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The Current: Orientation Issue - Volume 32 Issue 1

Nova Southeastern University

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The Current

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The Orientation Issue

Letter from the Editors

Madelyn & Christina
Co-Editors-in-Chief

Sharks -

Welcome home to NSU. Whether you're a remote, commuter or residential student, we hope you're eager and excited to jump into the 2021-2022 school year — but if not, we can help you out.

By this time, we're sure you're missing the precedented times. You know — when packing for college didn't mean stocking up on hand sanitizer and picking out a brand new first-day-of-school face mask, when classes were all in person and we weren't living amidst a pandemic. It's not easy being a college student, especially now. We hope this volume's orientation issue can help you Sharks navigate these uncharted waters.

Beyond your introduction to NSU, The Current will be here with the most relevant and up-to-date news that we can provide. As a student-run newspaper, we are your voice and platform at this university. If there's anything we can do to better support you, whether that's being your source of entertainment, a way for you to get information or a means for you to share your thoughts, let us know by following us on social media or reaching out to us via email. Whatever this year's normal looks like, we'll be there with you through it.

Here's to a new school year,

Madelyn & Christina

TheCurrent

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The Current serves Nova Southeastern University from its location in Room 328 of the Don Taft University Center. The Current is NSU's established vehicle for student reporting, opinion and the arts. All community members are invited to contribute.

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

Events to help you stay engaged on campus

Sofia Gallus
Arts&Entertainment Editor

Whether it's welcome back or welcome to your new home, NSU is excited to have you and happy to share the many wonderful things it has to offer. Several of those wonderful things include on-campus events that allow students to take a break from studying and unwind. NSU provides several big events throughout the year that you won't want to miss.

FALL EVENTS:

Weeks of Welcome & Sharkapalooza

In the first few weeks of the fall semester, NSU and its many clubs and organizations want to welcome you back to campus -- or welcome you for the first time. The Weeks of Welcome events are several weeks filled with fun mini events like trivia games, club introductions and raffles all leading up to the main event: Sharkapalooza. Ask any upperclassmen about Sharkapalooza and they will tell you that it is regarded by many as the best event NSU offers. While it changes a little bit every year, you can count on music, dancing, free food and a good time to remember during Sharkapalooza.

Homecoming

Homecoming week at NSU is filled with giveaways, free food and celebrations about being back on campus. The week is filled with events that are considered traditions at NSU, such as the annual "Anything That Floats" raft race, where

students make their own rafts and race across Gold Circle Lake. Homecoming week also honors the tradition of holding the annual homecoming basketball game, where students flock to cheer on their fellow Sharks. As the week draws to a close, the annual Homecoming dance is a great time for students to enjoy some music while meeting new people.

WINTER EVENTS:

STUEY's

The STUEY's, otherwise known as the Student Life Achievement Awards, is an annual celebration of students who encompass everything it means to truly be a Shark. These students are nominated for and presented with awards for their academic and social excellence in the annual show. Nominations may be submitted by staff, faculty and other students.

CommunityFest

CommunityFest is an annual tradition at NSU that allows students to give back to the community they live in. CommunityFest invites those who live around NSU to come onto campus and enjoy music, food and tables hosted by NSU's many different organizations and community partners. This event regularly draws in thousands of people and is a chance for students not only to interact with the community, but find new businesses nearby.

admitted students, but NSU goes above and beyond to make sure everyone feels like an important part of the NSU Shark family. NSU's on-campus TV station, SUTV, works throughout the year to make each admitted student a personalized video to celebrate their admission to NSU. The videos are one of the many traditions to help new students feel like a part of the Shark family.

Fins up

Nothing says Shark pride like an NSU fins up. Whether you're a returner who cringes every time you hear the words or a new student who jumps at every opportunity to put your fins in the air, fins up is a tradition that allows students to connect with each other. Next time you hear someone yell "fins up," put your hands in the air and get ready to be a part of a unique NSU tradition.

S.E.A. Thursday

When you walk through the UC on a Thursday afternoon, chances are you'll see rows of tables showing off NSU students organizations. This NSU tradition is known as S.E.A. Thursdays and happens on the first and third

Thursday of the month in the UC Spine from 12:30-1:30 p.m. It is a great way for student organizations and clubs on campus to connect with and recruit students. Whether you are looking for something exciting to get involved in or just want to stop by and chat with your fellow Sharks (socially distanced, of course), make sure to take advantage of this unique and exciting tradition.

Read the orientation issue of The Current

If you are reading this, then congratulations. You have now been an important part of a special NSU tradition. The Current staff, practicum and contributing writers work hard all year to provide relevant and interesting news and entertainment to NSU's student population, but the orientation issue is a special issue that allows students to reflect, become informed and get pumped for the new semester. Most importantly, The Current would love to hear from you. Whether you have some feedback or are interested in writing an article for the paper, don't hesitate to reach out and make The Current part of your own NSU experience.

NSU traditions

Emma Heineman
Features Editor

While the COVID-19 pandemic has brought many changes to NSU in the last year, it hasn't changed the sense of community students can find on campus. One great way to show off your Shark pride and connect with your fellow Sharks is to participate in NSU's traditions. Continue reading below for a taste of student life at NSU.

Admission videos

NSU prides itself on its tight-knit community of engaged students and incredible faculty and staff. Another one of the ways NSU expands this community is through personalized admission videos. Every college and university has a way of welcoming their

Shark slang you should know

Christina McLaughlin
Co-Editor-in-Chief

At NSU, we have our own language when it comes to locations, events and campus resources. Here are a few translations of some of the common slang we use around campus.

Fins up: The signature pose at NSU where the participant stretches their arms above their head, clasping hands together to a point, resembling the fin of a shark.

Campus Locations

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

Cabanas: The Flight Deck outdoor swings and seating area.

DeSantis: The Carl DeSantis Building, known as the business school, in which many other curriculums are also offered.

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

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

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

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. Many visual art, theatre and film courses are conducted in this wing.

Razor's Reef: The main dining hall in the UC where students can eat meals and sit down with friends (excluding The Pit).

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 classes can be found.

Rosenthal: Rosenthal Student Center houses RadioX, Students Affairs, the SLCE and SOuRCe offices, as well as many other offices.

SAB: The Student Affairs Building located between the UC and the Mailman-Hollywood Building, houses multiple offices and student resources such as the Tutoring and Testing Center (TTC), the Student Activity Fee Accounts Office, the Office of Orientation and Commuter Lounge.

Shark Circle: Shark Circle is the roundabout area in front of the UC that has the Shark Fountain, which showcases our mascot in the center.

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

UC: The Don Taft University Center, which encompasses the Rick Case Arena, PVA, Flight Deck, Razor's Reef, Outtakes, Office of Campus Life and RecPlex.

UC Spine: The center hallway of the UC where events like S.E.A Thursdays and Student Employment Job Fairs take place.

Residence Halls

CLC: The Cultural Living Center is an apartment-style living area on campus for students who have lived on campus for 1-3 terms or are non-freshmen or transfer students.

Commons: The Commons Residence Hall available for undergraduate freshman housing.

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

Goodwin: The Leo Goodwin Sr. Residence Hall available for undergraduate freshman housing.

Mako: Mako Hall is NSU's newest housing option, which opened in 2019 and available for all undergraduate students. This apartment-style housing is fully furnished with an in-unit washer and dryer, full-sized beds and kitchen appliances.

Rolling Hills: The Rolling Hills Apartments opened in August 2008 and are about one mile from the main campus. They house over 300 students in fully furnished studio or 4 bedroom apartments.

Events

Convocation: The welcoming ceremony for new NSU students.

S.E.A Thursday: The S.E.A 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.

Sharkapalooza: An annual event featuring performances, giveaways, music and other fun activities.

Weeks of Welcome (WOW): The first few weeks of the semester in which events are held to welcome NSU students back to campus for the fall and winter semesters.

Resources

Blendflex: The BlendFlex teaching model offered by NSU allows students the opportunity to take NSU courses through face-to-face classes, online distance learning or a mix of both.

BlendFlex allows students to make a decision to attend classes remotely via Zoom and Canvas or in the traditional classroom setting on campus.

The Current: NSU's student-run newspaper, which publishes NSU and local news as well as student interest stories every Tuesday and online at nsucurrent.nova.edu.

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

DEIB Office: The Diversity, Equity, Inclusion and Belonging (DEIB) office promotes diversity and inclusiveness on campus and ensures a safe and supportive environment for all students. This office helps provide students support from traditionally underrepresented backgrounds by hosting educational programs and collaborative events with NSU organizations to cultivate a unified NSU community.

ExEL units: Experiential units or credits that are required for graduation distributed by the Career Development Office.

GET app: The GET mobile application allows students to use SharkCard funds to order from on-campus eateries for pick-up or residence hall delivery.

iShark: The smartphone application that allows students to check their schedule, check shuttle routes, game schedules and other capabilities.

JobX: An online platform accessible through SharkLink that helps students find on-campus job opportunities.

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

RA: The Residential Assistant, who is on every floor and sometimes sections of the residential halls, that helps students become acclimated to the NSU campus, connects students to campus resources and addresses facility concerns involving on-campus housing.

RadioX: NSU's student radio station broadcasting on 88.5 FM with popular shows like the "Not So Urley Morning Show."

RSO: An on-campus registered student organization.

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

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

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 variety of useful

platforms such as Webstar.

SharkMail: The NSU email service powered by Microsoft Office which each student is provided with in their first semester to communicate with professors and use for a variety of other applications.

SLCE (pronounced "slice"): The Office of Student Leadership and Civic Engagement, which 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.

SOuRCe: The Student Organization Resource Center, which gives students support in the organizations they are involved in and helps students find organizations that best suit their interests as well as information to start their own.

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

Zoom: Zoom is an online video communication application that allows students to schedule, create and attend meetings for classes and social gatherings such as student organizations or virtual NSU events to ensure the health and safety of the student body.



What NSU social media should you be following?

Veronica Richard
Contributing Writer

From Instagram to TikTok, NSU can be found across a variety of social media platforms. As an incoming freshman or an out-of-loop returnee, here are some of the social media accounts run by NSU that you should be following:



Instagram

@nsuflorida
This is the official Instagram of NSU. Here you can find anything from campus news to events, student interviews and more. Following this account is a great way to feel a part of campus, even if you are taking classes remotely.

@nsuorientation

This account is run by the NSU Office of Orientation for new students who wish to learn more about what NSU has to offer. From orientation activities to Shark Preview, this is the perfect place for an incoming Shark to join in on freshman events.

@sharkadmissions

This is the official Instagram for NSU's Office of Undergraduate Admissions. The account features information on the Razor's Edge Scholars programs, admissions faculty and even does student spotlights.

@nsuflorida a2025

This is the official account for the NSU class of 2025. This account is your chance to meet other members of NSU's class of 2025 coming in from all around the world. You can submit a picture and a little about yourself for a chance to be featured.

@thecurrentnsu

This is the official account for us, NSU's student-run newspaper: The Current. You can see when new issues are published, get to read articles written by other Sharks and even lend your voice for a piece. The Current can also be found at nsucurrent.nova.edu.



@housingnsu

If you are living on campus, following this Instagram page is essential. The account is run by The NSU Office of Residential Life & Housing and includes virtual and in-person activities, RA news and takeovers and so much more.

@nsucampuslife

This account is run by the Office of Campus Life & Student Engagement and includes information on almost every event you can attend at NSU. Whether you're living on or off campus, this account is for every Shark who wishes to engage in the full college experience.



Nova Southeastern University / Undergraduate Admissions

This Facebook page is for every future Shark and their families. Here you can learn more about the amazing opportunities as an undergraduate student at NSU.



@nsuseaboard

This is the official TikTok of the NSU Student Events and Activities Board. Here you can find funny and informational TikToks all about NSU events made by fellow Sharks.



@NSUFlorida

NSU's Twitter is the place to find information regarding the university's accomplishments, news and other happenings.

While we could not mention all social media accounts run by NSU, this is the perfect starting point. Make sure to branch out and look for other accounts run by different NSU colleges and clubs on all social media platforms to learn more about what NSU has to offer. #FinsUpForNSU

COVID-19 resources

Madelyn Rinka
Co-Editor-in-Chief

Between the Zoom calls, classroom capacities, limited gathering sizes and masks covering the faces of every Shark, it's hard to miss the impact the COVID-19 pandemic has had on NSU.

In 2020, NSU implemented the Return of the Sharks COVID-19 guidelines to help students stay safe while still being active members of the campus community. Students, faculty and staff can visit NSU's dedicated COVID-19 website, www.nova.edu/coronavirus, for up-to-date information regarding COVID-19 at the university. To read articles previously published by The Current pertaining to the pandemic, including news, features, sports, arts and entertainment and opinion pieces, visit this webpage.

If a student is having any symptoms, they are advised to reach out to NSU's Telehealth line at (954) 262-4100, where they will be connected to a physician who will review their symptoms and, if needed, schedule a COVID-19 test on campus. Additionally, students can email COVIDcase@nova.edu to provide updates on their symptoms and test results, even if the results are still pending, and to get assigned a COVID-19 case manager to oversee the situation and offer assistance, if necessary. Emailing COVIDcase will also immediately provide students with the Telehealth number, as well as links to employee and graduate/professional student report forms, the undergraduate student form and the form to report exposures.

Understanding COVID-19

Check out the hyperlinks for more information regarding each of these terms, and to read the full article published in Oct. 2020, visit The Current's website.

Virus: As defined by the National Institutes of Health's (NIH) National Genome Research Institute, a virus is a "small collection of genetic code, either DNA or RNA, surrounded by a protein coat." Viruses must use host cells in order to replicate themselves.

Coronavirus: The following is the CDC's definition for coronaviruses: "Coronaviruses, named for the crown-like spikes on their surfaces, are a large family of viruses that are common in people and many different species of animals, including camels, cattle, cats and bats."

COVID-19: COVID-19 stands for coronavirus disease 2019.

SARS-CoV-2: SARS-CoV-2 is the name of the particular coronavirus that causes COVID-19, not to be confused with SARS-CoV, the virus that caused the viral respiratory illness, SARS, outbreak in Feb. 2003. SARS stands for severe acute respiratory syndrome.

Epidemic/pandemic: According to the CDC, an epidemic is "an increase, often sudden, in the number of cases of a disease above what is normally expected in that population in that area," while a pandemic is defined as an epidemic that has "spread over several countries or continents, usually affecting a large number of people."

