

If you have long breaks between classes or even class is cancelled you might find it hard to see what you can do, it might even feel like you are wasting time. The best thing to do in this situation is to set aside time for life to throw you curveballs and maybe even have some time to explore around campus. Maybe go see the Cotilla Art Gallery, walk around Gold Circle Lake if its nice out or set aside time for a nice, sit-down meal. Making this time on campus keeps you engaged on-campus and this way, you can interact with students on your own time.

Be a social butterfly

It may be hard to leave the commuter bubble. Try to make the most of being in college by pushing yourself to join a few clubs and organization. Start off simple, join the commuter organization and branch out from there. Think of your interests and explore all the options on SharkHub to see all the organizations and intramurals that NSU has to offer. Keep a close eye on upcoming events and see if there any that you can make. You don't have to commit to join the club or go to every single campus-wide event. Just see which ones fit with your schedule and get a little bit of fun out of your college experience.

Build a Schedule and Routine

One of the most important things of being a commuter is being organized and on-time. You need to pay attention to classes, work hours and even traffic and delays. It seems like a handful but if you write it all down in a notebook or even set reminders on your phone it can make your life a whole lot easier. Start slow. Set an alarm 15 minutes before you need to leave in the morning. Download traffic apps like Waze to try and follow traffic patterns and estimate arrival times. Maybe even have an email drafted to your professors that you can send with a few clicks if you can't make it. Being prepared and organized with how you come to class and how you leave can make all the traveling headaches less stressful.



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Breaking out as an introvert

By: **Kelsey Bruce**
Arts & Entertainment Editor

Adjusting to college life can be a surprising huge hurdle. Many incoming students, especially those who are more introverted, may have a tough time finding their place in the hustle and bustle of student life at NSU, but fortunately, exploring your passions is a sure-fire way to meet people who share them and make moves outside of academics.

RA Jerod Buchta said, “The best thing I would recommend is get involved in something. Go outside of your comfort zone — join Greek life, join pre-med organization, business associations. Do whatever you can that can get you out there.”

So while developing new relationships always takes time, finding where to start doesn't have to.

Join a club

One of the easiest way to meet people is to participate in an organization. Check out SharkHub and filter through organizations focused on your interests— be it academic, service, Greek life, service, religion, culture and nearly anything else. If you'd like to see what different clubs are about, attend Sharkapalooza, and you may even meet people there who like what you like.

Study in groups

As a college student, academics come

first, but that's no reason to make them a solo game. Your classmates will often offer fresh perspectives on material that helps you understand it more in depth, and you'll feel more confident about your own knowledge. Plus, there's nothing like staying up late and talking about material you both or all find interesting to forge a bond.

Find an on-campus job

NSU offers tons of student employment opportunities, whether federal work-study or not. At most jobs, you'll be working right alongside other students, so you're bound to find a few things in common and maybe even start to spend time together outside of work. Even if not, having job with responsibilities provides excellent structure to your life and will help you develop interpersonal skills that apply outside of work, too.

Express yourself

When looking at clubs to join or classes to take, be sure to be true to yourself. Do things because you want to, not because other people think you should or because someone you want to be friends with is. When you follow your passions, the responsibilities you take on become fun and fulfilling instead of stressful or exhausting.

Take it slow....

Following any of this advice might not get you immediate results, and that's okay. Sometimes people you start to spend time with might not turn out to be your cup of tea, or you theirs, but that doesn't mean that you'll never find people you connect with. Much of life and college is trial and error, and once you find yourself where you

want to be, the time it took to get there will make that place all the more rewarding.

...Or take a risk

If you really want to get out there, sometimes forcing away your shyness and faking confidence is the way to go. Don't be afraid to approach fellow classmates and tell them that you think they're cool and that you want to spend more time

around them. Or, everyone loves compliments, and dishing out genuine ones can really pull attention your way over time. All in all, if you try something that doesn't work, you haven't lost much, but if what you try does work, you may gain a life-long friend.♦



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FROM F. SHABAN

Being an introvert can be isolating, but if you keep making strides to change, then you're making progress!

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, which can only be used 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 Razor's Reef, 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 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 at 2920 Davie Road and 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 DB funds left over from the fall semester 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.♦

Getting around from campus

By: **Emma Heineman**
Features Editor

One worry many college students face when coming to college is how they will get around if they don't have a car. Especially for students who move from out-of-state, having reliable methods of transportation is an important part of feeling secure in their location. Luckily, for NSU students, getting around is easy with the help of the Shark Shuttle and transportation network companies like Lyft and Uber.

Shark Shuttle

The NSU Shark Shuttle is a great resource for students to use on campus. On weekdays, the shuttle runs all day from the off-campus student housing at Rolling Hills to various locations on campus. On weekends, the shuttle takes students to downtown Fort Lauderdale, Fort Lauderdale beach and Las Olas as well as to Walmart and Publix. Schedules for the shuttle as well as routes and estimated arrival times can be found on the NextBus app or online at <https://www.nova.edu/locations/shuttle.html>.

Uber and Lyft

Uber and other personal transportation companies including Lyft make getting a ride a simple task. By downloading the app and creating an account, you can request rides from anywhere, and you will instantly be connected with a driver who can pick you up. Paying is also easy and is done through the app where you can also leave tips, comments and reviews for your driver. Additionally, the Uber app has a safety feature which allows you to share your ride information and location with family and friends so they know where you are and where you are going.

Walking distance

One of the perks of NSU's conveniently located campus is its distance from local restaurants, stores and more. Many restaurants, as well as a Walmart and Publix, are a short walk from campus; and Tower Shops, a plaza with food and shopping, is also a short walk away.

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Your ultimate packing list

By: **Christina McLaughlin**

Co-Editor-in-Chief

Living in a college dorm is one quintessential part of college life and the largest question students asks themselves before moving in is “What in the heck should I bring?” Here is a list of suggested items that you should consider 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, favorite locations for good vibes
- ◇ 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 - a totally acceptable addition to any room
- ◇ Reminders of home

Storage:

- ◇ Hangers - to hold all your clothing needs
- ◇ Trash Can- preferably larger (you don't want to constantly take out trash)
- ◇ Hamper - makes transporting your clothes to the laundry room easier
- ◇ Stackable containers- to help move or pack away all the essentials
- ◇ Over-the-door storage- for towels, jackets and any other hangable items
- ◇ Under-bed storage- leave space to store or organize for easy access
- ◇ Shoe organizer

Personal:

- ◇ Driver's license
- ◇ SharkCard- you will use this everyday so carry it with your keys, wallet or on the back of your phone
- ◇ Social Security Card
- ◇ Insurance cards
- ◇ Bank Cards/Medical Information
- ◇ Keys- for car, house etc.
- ◇ Interview outfits- you never know when you will have an interview, fancy event or any other requirement for business casual or business professional attire.

Toiletries:

- ◇ Toilet paper
- ◇ Paper towels
- ◇ Towels
- ◇ Hand towels or washcloths
- ◇ Soap/Body Wash
- ◇ Razor
- ◇ Toothbrush
- ◇ Shampoo/Conditioner
- ◇ Hairdryer
- ◇ Shower curtain
- ◇ Shower shoes- we share showers with roommates which we clean ourselves, so if it's

regularly cleaned it should be fine.

- ◇ 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 or Iron or wrinkle-release spray - to keep clothes looking great
- ◇ Trashbags

Laundry:

- ◇ Sewing Kit
- ◇ Tide-to-Go/On-the-go stain remover- hey, accidents happen
- ◇ Laundry Bag- if you need to separate loads
- ◇ Laundry detergent
- ◇ Fabric softener
- Dryer sheets

Kitchen:

- ◇ Small microwave
- ◇ Small refrigerator or freezer
- ◇ Small toaster oven
- ◇ Drinkware
- ◇ Plates
- ◇ Utensils
- ◇ Ziplocs
- ◇ Coffee maker
- ◇ Can or Bottle opener

- ◇ Dish towel
- ◇ Electronics:
- ◇ Computer- if you cannot afford, many places on campus offer computer use like the library or Desantis
- ◇ 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

How to live in the residence halls... with your roommate

By: **Madelyn Rinka**

Co-Editor-in-Chief

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

Communicate with your roommates

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

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

Also, communication can ensure that move-in day doesn't end up in a mediation session. Especially for those who live in a triple, it's smart to know exactly what everyone's getting from the get-go: from the bed space, bathroom drawers, closets and anything else you

might think of. It may seem tedious at first, but it'll make the already stressful move-in day just a tad easier.

Get out of your room

Everyone's seen it in movies: the first day of college, party-goers knocking on doors telling the shy kids to

come to a wild rager later that evening. Fortunately, or unfortunately, depending on your interests, that just doesn't happen. Sure, maybe you'll run into your neighbors once or twice in the first week, but it's a rarity that someone goes down the hall knocking on doors to make a new friend. Try your best to go to the events that NSU has scheduled during their Weeks of Welcome. From freebies

to friends, you're sure to get some benefit out of taking a break from your dorm.