Hotspot: Merriam-Webster defines a hotspot as, generally, "a place of more than usual interest, activity or popularity." A hotspot is a word applied to many different topics — in the case of the pandemic, it is likely referring to a geographic area, such as a country or state, with a high number of cases or cases per resident. However, a study published by The National Center for Biotechnology Information, a branch of the NIH, stated that "the precise meaning of 'hotspot' varies widely in current research and policy documents." **Quarantine:** Quarantine is separating someone who was exposed to a disease to monitor their symptoms in case they do get sick.

Isolation: An individual who is sick with a contagious disease is told to isolate, or separate themselves from others who are not sick, to limit the risk of spreading the illness.

Vaccine: A vaccine is "A product that stimulates a person's immune system to produce immunity to a specific disease, protecting the person from that disease," according to the CDC.

Note: this article is up to date as of Spring 2021. For the latest information regarding how COVID-19 is being handled at NSU, be sure to monitor NSU emails and refer back to the website listed above.

Today is a good day to go Greek

Briana Ramnauth
Contributing Writer

Greek life can offer an advanced number of resources and connections while also providing lifelong friendships. Here at NSU, Greek life is a safe space where individuals come together and grow. There are different types of Greek organizations at NSU, but the one thing they all have in common is that they believe in unity and respect.

There are many opportunities presented to students within Greek Life. There are opportunities to make connections when it comes to your career, community involvement, leadership skills or just simply having a support system. At the beginning of each semester, there are many events held to meet the Greeks. Now with COVID-19, these events are virtual, but Greek Week is a great opportunity to learn about the different organizations, what their philanthropies are and what kind of

community service they do.

Samantha Arrieta, biology major representing Phi Sigma Sigma, said, "Greek life has presented me a multitude of opportunities. I am a part of Phi Sigma Sigma's E-board as a Scribe. My role on E-board gave me the connections and courage I need to pursue founding my very own sports club at NSU."

Kaiden Hewitt, business major from Kappa Sigma fraternity, described his experience with Greek Life by saying, "Since I am a part of Kappa Sigma, I would say one of the biggest opportunities Greek life has presented to me with is being able to network with so many new people from different backgrounds."

Marissa Gomez, neuroscience major in Delta Phi Epsilon sorority, but also part of the Panhellenic Council, said, "Being in Greek life has given me the opportunity to take a position in PC

as the vice president administration. This position has taught me responsibility and good time management skills. I've also been able to meet wonderful individuals that are in my life."

Panhellenic Council (PC)

The three PC sororities at NSU are Delta Phi Epsilon, Phi Sigma Sigma and Sigma Delta Tau. Panhellenic Council sororities promote academic excellence and community involvement.

Collegiate Fraternal Council (CFC)

There are two fraternities at NSU: Kappa Sigma and Phi Delta Theta. These fraternities believe in responsibility and academic achievement.

Unified Greek Council (UGC)

There are seven UGC fraternities and sororities on NSU's campus: Alpha

Kappa Alpha, Kappa Alpha Psi, Lambda Theta Alpha, Phi Beta Sigma, Sigma Lambda Gamma and Zeta Phi Beta. The Unified Greek Council are culture-based fraternities and sororities that aim to have academic excellence and spread awareness and positivity by being involved in the community.

Academic fraternities

There are a few academic fraternities on campus. For instance, there is a medical fraternity and a law fraternity. These fraternities believe in academic success for their specific professions, meaning if you are a law student or a student studying medicine, you are eligible to be a part of the organization. Check out SharkHub for the fraternities that are currently active for more information.

Tech rentals at the library

Alexander Martinie
Opinions Editor

Access to technology is an essential part of everyday life and is integral to our college experience. For students, NSU's Alvin Sherman Library is a great way to access the technology that they need.

The first floor of the Alvin Sherman Library offers best-selling fiction and nonfiction books for kids and young adults and is one of the places on campus where students have access to a variety of technological resources. From computers and printers to movies and video games, the Alvin Sherman Library has whatever students need for academics and entertainment. On the first floor, you can also find DVDs,

BluRays, audiobooks and CDs. These can be checked out one at a time for seven days, per account. For video games, the library has a collection of Switch and PS4 consoles, as well as games for older consoles.

The Alvin Sherman Library also offers two apps that students can use to download e-books and audiobooks using their library card or their SharkCard: RB Digital and Cloud Library. Through RB Digital and Cloud Library, students can access a variety of e-books and audiobooks on their phones or computers, and when the check-out period is over, the apps will automatically return the items.

Kanopy is a database of films that the Alvin Sherman Library offers to students on campus. Through Kanopy, students have access to 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 Wi-Fi. Outside of the library, the Office of Student Media also offers free movies and TV shows, original content, free on-campus access and free entertainment added every month. Student content can also be found on their YouTube channel. Channel 96 can only be accessed on

campus.

Students can use their SharkCards or NSU public library cards to check out, at most, 50 items from the Alvin Sherman Library. This includes five video games from the first-floor gaming selection, which can be rented for two weeks at a time, with a one-time renewal for an additional week if the item is not currently on hold. To renew a video game, follow the normal proceedings for renewing an item by going to the Alvin Sherman Library website or calling the circulation desk at 954-262-4601.

Enhance your education

Rick Esner
News Editor

If there is one thing to be learned from last year, it is that technology has become an essential part of education in the modern world. As such, as students, it is critical to use the technology around us to our advantage and help support our academic careers. Technology can help in a plethora of areas, whether it be in organization, reminders or tutoring. Here are some helpful websites and apps for those who want to up their educational experience and utilize technology.

Zoom

Whether you love it or hate it, it looks like Zoom will not be going anywhere anytime soon. Students have the option to attend a variety of courses via the BlendFlexmodel once again, and as such, it is essential that Zoom is downloaded on your personal computer or phone. While other educational institutes may use different meeting platforms, Zoom is the primary platform here at NSU.

Canvas app

While this one may seem obvious, there are a handful of students out there without the Canvas app. Canvas is the system professors at NSU use to communicate with students, assign homework, projects and exams and host discussions outside of the classroom. Super easy to use and a lifesaver in stressful situations, this app allows you to do anything like on the traditional website. Whether you are on the run or simply too lazy to get out of bed, this app can let you access the benefits of Canvas at your fingertips. Additionally, due to professors being more in touch with technology in the past year, Canvas is being used now more than ever. If you have the app downloaded on your phone, you may not even need a separate schedule for all your academic work.

Microsoft Teams

Every member of NSU has a Microsoft office account attached to their email, and as such, you have the access to all the platforms that Microsoft

Office entails. One important platform offered is Microsoft Teams. Microsoft Teams works as an all-in-one platform for groups or organizations to not only upload documents, but to communicate and meet virtually. Imagine if Zoom and Google Drive had a baby. If you are looking to boost your organization's meetings or just make gathering a little easier, consider using Microsoft Teams, which can be downloaded to your computer or accessed online.

Mathway, Chegg, Slader, etc.

These tutoring websites can be grade savers when it comes to certain classes. Some websites and apps require a subscription while others are totally free. These sites can work through tough practice problems with you and help increase your understanding of a topic.

Quizlet

This one comes in both website and app form and is essential to studying for classes. With Quizlet, you can create

flashcards without having to physically go through hundreds of paper index cards. Quizlet also lets you see study sets from other people, so you can supplement your studying with people learning the same topic. A fun note about Quizlet is that it also has games to help you study, which can be a good way to relax while studying and still learning.

GroupMe

A true essential for college life, GroupMe acts as a texting app that connects people in group chats without having to worry about cross-compatibility between different phones. Returning students know how essential this app is, and new students will soon learn. With GroupMe, there is a form of direct and easy communication within all your important academic groups. Sooner or later, you will be a part of some group and be asked to join their GroupMe. So, get a head start and download it now.

Finding success in online classes

Nyla Whyte
Contributing Writer

Taking on a class that is fully online may be nerve-racking at first, but with a little focus and self-discipline, online classes can be a breeze. Here are some things to keep in mind, and tips to be successful when taking fully online courses.

Create a schedule

In order to stay on track, you should set aside specific times for each of your online courses. Since online courses don't have designated lecture times, it will be up to you to find time in your day to get your work done. Be sure to carve time out in your calendar or planner to work on each course and be vigilant about sticking to it. Often in online courses, the traditional attendance policy translates to assignment participation. If you're not keeping up with the coursework, you're not likely to get any reminders to stay on track. To avoid this, make an effort to participate when required and take advantage of any extra credit opportunities offered.

Utilize the Canvas app

Take some time to review the information for your course on Canvas. The class syllabus will be available through Canvas, but consider printing out a physical copy for yourself to highlight due dates and follow along as the semester progresses. If you download the Canvas app, you can set up notifications for when new assignments are posted. The Canvas app also displays a calendar and to-do list that show exactly what assignments are due on each day of the week, assuming your professor has this enabled (be sure to double-check that these functions work for your class before relying on them). Check Canvas every day. Your course information will be quick and easy to access from there and you'll be able to catch any approaching due dates that you may have missed at first.

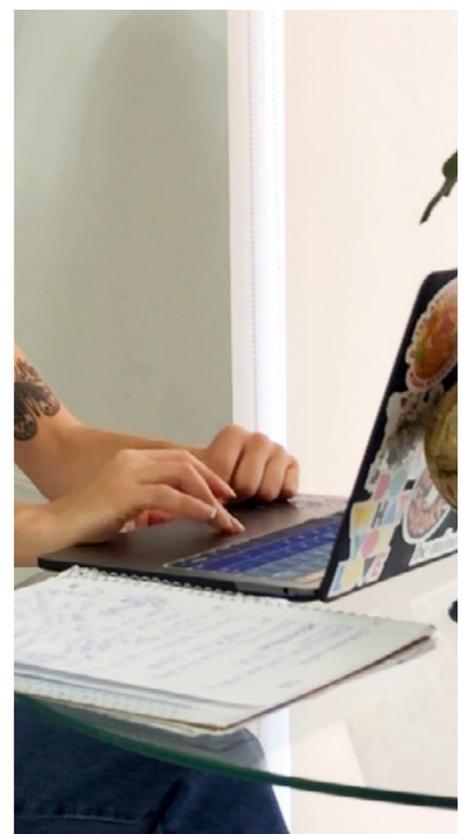
Stay in touch

Get in touch with your classmates using the class discussion boards. Consider starting a GroupMe for easier

contact and to help each other stay up to date on deadlines. It's not always necessary, but it's often a good idea to get to know your fellow classmates in the case that there is a group project assigned.

Reach out to your professors

Lastly, and most importantly, keep in contact with your professors. Find out what your professors' preferred methods of contact are, whether that be through email or Canvas messaging. Introduce yourself to them and learn their office hours. There is a lot less verbal interaction in fully online classes, which can sometimes make it easy for things to be lost in translation. Professors are usually very understanding of this, and will happily answer questions that you have on the course material. So, don't hesitate to reach out with questions.



Online Classes
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Online classes: Tips and Etiquette for Zoom

Siena Berardi
Sports Editor

Whether you wanted it or not, many of your classes have been moved online for the duration of this pandemic, at least partially. Luckily, the current era that we live in allows us to remain organized and connected through video communication platforms. NSU uses Canvas and Zoom to simulate what the traditional classroom used to be. Below are helpful tips and tricks on how to navigate the Zoom classroom as well as ensure you're getting the most out of the online college experience. The basics of Zoom etiquette are easy to remember. Don't let the online transition keep you from making the most of your courses.

Arrive on time

When attending a class over Zoom, make sure to "arrive" on time. Go over any readings you might have had to complete beforehand. Give

yourself about five minutes before each class to locate the Zoom link and get your materials ready for the class, then log in and wait for your professor to begin.

Keep the microphone muted

It is a good idea to always keep your mic muted, unless you are speaking. This allows for the professor's intended audio to be the main focus. Make your point and mute your mic when finished. This is also an indication to your class that you are finished speaking.

Turn on that camera

Keeping your camera on is essential as well. Unless your professor specifically asks not to, try your best to keep your video camera on while learning. It may seem daunting to keep it on, but there is nothing to fear. We may not always look and feel our best, but don't let your

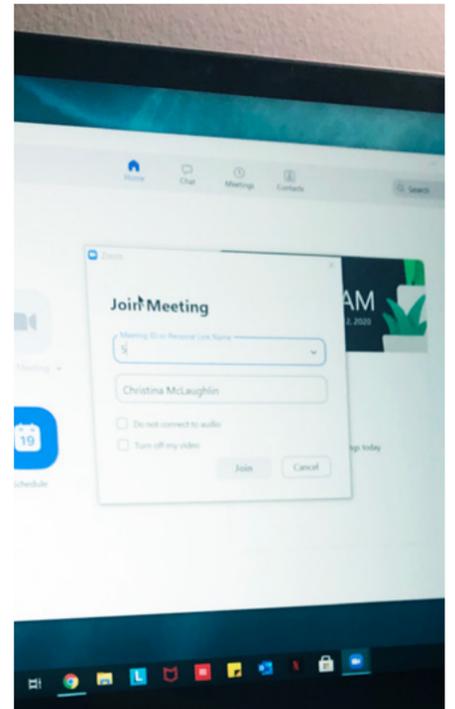
professors teach into the void.

Participate

Answer questions when asked, offer your input and write in the chat if prompted. Remember to be respectful. You can direct messages to a certain person or message the whole class. Just because you are not physically in a classroom with everyone, it does not mean you should check out mentally.

Use your resources

Once class time is up, don't stop there. Take advantage of any readings, recorded lectures and virtual office hours offered by your professors. Online learning is not the same as the traditional in-person learning, but with some effort, you'll be able to make the most of your time online.



With permission to print from Christina McLaughlin

Learn where to find your learning materials: Textbook rentals

Sofia Gallus
Arts&Entertainment Editor

It's that time of year again: the time where every student is rushing to get their textbooks. Buying textbooks can be tricky business, and nearly every student has had a textbook nightmare that they can recall and never want to live through again, be it paying for an overpriced book that you only used once or searching for your textbooks and finding them unavailable or sold out. Luckily, there are a few other options that may help students avoid all that stressful textbook trauma.

Check out your local libraries

Depending on what courses you are taking, there might be a couple of books on the requirement list that aren't really textbooks. They're 100-page booklets, a few short novels or how-to's used for supplemental reading. Before you spend extra money on these types of books, check the Alvin Sherman Library or other libraries in your area to see if they have it in their inventory or are able to order it from another library nearby. Sometimes, libraries may have what you're looking

for, especially if the book is on the older side. You may find yourself getting lucky and instead of paying \$75 for a brand new copy, only paying \$5 for a library card. If you're really lucky, you may even get it for free.

Try different websites

While everyone seems to immediately jump to Amazon or the NSU Bookstore to buy their textbooks, it may be possible to find the same book for a better price. Websites such as ThriftBooks or Better World Books are quite helpful. You might be able to find your same textbook that has been used once or twice, with a few stains or premade highlights, for much cheaper than if you were to buy or rent them brand new.

Ask your professors

Sometimes, professors may be using books they've written for the course you are taking. Even if they didn't write the book, I've had several professors have leftover copies or older editions of the

textbook they're using. If your professor lets the class know that they have extras or you think they might know where to find the textbook for a little less money, don't be afraid to stay after class to ask them or send them an email.

Don't be afraid to talk to your upperclassmen

The truth is, upperclassmen probably don't want their old textbooks that they've bought unless they're continuing the class. Big chunky textbooks are more of a burden than they are an advantage to students who don't need them anymore. Upperclassmen understand the struggle and many are more than willing to resell their textbook to incoming students or underclassmen. If you know someone in your major or anyone who has taken the same class before, it's worth a shot to ask them if they still have their textbook and if they'd be willing to sell it.



With permission to print from Rick Esner

Visit sutv.nova.edu for access to shows and movies **before** they hit Netflix or Redbox!



Places to Study

Siena Berardi
Sports Editor

Being in college means it's time to get serious about your study habits. Over the years, I've located a few great spots on campus that have gotten me through some important exams, papers and assignments. Whatever your style, there is sure to be a place that fits you and your study habits.

Alvin Sherman Library, second floor

Just up the large staircase is a lofted area of the library where I never thought I'd find myself. With access to printers and large selection of desks and chairs, I find myself here during midterms and finals. My friends usually join and it acts like a study hall. Chatter is minimal and not distracting. There is a reason why many flock to the library for their studies. You can't beat the classic college spot. There are also study rooms available to book in case you want that extra level of peace and solitude.

The NSU Bookstore

Right across from the Alvin Sherman Library is a secret haven: the NSU Bookstore. More specifically, the fancy tables that adorn the outer area. These silver tables are equipped with chargers and outlets and a view of the library and library quad. It is a nice place to hideout when the hustle and bustle of the UC is too much.

The UC

The nooks and crannies of the UC have always been a great place to find a cozy corner. On the first floor, you can relax near the Blackbox theatre or go up one floor and find the second study area. With fun furniture and wall to wall windows, you are sure to form a habit of setting up shop here. Up on the floor are more tables and chairs fit for a student with a big exam.

Razor's Reef

I spent nearly three years in the extended dining room area of the food court studying, eating and conversing with my friends. The UC pit, or Razor's Reef, serves as a great place to multitask. This area is also great if you prefer a little background noise as opposed to the pin drop atmosphere of some library levels.

Outside Mako Hall

On a beautiful day, this location offers a great selection of seating areas to set down your laptop and master your courses. There are also plenty of hammocks, chairs and rocking booths tucked under the large awning, so rain or shine, you can hit the books outside. Just don't get distracted by the Florida flora and fauna.



Flight Deck Cabanas, with permission to print from Christina McLaughlin.

Making the most of your college experience

Abigail Johnson
Contributing Writer

Transitioning into college was not the biggest challenge, but it was among the most nerve-wracking experiences. Finding a new friend group and "home sweet home away from home" can come with a lot of stress.

While enrolling in NSU as a commuter student, I was not sure how my first semester would go about, especially with our "new normal" and living in a pandemic. The fear of not fitting in or receiving the utmost experience I had hoped for before attending college crowded my mind. The Zoom calls, social distancing and not receiving a hands-on experience kind of frightened me, especially since this was all very new.

I searched through SharkHub for clubs, organizations and jobs I would be able to attend to get my "home" fix and instantly found an opening as a Shark Preview Leader, an experience several

NSU students rave about. I applied to this position, hoping for a jumpstart to my campus involvement for the next four years.

I was contacted for an interview, which encouraged me to put my best foot forward. I reminded myself, "No matter the outcome, this will contribute to my college learning experience."

I received a call a couple of days later with the news that I secured a position in the Office of Orientation. As little as this may sound for some, this allowed me to gain brand new confidence I did not have before.

The thought of creating future friendships with my current classmates and freshmen who will also be in my position filled me with happiness.

After several weeks of training and meeting new NSU students, CDC guidelines were enforced, but I found myself forming those new connections.

It became natural to speak to my peers at several different events and activities, including clubs I am involved in.

If I had any advice for first-year NSU students, it would definitely be to continue having confidence in yourself and to realize how special you are as an individual. There is not anyone else like you, but one thing is for sure: everyone has that same nerve-wracking feeling, especially when starting college for the first time.

Putting yourself out there in ways such as participating in class or attending virtual activities will only add to the college experience in itself, and everything else will fall into place.

I am wishing all of you luck on this exciting new chapter in your life. NSU and its students are all so excited to finally meet you.

Honor Societies

NSU offers plenty of different honors societies for many programs, all of which are great opportunities for networking, resume building and receiving recognition for your academic accomplishments. Checking them out early on in your college career can help you set goals for your education. For more information regarding honors societies at NSU, check out the Farquhar Honors College.

Alpha Chi

Qualified students of all disciplines

Alpha Eta

Allied health professions

Alpha Kappa Delta

Sociology

Alpha Phi Sigma

Criminal Justice

Beta Beta Beta

Biology

Kappa Delta Pi

Education

Lambda Epsilon Chi

Paralegal/legal assistant studies

Lambda Pi Eta -

Communication

Phi Kappa Phi

Qualified students of all disciplines

Psi Chi

Psychology

Rho Rho Rho

Marine Biology

Sigma Beta Delta

Business, management and administration

Sigma Tau Delta

English

Sigma Theta Tau

Nursing



Residential hall tips

Kiley Moore
Contributing Writer

College can be scary, especially when it is a new place, a new environment and there are new people. I, for one, look around sometimes still after being here a semester, completely in awe that I am here. I am in college. I am in Florida, 1,000 miles away from Massachusetts, with a whole new life and set of friends, away from my family. For some, that is scary. Before I was here and settled, I was scared. Scared of making friends and feeling like I would not belong.

It only took a couple of days and I found myself the happiest I have ever been, with new friends who are now my family and ambition to achieve all my goals. Yes, college is scary, but only when you do not know what to make of it. Once you settle in and you are equipped with tools to succeed in every aspect, it is not so scary. Here are some things that helped me with dorming.

- Bring a microwave and a mini-fridge. If you have roommates, coordinate with them so you don't have extra appliances you won't

need.

- Bring beach towels.
- Bring at least three sets of sheets.
- Throw pillows are a must, especially a body pillow.
- LED lights are always a vibe and make your room feel homey.
- Bring a broom and a Swiffer.
- Put your mail and room key on a lanyard. I also carry a chapstick and my shark card on this lanyard.
- Febreze or air fresheners are a must.
- Get to know your RA.
- If you do not know your roommates, that is okay. You do not have to be friends with yours. I am not and it does not affect me at all.
- Put your Snapchat and Instagram usernames on your name tag that is on your door. It's an easy way to make friends.
- Do not be afraid to knock on random doors to meet new people.
- Check the laundry room before carrying all your laundry down, so

you know that there are washers open.

- Bring lots of extra tape to hang stuff up in your room.
- Bring an extension cord and extra chargers.
- Take time to learn where things are on campus. It may feel like it will take a long time, but it only took me a week to get comfortable walking around with no directions.
- Be yourself

Getting away from home and going to college was the best thing I ever did. I have never been this happy, and even though I miss my family, they are only a text message away. I am so happy I jumped at the opportunity to experience a new environment. I feel like I am on vacation 24/7 and that feeling is ecstatic. College is the time to find out who you really are, so just be yourself and make sure you are comfortable.



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Using your money and meals wisely

Rick Esner
News Editor

Whether you are a new Shark living on campus or a returnee, an essential part of residential life is your declining balance, often referred to as DB, and how it is spent. Every student living on NSU's campus is required to purchase a specific meal plan that ranges in price depending on what dorm they live in. Students who live in The Commons or Leo Goodwin have a meal plan of \$1,595, but students in Mako Hall, CLC, FFV and Rolling Hills have a meal plan of \$450. Whether you have a lot or a little, here are some tips on utilizing your DB to the max.

Don't skip out on meals

Starting with any student who lives in The Commons or Leo Goodwin, while your meal plan is by far the best on campus, it is also the most expensive. The biggest tip I have is to not worry about spending your DB. During my first semester on campus, I was so concerned that I would run out of money on my meal plan that I skipped meals to make sure I had an excess of DB. However,

with this meal plan, there is no need. Despite the fact that perhaps there may be less free food via events and meetings this semester due to limited gathering, trust me, while it is not impossible, it is difficult to run out of DB with this plan.

Make your meals count

If you are living in a dorm with a smaller meal plan and no cooking skills, do not fret. Make your meals count. Starbucks is expensive. There is no denying that, so do not bother with their pricey food. If you are hungry and want a sandwich during the day or lunch hour, opt for one from Razor's Reef over Starbucks. The large-sized sandwich is not only the same price, but way too much for one meal; half that sandwich can easily be put in the fridge and saved for later.

Turn to one-price dining

Another way to make your meals count is in one-price dining. Go pay for the one-price dining at the start of dinner time and bring all your books, laptop and anything else to keep you

entertained. Then, simply stay in the pit. Study, eat when hungry, watch Netflix and alternate all night long. If you stay until closing, that is plenty to keep you satisfied all night.

Let Starbucks be your lifesaver

If the end of the semester is around the corner and you have an excess of DB left over, I have a solution for you: Starbucks. A student's DB cannot be used to buy Starbucks gift cards at the on-campus store, but it can be used to buy merchandise. Once that holiday line rolls out towards the end of the semester, feel free to get a head start on your holiday shopping and buy all your loved ones some elusive cups -- or if you are feeling nice and giving, buy a friend a coffee (especially for the upperclassmen or commuters). That small act can go a long way in this transitional time.

Invest in cooking

For those with kitchens in their dorm, I would recommend investing in enhancing your cooking skills. There are plenty of resources online to cook

easy meals and work your way up. This is the perfect time to become a master chef, and then, the only DB you will have to spend is quick necessities or last-minute ingredients at Outtakes.



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Succeeding as an introvert

J. L. Glasthal
Contributing Writer

Being an introvert can mean many things. You may not be able to make friends easily or it may take you longer to transition from high school to this new form of adulthood. However, do not let being shy deter you from having the best years of your life. You will never know what you could have experienced if you hold yourself back.

Keep in touch with close friends

Talking to people who know you can always be a way to find comfort in stressful situations. Even though you may not be able to see your old friends after high school, it is always

great to stay in contact with them. It can even make you feel less alone. However, you don't want your close friends to act as a shield to keep you from making new friends. Even though it may be scary, you should make an effort to find new friends to have new experiences with.

Don't inhibit yourself from making friends

Making friends can be hard, especially now in our new normal, but do not be afraid to make them. Having friends who are also navigating the same turbulent times of new adulthood can be comforting and may even help you feel

more understood. You can start making friends by simply finding just one person in each of your classes to talk to, even if it is just about current assignments.

Always make time for yourself

Making time for yourself is always important. Although you are navigating the new experience of college, you will need to take time to decompress. Always take time in between assignments to watch a movie or read a book. Even if you are attending class from the comfort of your own home, it is important to take time away from your studies so as to not overwhelm yourself. Unplugging for even

half an hour can make a big difference to your day.

Get out of your comfort zone

College is one of the places when you can finally take the time to find yourself and who you are and what you want out of life. Do not write things off because you've never done them before. Join clubs, learn how to play a new instrument, just be involved. You never know. Maybe, you can find your best friends while doing something you could have never imagined yourself doing a month ago.

NSU Cribs: Setting up your new dorm

Evan Kelley
Contributing Writer

So, it's move-in day. You finally get your key and get to your new home, but as you begin to unpack, you look around at the bed, dressers and desk and have no idea what to do. Loft the bed? Desk by the window? Television by the bed or couch? Everyone living in a dorm has been there. It can definitely be overwhelming at first, but below are a few tips to help make things easier.

Coordinate with your roommate(s)

First of all, you'll want to coordinate with your roommate. Having a roommate makes dorm reorganization simultaneously easier and harder, depending on if you and your roommate are in agreement or disagreement with how things will get done. Talk to them about where to move things and how to organize and set up the room and what to buy for the room. You don't want to end up with two microwaves and two refrigerators. Best case scenario is you each get your side of the room set up how you'd like with minimal disagreement

and compromises that won't irritate the both of you.

Organizing your space

The biggest problem with dorm set-up comes when you have your own room to decorate and organize. Especially now with the pandemic, we're spending a lot of time in our rooms and a lot of time on Zoom. You don't want your whole biology class to see your room behind you and think, "Yikes." To avoid this embarrassment and help create a space that will inspire and motivate you to work hard, you'll want to do a few different things.

If you like natural light and having a nice view, try setting up your desk next to or in front of a window. The only problem with this is that the amount of sunlight can overexpose you and wash you out on a Zoom call, so make sure you have blinds or curtains you can shut to avoid looking like a glowing beacon during your online classes.

To stay organized, hang up a

whiteboard or calendar next to your desk to write down assignments, to-do lists and other goals. Silverware drawer organizers also fit in desk drawers and work excellently for keeping various office supplies separate and tidy. It also doesn't hurt to have a few photos or mementos hung up around your desk to help comfort you when things get a bit stressful.

Another thing: make sure you stock up on extension cords and power strips. You can't always move furniture into your ideal location and have easy access to wall outlets, unfortunately.

Decorate your space

As for lounging areas like living rooms or even bedrooms, cute throw pillows, blankets and other various wall-hangings and lights can make the space feel much cozier and comforting. It may seem pointless to buy and put up all these extra items just to be taken down in a few months, but the difference in atmosphere

is astronomical. After a long day of classes, you'll want to have a nice and comfortable space to chill, not a cold and blank room that does nothing but remind you of how harsh reality can be at times -- unless you prefer it that way. In that case, save your money. A few great places for cute, unique and low price decorations and other furniture items are Ikea, Target, Walmart, Ross and TJ Maxx. All of these stores have convenient locations near NSU.

In the end, it's up to you to decorate and set up your dorm however you'd like. Your dorm is your home away from home, and you'll want to set it up however will keep you comfortable. The simplest way to go about it is by choosing a color scheme or aesthetic you really enjoy and just going for it. Always keep in mind that, even if you don't like your initial dorm space, you can change it up by moving furniture around and buying new decorations. Life is short, redecorate your dorm as often as you like.