Decorate — but know the rules

The rooms can seem pretty sterile and bland with their white walls, standard beds and grey utilities. To throw a bit of color and excitement into your space, try adding some small decorations, such as posters, photos, paintings, movie stubs, postcards or anything else you feel might spruce up your new home. But beware — make sure you're not doing anything permanent to the walls. This can cause unnecessary stress — and cost — at the end of the year. Get creative with how you decorate. Washi tape can stick

stuff to your walls without harming them, and, with an endless amount of different designs and colors, they can add some flare to your decor as well. When all else fails, commit to the college cult favorite: Command Strips. Velcro strips are great for hanging canvases and heavier trinkets, while hooks can look great for other items.

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

Unfortunately, your roommates might not become your best friends. Even if you came into college assuming your 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.♦

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Commons Residence Hall, pictured at left, is just one of the many dorms on campus.

Places to study on campus

By: **Kelsey Bruce**
Arts & Entertainment Editor

Along with the start of classes comes the scramble to find a suitable, semi-quiet study space that isn't always taken. While this may seem daunting on our relatively small campus, plenty of nooks and crannies fit the profile for a peaceful place to polish up your knowledge.



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Junior Kiara Baptiste and senior Nahomi Guzman found a study spot outside by Flight Deck's waterfall.

UC

Although the UC houses a lot of hustle and bustle during its busier times, a few tried and true places make completing your math homework or writing a paper easy. When it's not restricted for Razor's Reef, the UC pit is a great place to plug in your laptop and hone into your work. You can go alone and spread out over a table or bring a group to keep each other on task. On the second floor, there are study cubicles and tables near the terrace that are perfect for forgetting the workaround you and cracking open your books. If those are filled, be sure to check out the third floor just outside the entrance to the PVA hallway where there's a bar table with stools and outlets.

Library

The Alvin Sherman library may seem like an obvious place to study, but that doesn't mean there aren't a ton of specific places you may not know about. For one, you can book a study room ahead of time for you and your peers to study for an exam or collaborate on a group project. On the first floor of the library, there's a computer area with a few computers available for students to use and plenty of space to get into the groove of work. Throughout multiple floors, mainly the second and third, there are smaller and larger tables in blissfully quiet space free of any distraction — unless you're particularly interested in obscure law books. Additionally, the third and fourth floors are designated quiet places. The library also has individual cubicles

with desk light fixtures, leaving you totally alone with the work you need to do.

Outdoors

With the gorgeous South Florida weather, it'd be close to blasphemy to not take advantage of the outdoor ambiance on campus. Check out the nature garden on campus to utilize its stone tables while sprawling out in the shade. If that's a bit too outdoorsy for you, walk on over to the bookstore where there are several shaded tables to do work, and the best part is, if you find yourself in need of highlighters or air conditioning, you can head right in. For a cozier study space, try out the SAB patio's cushioned furniture — just try not to doze off while reading up on anatomy. Just outside of Flight Deck, there's a great selection of outdoor booths that even have outlets for you to charge your laptop. For some waterside education, sit down at the lakeside enclosure and take a few five minute study breaks to admire the view.

The Carl DeSantis Building

The Carl DeSantis building offers plenty of space for students to learn outside of class. You can book study rooms there, or you can stake out an empty classroom and enjoy spreading out your notes. If you have a class in DeSantis, try sitting in the same room or spot you normally do to more fully absorb the material. If you like to snack while you study, use Einstein's lobby to munch and start your crunch time.

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Am I in an unhealthy relationship?

By: Christina McLaughlin
Co-Editor-in-Chief

When entering college it's common to have new experiences, and sometimes that involves personal relationships, whether romantic or friendly. Relationships are a wonderful thing to have. They provide a chance to explore common interests as well as the possibility of finding companionship or a long-lasting friendship. But, not all of these relationships are positive. When a partner in the relationship feels unsafe or is being abused — mentally or physically — that relationship is unhealthy and can even be deemed toxic.

The main problem with these types of relationships is they can be hard to identify as the partner in the relationship or as a bystander. According to Loveisrespect.org, 57 percent of college students say it's difficult to identify these types of relationships and 58 percent say they don't know how to help someone who's experiencing it. Listed below are some general characteristics of an unhealthy relationship, to help determine if a relationship is unhealthy:



10 signs of an unhealthy relationship

- **Intensity:** extreme feelings or over-the-top behavior
- **Jealousy:** lashes out or control because of it
- **Manipulation:** influence your decisions, action or emotions
- **Sabotage:** ruining reputation, achievements or successes
- **Belittling:** making you feel bad about yourself
- **Guilt:** making you feel guilty or responsible
- **Isolation:** keeping you away from friends, family or individuals
- **Volatility:** unpredictable reactions causing you to walk on eggshells
- **Deflecting responsibility:** making excuses for behavior
- **Betrayal:** acting differently with you versus around other people



One of the most important characteristics of any relationship is an open line of communication. If you or your partner are not willing to communicate on issues — or even positive steps in your relationship — then that's something you should look into. In any relationship, communication about the serious topics should be as easy as talking about a recent movie you've watched. It may not seem that simple at first, but as long as the lines of



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It's important to listen to warning signs about your relationship; whether it is from your friends and family, or your "gut feeling" that says "stop."

communication are "open" then it should be easier to talk about it when issues arise.

If any of the aforementioned signs are a part of your relationship this is the time to ask yourself a serious question: Am I safe? If the answer is no or maybe not, then it may be time to ask a confidential resource for some guidance. This source can come from many different forms such as a family member, a guidance counselor, NSU's Title XI Officers Laura Bennett or Desmond Daniels or any other person or community resource you can trust to discuss your specific situation and see what options are available to either mend the relationship or if necessary, get legal action involved.



Am I the toxic partner?

This may be an uncomfortable topic to bring up, but it must be addressed. We always see the perspective of unhealthy relationships from the victim, but what if you are the guilty party? This does not mean that you are a bad person or that you are trying to hurt your partner. It can mean that there are actions or statements that you are making that make your partner uncomfortable that you are not aware of. This is why communication is a major part of the relationship. If you feel you might be the toxic

partner or responsible for any unhealthy actions in your relationship, don't be afraid to ask. Gain perspective from outside sources or better yet, from your partner. These discussions may be tough but your willingness to take your partner's feelings and your personal struggles into account in order to make changes in your life and relationship are for the better.

New Relationships When people start a new relationship it is important to try and start the relationship off right with open dialogue. Here are some basic topics or questions you should be willing to talk with your partner about to

avoid problems in the future:

Set limits: Are there any limits intimately or physically you may have that should be addressed? Be sure to allow for your partner to voice their concerns as well.

Expectations: What do you expect from the relationship? Defining the relationship is one mark of our generation which we tend to avoid. But, it is perfectly natural to have these conversations and it allows for both individuals to be aware of what is expected and dispels any possible confusion as to what the relationship is.

Consent: This word has become a buzzword in recent events but it is still important to talk about these things. Your partner might have had issues with intimacy in the past, or have never had this type of relationship before. It's important to make sure that they are comfortable with any or all actions that are going on in the relationship, even if that means not doing what you want out of respect for your partner's wishes.

When is the time: There is never a good time to have these conversation, but the best time to have this type of conversation is early in the relationship. If you talk about all of these concerns early on, there is no chance for confusion later, which protects not only yourself but your partner's feelings and wishes, too.



College is a great time in life to branch out and explore all life has to offer in your

If you are a victim of abuse and need help or advice, there are many resources available to you at NSU:

Laura Bennett Title XI Coordinator
Tel: 954-262-7858
Email: laura.bennett@nova.edu

Desmond Daniels, Title IX Investigator/Deputy
Title IX Coordinator
Tel: 954-262-7863
Email: dddaniels@nova.edu

Henderson Student Counseling Center
3440 S. University Drive, Davie, FL 33328
Office: 954-424-6911 or 954-262-7050
Hotline: 954-424-6911 or 954-262-7050 (available 24 hours, 7 days a week)
hendersonbh.org/studentcounseling-3.php

education and also in your personal life. It's important to stay safe and comfortable in these situations, and in these relationships specifically, you need to make sure that above all, you respect your partner and your partner respects you.◆

Easy meals to make in a residence hall

By: Madelyn Rinka
Co-Editor-in-Chief

Even if you're known to burn a Hot Pocket, these quick and easy meals are fool proof and accessible. With just a few ingredients and a couple of minutes, you can whip up a satisfying meal that's sure to have your neighbors knocking on your door for the recipe. Try heading to the salad bar or Outtakes to use up some of your declining balance— and tips on DB!



Easy meal-prepped burritos

Ingredients:

- Tortillas
- Refried beans
- Pre-cooked protein of your choice (crumbled tofu, beef or shredded chicken)
- Mix-ins such as onion, green chile, taco seasoning
- Lettuce, guacamole, tomatoes, olives, etc.