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Traveling in a pandemic

Isabella Gomez
Contributing Writer

Whether you're a freshman or a senior, from out of state or even out of the country, flying may be on your mind as you consider your options for travel in the near future. Even though there are obvious risks to traveling during a pandemic, traveling on an airplane might not be as dangerous as it has been made out to be. Here are some tips, facts and precautions to take for making your air travel experience as safe as possible.

Book flights without the panic.

Recently, many airlines have gotten rid of seat and flight change fees, so you can now comfortably book that flight at an amazing price without the anxiety of not being able to cancel with ease for whatever reason. Although this is true for most airlines now, be sure to check the seat change and cancellation policies of your airline directly through a provider line or official website.

Filtered air actually works in your favor.

Everyone that has ever traveled by plane knows how terribly dry your skin can get while inside of an aircraft. Although the air ventilation systems on planes wreak dermatological havoc, it actually makes flying a bit

safer during COVID-19. According to the World Health Organization, "most viruses and other germs do not spread easily on flights because of how air circulates and is filtered on airplanes... providing a total change of cabin air 20-30 times per hour." This air is also passed through "High-efficiency Particulate Air Filtration filters, which have been proven to "remove more than 99% of airborne particles." Having said all of this, you should still remain conscientiously adhering to all sanitary protocols, such as keeping your mask on during the flight, to reduce any chance of contracting the virus.

Know the airline's protocols before booking a flight.

Unfortunately, sanitation and safety policies, including things such as whether middle seats are to be left empty or the frequency with which planes are cleaned, differ from airline to airline. These policies also change as time moves forward, so it is important to take note of these date changes if a specific policy is important to you and your personal safety.

Stay cautious on the ground.

Air is heavily filtered and circulated

on planes, so your time spent in the airport may actually put you more at risk of exposure to COVID-19 than your time spent in the air. From the time you arrive at the airport to going through customs to waiting at the terminal, try your best to limit contact with anyone not in your party, sanitize your hands all the time and steer clear of highly touched surfaces.

Check-in online.

Circumventing unnecessary contact is the key to staying safe while traveling during a pandemic. By checking in and printing your boarding pass at home and ahead of time, you can avoid interaction with airline employees as well as the highly touched airport kiosk surfaces. Mobile boarding passes are also an option if you can't access a printer a few days before your flight. However, be sure to pack wipes and use them to disinfect your phone after passing through checkpoints that require it.

Be a smart flyer.

Being extra prepared as a traveler is now more important than ever in the midst of this pandemic. Your aim should be to spend minimal time among the crowds of people in the airport, which means you also want to get past airport

security as swiftly as possible. Here are a few ways that could make your transit run more smoothly:

- Try not to wear unnecessary layers, jewelry or any accessories that you'd have to take off to get through security.
- Store electronics, such as your laptop, in easily-accessible places.
- Keep your ID as well as your boarding pass within reach at all times.
- Be aware of the volume of liquids stored in your carry-on. These liquids should usually be less than 3.4 oz. If airport security finds anything that exceeds this amount in your luggage, you will be stopped for extra screening.

Hopefully, these facts and suggestions will help you remain COVID-19-free on your next journey to campus, home or wherever you are deciding to fly to next. Happy (and safe) travels.

Take the stress out of move-in with this list

Christina McLaughlin
Co-Editor-in-Chief

Packing for college can be tough. With so many different lists that you can find online, it's hard to really know what you need or even what you need it for. To make it easier, The Current has created an NSU-specific college packing list to help all students lighten the load.

Anything in italics is non-essential.

Covid-19-safe essentials

Masks - Whether you don a reusable patterned mask, KN95, N95 or even the disposable masks, masks are required on NSU's campus to keep you and others safe.

Hand sanitizer - Attach it to your bag or lanyard to ensure that you can always have clean hands when you access high-touch surfaces.

Sanitizing wipes- To wipe down any common surfaces in your dorm or your workspace when you got to study in the library or UC.

Gloves - Recommended for travel or to your comfort level.

Face shield - Recommended for travel or as an extra layer of protection.

For your bed

Bedding - Double-check NSU's housing website, nova.edu/housing, to see what size bed your residence hall or apartment supplies.

Bedsheets (2 sets) - Easy to wash and comfortable.

Bed bug protector - An added layer of protection.

Comforter - Easy to wash and can be your favorite design or color.

Mattress pad - Supportive and comfy.

Pillowcase - Easy to wash.

Pillows - Make sure they're comfortable and durable.

Backrest - A lifesaver if you tend to study or sit in bed watching TV.

Just in case

Insurance cards/medical information

That old inhaler or knee brace - Trust us, that old injury may resurface or asthma attack may come unexpectedly. It's better to be safe than sorry.

Room decoration

Photos - Of friends and family or 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 - Shockingly, it gets hot in South Florida.

Mirror - To make sure you look good before you head out.

Blankets - For those chilly nights or if you want to be cozy.

Decorative pillows - To add some color or style to your space.

Stuffed animals - A totally acceptable addition to any room.

Any knick-knacks, mementos or reminders of home.

Storage

Hangers - To hold all your clothing needs.

Trash can- Preferably larger (you don't want to constantly take out the trash).

Hamper - Makes transporting your clothes to the laundry room easier.

Stackable containers - To help move, store and pack away all the essentials.

Over-the-door storage - For towels, jackets and any other quick grabs.

Under-bed storage - Maximize space and organize for easy access.

Shoe organizer- To keep your shoes off the ground and in sight.

Personal

Driver's license

Social Security card

Passport

SharkCard- You **will** use this every day so carry it with your keys, wallet or on the back of your phone.

Bank cards

Keys - For car, house, etc. Keys to the dorms will be provided upon arrival.

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

Hand sanitizer - An extra bottle that you can keep in your bag or right by the entrance of your room.

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 (if it's regularly cleaned, it should be fine).

Medication

First aid kit

Poo-Pourri or air freshener - Keep your room and bathroom smelling fresh.

Cleaning gloves

Loofah

Shower rug - To dry off your feet.

Cosmetics

Kitchen

(If you're planning on having roommates, consider discussing with them to assure space and so there aren't duplicates of everything.)

Small microwave

Small refrigerator or freezer

Small toaster oven

Drinkware

Reusable water bottle or coffee cup - This is a college staple and helpful for refills on campus.

Plates

Utensils

Ziploc bags

Coffeemaker

Can or bottle opener

Dishtowel

Miscellaneous

Flashlight

Command strips - To hang everything with no damage.

Umbrella - You will get caught in the rain otherwise.

Board games

Bug spray - Hot summer environment = bugs.

Mini safe - To keep your money and personals safe.

Luggage - To go home on breaks or go on a weekend trip.

Commuters

Just because you live off-campus doesn't mean you don't need some extra essentials for your day-to-day. Think about storing these items in your car, a friend's dorm or maybe your backpack to make your commute a little less of a hassle.

Cleaning

Lysol wipes

Mini vacuum

Broom and dustpan

Steamer or iron or wrinkle-release spray - To keep clothes looking great.

Trashbags

Laundry

Sewing kit

Tide-to-Go or on-the-go stain remover - Hey, accidents happen.

Laundry bag - In case you need to separate loads.

Laundry detergent

Fabric softener

Dryer sheets

Emergency Bag

Change of clothes - For the gym or a "fashion emergency," like wearing shorts on lab day or spilling coffee on yourself.

Medical supplies - Medications, mini-first aid kit, and other personal health items.

Blanket or entertainment - For impromptu naps or breaks between classes.

Food - Lunch, dinner or money for food for those long days during midterms and finals week.

School supplies - An extra supply of pens, notebooks for when you need it most.

Reusable water bottle or coffee cup - For the endless refills you may need.

(Extra tip: pack things the night before - This can really help you be prepared and stress less during the day.)

Electronics

Computer - If you cannot afford one, many places on campus offer computer-use, like the library or Desantis.

Camera

Cell phone and charger - Feel free to download Groupme now.

Headphones

Speakers

Extension cord - You will thank me later.

USB stick

Food

These items don't need to be packed but can be picked up once you move in or when you are on the go.

Popcorn - For movie nights.

Ramen - It's a stereotype for a reason.

Snacks - Both healthy and junk foods.

Drinks

Caffeine fix (coffee or tea) - For whenever you need a pick-me-up.

Condiments

Granola bars - To get you through the long days.

Mac and cheese - Same level as Ramen.

Ice cream or candy - For a little spark of joy at all times of the day or night.

Shark teams at NSU

Rick Esner
News Editor

Due to the COVID-19 pandemic, most college sports have been put on hold, but despite the circumstances, that does not mean students cannot show their Shark pride. A great way to show your pride at NSU is to familiarize yourself with Shark Athletics programs. Here is a comprehensive list of the sports that NSU offers and the current status of their scheduling. This information can also be found online at [nsusharks.com](https://www.nsusharks.com), along with updates on finalized schedules for the upcoming season.

Men's Sports

Baseball

Suspended, finalized schedule to come.

Basketball

Suspended, finalized schedule to come.

Cross Country

ACTIVE

Golf

ACTIVE

Soccer

Suspended, schedule to come

Swimming

ACTIVE

Track and Field

Suspended, finalized schedule to come

Women's Sports

Basketball

Suspended, finalized schedule to come.

Cross Country

ACTIVE

Golf

ACTIVE

Soccer

Suspended, finalized schedule to come.

Softball

Suspended, finalized schedule to come.

Swimming

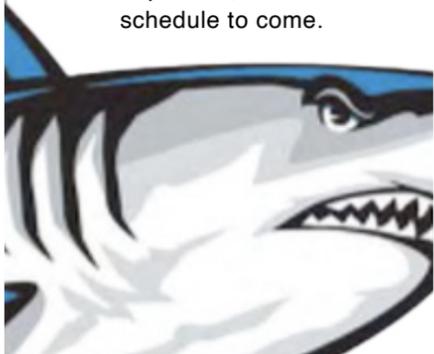
ACTIVE

Tennis

Suspended, finalized schedule to come.

Track and Field

Suspended, finalized schedule to come.



NSU RecPlex

Abigail Johnson
Contributing Writer

Here at NSU, we have a lot to offer. The campus is one thing, but the activities on campus are unlike any other. A fan favorite for many students is the RecPlex. The RecPlex is the gym located in the University Center. It is a two-story space filled with weights machines, aerobic machines, open rooms and more. This allows any individual to choose their desired activity and do it at ease. Although at times it can get very busy -- some struggle to find the machines they want -- most times, people are more than willing to share.

A unique aspect of the gym here at NSU is for those individuals who don't really know what to do and are

beginners at the gym, have access to trainers to help. Even if you aren't a beginner, having a trainer can allow one to feel motivated. Another special part of the RecPlex is the fitness classes that are offered. The fitness classes are based on every individual. If you're choosing to stay home, there are options to attend via Zoom. If you're here on campus, there are classes available to you that way as well which allow you to participate in person.

NSU encourages all students to stay active whether it's at the gym or attending a class. Not only are there fitness classes, but there are opportunities to take scuba classes and become certified. This is a great opportunity for those who have always wanted to get certified but struggle

to find any available slots. On the other hand, are you used to being part of a team, but don't want to play for the school? Join a club sports team. Here at NSU, we have a variety of club teams that are competitive, but not as big of a commitment as an actual sports team. These teams allow people to get involved and play the sport they love.

NSU allows students from all fitness backgrounds to get involved. Beginner or elite, NSU has a place for you. From fitness classes, to new opportunities, there is a place for you. Check out the link, get involved, stay active. Go Sharks! <https://www.rec.nova.edu/index.html>

NSU Club Sports

Abigail Johnson
Contributing Writer

NSU boasts an impressive array of student clubs and organizations that help students feel at home on campus. Joining a club sport can be a great way to find your place at NSU, and lucky for NSU Sharks, there are lots of options and ways to get involved. Students can even start their own club sport.

The Club Sports Program promotes student development, leadership and education. Students not only gain

knowledge and experience, but also gain the opportunity to compete, network, make new friends and have fun. Check out the list below for all of the exciting sports to choose from.

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

- Women's Soccer
- Men's Basketball
- Co-Ed Tennis Kylie Wilkinson
- Maasti Dancing
- Table Tennis

For more information about each individual team or to learn more about how to get involved visit the recreation and wellness page on NSU's website.

Athletics

Siena Berardi
Sports Editor

It has been quite a year for the Sharks. Whether you play on a sports team or frequent the RecPlex, there has been a definite difference in how we operate in these current times. Despite the COVID-19 pandemic halting collegiate sports, NSU Athletics still found ways to function in these unprecedented times. With routine testing, masked practices and delayed or cancelled seasons, teams have learned to adapt. This last year may have looked different for the Sharks, but that doesn't undermine the teams and their past accomplishments.

Following NCAA guidelines, sports like soccer and volleyball have

experienced cancelled seasons, other sports like golf and swimming were promised delayed and limited scheduled seasons. There has been a lot of pressure to keep the department COVID-19 free and they have been very meticulous in their endeavors. With routine testing and symptom regulation, the Sharks have been doing their part.

In lieu of the pandemic, NSU Athletics still found ways to make a positive impact on the community. On Jan. 23, all 16 athletics programs worked together during NSU's Global Day of Service. The teams participated in various events including a beach cleanup and a food drive that brought in a hefty 750 pounds

of non-perishable food for The Pantry of Broward. While the women's soccer team partnered with The Children's Diagnostic & Treatment Center in Fort Lauderdale for another successful food drive and the softball team held a clothing drive. The rest of the teams divided and conquered the local beaches for three different beach cleanups.

Overall, the main thing to remember is that COVID-19 has only put the Sharks on hold. Hopefully in a few months there will be plenty of games to attend and teams to cheer on. In the meantime, check out the many ways you can become a Shark fan.

How to be a Shark fan

Sofia Gallus
Arts&Entertainment Editor

NSU has a wide variety of sports teams, and all of them consist of talented players who work hard to make NSU proud. While the university hosts many different events throughout the year, the sports games are some of the best. Being a first time or even returning student, it can be hard to keep track of all the teams and games, especially if you're not a student athlete yourself. Luckily, there are some places you can check to see what is happening, when and how you can go out and support NSU's sports teams.