Mix in beans, protein and any other

ingredients you choose in a large bowl. Chop up vegetables, and set aside. Lay out tortillas, and scoop the filling onto them, making sure not to overfill. Roll up the burritos, and either freeze or refrigerate them in plastic wrap or aluminum foil. Reheat in the microwave for 1-2 minutes when you're ready to eat.



Pre-made grilled cheese

Ingredients:

- Bread
- Cheese or dairy-free alternative
- Butter or margarine
- Extras such as tomatoes, basil, protein or onion

Start by lightly coating both sides of bread with butter or margarine. Add all other ingredients to one slice of bread, and top with another. Cover in plastic wrap, and refrigerate until ready to be eaten. While you're getting

dressed or doing homework, pop a sandwich in a toaster oven on the "toast setting" for 2-5 minutes, flipping halfway through. Be sure to keep checking the first time you toast one, as different toaster ovens may burn quicker than others. Sprinkle on some garlic and parsley while it's still hot for that garlic bread flavor as well.



Breakfast parfaits

Ingredients:

- Yogurt of your choice
- Fruit
- Granola
- Chia seeds or nuts

In mason jars or tupperware containers, spoon in one serving of yogurt. Add fruits like strawberries, blueberries, passion fruit or cubed melon to the top. In a sandwich bag, add in dry ingredients like granola and chia seeds or nuts,

so they don't get soggy sitting on top of the fruit. When you're ready to eat, simply pour the dry ingredients into the yogurt and fruit and enjoy.



Sushi bowls

Ingredients:

- Precooked white or brown rice
- Proteins like tofu or cubed chicken
- Premade asian stir-fry or gyoza sauce
- Assorted vegetables, such as shredded carrot, cucumber, edamame or peppers

Spoon rice into tupperware containers. Coat or marinate the protein in the sauce and pour over rice, being sure to put extra sauce over it. Add in vegetables of choice. Alternatively, keep rice, marinated proteins and vegetables in separate containers and portion it out when desired. Try using frozen vegetables to make it a little easier to prep.◆

Staying on top of your mental health

By: Madelyn Rinka
Co-Editor-in-Chief

Staying on top of your mental health can be difficult, especially while transitioning to college. Whether midterms, assignments, home problems or any other number of things are stressing you out, try out some of these activities to help you unwind.

Catch up on sleep

This one may seem obvious, but it's even more important after exams or periods with a lot of homework. If you're guilty of late-night, caffeine-fueled cramming, you're probably going to feel a little under the weather. With heightened stress and a lack of sleep causing a weakened immune response, midterms are just a cold waiting to happen. Once all is said and done, hit the hay a little early. Turn your phone off and maybe skip that party; you need your sleep to stay healthy.

Do something for yourself

After all the hard work you've put into studying and finishing assignments, there's no shame in treating yourself. Maybe you want to get your nails done, buy something that would make you happy or go to a place that keeps popping up on everyone's Instagram pages. You don't have to break the bank; something

as simple as going for a walk around a nature preserve or having a picnic can be rejuvenating. Whatever it is that will make you happy: go ahead and do it; you deserve it.

Spend time with friends

It's no secret that between tests, cramming and writing papers,

you're lucky if you get in enough time to eat and sleep. College doesn't always spare a lot of time for being social outside of study groups. After everything is handed in, ask your group to hang out. It's important to be social and have fun, especially after a lot of stress. Plan a fun outing, go out to dinner, watch a movie or just

enjoy the company of your friends. Spending time with your pals is a great way to relax and enjoy yourself.

Burn off your stress

Physical health can be just as important as mental health. With the RecWell offering a wide variety of activities to partake in,

there's sure to be something for everyone. Exercising can lead to increased confidence, focus and self-esteem, which are just a few things that may need boosting after a long week of exams.

Be mindful

Lastly, be aware of yourself and how you feel. Don't dwell on what you could've done or what you should've studied, but resolve yourself to prepare more next time. It's not worth your energy to dwell on your performance or how you think you did; rather try conversing with your professor to get their advice for improvement. Overall, it's important to take care of yourself.

Reach out

If you feel like you're going through something you can't solve on your own or you don't know what to do, reach out to student counseling. NSU students receive free counseling sessions with the Henderson Student Counseling center. Henderson can assist students with anxiety, panic and depression, chronic illness, abuse, break-ups and much more. Call 954-424-6911 to schedule an appointment, 954-424-6911 or 954-262-7050 for their crisis hotlines or visit www.nova.edu/healthcare/student-services/student-counseling.html.

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K. CRAPSON

Take time out for yourself, whether to just relax, to get your chakras realigned, or to just plain have fun.

Self care made easy

By: Madelyn Rinka
Co-Editor-in-Chief

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 or bedroom 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 coffee 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 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.

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.♦

Being vegan on campus: It's not impossible

By: Madelyn Rinka
Co-Editor-in-Chief

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 some soggy vegetables or a plate or under-seasoned tofu. 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.

Have a back-up

If none of the freshly made counters have options for you, head over to Outtakes, Flight Deck 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. Flight Deck has a vegan burger and a few sides. 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.

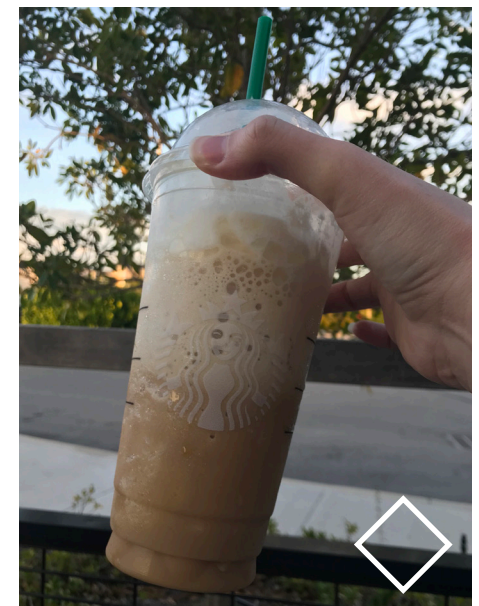
Learn to cook

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.♦



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Starbucks offers your favorite caffeine kick with non-dairy milk options.



diamond collection

By: **Kelsey Bruce**
Arts & Entertainment Editor

NSU is literally surrounded by the perfect places to bring your friends out for a day on the town. While the city is full of chain restaurants and shops, there are plenty of little gems waiting to be found and frequented by NSU students. Whether you're looking for unique food choices or a quiet place to study, Gill Out has all of the places to be.

Spaghetti Factory \$

Deceptively located in an inconspicuous industrial area, Spaghetti Factory is a comforting mom-and-pop restaurant that serves not only fresh plates but also fresh pasta. It offers salads, stuffed and regular pasta, pizza and subs. Although there's no free filtered water like most places, this restaurant is still totally affordable with meals starting at \$7 and going up to \$20 for specials that include tasty seafood items. If you go for pasta, you get to choose between 11 sauces to complete your pumpkin ravioli or spinach fettuccine.

Dragon City \$

If you're ever craving late-night Chinese food, check out the cozy Dragon City, open until 2 a.m. and ready to serve you to satisfaction. It offers a huge variety of dishes, including quite a few seafood ones, that you'll

certainly get leftovers from, and the food is served with sweet apricot and hot horseradish sauces. The service is fast and friendly, and there's a rumored secret menu with authentic Chinese dishes. If you go with a friend, try splitting dining options made for more than one person, or if you're not too hungry, it's probably safe to split one dish.

Pizzacraft \$\$

Enjoy downtown Ft. Lauderdale's ambiance with fresh-baked artisan pizza or homemade pasta. While Google lists Pizzacraft as two dollar signs, visit on a Wednesday to snatch \$10 pizzas and half-priced pasta. If you're a garlic nut, Pizzacraft offers a garlic confit add on for \$1 as well as calabrian chiles and local basil for the same price. Once you scarf down your pizza, you can top it off with a Nutella or classic cannoli or even take a Nutella dessert pizza to go. And for any vegans out there, Pizzacraft does offer a vegan pie with tomato sauce, vegan mozzarella and torn basil.

Magic Cow \$

If your sweet tooth is poking out or you just want relax in a homey environment, check out Magic Cow. With compelling flavors like violet, buttered popcorn, amaretto (non-alcoholic) and carrot cake as well as more

traditional options, it's easy to find something you'll like or experiment. The service is remarkable, so you'll leave with not only a full belly but a full heart. Plus, you can grab a free reward card that gives you a free ice cream after five visits.

Ann's Florist and Coffee Bar \$

For a refreshing fusion of florals and food, treat yourself to a bouquet or caffè latte at Ann's. The café brings a 70s vibe and offers plenty flowy, aesthetic choices that make for great pictures and a relaxing atmosphere. The mix of fresh flowers and brewing coffee will revive you in a way caffeine alone never could, and all your senses are sure to be satisfied. Plus, the price range is \$5-\$15, so visiting won't break the bank.

Eurobread \$\$

Enjoy a getaway to France without leaving Davie at Eurobread & Cafe with warm croissants, quiche, crepes and more. If the sight of various carbs excites you, you're sure to love it here. The atmosphere is quiet and inviting and filled with the smell of warm bread and pastries. This is a perfect rainy day get away as it offers hot drinks and cold cuts that will knock your socks to the Eiffel Tower.♦



PHOTO PRINTED WITH PERMISSION
FROM C. MCLAUGHLIN

The Magic Cow offers many premium sweet treats.

Where to score some discounts

By: **Christina McLaughlin**
Co-Editor-in-Chief

One of the benefits of going to college, other than the obvious education and fun events around campus, is you can now use your SharkCard to score some amazing discounts. Check with the specific locations for participation, but here are some companies who give college students some extra help with great discounts if they present their card at the time of purchase.

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Chick-fil-A Mondays are
sure to become a favorite fast
food tradition.

Shark Discounts

Restaurants: present a valid NSU ID at these locations to score great deals

Cinque Terre Italian Restaurant - This eatery has a reputation for great seafood and other Italian dishes and also serves a great brunch. 10 percent off regular priced menu items and an exclusive 12 dollar student executive lunch menu.

Hungry Howies - Home of the Original Flavored Crust Pizza, you can get anything from wings, salads and other meals with a student discount. They also have special deals for students upon request. Students who purchase large orders for organizations or events can

benefit from discounted pricing options.

Tropical Smoothie Cafe - Craving some healthy alternatives for your sandwich? Here you can find a variety of smoothies, wraps and flatbreads to meet your sandwich needs. Students get 10 percent off entire purchase.

Ye Olde Falcon Pub - This establishment gives customers a chance to experience a taste of Merry Old England with a

pub-
style
menu and
an enormous
beer selection for
those of legal age.
Students get 15 percent
off drinks and special menu
items.

Shinju Japanese Buffet - This restaurant is a sushi and seafood all-you-can-eat buffet chain, which is great for college students on a budget. Students get 10 percent off the buffet price, not including drink purchase.

Menchie's - For those with a sweet tooth, Menchie's offers students a discount on frozen yogurt and their other dessert needs. NSU students receive 15 percent off entire purchase.

BurgerFi - Craving a burger? At BurgerFi you can get gourmet burgers made with fresh ingredients and natural frozen custards and shakes to get the perfect dining experience. NSU students receive 10 percent off total purchase.

Tijuana Flats- This restaurant specialized in

Tex-Mex style foods offer a 10 percent discount off an NSU student's entire purchase. This discount is offered at Tijuana Flats Hollywood Pembroke Pines, Plantation and Cooper City locations.

Off-campus Excursions:

Goodwill - Students can get 10 percent off their entire purchase, so you can thrift shop 'til you drop.

AMC Theatres - Want to watch that new movie everyone's talking about? Get special discounted tickets on Thursdays.

Amtrak - If you want to travel around Florida or visit family and friends by train, Amtrak offers discounted tickets and fares for college students.

Madame Tussauds - Any of these famous wax museum locations offer up to 15 percent off the price of admission.

Greyhound - Need a cheap way to get around to see all Florida has to offer? Hitch a ride on a Greyhound bus and save 20 percent off fares and ticket prices.

Online:

Amazon - College students get a free six-month trial of Amazon Prime, which includes free two-day shipping. That quick shipping can be a life-saver with expensive textbooks and other supplies like groceries.

Spotify - College students receive a special \$4.99 per month subscription price to an unlimited amount of music and exclusive music content and playlists. Spotify is also running a promotion for new subscribers which also includes a limited-commercial subscription to Hulu.

UniDays - This app that can be downloaded on your phone and keeps college students up to date on exclusive coupons and other discounts and sales. This app is a lifesaver if you need a new wardrobe or other college essentials.

Off-campus Fast Food Eateries:

Waffle House - Hankering for some late-night or early-morning breakfast food? Head over to the local House of Waffles for 10 percent off your entire purchase.

Dairy Queen - Whenever you're in the mood for Blizzards or any other soft-serve treats, get some DQ with daily special meal deals.

Chipotle - The guacamole might be extra but at least you can get a free drink with purchase.

Chick-Fil-A Davie North - Need your dose of Chicken? Davie North offers 15 percent off entire purchase for students on Mondays and Wednesdays.

Burger King - Get a Whopping 10 percent off your entire purchase

McDonalds - Get any Mc-food for 10 percent off total purchase price.

Clothing Discounts:

J. Crew - College students receive 15 percent off all full-priced items

Banana Republic - take 15 percent off total purchase price for valid College Student card holders

Alex & Ani - 10 percent off full-priced items

Dockers - 20 percent online orders

Express - 15 percent online and in-store purchases (through UNIDays)

Forever 21- 10 percent off online full price orders

Levis -15 percent online and in-store purchases

Polo Ralph Lauren - 15 percent off total purchase price

How to enjoy the outdoors in South Florida

By: **Kelsey Bruce**
Arts & Entertainment Editor

With its amicable climate and beautiful skies, it would be hard to enjoy being outside in South Florida. If you want to see all it has to offer, here are a few places you should visit whenever you find a spare moment.

◆
Beach

Of course, living along Florida's east coast has one obvious advantage: beaches. A couple favorite local spots are Dania Beach pier, where you can catch a gorgeous sunrise or go fishing, and Hollywood Beach boardwalk, lined with towering palm trees and white sand. You can pack a picnic basket, bring a hammock or just see what the ocean has to offer if you decide to visit. Additionally, as a Ft. Lauderdale resident, you can look into resident parking for Ft. Lauderdale beachy, a singular price per year for parking, on the City of Ft. Lauderdale's website.

◆
Parks

A great way to destress and get in touch with nature is visiting one of the numerous parks in the area. One student favorite is Tree Tops Park, a short 12 minute drive from campus. Here, you can check out nature trails, gather friends to play volleyball or frisbee and admire the surrounding freshwater marsh. On weekends and holidays, entry is \$1.50.

Surrounding NSU's Oceanographic Center is Mizell-Eula Park. According to Florida State Parks, it's the last example of undeveloped coast in Broward County. Open 8 a.m. to sundown, the \$6 vehicle fee is easy to lesson between a friend or two, especially for a site worth seeing.

Meanwhile, Florida's largest park, Oleta River State Park, is on North Miami Beach. It's filled with hammocks and mangroves for visitors to relax on and enjoy, and if you pack food, you can spread out at a

picnic area while reconnecting with the nature around you. This park is also open 8 a.m. to sundown and costs a \$6 vehicle fee.

◆
Traversing South Florida

While not everyone has a car or enough gas money to truck all over

South Florida, there are a few places worth investing in.

Before you leave NSU, it's a great idea to visit the Everglades, Florida's National Park. Here, you can camp, hike, and enjoy the surrounding wildlife. Entrance fees depend on what type of

recreation you plan to do, and most are sold as seven day passes. On certain holidays such as National Public Lands Day or Veteran's Day, the park waives fees. For more information, check out www.nps.gov/ever/planyourvisit/fee-change-faqs.htm.

The world's largest butterfly park lies just north of campus at Coconut Creek's Butterfly World. There's not only thousands of butterfly species there but also exotic birds and other bugs. The entry fee is \$29.95, and the park is open Monday-Saturday 9 a.m. - 5 p.m. and Sunday from 11 a.m. - 5 p.m.

Flamingo Gardens is a nonprofit botanical garden and wildlife sanctuary open 9:30 a.m.-5 p.m. It houses non-releasable birds and animals including bobcats, otters, bears, flamingos and much more. While there, you can learn more about South Florida's history at the Wray Home Museum and enjoy the thousands of diverse plant species in the botanical gardens. Admission is \$19.95 with a 20 percent discount for college students.



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FROM K. CRAPSON

Check out downtown Fort Lauderdale for aesthetically pleasing shopping centers, where you can find hidden gems, like these flowers.



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Things to do in the area

By: **Emma Heineman**
Features Editor

Being in college is all about experiencing new things and making new memories. Luckily, for NSU students, South Florida has something to offer everyone. From sports events to vibrant art and music, here are a few local activities you should try.

to come and enjoy.

For the more adventurous types, downtown Fort Lauderdale's Riverwalk provides the perfect opportunity to enjoy an afternoon paddleboarding along the quiet canals or kayaking through the intercoastal waters. There are a plethora of shops in the area that rent



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M. LORRIMER

Wynwood Walls is a staple of the modern art and mural scene.