How to find them

While you may only be hearing about games from word of mouth or emails, you can actually find the

composite sports schedule for the NSU sports teams online. It's as easy as going to [nsusharks.com](https://www.nsusharks.com) and the sports calendar is found under the "Inside Athletics" section. With this handy website, you can not only find out when games are happening, but you can learn about the different NSU sports teams. You can also find out about the different NSU sports teams on social media, such as Instagram. You can find NSU's athletic program on Instagram at [@nsusharks](https://www.instagram.com/nsusharks).

How to follow them

It's important for students to not only know about the games, but to support the teams. The best way to support your favorite NSU sports team is to follow them on social media and attend their games.

Bring signs for your favorite players or for the whole team, and wear your favorite Shark gear that can be purchased from any of the NSU stores on campus or online. After you've decided which games you want to attend, you'll need tickets. Tickets can be purchased directly from the Don Taft University Center box office. The box office is located right next to the RecPlex, directly in front of the main entrance. While most tickets are free for students, some events do require an entrance fee or paid ticket. All you have to do to get a free ticket to a game is bring your NSU ID, better known as your SharkCard, and show it to the employee working the doors. They will hand you your ticket and voila, you can go and enjoy the game.

With permission to print from NSU Athletics
Daniela Obando serves it up on the court



With permission to print from NSU Athletics
Cassandra Wright makes a splash

With permission to print from NSU Athletics
Emily Hess winds up a pitch on the diamond



With permission to print from NSU Athletics
Hailey Conley eyes up her next three-pointer



With permission to print from NSU Athletics
Nicola Fall strikes a pose on the green



With permission to print from NSU Athletics
Nathan Campbell throws a pitch

With permission to print from NSU Athletics
Nick Smith makes a pass



With permission to print from NSU Athletics
Martin Hemminghyth speeds down the lanes

The college mental health crisis

Alexander Martinie
Opinions Editor

Research shows that college students are experiencing higher rates of stress and psychopathology than ever before.

The American Psychological Association reported in a 2018 survey of college counseling center directors that 95% of those surveyed agreed that “the number of students with significant psychological problems is a growing concern in their center or on campus.”

Anxiety and stress are the main concern amongst campus mental health professionals, followed by depression, then relationship problems.

An important part of dealing with mental health on campus is to utilize the on-campus resources for mental health.

According to the National Alliance on Mental Illness (NAMI), “On-campus health clinics and counseling offices offer services for dealing with everyday concerns... On-campus resources are a good place to start when you first develop a mental health problem, but they probably won’t be able to provide long-term help. The counselors can help you find a long-term therapist or doctor in the community.”

NSU students have access to 10 free sessions per year with Henderson Student Counseling Services. Both part-time and full-time NSU students are eligible for these services. Students can make an appointment by calling

Henderson Student Counseling Services at 954-888-6911 or by visiting their office at the Student Affairs Building.

As the demand for mental health services on campus grows, colleges around the country are adding new ways for students to access mental health services. At NSU, Henderson Student Counseling Services has a crisis hotline that can be reached 24/7. The number for the crisis hotline is 954-424-6911.

According to Time Magazine, in 2018 “UCLA offered all incoming students a free online screening for depression. More than 2,700 students have opted in, and counselors have followed up with more than 250 who were identified

as being at risk for severe depression, exhibiting manic behavior or having suicidal thoughts.”

For students with severe mental health concerns, NAMI has a few suggestions for how to ask for accommodations. First, identify the help that you will need. Then, register with the Office of Student Disability Services and provide the appropriate documentation. For more information, students can contact NSU’s Office of Student Disability Services at 954-262-7185.

While concerns over mental health on campus are growing, there are still places where students can reach out for help if they need it.

Self-care 101

Christina McLaughlin and
Geena Anderson

A lot of people ask, “What is self-care? How does one use self-care to better themselves?” According to the World Health Organization (WHO), “self-care is the ability of individuals, families and communities to promote health, prevent disease, maintain health and cope with illness and disability with or without the support of a healthcare provider.”

Self-care is a broad concept that includes hygiene practices, proper nutrition, self-advocacy for a healthy lifestyle, mental and physical health practices and awareness of environmental factors, such as living conditions and deterrence from unhealthy habits.

WHO claims that there are many core principles of self-care that impact the individual directly as well as their local community. This includes empowerment, bodily autonomy, personal responsibility and community participation to mention a few. While this may seem like a lot, people tend to focus on hygiene, mental wellbeing and healthy eating when it comes to implementing self-care strategies and methods.

There are many techniques and practices for improving your health overall, but not every practice will help everyone. It is more of a trial and error practice. Everyone has self-care techniques that help them the best. It may take some time to find what techniques and practices best help you but when you do find them, you’ll definitely find a positive change in your health.

According to a 2018 article published in *Psychology Today*, participating in self-care techniques like learning how to eat right for your body, stress reducers, proper exercise and time for reflection and proper rest can help individuals stay healthy, content and resilient.

One technique that helps many people is including sleep as part of their self-help routine. Sleep is our brain’s reset button; we get most of your energy for our day during REM sleep, which is, essentially, deep sleep. So when preparing for bed, you want to be able to get the best REM sleep as possible, which can help stabilize your mood and stress over time. Other possible techniques

include focusing on digestive health, organizing and eliminating potential unnecessary stressors in your routine, taking breaks when feeling overwhelmed and learning as well as setting limitations or boundaries when it comes to work or other social expectations.

Extra stressors brought on from the COVID-19 pandemic such as social isolation, anxieties and overall stress has highlighted a need for a focus on self-care and self-care routines for some people.

On Aug. 20, 2020, the NSU College of Psychology recorded a “Shark Chat” with Shannon Karl, professor within the department of counseling at NSU, which could be accessed at this link. This discussion focused on self-care during stressful times. In this discussion, Karl emphasized resources students can access, potential methods of destressing and practices of self-care to consider during the unprecedented times of the pandemic.

For students with a vested interest in approaching or improving upon their self-care routine, students are encouraged

to reach out to The NSU Center for Student Counseling Services and Well Being (CSCW) for professional advice, resources and psychoeducational groups and program opportunities.



With permission to print from Christina McLaughlin

The importance of a Healthy Diet

Santiago Diaz Finochietto
Contributing Writer

Today, with a world in constant change and where we are always in a rush, we forget how important our health is.

Students, or even the university staff, find themselves in a constant rush. Many times, we think that 24 hours is not enough for all things that have to be done in one day. We attend classes, go to the library, go to work, or have to attend practices. The use of our time and the organization of it is very important. We should always take care of our health, and in the face of such a rush, where it seems there is no time for everything, it is of vital importance to our nutrition.

Why is having a balanced diet key in terms of our healthcare? Well, according to Marilyn Gordon, affiliate assistant professor in the Dr. Kiran C. Patel College of Allopathic Medicine at NSU, when having a well-balanced nutrition individuals will not only see changes physically but also mentally.

Gordon states that “your brain and your stomach are connected. So, what goes down here in your gut actually

influences your brain, a lot has to do with serotonin, a hormone that stabilizes our mood, feelings of well-being, and happiness and other things. So, someone has a very unhealthy digestive track that also will affect their brain and their thinking.”

In addition, following a healthy diet, consuming the proper amount of proteins, fiber and also having regular intervals when eating will help individuals to respond effectively in every task they perform, even when studying or during class.

There are different tips to having a healthy diet. Every country has its cultural characteristics and methods, or traditions even when targeting their meals. I eat four meals a day that includes breakfast, lunch, an afternoon snack, and dinner. But in comparison with the US culture, there is no afternoon snack rather just breakfast, lunch, and dinner. In face to this type of diet, Gordon argued that, “eating four times a day, can actually be better. When it comes to

meal structure that can be helpful.”

Moreover, she explained that culturally the US society is certain why the act of eating and the intervals of it become unimportant, and so they can eat whenever they want to, which consequently lead to poor eating habits.

“Eating is an act of kindness,” said Gordon.

Breakfast is considered as the most important meal of the day. That is why during the morning shift each of us takes the necessary time to prepare an appropriate breakfast, where there are proteins and natural fibers that will then provide us with a large amount of energy. In just a few minutes, you can make a few scrambled eggs with some fruit or even some toast with a fruit jam. We can also choose alternatives such as yogurt and cereals. There is no need for a fancy breakfast. These few options can take just 5-10 minutes.

Lunch is a recharge of energy. Through lunch we activate our mind and body, and thus, we can continue with

vitality the rest of the day. You can include a grilled chicken with vegetables and greens, a salad, and even some pasta for lunch. Pasta is of great nutritional and energetic value. As with breakfast, this type of recipe or dish does not require a very complex preparation or a lot of time. Chicken, pasta, and some salad can be good options for your lunch.

The snack is sometimes not considered in our diet. However, thanks to it, we reduce the number of calories consumed at dinner. It is not necessary that such food be of great quantity. It is only to satiate the appetite for a couple of hours and then have dinner. It is important that snacks are not cookies or chocolates. The key is to replace processed foods with fruit or even yogurt.

Finally, dinner is the last meal of the day, and both what you eat, and the amount requires attention and care. Dinner should be balanced and light. Simple and healthy options could be sauteed vegetables, some broth or also add some fruit for dessert.

Becoming a vegetarian

Neha Simon
Contributing Writer

College can be one of the most exciting moments of one's life. It is most people's first time finally gaining some independence, meeting new people and trying new things. Because of this, a lot of people feel the desire to reinvent themselves and start to see themselves change. There are various ways in which people do this: new styles, new clothes, new friends and more. However, one of the most common things that people change when they get into college is their diet. With the number of new fad diets out there, people try this in a variety of ways and one of the most common and tried and true changes people make is becoming either vegetarian or pescatarian.

There are numerous reasons as to why becoming a vegetarian is such a common and great practice that many people are adopting into their lives. There are many health benefits that come from being vegetarian for a lot of people. This includes decreased risk for heart issues, diabetes, high cholesterol, blood pressure, and much more. Beyond that, it is also an ecologically sustainable choice. For many people, it also increases energy as you are taking away the feelings of being lethargic associated with certain

types of meat. Although this lifestyle may not be for everyone for various reasons, if it is an option for you, it is definitely something you should look into for at least a period of time. You may be surprised at the results.

However, with going vegetarian, many people fear that they will be limited in their options. This is not necessarily true. If you are living on campus, every store or restaurant on campus has a variety of options catered to vegetarians. Many of the places on campus that offer food will even make your food without meat if asked. However, if you are someone who likes to cook and wants new recipes, below are a few websites with different options for amazing recipes for vegetarians.

<https://www.tasteofhome.com/collection/easy-30-minute-vegetarian-dinners/>

<https://www.cookinglight.com/food/vegetarian/simple-vegetarian-recipes>

<https://www.budgetbytes.com/category/recipes/vegetarian/>

Going vegan in college

Jaden Wilson
Contributing Writer

Once you enter college, you may feel yourself going through changes and having different mindsets. One of those mindsets may be that you want a change in diet, like going vegan, for example. Being a vegan is not usually something that comes easy, but doing research and preparing meals and snacks is the best way to go about this lifestyle transition.

Thankfully, here at NSU, we have a few vegan options on campus. Most of our vegan options come from the UC food court. If you are the type that plans on being a healthy vegan or you just want some food that is nutrient filled, then Fresh Corner is a great option for you. Fresh Corner offers several vegan foods that you can have in a salad, bowl or wrap. Another great place for plant-based meals is Rooted. Rooted is similar to Fresh Corner because the ingredients are wholesome and have a lot of flavor. Then, if you feel like treating yourself, there's 2.mato. 2.mato has some Italian options such as pastas and fresh pizzas.

You just have to look out for the menu items that are labeled as vegan or vegetarian. If you're looking for a quicker vegan option, then stop by Outtakes.

Outtakes has a lot of vegan and vegetarian options that take allergens into account as well.

Although there are some vegan options on campus, that may not always be something that you want to turn to when you're hungry. Going vegan means that dorm room snacks are a must. Now, it may be difficult to cook in your dorm room, but it's always good to stock up on essential vegan items. Hummus, non-dairy milk and nut butters are some options that can help make a great snack idea come to life.

Even with all the vegan options that are available on campus, it's always good to look at the vegan restaurants or food services outside of campus. Of course, you won't be living on campus forever and you'll appreciate the amount of options around that are vegan friendly. In this journey, it's important to do research, meal plan and understand labels. You'll have so many opportunities in college to discover different types of vegan foods and expand your knowledge on plant-based eating.

Making Friends Online

Ashley Diaz
Contributing Writer

Since the pandemic, NSU has transitioned to the BlendFlex model. BlendFlex gives students the option to take classes on campus or online. Some students have gone to campus because conversations and making friends with others is considerably simpler than making them online.

"I prefer face-to-face because I like seeing people's reactions when you're talking with them and you get to know the person better," said Lauren Do Nascimento, sophomore communications major at NSU.

Face-to-face is preferable, but online is the one of the best options right now for college students, according to

Brandon Bieltz's article published by the University of North Carolina at Chapel Hill. When you're at college, you are starting to create an identity and it is the start of networking. Mineleese Dorelus, freshman communications major at NSU, prefers face-to face because she gets to engage more with people than online.

"Making friends online isn't very hard because you can literally bond with someone over something so simple as a TV show. I found it particularly difficult to make friends with students during or after my online classes in the beginning, but after I started joining GroupMe group chats and joining in on the conversations on Zoom, I started creating friendships

with my classmates. In the GroupMe chats, we all help each other with assignments, make jokes and have each other's backs. The other day, I could not find my math test on Canvas and I started freaking out, but I messaged people on our GroupMe. They could not help me look, but they wished me well and left me positive words," said Nascimento.

There are a lot of other ways for students to connect with others online. Students can follow their classmates on Instagram or Tiktok. Sharing and liking each other's post is a way of connecting with them. Creating study groups via Zoom helps both with their grades and their social life. I had joined one study

group with friends I made before and after the pandemic. It helped me with my midterm and I got to know my friends a little more.

Making friends online can still be uncomfortable since it's technically a new way of navigating college, but we have to try. We can't just stay sitting down in our bedrooms alone; we need to communicate with others. Taking classes and making friends online has made me more sociable with people, while staying safe inside due to COVID-19. We need to learn how to make friends online so that we can thrive during these hard times.

Navigating healthy relationships in college

Emma Heineman
Features Editor

Navigating relationships, both romantic and platonic, can be a difficult task, and the pandemic hasn't made it any easier. Especially in college, when students are given opportunities to meet new people and foster new connections, the path to healthy relationships can be a bumpy road. College can be the place you find your closest friends, your best mentors or even your life partner, but unfortunately, not all relationships are positive and healthy ones.

According to Loveisrespect.org, nearly half (43%) of women dating in college report experiencing violent and abusive dating behaviors, and the numbers are high among college men as well.

Why such a high percentage? Difficulties identifying unhealthy relationship behaviors points to part of the problem.

57% of college students said it's difficult to identify these types of

relationships and 58% say they don't know how to help someone who's experiencing it, according to Loveisrespect.org.

Without being equipped with the knowledge and tools to identify and remedy toxic relationships, many college students fall victim to their dangerous effects. There are innumerable negative effects that being in an unhealthy relationship can have on young individuals, including putting the victims at higher risk for substance abuse, eating disorders, risky sexual behavior and further domestic violence. It is important to remember that not every unhealthy relationship looks the same. Every relationship is different and it can be difficult to discern when a healthy relationship turns unhealthy or even abusive, but being aware of some common signs is crucial.

- Checking your cell phone or email without your permission
- Constantly putting you down

- Extreme jealousy or insecurity
- Explosive temper
- Isolating you from family or friends
- Making false accusations
- Mood swings
- Physically hurting you in any way
- Possessiveness
- Telling you what to do
- Pressuring or forcing you to have sex

Communicate

Communication is a fundamental building block in any relationship and can help you to avoid and identify warning signs before they become an issue. If something is bothering you, speak up. If you aren't comfortable talking to your friend or partner about their behavior, go to someone you can confide in. Whether it's a close friend, a family member, school counselor or a Title IX Officer, make sure you have someone to talk to. In many cases, outside advice can help individuals

decide what plan of action to take to fix or get out of a toxic relationship. NSU has a variety of resources available to help students who may be struggling with an unhealthy or abusive relationship. Don't hesitate to reach out if you or someone you know needs help.

Resources

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 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

Best practice safety tips for NSU students

Christina McLaughlin
Co-Editor-in-Chief

Although NSU has a large network of safety protocols put in place to protect the greater NSU community, it is never a bad idea to provide students with the best practice safety tips to keep students aware of their options in case a situation ever arises. Students can refer to their Campus Safety Handbook for in-depth safety tips, crime statistics and university procedures, but as a general overview, here are some safety tips students should keep in mind while they are on and off-campus.

“You can’t always predict these situations, so our department stands ready if someone reports a situation or would like to come forward. This can apply to abuse, violence, suspicious acts or other concerns within or outside of a relationship in the NSU community,” said Shane Lam, associate director of field operations for NSU’s Public Safety.

Personal safety

Students should always be aware of their surroundings when walking around campus or in public. It is pertinent for students to recognize potential threats by keeping their heads up and preferably walking in well-lit areas.

“Technology can definitely be a distraction. I catch myself walking with my head down and looking down at my phone. It’s important to keep your head up and be aware of who and what is around you in your periphery,” said Lam.

Lam recommends that students familiarize themselves with the locations of the Blue Light systems along their routes, the iShark app and SaferWatch.

Through iShark, students have the ability to contact Public Safety and other emergency contact information through the Emergency Resources button on the homepage.

SaferWatch is also another app that students can use to contact Public Safety and other resources through convenient application methods. In general, students can use these resources to report suspicious activity, Safety Escorts or even for emergency service help with vehicles or injuries among other reasons.

Vehicle safety

Other than following safe driving methods such as following local traffic laws and wearing seatbelts, crimes of convenience, such as motor vehicle theft and personal belongings, are preventable by closing or rolling up windows, locking your doors, parking in well-lit areas and

not leaving valuables in plain sight.

Suicide and violence prevention

Students can find themselves in situations or emotional or physical distress at any time. As a community, NSU students should be aware of the warning signs of distress in their peers, roommates or friends, which can include newfound drinking habits, talking about self-harm or violent acts or thoughts of doom among others.

Reporting these situations is very important, and a resource that students can reach out to the NSU Student CARE team. According to the NSU Handbook, The Student CARE Team is a multidisciplinary team designed to provide support for students’ well-being and academic success by connecting students in need with campus and community resources, such as student conduct, student counseling and residential life response to better understand a referred student’s experience.

“The NSU Student CARE Team’s purpose is to identify these individuals and contact them before a situation escalates or becomes violent in nature. This can involve any event or situation that drastically affects a student’s academic performance or overall well-being to be successful, overwhelmed or express intentions of harm and or violent thoughts or actions,” said Lam.

Students interested in reporting can email nsucareteam@nova.edu. For credible immediate threats, contact 911 or local authorities.

Alcohol

For some first-time-in-college students, this may be their first time away from home and legally allowed to drink alcohol. Because of this, some students might not be familiar with their limitations. In general, students should attempt to avoid being overly inebriated and only drink with trusted friends and individuals as well as avoid being separated from this group. There are times that students under the age of 21 drink alcohol and Lam stressed that students shouldn’t avoid reaching out to local authorities or Public Safety if they feel they are in an unsafe situation.

“Their safety and preservation of life come before secondary concerns such as underage drinking. If students are underage and involved with alcohol and need help, Public Safety and local

authorities should be involved to keep that student protected,” said Lam.

Travel safety tips

Students are encouraged to not travel alone, but in cases where they are, they should send “pins” of their location or share their destination or trip route to trusted individuals. Even if you are driving, it’s important to keep windows rolled up and doors locked to ensure no one reaches into your vehicle. If an individual on foot confronts you, it’s important to drive away or avoid that situation. By maintaining a vehicle in good condition and with adequate gas to reach your final destination, you could prevent unexpected breakdowns or being stranded in an unfamiliar or unsafe neighborhood. If you find that your vehicle is being followed, you should drive to a well-lit populated area, a local police or fire station and call the police if the following vehicle is not deterred.

Dating and sexual assault prevention

“There is no place for physical or verbal abuse in a healthy relationship. By recognizing that you are in a dangerous situation, it’s important to distance yourself. We partner closely with Title IX when issues become a Public Safety or health issue and if our assistance is otherwise required,” said Lam.

NSU’s Title IX Office ensures NSU is in compliance with Title IX, which is a series of implemented federal and state education laws that help students in situations of sexual and gender discrimination, sexual misconduct and other similar issues. According to their website, NSU is committed to maintaining classes, programs and activities that are free from sexual discrimination and misconduct, in compliance with Title IX of the Education Amendments of 1972. If you or someone you know has questions, concerns or would like to speak to someone about an experience, please review the available resources or contact Title IX staff below.

Laura Bennett, Title IX Coordinator

Tel: (954) 262-7858

Email: laura.bennett@nova.edu

Office: NSU East Campus - Office of Human Resources, Room 248

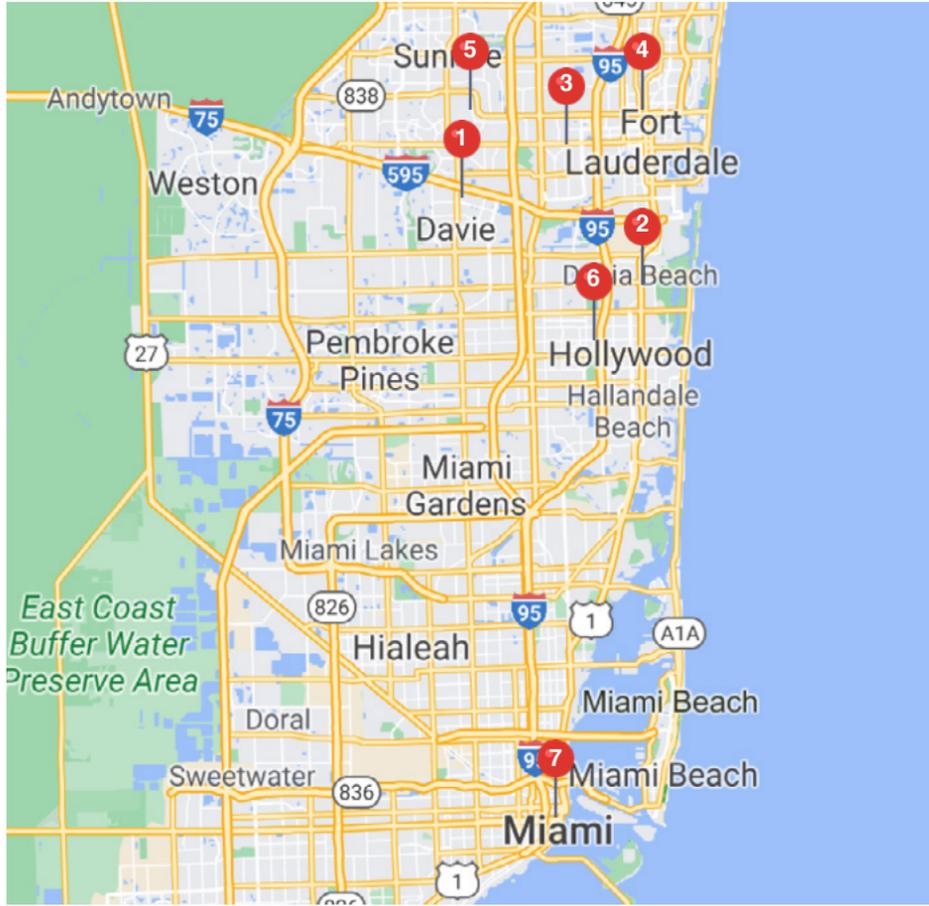
3100 SW 9th Avenue

Fort Lauderdale, Florida 33315-3025

“You *can’t always* predict these situations, so **our department stands ready** if someone reports a situation or *would like to come forward...*”

Getting to know SoFlo

The Current



Curious to get to know sunny SoFlo? A few of these cities and towns near NSU’s main campus boast numerous opportunities to learn more about the area. Check out the map below to get The Current’s recommendations as to what you can find — and then do some exploring yourself. Just be sure to double-check on COVID-19 guidelines and restrictions for your destinations.

- 1 - Davie**
- NSU main campus
 - Tower Shops
 - Natural areas & parks
 - Westfield Mall
 - Walmart & Target

- 2 - Dania Beach**
- Dania Beach & Pier
 - NSU’s Oceanographic Campus (OC) in Von D. Mizell and Eula Johnson State Park
 - Natural areas & parks

- 3 - Wilton Manors**
- Shopping
 - Restaurants & cafes

- 4 - Fort Lauderdale**
- NSU Art Museum
 - Downtown Fort Lauderdale
 - Las Olas Boulevard
 - Fort Lauderdale Beach

- 5 - Plantation**
- Restaurants & cafes
 - The Fountains (shopping)

- 6 - Hollywood**
- Hollywood Beach
 - Yellow Green Farmers Market

- 7 - Miami**
- Frost Museum of Science
 - Wynwood Walls
 - Shopping
 - Restaurants & cafes
 - Miami Beach
 - South Beach

Things to do in South Florida

J. L. Glasthal
Contributing Writer

Welcome to NSU — you’ve made it to the Sunshine State. Not only are you in a new stage in your life, but maybe, you’re in an entirely new environment. It can be tough to acclimate while trying to catch your bearings as a freshman. Thankfully, you can rely on The Current to show you the ropes. Here are some fun and exciting activities to do in your new place of residence:

Go to the beach

About 20 minutes east of our Davie campus is the Atlantic coast of Florida, full of sunny and vast beaches like Dania Beach, Fort Lauderdale Beach, Hollywood Beach and tons more. Whether you need some fresh air while you’re completing assignments or you want to go for a swim, the beaches are a perfect place to go to in your free time. There are boardwalks full

of great restaurants and delicious dessert spots for when you’ve spent all day swimming or simply relaxing on the sand.

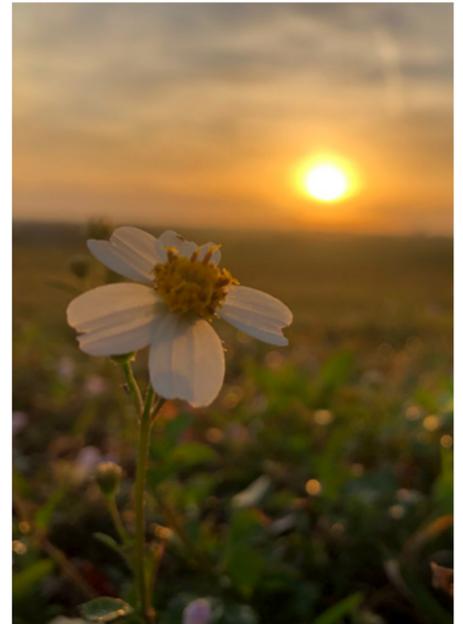
Explore Downtown Fort Lauderdale

Down here in Broward County, we really know how to liven up your day. Downtown Fort Lauderdale is a beautiful city that is sure to excite with its many fabulous restaurants, history museums, its art district “FATVillage,” shopping districts and the NSU Art Museum. The NSU Art Museum is free for students at NSU and has many changing exhibits so that you’ll never run out of things to see. You can easily spend a month going to the inner city and finding something new each time you go. Downtown Fort Lauderdale is a great place to go with friends.

Enjoy what Davie has to offer

If you’re coming to NSU with no ride and are looking for more things to do within a reasonable distance, fear not. Davie, home to the main NSU campus, has a lot to offer when it comes to fun and relaxation. From escape rooms to parks, Davie proves to be a fun filled town. There are a lot of restaurants like Hispanic cafes and pizza bars, all within walking distance from NSU’s main campus. If that doesn’t suit your fancy, head on over to Tower Shoppes, a huge plaza only a couple miles down the road with a ton of different restaurants, markets and stores as well as hidden gems, such as the occasional food truck or mini donut pop-up shop.

Check out the map on page above for more areas around campus to visit.



Vista View Park
With permission to print from Flor Ann Mireles

Ways to safely get around South Florida

Sofia Gallus
Arts&Entertainment Editor

Believe it or not, you don’t have to travel by horse in Davie. While living in a big city can be daunting, especially if you don’t have a vehicle of your own, it isn’t impossible to get around Davie and Fort Lauderdale. There are several options for students at NSU to explore the city they live in and become immersed in local culture.

Public transportation

There are public transportation options for students offered by the city. There is a free shuttle service that stops on campus called SFEC Tri-Rail Express, which runs Monday through Friday from 7:15 a.m. to 8:30 p.m. The shuttle route encompasses several different stops, including a stop on College Avenue and the tri-rail station that provides transportation to the airport. The SFEC

Tri-Rail Express is free to students, and while it often runs late and isn’t associated with NSU, it can be a useful resource for students, especially if they need to get to the airport.