Downtown Fort Lauderdale

Downtown Fort Lauderdale is renowned for its lively atmosphere, beaches and boating canals. One of the areas, alongside oceanside highway A1A, is lined with upscale outdoor restaurants, bars, boutiques and luxury hotels. Whether you want a leisurely stroll along the beach, a sunset view of the ocean over a delicious meal or the vivacious nightlife pulsing around you, downtown extends an invite for all

equipment at reasonable prices and make it easy to get the equipment from the shop into the water. Kayak and paddleboard rentals generally start at \$20 per person for an hour-long rental and can be extended for an additional fee. Keep in mind that rental places won't allow rentals past sundown to ensure that everyone is back before it gets dark so plan ahead if you intend to visit. Bike rentals are also available and are a great way to spend the afternoon sightseeing and enjoying the tropical south Florida climate.

Farmer Markets

Florida's year-round warm weather creates the perfect environment for a weekend stroll through the fresh fruit and vegetable stands of local farmer's markets. South Florida hosts a plethora of farmers markets every weekend where visitors can purchase fresh produce, homemade goods, handmade crafts and more. NSU sponsors trips to one of these markets, Yellow Green, on some weekends throughout the year for students who wish to attend. Yellow Green Farmer's Market is South Florida's largest farmers market with over 300 under-roof booths in a 100,000 square-foot facility. The market is open year-round every Saturday and Sunday from 8:00 a.m. to 4:00 p.m.

Sporting Events

NSU has a unique partnership with the Miami Dolphin Football team. Students can purchase season tickets for a discounted price and be reimbursed at the end of the season by attending games. Transportation and tailgates are provided for students who want to take advantage of the opportunity.

In addition to the Miami Dolphins, South Florida is home to many other sporting teams including the Miami Hurricanes, Miami Heat, Florida Marlins, Florida Panthers and more.

Art

For lovers of all things art, the Fort Lauderdale/Miami area is the perfect spot to enjoy a day of art, music, theatre and more. Located in the heart of downtown Fort Lauderdale, the NSU Art Museum houses a

celebrated permanent collection containing more than 6,000 works and a variety of visiting exhibits which are a part of the Museum's international exhibition program. NSU students receive free admission to the museum as a perk of attending NSU.

Just a short walk from the art museum, the Broward Center for the Performing Arts is the hub of all things theatre. From touring productions of famed Broadway shows to live music and entertainment, the Center has something that everyone can enjoy. Tickets and additional information about upcoming shows can be found on their website at <https://www.browardcenter.org/>.

Another art lovers dream, the Wynwood Walls, is a collection of murals and street art against the backdrop of the urban Miami landscape. Here, students can stroll through the colorful neighborhood, eat at cute outside cafes and peruse through local stands selling art and other products.



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Downtown Fort Lauderdale is a haven for live music.

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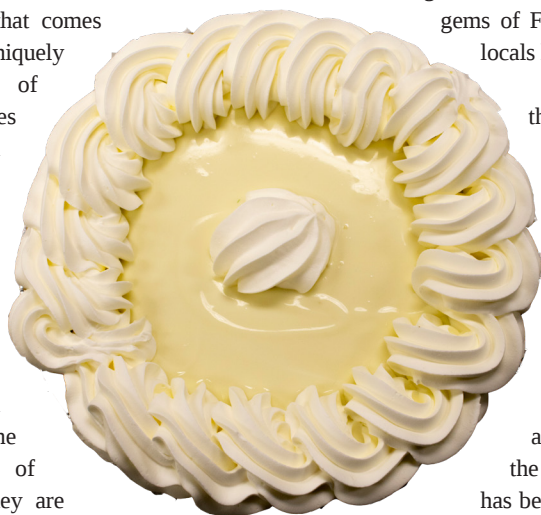
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NSU
Florida

Eat like a Floridian: Local cuisine

By: **Alexander Martinie**
Opinions Editor

South Florida has a diverse culture, and with that comes a variety of uniquely Floridian blends of cuisine. Most articles that you find on Florida's cuisine show a mixed of Florida's diversity along with our eccentric tastes. Even if you are new to the sunshine state, you know some of the stereotypical foods of Florida, even if they are just the touristy foods. Like everyone knows about the Florida



orange. But what about the hidden gems of Florida cuisine that us locals love? With every state there are foods that are universally adored, and Florida is no exception. For example, I dare you to find a Floridian that doesn't like pub subs, I'll wait. The subs from Publix are a staple of Florida and the chain supermarket has become ingrained in the state's cuisine. Being the peninsula that Florida

is, us Floridian love fresh seafood. While a lot of times it can be expensive, Florida's seafood is well worth it. One of Florida's most common fish, Mahi-Mahi, or dolphin, is a great example of the unique blend of cuisines of South Florida. Blackened Mahi-Mahi combines elements for the southern cooking style of North Florida with the more southern part of the state's Cajun style of cooking. If that doesn't make any sense to you, remember that the farther north you go in Florida, the more "south" it gets. With all of Florida's great cuisine, we also have so more eccentric and weird dishes that are still amazing. For example, gator tail may sound weird, but it is a dish that tastes amazing. And while, people always say that something "tastes like chicken," but gator tail tastes exactly like chicken, albeit a chewier version of chicken. Usually marinated in Cajun or Caribbean style

spices and grilled or fried, gator tail is a must try dish in Florida.

If you are going to talk about stereotypical Floridian foods, you are definitely to talk about going to Key lime pie, it is inevitable. Hands down, Key lime pie is the best Floridian food of all time, and a relatively simple dish to make. (Recipe to follow.)

Florida is a unique blend of cultures that have all had something to each dish throughout the sunshine state. Florida barbecue is a great example of that. Florida barbecue combines southern styles of cooking from Tennessee, Texas and the Carolinas with Caribbean and Cuban cooking.♦

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Key Lime Pie is a Floridian classic..

Key Lime Pie

Ingredients

4 egg, yolks and whites separated
 ½ cup of fresh key lime juice, or substitute lime juice if necessary
 1 9-inch graham cracker crust
 15 oz of sweetened condensed milk
 4 tablespoons of sugar

1.
 Mix the egg yolks and the sweetened condensed milk together. Once mixed completely, add the lime juice and pour the mixture into the pie shell.

2.
 Beat the egg whites while slowly adding sugar until stiff peaks are formed. Put this mixture over the pie.

3.
 Bake at 300 degrees until the meringue, the egg and sugar mixture on top of the pie, is light brown.

Books every freshman should have on their bookshelf

By: **Alexander Martinie**
Opinions Editor

Always Eat Left Handed

Always Eat Left Handed by Rohit Bhargava, one of the required books for NSU's UNIV 1000 course, is a Amazon best selling book that takes a new approach to giving advice about the secrets of success. Bhargava gives great advice for students just getting into college that is not your average two cents for a self-help book. Bhargava gives advice like think like a matchmaker when making connections with people, or advice as simple and odd as wearing jeans if you want to be creative. Bhargava wrote, "In many creative industries, the long standing belief is that there are two kinds of people: suits and creatives. The 'suits' handle the money and manage the accounts. The 'creatives' wear jeans (or whatever they want), come up with the big ideas and deliver on them." Always Eat Left Handed is a great read for any college student, but especially freshman.

Professional development

Reference books are great resources in any field. Whether that is an extremely old copy of the Oxford dictionary that you pull out every once in a while for that paper for your Composition class, a copy Gray's Anatomy—the old medical textbook not the ABC drama—for the pre-med students or a copy of the Associated Press Style



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For major book shelf inspiration, check out Brew Urban Cafe.

Guide for the communication majors, reference books are great to have for a quick question or an idea for any assignment.

Books that are nostalgic

We all have that book or series that brings back such nostalgia that you could constantly. For me, that is the Inheritance Cycle. That series that is nostalgic to you should occupy a spot on your shelf that reminds of a pleasant memory or just for a bit of inspiration while working.

Textbooks

While I'm not saying that you should keep all of your textbooks on your bookshelf, you really don't want them to rip your shelf out of the wall now do you? But keeping your textbooks in a place that is easily accessible but also does not get in your way is very important. For the few textbooks that we all didn't find a PDF of online, put them on your shelf. Textbooks may not be the most aesthetically pleasing books but sometimes function is more important than the aesthetic. Textbooks are expensive, and most students probably find online copies of them to get around paying for them, but for the ones you do buy physical copies of, make sure that you save a spot on your shelf for them.♦

Support your sharks

By: **Christina McLaughlin**
Co-Editor-in-Chief

NSU has 17 NCAA Division II sports teams: seven men's and 10 women's teams. With so many teams it might be hard to find a way to support all these student athletes and all these teams during their regular season games. Here is how you can be the perfect Shark fan.



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FROM A. MARTINIE

Support your local athletes and alma mater by wearing NSU gear.

Make creative signs

The stands are the perfect place to showcase your pride. Take some cardboard and some craft supplies and make a sign that will boost team morale and maybe make someone laugh. Use inspiration from memes, team names, your favorite players and

other outlets to really make your sign stand out among the rest.

Wear your pride

Gameday is the perfect time to wear school colors and show off. Find your favorite NSU gear and maybe even some stickers and face paint to show

your shark pride. Keep to an ocean theme or pick the school colors: grey and navy blue. Don't forget other creative things to wear like shark-themed hats or even a stuffed animals that can surf the crowd.

Watch the games

Getting yourself to the game is one thing but don't sit on your phone the whole time. Stay engaged in the game and watch all the action in front of you. Cheer when we score a point and boo when the other team scores or gets a pass on a clear foul. Participating in the games while you're there will make the whole experience more enjoyable: for you and the players.

On and off the field

It's important to cheer for the team when they are playing but what about when they are not? If you notice a student athlete around campus tell them "good game" or "nice pass." Go to charity events and other events that NSU athletes participate in. Ask them when the next game is or tell them that you will be there. When someone knows that they are supported they feel more encouraged to do their best and in this case, maybe even be motivated to play better and "get their head in the game."

Club sports and intramurals

Even though the Division II athletes are front and center, that doesn't mean the support stops there. There are plenty of club and intramural sports programs that compete that you can watch. What makes it even better is that these athletes are playing for fun so the environment is more relaxed. Better yet, you can join these teams and play with these athletes to stay fit and make some friends along the way.

Fins Up and Spectator Chants

At NSU, we are known for the signature "Fins Up" but there are many other things that you can do in the stands to cheer on the Sharks. Make a lot of noise when the other team tries to score. Start the wave in the stands or even start well-known chants like "d-fense" or "I believe that we will win" to get the crowd pumped and the players too.

Social media

Support of your players doesn't have to end in person. All of us have social media accounts these days, especially athletes. Follow your favorite athletes on apps like Instagram or Twitter. Feel free to like a picture or respond on a poll. This way, they can engage with their followers and get to know some of their fellow shark fans.

The lowdown on RecWell classes

By: **Emma Heineman**
Features Editor

At NSU, students have unlimited access to the RecPlex, a 110,000 square foot facility complete with 98 pieces of cardiovascular equipment, 84 pieces of strength equipment, two-court multipurpose gym, three indoor racquetball courts, an outdoor swimming pool, indoor 2-Story Rock Climbing Wall and more. In addition, the recreation center offers a comprehensive group exercise schedule with classes open to NSU students. While the classes are subject to change based on class participation, here are some of the classes that are offered, according to the NSU website.

Spin

Spin classes are part of an original indoor cycling program. Spinning is a cardio workout with dim lights and higher decibel music.

Yoga

Yoga is a vigorous, flowing, fitness-based approach which emphasizes a balance of strength, flexibility, and continuous movement.

Body Sculpt

Body Sculpt is a weight training fitness class with a total body approach.

Zumba

Zumba combines high-energy and motivating music with unique moves and combinations that allow Zumba participants to dance away their worries. This Latin-based group exercise class is fun and easy to do and doesn't require any dance experience.

BattleRope Burn

This class utilizes BattleRopes and Firefighter hoses in a versatile approach to functional, high-intensity interval training (HIIT)

Hip Hop

Hip Hop is a great cardiovascular workout complete with funky moves, popular hip hop jams and crazy choreography.

Butts-n-Gutts

This class features a workout with exercises effectively sequenced to keep the fat burning and muscles responding as well as a complete core workout.

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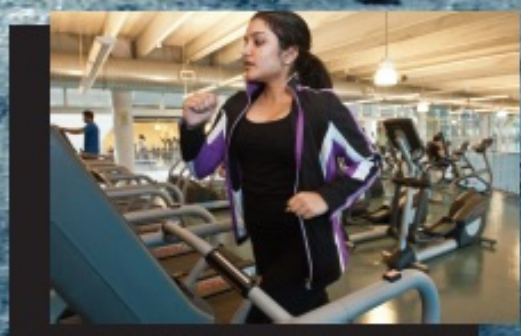
Tal Shorr, junior biology major, loves to expand her yoga skills outside of the RecPlex.

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Must-have apps for college students

By: Madelyn Rinka
Co-Editor-in-Chief

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.

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

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.

Canvas - free

While some people would prefer to let their phone be their “happy place,” the Canvas app will be an enormously helpful addition to your school folder. The Canvas app lets you do almost anything the website will let you do, but it’s more accessible for phones.

NextBus - free

If you ever need to get anywhere around campus, whether it’s to Rolling Hills, the Terry Building or downtown on the weekends, NextBus lets you know when your shuttle will arrive.

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.

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.

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.

Uber Eats, Postmates and similar apps - usually free to download

If you’re cramming for a test or scribbling out a paper, the last thing you want to do is leave your room. Apps like Uber Eats or Postmates get you food straight to NSU from off-campus, without you ever having to leave the shark circle. They do usually have a fee associated with the delivery, so be sure to look out for that.

LimeCrime, 20 percent off at Aerie or a \$100 delivery free credit for Postmates, the offers they give you are hard to turn down.

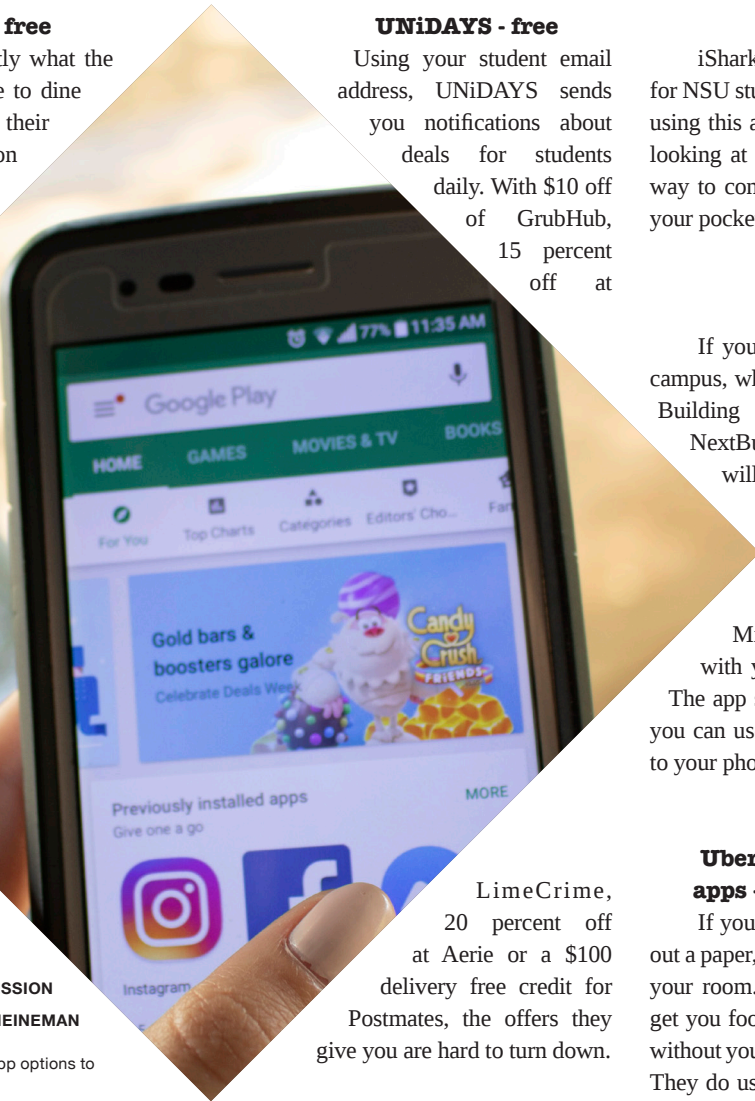


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On your phone frequently? Here are a few app options to help make your freshman year easier.

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Important websites to know

By: **Alexander Martinie**
Opinions Editor

Alvin Sherman Library

The Alvin Sherman Library is NSU's public library. Through the library's website students have access to hundreds of databases on a variety of topics, as well as access to several major newspapers. The databases are a great place for students to find research journals and academic papers for all of their classes.

<http://public.library.nova.edu/>

Homework help

As students, we are no strangers to hefty workloads. But there are a few ways to lift the burdens of class work. While NSU's Tutoring and Testing Center does not offer online help, you can find more information, and if you are in a hurry and can't get to the Tutoring and Testing Center then websites like Mathway or Chegg are great for quick homework help.

<https://www.nova.edu/tutoring-testing/index.html>

<https://www.mathway.com/Algebra>

Lynda.com

Lynda.com is an online learning platform that offers tutorials on software, technology, creative skills, business and much more. NSU students have access to this platform through the

library databases.

<https://www.lynda.com/>

RadioX

NSU's official radio station and a branch of the Office of Student Media, RadioX's website allows students to listen to their live broadcasts online. Tune in to listen to music or talk shows about a variety of topics.

<http://www.nova.edu/radiox/index.html>

SharkLink

Sharklink, home to every online application that is offered to NSU students. Sharklink has pretty much everything students need. Access to their NSU email, check. Canvas and class information, check. Sharklink is the hub for all of the information that students need for their academic inquiries. Looking for your schedule for this semester? Looking for your GPA or your grades from last semester? You guessed it check Sharklink for all of that and more.