Other options for transportation include using apps like Uber or Lyft. These rideshare apps are affordable ways to get around Davie and Fort Lauderdale. The easiest way to travel off campus is to call a rideshare to or from the Don Taft University Center, as the rest of campus can be hard to traverse with all of the security gates. When you’re using a rideshare app, always make sure to be safe. Wait for the driver to say your name before getting in the car and let your friends know where you are going, when you leave and when you arrive.

University transportation

NSU offers free transportation to

students through the NSU Shark Shuttle. The Shark Shuttle runs to different places around campus during the week for quick transport between buildings, and on the weekends, the Shark Shuttle offers service to different places around Fort Lauderdale as well. The bus also runs to the nearby Publix and Walmart for students who want to pick up groceries and there’s a shuttle that runs to downtown Fort Lauderdale for students who would like to explore. The shuttle stops at the NSU Art Museum, the Museum of Science and Discovery, Galleria Mall, Beach Place A1A and Las Olas Boulevard. Whether you want to shop until you drop, check out some local art and eateries or simply enjoy a day on the beach, each of these places offers a great destination for students who wish to get off campus, relax and enjoy South Florida.



Shark Shuttle
With permission to print from Erin Cowan

Living like a FLocal:

A guide to living in South Florida

Emma Heineman
Features Editor

For many NSU students, starting college means moving away from home for the first time. For some, this transition means coming to a new state. Like any new place, there is a lot to learn and appreciate about living in South Florida. Here are some tips and recommendations for making the best out of your Floridian college experience.

Hurricane season

It's no secret that Florida is notorious for its hurricane season. For someone who hasn't yet been through one, experiencing a hurricane can be scary and overwhelming, but having a plan in place can make it a lot less stressful. You never know when a hurricane is going to happen, but you can be prepared by making a plan of action for when it does. Arranging a safe place to stay, keeping some bottled waters and non-perishables in your car or room and signing up for local weather and NSU alerts can help you to stay informed and safe if and when the time comes.

Be prepared, rain or shine

Every year, thousands of tourists flock to South Florida to enjoy its warm waters, sandy beaches and tropical climate, and lucky for NSU Sharks, being at NSU means getting to live here all year long. While there is plenty of time throughout the year to soak up the sunshine, as the saying goes, you can't have sunshine without a little rain, and Florida's weather is no exception. Unless you want to get soaked in a spontaneous rainshower while walking to class, I recommend investing in a good rain jacket, an umbrella or even better both. The number of times you'll be thankful to arrive dry to class while your classmates shake off their wet clothes and drenched hair will make your purchases worth it.

Stay up to date on COVID-19 guidelines

One of the challenges of the COVID-19 pandemic has been staying up to date on the vast number of different regulations and rules that vary by city, county and state. Make sure to stay

informed by checking the local updates for information about mask mandates, businesses operations, social distancing measures and more. You can also stay up to date about COVID-19 policies at NSU by visiting their official website, and by viewing the resources listed on page [INSERT WELCOME SECTION PAGE #] of this Orientation Issue.

Get out and explore

NSU has a beautiful and engaging campus where students can do everything from study by the pool to wander through the Medicinal garden, but you also won't regret leaving campus from time to time to discover what else South Florida has to offer. From beaches and nature parks, to a vibrant nightlife scene and sporting events, South Florida truly has something to offer everyone. Next time you find yourself bored on a weekend afternoon, instead of staying in your room, get out and explore everything the local spots have to offer. If you like being outside, taking the Shark Shuttle down to Fort Lauderdale Beach or visiting a local park

can be the perfect way to spend a relaxing afternoon. If you are up for something more adventurous, try any number of Florida's popular water sports like kayaking, paddle boarding or jet skiing. Feeling artsy? Check out the NSU Art Museum in Downtown Fort Lauderdale or make the short drive to Miami where you can walk around the cute, artsy districts until your heart's content.

Do some wildlife research

Like any new location, Florida comes with its own array of critters and wildlife to keep an eye out for. If you are on campus, you'll likely see iguanas, racoons, lots of different species of birds and even the occasional turtle or snake. Travel west of campus and you might even get the chance to see an alligator. Whether you love all types of animals or would rather keep your distance from anything that crawls, creeps or slithers, doing some research about local wildlife never hurts. You might come across some cool new facts and find out which animals to steer clear of.

Fort Lauderdale's cuisine classics

Emma Heineman
Features Editor

Whether you're just moving to Fort Lauderdale or if you've lived in Florida all your life, you may be curious about the cuisine available around NSU. If you're new to South Florida, there are several different staples of local cuisine to really make you feel at home in Fort Lauderdale.

Seafood

It's impossible to live in Fort Lauderdale without acknowledging the huge seafood businesses that thrive on the east coast of Florida. Because of our proximity to the ocean, seafood is abundant and stone crab is a popular request in South Florida. It is harvested

fresh off of the coast, and while it may be pricey, it is definitely worth the money. There are a number of different places to get seafood depending on what you want, but if you're looking for an adventure and some fresh fish you can cook yourself, try venturing out near Dania Beach. On most weekdays on Dania Beach Boulevard, you may pass a white van that advertises fresh fish and crab. While it may seem a bit strange if you're not from the area, this guy is for real and sells fresh seafood at very fair prices.

Fruit dishes

Many different fruits thrive in Florida's

tropical environment. There are a great number of fruits that are used in the many classic fruit dishes in South Florida, such as key lime pie, guava jelly and pastries and of course, orange marmalade. While not all of these fruits are native to Florida, fruits such as key lime, guava, orange, mango and lychee are all popular flavors and make for a great addition to any meal or smoothie.

Authentic Cuban cuisine

Due to South Florida's proximity to Cuba, Fort Lauderdale is abundant with amazing Cuban restaurants to choose from. There are even places near

campus that are great places to get a bite to eat. Padrino's in The Fountains shopping center is one of the best Cuban restaurants in the area. Little Cuban Cafe offers breakfast and lunch, boasting a large menu filled with things such as fresh coffee, amazing sandwiches and delicious mango milkshakes. A little further out is 925 Nuevos Cubanos, which hosts breakfast, lunch and dinner. Their menu offers classic Cuban sandwiches, carne asada platters, guava and cheese pastries for dessert and much more. Make sure to visit an authentic Cuban restaurant in order to really get a feel for South Florida cuisine.

GillOut: Highlights

NSU is a unique and lively campus, but that doesn't mean Sharks can't band together and take an afternoon to explore the South Florida area — even if that just means finding a quaint place to study. Here's some of our Gill Out highlights from past volumes.

Bonefish Mac's Sports Grille

Blake Malick
2002 E Sample Rd, Lighthouse Point, FL 33064
\$\$

Just 30 minutes from campus, Bonefish Mac's Sports Grille is the ultimate place to get a bite to eat. Bonefish Mac's has everything that normal sports grills have, but they also specialize in seafood. When you walk in, you are greeted by a tropical atmosphere that has sports flags and team logos all around. From alligator statues to paintings of all types of fish, Bonefish Mac's has an awesome ambiance for those that are looking to go out for the night.

Change Doughnuts

Chloe Rousseau
1904 S University Dr, Davie, FL 33324
\$

Miniature doughnuts, enough said. Change Doughnuts is a local food truck that makes miniature cake doughnuts fresh with each order. They have countless combinations of toppings and frostings that range from simple powdered sugar to apple pie topped. Not only does Change Doughnuts have doughnuts, they also have amazing homemade Italian sodas and delicious ice cream sundaes that, of course, incorporate their signature miniature cake doughnut. While many people prefer yeast doughnuts to cake doughnuts, the doughnuts here are fresh, hot and just melt in your mouth.

Clovermint Cafe & Market

Madelyn Rinka
3433 Griffin Rd, Fort Lauderdale, FL 33312
\$\$

Not every vegan wants to eat salads and drink green juices every day — and if you're looking for a place to get some flavorful and exciting plant-based food,

Clovermint Cafe & Market is just the spot. This "comfort vegan" restaurant serves up rich and delicious food without making you feel obligated to eat your greens — because even vegans need some comfort food.

Hanji

Rick Esner
6403 Stirling Rd, Davie, FL 33314
\$

Hanji serves a menu featuring a variety of milk tea and cups of snow cream with a wide array of toppings and flavors. Offering vegan and non-dairy options for both their snow cream and tea, there are options for anyone in attendance.

Izziban Sushi & BBQ

Daniella Rudolph
7225 W Oakland Park Blvd, Lauderhill, FL 33313
\$\$

For as little as \$20 you can score an all-you-can-eat sushi and buffet, with a twist. Each table comes with a built-in grill and you cook your own meats and vegetables at the table, adding any unique flavor that you would like. They have a menu with a wide variety of meats (beef, chicken, pork) and seafoods (fish, squid, octopus) all basted in their signature kimchi sauces. They also have extensive

sushi choices and offer great vegetarian options. This is the perfect opportunity to do something unique and incredibly fun with your friends and/or family while showcasing your inner chef.

Leafy

Flor Mireles
641 NW 100th Pl, Pembroke Pines, FL 33024
\$\$

Leafy is an eco-friendly, vegetarian-friendly and gluten-free friendly authentic Vietnamese restaurant 15 minutes south of NSU that mixes in Asian fusion and specializes in aesthetic drinks and exotic dishes. Mainly, Leafy is known for the teddy bear ice cube drinks, which they only make 100 of a day, so it's important to go earlier in the day to be able to try it.

The Original SubCafe

Rick Esner
7711 Nova Dr, Fort Lauderdale, FL 33324
\$

The Original SubCafe is a breakfast and lunch cafe and sandwich shop located about five minutes from campus featuring a simple, yet extensive, menu of classic favorites, such as both hot and cold subs, burgers and delicious breakfast sandwiches. The Original SubCafe also serves a variety of Cuban cuisine, such as Cuban toast and rich Cuban coffee.

Explore the nature around NSU

Flor Ann Mireles
Copy Editor

The great outdoors are considered great for a reason. Whether you enjoy the outdoors or just need a place to sit and relax, there are tons of nature spots in and around NSU to explore and enjoy.

NSU's own backyard

Healing & Medicinal Garden

Located behind the Parker building and just west of the Alvin Sherman Library, NSU's Healing & Medicinal Garden is a great place to take a break between classes and not have to venture off campus. Created by the NSU College of Pharmacy, this garden is home to a 66-foot therapeutic stone-studded pathway called the Reflexology Pathway, which is based on the ancient Eastern study of healing oneself through the stimulation of various pressure points on the feet. The Healing & Medicinal Garden is also home to an array of plants, all of which have medicinal qualities. There's also a gazebo and some outdoor seating for you to journal, do homework or do some reading.

Off-campus parks

Tree Tops Park 3900 SW 100th Ave Davie, FL 33328

A short drive from NSU on Nob Hill is Tree Tops Park, a large park perfect for spending the afternoon at. With more than 140 acres of ancient live oaks, tropical hammocks and wetlands, this park has nature trails, playgrounds, an equestrian center and even an observation tower. If you're looking for parks with wildlife, Tree Tops is also home to an abundance of turtles, which you can spot in the decked marshes. It is a great place to have a picnic, do seasonal paddle boating, explore nature and relax or hang out with friends. One of the best parts of Tree Tops Park is that it has free admission on weekdays, making it a go-to spot to explore before or after your classes. If you've got a busy schedule and can only make time to check out Tree Tops on the weekend, don't worry. Weekend admission is only \$1.50 per person.

Vista View Park 4001 SW 142nd Ave

Davie, FL 33330

A little further down Griffin Road, you will find Vista View Park, a good spot to catch beautiful sunsets. Once being a garbage dump, Vista View Park is now a beautiful park with hills that stand at 65 feet above sea level. The park's hilltops are the highest man-made elevation in Broward county and give you a perfect view of Davie. With over 270 acres of land to explore, Vista View Park is great for going on runs and exercising, having picnics or dates and even flying kites, drones or model airplanes. Regardless of how you spend your time here, you're sure to have a good time while being only a little ways from campus. Like Tree Tops Park, Vista View Park is another affordable spot to spend some time in nature with free admission on weekdays and \$1.50 admission per person on weekends.

Topeekegee Yugnee Park 3300 N Park Rd Hollywood, FL 33021

Named after the Seminole term for "meeting or gathering place," Topeekegee Yugnee Park, or T.Y. Park, may be a bit further from campus, but is

a great place to spend an afternoon with friends and family outdoors. This park is great for anyone who enjoys walking around, picnicking or even playing sports. Expanding over 138 acres, T. Y. Park is home to Castaway Island, a swimming lagoon, as well as a campground, two water playgrounds and shelters and gazebos. Here, you can also find a large shaded playground, basketball and tennis courts, a fishing pier and a scenic lake water fountain. The park has a good mix of developed and undeveloped areas that allow attendees to get the best of both worlds: family park vibes and commodities and undisturbed nature spots -- and like the previously mentioned off-campus parks, admission is free on weekdays and \$1.50 per person on weekends.

With the COVID-19 pandemic and social distancing orders in place, please remember to be a Smart Shark and follow CDC guidelines as well as obey park rules and regulations to contain the spread of COVID-19. If you have questions or concerns, see the CDC website as well as the Broward County Parks website for the parks aforementioned.

Reading off the clock

Rick Esner
News Editor

After a long day of classes, often the last thing you want to do in the evening is read more. However, it is important to read for leisure, not only for your enjoyment, but for mental stimulation and to give your brain a rest from the loads of technology we use in day-to-day life. The last thing you should do is read about more schoolwork. Instead, try and find something that gives you joy and piques your interest. Here are some book suggestions for college minds who just need to debrief after a long day.

"Educated" by Tara Westover

While technically my first read-through of this book was for a class, this novel is my newest top recommendation for everyone. The book is a memoir that follows Westover's childhood growing up in a survivalist family in the mountains of Idaho. This book will have you sitting on the edge of your seat, saying "No way this actually happened." The sheer amount of time that I have spent thinking about this novel and even comparing it to my own family, which is inevitable for most

readers, is phenomenal. The less you know going in, the better.

Poetry

My next recommendation would be to read poetry. Whether it be in book form, through a journal or just online, you can find good poetry everywhere. Poems are artful expressions of stories that can provide deep insight without hurting your brain after a long day. My personal favorite collection is "Where the Sidewalk Ends" by Shel Silverstein, despite the childish themes. These poems are great for all ages and can provide a great outlet to destress in troubling times. I would also recommend checking out "Perspective (and other poems)" by Flor Ana Mireles, an alumna of NSU and The Current's team.