<http://sharklink.nova.edu>

Sharks United Television

Free movies and tv shows, original content, free on-campus access, free entertainment added

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Start your semester
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these helpful NSU
websites.



every month. Student content can also be found on their youtube channel. Channel 96 only on campus.

<http://www.nova.edu/sharksunitedtv/>

The Current

Interested in what is going around on campus? Want the latest updates on school news? Or just want a good talking point for a conversation? Well, you're in luck— The Current has of that and more on our website. The Current is NSU's Office of Student Media's print journalism branch. New articles on all things NSU and beyond can be found on The Current's

website every week on Tuesday. Interested in writing for the paper? Contact any of the editors or stop by the newsroom in the Student Affairs Building.

<https://nsucurrent.nova.edu/>

Writing and Communication Center

The website for the Write from the Start Writing and Communication Center is the main site where students can get help for their papers and presentation. Use this site if you need to make an appointment with a writing fellow, or contact them for a quick question.

<https://nova.mywconline.com/>

Online education: dos and don'ts

By: **Kelsey Bruce**
Arts & Entertainment Editor

Online classes — some love 'em, some hate 'em, but most of us will have to take 'em. If in-person classes or full or your class is only offered on life, don't fret. Or, if you love online classes, stick around for some tips that will make you love them even more. Below are ways to integrate online classes into your schedule as well as to get just as much out of them as from a physical lecture.

Do: Participate periodically

An easy pitfall of online class-taking is neglecting to check Canvas as often as you should. As with any class, it's an excellent idea to read your syllabus in advance and perhaps copy down important dates into a planner. Once you do that, get an idea of how often you want to check your class: Twice a week? Every day? Mondays, Wednesdays and Fridays? Whatever

your choice, be sure it's often enough that you don't miss anything, and even if you don't do in depth work to for your class on a particular day, it's a good idea to set up email notification for Canvas so that you don't up up logging onto any unpleasant surprises.

Don't: Opt out of a textbook

As painful as buying a textbook might be for your bank account, this is one situation where you should pay the price, unless your professor explicitly informs you otherwise. Because you won't get as much stimulation from a professor, truly visualizing your material through a non-electronic format may be pivotal to your absorbing it. With a planner, or whatever your preferred organization method is, splitting up readings makes them pretty painless. Remember, online classes are still about learning, so don't

cheat yourself out of your education by treating them like side-projects.

Do: Use your resources

If you're having trouble grasping content, NSU doesn't leave you in the dark. Schedule an appointment at the tutoring center to get hands-on help, or email your professor about meeting via video chat or another means to clarify material. And, if that's not enough or if you just need a little extra help, there are plenty of free web resources, such as Khan Academy, that have lessons on a wide variety of subjects, including explanatory videos and examples.

Don't: Do it alone

When it's just you and your laptop, it's easy to forget you aren't the only person in your class.

Look into who is in the class with you, and reach out to people you know to have study sessions or attack work together. Even if you don't know anyone, extending an offer to meet up on campus is a good way to commit yourself to what you want to learn. If you're more of a lone wolf, that's okay, too, but be sure to participate in any discussion opportunity so that you understand the material from other perspectives and catch on to anything you may have missed.

Altogether, online classes don't have to be the death of you. They're often convenient for your schedule, and, best of all, you can work on them from the comfort of your own bed or sprawled on the couch in your PJs. ♦

Textbooks: Getting the best price

By: **Emma Heineman**
Features Editor

Buying textbooks is a notoriously frustrating and expensive part of being a college student. It can often seem like sellers are trying to swindle you out of a few dollars, but using these few tips and tricks can save you some headache and some money.

NSU Exclusive Deals

For Nova Southeastern University students, the NSU Bookstore is the go-to place for textbook and course materials required for NSU classes. Sometimes the store will offer deals on textbooks that make them cheaper than if you were to buy them from another seller. Students can also rent textbooks from the bookstore for a discounted price and sell textbooks they brought back to the bookstore at the end of the semester. More often than not, however, by researching

other book buying options and comparing prices, students can save big.

Rent from Chegg

Chegg is a great online resource for students looking to rent textbooks rather than buy them brand new. According to their website, they are an "education technology company that offers online textbook rentals, as well as homework help, online tutoring, scholarships and internship matching." Books can be rented in hardcopy and shipped to your door or online where you can access them anywhere at any time. Chegg makes it easy to use and return the books as well and provides students with a prepaid shipping label to send the books back after the rental period expires.

Amazon Rentals

Much like Chegg, Amazon.com is another great option for students looking for reduced price textbooks and flexible rental options. By looking up the book you are searching for using the title or ISBN number, Amazon will quickly connect you to a variety of available options including buying the book new, purchasing a used book and renting hard or online copies for a semester. Most often, semester rentals are the cheapest option and allow students unlimited access to the books they need while they are enrolled in the class. At the end of the rental period, Amazon also makes returning book simple by providing prepaid shipping labels.

Textbook Exchange

Buying textbooks is a frustrating idea because regardless of how much you use it

during ht duration of a class when the end of the semester rolls around, the book will inevitably be tossed aside in a drawer or on a shelf, never to be used again. Textbook exchanges are a great way to get rid of these unused books make a little money back. Facebook groups are a great way to advertise books you have that you would like to sell and allows interested buyers to contact you directly for pricing and information. Additionally, if you are looking for a specific book to purchase, keeping an eye out for someone selling the version you need allows you to buy materials at a reduced cost directly from another student.

NSU alert system

By: **Alexander Martinie**
Opinions Editor

The NSU Alert system is a communication system ran by public safety to alert students, parents and staff about potential threats on campus. For critical information about emergency situations on campus.



Signing up for the emergency alert system

1. Go to <https://www.nova.edu/emergency/notification/registration-process.html>
2. Click the "GET STARTED" button
3. Sign up using your full name and NSU email
4. Create a password
5. Check the user agreement and send the confirmation email
6. Click on the registration confirmation link and login in
7. Answer three security questions
8. Enter your NSU ID number, NSU email and phone number

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The NSU Alert system is like your own personal "blue light" to warn and notify you of local and NSU-related notices.

Renting tech at the library

By: **Alexander Martinie**
Opinions Editor

In today's day and age, technology is an essential part of our day to day lives, and it is quite necessary to function. For students without all of the tech that they need for school, the library offers several services for rent.

According to Sarah Divine, an adult services librarian II at the Alvin Sherman Library, "We have books, of course, new best selling fiction and nonfiction and books for teens and kids. We also have here on the first floor public library services DVDs, Blue rays, audiobooks on CD and video games. We have a collection of Switch games, PS4 and going all the way back to older systems. We have [games for] pretty much any system."

Students can use their SharkCards or library card to check out up to 50 items from the Alvin Sherman Library, including up to five video games. Loans for video games last two weeks, after that the loan can be renewed once online or by calling the circulation desk at 954-262-4601 for an additional week as long as the item is not currently placed on hold. For students that do not have the consoles for these games, the library does not, at this time, have a place that students can rent the consoles to play these

games. Consoles are only available through the teen room, which is only open to high school students. However, the Commuter Lounge on the first floor of the Student Affairs Building has a Wii that students can use. Up to ten DVDs and Blu-Rays can be checked out on an account at a time, for seven days at a time.

The Alvin Sherman Library has two apps students can use to download e-books and audio books using their library card or their sharkcard. The apps are called RB Digital and Cloud Library. "So if you are looking for books to read on your phone, your computer or to listen to, you can get them through RB Digital and Cloud Library. When the check out period runs out, [the books] will automatically return," said Divine.

Kanopy is a database of films that the Alvin Sherman Library offers to students on campus. Through Kanopy, students can access over 60,000 films, including documentaries, foreign and indie films and classic movies. Kanopy is only available to NSU students and can only be accessed on campus while connected to the NSU wifi. ♦

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Monday–Friday
By appointment, hours vary



Carl DeSantis Building, Room 2056

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Drop-in tutoring,
no appointment necessary



The Commons Residence Hall, Room 123A

Tuesday, 7:00 p.m.–10:00 p.m.
Drop-in tutoring,
no appointment necessary



Alvin Sherman Library, Room 3018

Wednesday, 7:00 p.m.–10:00 p.m.
Saturday, 10:00 a.m.–1:00 p.m.
Drop-in tutoring,
no appointment necessary

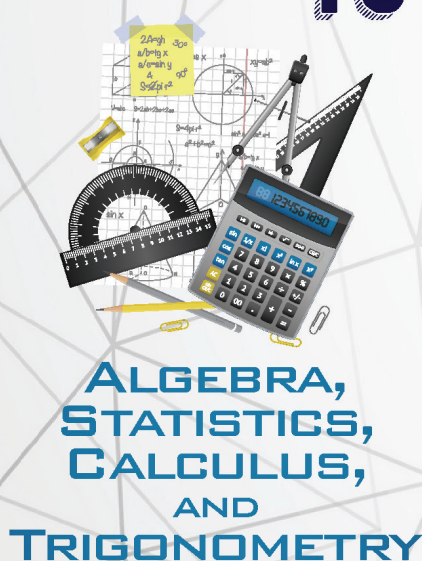


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nova.edu/tutoring-testing (954) 262-8350 @nsu_ttc

Take it from a senior: You have no idea what you're doing

By: **Jenna Kopec**
Contributing Writer

Jenna Kopec is a graduating senior in the class of 2019, earning her degree in communications with a minor in gender studies. She previously held the role of co-editor-in-chief of the Current, from 2017-2018.