"The Curious Incident of the Dog in the Night-Time" by Mark Haddon

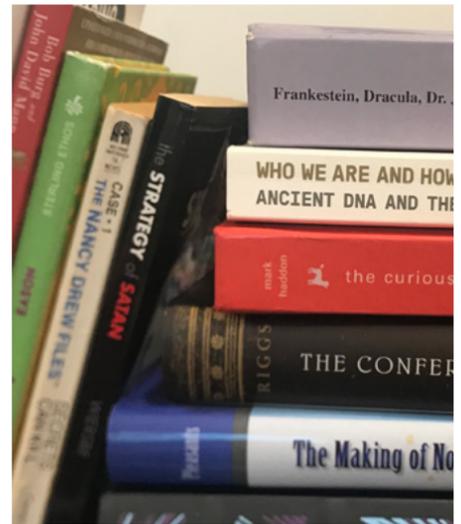
This is another novel that I would highly recommend, and as a mystery fanatic, this book sure does scratch that

itch. This 2003 novel follows the first-person perspective of a 15-year-old English boy with behavioral difficulties. The novel does a great job at making the book not about disabilities, but instead keeps focus on the mystery with a main character who just so happens to be neurodivergent. This is still a great example of the neurodivergent community in media despite being published over a decade ago. It also has plenty of subtle and entertaining quirks throughout the book to keep readers on their toes. Even if you are not a huge mystery sleuth, the characters' personalities are sure to keep you engaged.

Books that fit your hobbies

My final suggestion is to find a book that fits your hobbies. As a busy student, hobbies are often put aside in order to make room for academics. Reading a book about your favorite hobby before bed is a great way to keep up with things that interest you without taking too much time out of your day. These books can range

from a variety of topics. Recently, I have been reading books on U.S history as I miss the subject from high school. I even found a copy of Henry David Thoreau's "Walden and Civil Disobedience," which is a hefty book to get through, but interesting in my eyes nonetheless.



With permission to print from Rick Esner

Don't break the bank: Know your student discounts

Rick Esner
News Editor

As college students, we love a good deal. With the expenses we need to deal with on a daily basis, discounts are a great way to satisfy our needs and not make our wallets cry. Here are a few of the discounts offered to NSU students.

BurgerFi

The BurgerFi in Tower Shoppes offers a 15% discount to NSU students. This restaurant offers a wide variety of burgers — from the classic hamburgers and cheeseburgers to breakfast-themed burgers and even vegetarian and vegan options, you're sure to find something that satisfies your taste buds. For more information, contact them at 954-900-

5203 or visit their Davie location at 1902 South University Drive.

Empire Beauty School

The Empire Beauty School in Lauderhill offers a 20% discount to students on all services. Empire Beauty School is a cosmetology training program that offers full salon services by students in training. For more information, contact at 954-376-3285, visit their Lauderhill location at 4806 North University Drive or check out their website at <http://www.empire.edu/cosmetology-schools/florida>.

Runners Depot

Runners Depot offers 15% off

discounts on vitamins and supplements, in addition to \$10 off shoes (not including those already on clearance). For more information, contact them at 954-474-4704 or visit their location at 2233 South University Drive in Promenade Plaza.

Shin Ju Japanese Buffet

Shin Ju is a Japanese buffet that serves sushi, hibachi and a wide variety of other dishes. With their SharkCard, students will get 15% off their meal. For more information, contact them at 954-472-3666 or visit their location in Davie at 3305 South University Drive across the street from the Health Professions Division Building.

Ye Olde Falcon Pub

Ye Olde Falcon Pub is an English pub and restaurant that is known for its fish and chips. They offer a 15% discount to students with their SharkCards. This restaurant's outdoor seating is also pet-friendly in case you are eager to see and interact with some animals. For more information, contact them at 954-424-0300 or visit their location at 2867 South University Drive.

For more places that offer Shark discounts, check out vendors' individual websites, online reviews or simply ask them upon your arrival.

It's time to think about your credit

Christina McLaughlin
Co-Editor-in-Chief

If you're like me, you probably didn't have your own personal credit card or banking account that wasn't connected to your parents prior to college. It's a major financial commitment, and if you do not understand exactly what it is used for or how it can affect your future, you can put yourself in a position of financial hardship. According to a Sallie Mae survey, in 2019, only 60% of college students reported paying their credit card bills in full each month.

So, what does this mean for you? How can you make sure that you are part of the 60% that can pay off their credit card bills with confidence? It starts with understanding what credit cards are and what credit can do.

There is this common misconception that credit cards are essentially free money. However, this is far from the truth. The way our economy works and the personal financial hardships Americans face, there is a need to rely on credit cards to make purchases on items that you need while also guaranteeing that you will pay it back at a later date. This line of credit that you create with your bank or other financiers -- other than helping you pay for purchases that you are unable to make on your own -- also helps you build credit.

By building your personal credit, loan providers, insurance companies, leaseholders, homeowner associations and others have the ability to know if they are going to get paid and paid on-time. In other words, it lets them know if you are a trustworthy person to rent out or give a loan to. If you have good credit or you frequently make payments to your credit card, you are likely to get a break on interest rates, get accepted at homeowner associations and make the purchases that help shape the life you want to make for yourself. Whether you like it or not, this is how a lot of business is done and it can give you a little bit of a financial cushion when you are in need. In cases of emergencies or unexpected expenses, having good credit can be a great helping hand.

One of the benefits of building credit, especially during your college years, is the lack of immediate financial obligations and the increase of financial independence.

Essentially, right now, most college students either live at home with their parents or in the student dorms and are on meal plans. This is a great time to start making small purchases with a credit card, such as on gas or grocery items, without the financial stress of keeping a roof over your head or other immediate

necessities. By building credit in college through purchases on a credit card and keeping up with payments, you can get a step ahead in your financial future.

So, how do you keep up with payments and ensure that you don't overdo it? My suggestion is, if you are about to get gas, buy groceries or make another purchase with your debit card and you have that amount in your bank account, get in the habit of putting those payments on your credit card and pay it back later. Even if you literally pay the credit card balance when you get home, this is a simple way to start building your credit safely with the ability to recover.

Even if you are especially careful with your money, there will be situations that you will find yourself in debt -- even if it is as little as \$10. So, what do you do in that situation? Keep up with your minimum payments, set a reminder on your phone or rely on some of your savings to keep up with payments and replace it later.

This may seem confusing and maybe even a little overwhelming, but it is an important skill that takes some time to adjust to and manage. Everyone has their own way of managing their money and financial independence, but sometimes, you need some guidance when you fall behind or when you are not sure what

to do -- and that's okay, too. Feel free to reach out to your bank or look for online resources for support in helping you navigate your financial goals and building your credit score. If you really feel at a loss, ask a trusted family member, parent or friend how they manage. It can only help.



With permission to print from Christina McLaughlin

Internships in a pandemic

Blake Malick
Contributing Writer

As a college student, internships are one of the most important things that you can add to your resume. Internships allow you to experience a career firsthand and learn from those who are in that field. As you go through your time at NSU, depending on your major, you may be expected to complete an internship before you graduate. While it may not be necessary, every student should try to secure an internship while in college.

EDGE and career advisors

Incoming freshmen, you will be given an EDGE advisor. Incoming students that aren't freshmen will be given career advisors. EDGE advisors and career advisors are here to help you secure internships and guide you through your career. If you have any questions about your career or internships, they are the people you should speak to. To find out who your career or EDGE advisor is, you can call 954-262-7990.

Emilio Lorenzo, NSU's associate director of Employer Relations, oversees the internship opportunities for students.

"The best advice I can give an incoming student is to meet with your career advisor or EDGE advisor in the Center for Academic and Professional Success, or CAPS. They can coach you on how to approach the internship process," said Lorenzo.

If you are still unsure about what you want to do, an internship can be one of the best ways for you to know if that career is for you.

Handshake

Handshake is an imperative tool that you will use throughout your time at NSU. Handshake is a site and app that you will find internship opportunities on.

"Handshake is the one-stop-shop for your career needs. The great thing about Handshake is it isn't just a local search,

but also a national search for internships. Students can use Handshake to help them get internships across the country. If a student knows they will be in New York for the summer, they can specifically search for that on Handshake," said Lorenzo.

Additionally, freshmen will need to use Handshake to sign up for their Early Immersion, an opportunity to experience a profession of your choice for a day. Your Early Immersion is a large portion of your grade for UNIV 1000, so getting familiar with Handshake is essential.

On-campus internships: NSU's Division of Clinical Operations

If you want to be an intern on campus, NSU has a myriad of places that you can intern for. NSU's Division of Clinical Operations is just one of the places on campus that allow students to intern for them.

Nicole Osorio, a junior finance major with a psychology minor, is an intern with

NSU's Division of Clinical Operations. Osorio found out about the internship through Handshake, a site and app that helps college students find internships and jobs.

"I was searching for internships in my area and saw NSU's Division of Clinical Operations. I did my research and liked the internship's description. I applied, and about a week later, they reached out to me and asked me for an interview," said Osorio.

Osorio says she has learned a lot from being an intern with NSU's DCO. "I'm seeing things that I have learned in class be applied to the real world. I'm understanding these concepts even more."

You can learn more by visiting nova.edu/career or by contacting the Center for Academic and Professional Success at 954-262-7201 or caps@nova.edu.

A guide to landing and keeping a job on campus

Madelyn Rinka
Co-Editor-in-Chief

Visit the Office of Career Development 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 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. 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-racking 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.

On 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

Congratulations. You got the job. The learning doesn't stop here, however,

because you still have to keep it. Upon employment, communicate 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.

Want some advice about professional development, specifically during a pandemic? Check out [this](#) article by The Current.

Take it from the seniors

Madelyn Rinka, Christina McLaughlin, Flor Mireles

What advice would you give to your freshman self?

Madelyn Rinka, graduating co-editor-in-chief

If this past year has taught me anything, it's to learn to expect the unexpected... or maybe not to expect the expected. A lot of freshmen, myself included, tend to have the mindset of "I'll do it when I'm a senior." Yet, a lot of us seniors quickly realized that many of the things we were looking forward to wouldn't be happening or would be modified. It was hardest in the beginning — watching the first events get canceled, postponed or moved online, and while it got easier over time, I still found myself wishing I had done things when I had the chance.

While I'm hoping the future of college experience won't have such a dark COVID-19 cloud looming over it, I still think my advice stands. You can't really expect anything to be the same as it was. Whether it's because of a pandemic or not, you never know when you'll get the opportunity to do something again, if at all, both in college and in life. Jump at new experiences and try things you've never done before, even if it means getting out of your comfort zone, assuming you can do so safely during or after the pandemic. I don't intend to sound so ominous, but don't wait to go for it, whatever it is for you — because you don't know if it will be there tomorrow. Just try to make today a great day.



Christina McLaughlin, graduating co-editor-in-chief

Looking back at my college experience, it definitely had its fair share of highs and lows, but through it all, I've learned a very important lesson. Life may throw a whole lot at you, but you can and will persevere. I don't think any of us seniors expected COVID-19 to change the expected senior year we all hoped to have. Even though it felt so unfamiliar and scary, once I adjusted and got "comfortable with the uncomfortable," my experience improved and I was able to see the positives in this experience -- like noticing how resilient and independent I have become these past four years.

So, my advice to my freshman self, or to really any freshman that will listen, is to get comfortable with the uncomfortable. Put yourself out there and try things that make you a little nervous or are a little out of your comfort zone. If you told me freshman year that applying to the section editor position at the job fair would lead to me being co-editor-in-chief of The Current a year later, I wouldn't believe you. So, put yourself out there. Try that new hobby or join that club or organization that interests you. You never know where it might lead. College is known as the experience that you will look back on with fond memories. So, why don't you push yourself -- safely, of course -- to have those stories that are worth remembering years and decades from now.



Flor Ana Mireles, graduating copy editor

College may be something we are all experiencing -- even in these unprecedented and online-based times -- but that does not mean it will look the same for all of us. College is a time to figure yourself out and explore the person you are becoming. My advice to my freshman self would've been to jump into the pool of opportunities offered at NSU. Do not be afraid to explore different clubs and activities and passions you may have. It's better to say you tried something, even if you didn't like it as much as you thought you would than live with the regret of not having tried it at all. Most importantly, do not fear change. Change is inevitable, and like we've experienced in the last year, sometimes, change can happen in the blink of an eye. The trick is to just go with the motions and flow with the current of life's experiences and adventures -- you never know where they might lead you. In time, you will find you've changed a lot and a lot of that change comes with growth. It's important to continue growing and continue striving to become the best version of yourself.

College is a time to explore. Find those subjects and hobbies that you are passionate about and go for it, even if it doesn't result in a fancy title. Choose to do what you love rather than what is supposed to make you financially successful. Everyone's story is different. Maybe, if you work hard enough for what you're passionate about, you can do it for the rest of your life and not have to do something you're only content with or even dislike for the rest of your life. Don't be afraid to step out of the box and follow your dreams, even if it involves lots of steps and can become difficult. Don't be afraid to ride that ride, even if you have to ride alone sometimes. Like life, college is what you make it. Make it the best you can and enjoy all its moments, both the good and the bad, and no matter what happens, know your senior self is looking back on you, proud of you and who you've grown to be.



Staff picks

Blake Malick
Contributing Writer

What are you looking forward to in the next semester?

"I am most excited about the classes I am taking next semester. These first two years I have only taken a handful of classes within my major, and now with a full set of classes within my major for next semester, I am greatly looking forward to learning. I am also excited about living in a new dorm. New experiences are always nice and I look forward to whatever comes

next year," Rick Esner, news editor

"Next semester will be my second to last semester at NSU. As I look forward to the end of my undergraduate experience, I hope to take advantage of all of the opportunities I have been given as an NSU Shark. From the amazing friends that I have made to the great connections fostered with faculty and professors, I am looking forward to making the most of my last year and planning ahead for whatever my future may hold," Emma Heineman,

features editor

"This upcoming semester, I am looking forward to finishing out my last year as an undergraduate student at NSU. I hope to not only finish strong in my academic standing, but also make memories that will leave me remembering NSU fondly as I move on to the next stage in my life. I'm looking forward to making memories with my friends, and hopefully, exploring new places in South Florida, COVID-19 permitting," Sofia Gallus, arts

& entertainment editor

"Probably, just finishing up undergrad is what I'm most looking forward to. It may be senior year, but it is definitely not going to be my last year of school. I'm looking forward to, and stressing out about, applying to grad school and continuing my education. I've learned a lot in these last three years, and I look forward to learning more in my last year here at NSU," Alexander Martinie, opinions editor.

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