If you're reading this, it probably means that you're waiting for freshman orientation to start. Congratulations on getting to this point! Perhaps you're feeling nervous; perhaps you're excited; perhaps your parents traveled down with you or perhaps you're riding this one out solo. Whatever the case, you can all take comfort in knowing that not a single one of you knows what you're doing.

I don't mean that in an insulting way. The truth is, none of us here do. Some of you are coming in as biology majors (let's be real, it's NSU, after all) positive that you want to be doctors. But then for some of you, sophomore year will come and you'll be sitting in the UC and realize that you don't really want to be a

doctor after all. Some of you are coming into college having no major and finding one may be harder to find than you think. All of that's okay, it's pretty much what all of this is about.

College is great for all the courses and opportunities that you're exposed to, but your coursework will likely teach you the least — sorry to any of the professors reading this. You'll learn to make friends and you'll learn to let go of them. You'll learn that there are a lot of people — professors, parents, friends, weird bodybuilders at the gym — that think they know what your next step should be. You'll learn when to listen to them and you'll learn how to move forward anyway when they say you're making a mistake. You'll learn when to put your all into something and when to take a step back. You'll learn to invest yourself in a dream and you'll learn how to scrap it and start over when you change your mind. You'll learn stress eating is bad and so is stress fasting.

My point is: You'll learn a lot while you're here and most of it you probably won't see

coming. Sometimes you're going to love it. Sometimes you're going to be crying in the PVA bathrooms. Again, we've all been there.

By the time you graduate you may or may not have figured out some of what you're doing. Hopefully, you'll have learned to follow your gut and find what makes you happy — something all of that not knowing is pretty good at teaching us.

My biggest advice to any incoming student is to be open to the idea that you don't know what you're doing and take it from there. You'll find pieces of yourself along the way and really that's the best part.

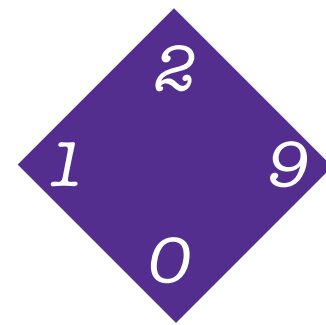


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Credit cards in college

By: **Emma Heineman**
Features Editor

We've all heard that college is the time for making mistakes, but when it comes to managing credit cards, making mistakes could cost your post-college self thousands of dollars and a lifetime of bad credit. This makes establishing good credit habits while you are in school a wise decision. Navigating the enigma of credit can be an arduous task to students who have never learned to manage money, but following these simple do's and don'ts when it comes to credit cards can save future you from a massive financial headache

Do Start Small

In its simplest form, building credit is about proving you are responsible with money. Dr. Albert Williams, a professor and chair of the finance and economics department at Nova Southeastern University said, "Borrowing implies discipline with money." Lending money is a risky business, so it's important to start small to prove that you can be trusted to pay the money back. Williams suggests that students get a credit card when coming to college. While credit cards have a notoriously bad reputation, as long as they are used responsibly, they are a great tool for building credit. When looking into which credit card to get, the most important factor to consider is the interest rate. As a first-time credit

card user, you most likely won't have many options, but as your credit grows, so will your options and your credit limits. Williams explains that some people prefer credit cards with the points so they get points for making purchases which they can redeem later.

Do Add Co-Signers

Applying for a credit card is often difficult for students who have just started building their credit because companies have no way to know whether or not you can be trusted. One simple way to increase your chances of being approved for credit as a student is to ask your parents to co-sign. By linking your name to someone with good credit, your credibility also increases. When using a credit card with a co-signer, the co-signer has the added benefit of building credit alongside you.

Don't Forget to Pay on Time

Forgetting or failing to pay back on time, is the biggest mistake that college students make with credit cards. Failure to make timely payments shows that you aren't good at managing money, and you may not be offered another credit card or a larger amount. Additionally, if you don't pay back on time, the credit card company will send it to the credit bureau it takes seven years for it to get off your record. Building and managing good credit is an easier path than rebuilding bad credit which is possible but difficult.

Don't Go to the Limit of the Card

According to Williams, you should never put more than 30 to 40 percent of the total balance on your card at one time. He said, "compulsive spending and credit cards do not go well together." This is especially true because of how accessible credit cards make spending.

Going overboard with superfluous spending can make credit lenders question your credibility.

Don't Get Too Many Credit Cards

After proving your responsibility, you can apply for more cards with larger limits. More cards, however, is not always better. It is never recommended to have more than three credit cards because they become difficult to manage and may decrease your credit score. Everybody has a credit score ranging from bad to excellent on an 850 point scale. Elements of your credit score include your payment history, the amount you owe today, the length of the credit history, the new credit and the type of credit used. In general, younger people have lower credit scores and the older they get, the more likely they are to have good credit.

If you are like most college students and still have questions about how credit works and how to manage money, Williams suggests taking his personal finance class (FIN 2000) to learn about becoming a financially responsible adult.♦

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Credit cards seem scary at first, but if you are an informed consumer, you can navigate the intricacies.



A guide to landing and keeping a job

By: **Madelyn Rinka**
Co-Editor-in-Chief

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.

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.

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.

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.♦

SHARK SPEAK

If you had to give one piece of advice to an incoming freshman, what would that advice be? ♦



"In the beginning of the semester meet with your advisors and plan out your four years. Really think about what you want to [do] as soon as possible,"

-Emily Washburn, junior biology major

"Get involved and make the social connections with your classmates and peers early on in the semester because it gets harder as time goes on. Look at all the organizations and get to know people,"

-Amaris Brown, senior psychology major

"Get involved in as many campus activities as you can and get to know people. Making contacts and networking with professors from all different departments helps you out in all your future years here,"

-Kahkashan Ansary, senior art and design major

"Take your GPA more seriously than you might have in high school. Don't mess up or slack in the 'easy' classes,"

-Justin Newsome, sophomore biology major

"NSU has a lot of things to get involved in on campus. Definitely get involved but don't spread yourself too thin. Make sure that you can maintain your grades,"

-Elena Kampian, sophomore marine biology major



"You're going to be constantly studying for all of your classes so be prepared for it,"

-Jessie Urban, junior marine biology major

"Just try to work hard and be on-time [to class and with assignments]. Enjoy the college experience and enjoy life,"

-Ali Awan, first-year medical doctorate graduate program

"Don't slack or procrastinate, be up-to-date on absolutely everything. If you slack on one class because you wanted to go to the beach it will come back and bite you,"

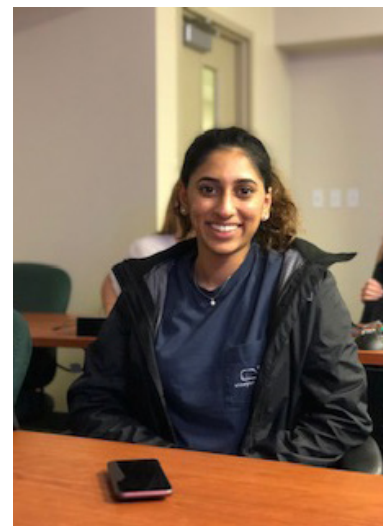
-Jake Darbhanga, sophomore biology major

"Make sure to study for your classes and plan ahead. Plan your weeks out [to be more organized],"

-Brittany Shokripour, freshman general studies nursing major

"Don't procrastinate. This isn't like high school where you have your parents pushing you to get work done. You're on your own now so stay on top of things,"

-Rishi Chigurupati, freshman public health major



"Make sure you pay attention in your classes. Find a method of studying that works for your learning style,"

-Saheb Noor, freshman biology major

"Everyone says that your academics are the most important part college. I would say that the most important part of college is your [care for your] physical and mental health,"

-Paige Lynne Morgans, junior entrepreneurship major

"Keep your priorities straight. Partying and hanging out with your friends is part of the college experience but you have to keep up your grades as well,"

-Jessica Jacket, freshman biology major

"Talk to your professors. They are always willing to help you out as long as you are willing to put in the work,"

-Kevin Kowalkowski, freshman engineering major

"Don't be afraid to make friends [outside your usual circle]. Come to NSU prepared for the rain,"

-Keya Patel, junior biology major

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