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The Current

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## The Current - Volume 33, Orientation Issue

Nova Southeastern University

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# The Current

The Student-Run Newspaper of Nova Southeastern University

August 10, 2022 | Vol. 33, Orientation Issue | nsucurrent.nova.edu

## ORIENTATION ISSUE

complemented a barista counter located on your right, the wall stands decorated with coffee-related pictures and cozy couches. This place is Crema Gourmet, which can be found off of University Drive just nine minutes away from Nova Southeastern University.

I was so excited to visit this restaurant ever since checking their social media, which exhibits their menu and beautifully decorated drinks and food like a perfect place to take pictures and post. Once stepping into the

breakfast to and salads. Craving Greek bread with caramel cappuccino and ordered panca

Marquez. I was very back [after my gap year] and Championship. I was hungry for

same exact pool just two years later, won as a champion. Marquez won Championship in the women's 200

It was a story of Jim may come from the pursuits so there

According to Santos, students have creative freedom regarding their film and can use their friends as actors and production staff in their work. The film does not have to belong to any specific genre.

"Once the film is produced and submitted, they will work with a faculty advisor to assist in that process," said Santos.

She also noted that every student participating in the symposium, even outside of the film fest, will have help from a faculty advisor and went on to further detail the process films go through after they are submitted.

"Sometimes students work individually or in teams, every year we have films submitted both formats. The films are judged by a

Weylin Sternglanz, associate professor in the department of psychology and neuroscience, was also a co-organizer of the festival.

Sternglanz said, "Those present included students and faculty, along with a few alumni and community members."

The film festival took place on the first day of the festival from 5 p.m. to 7 p.m. in the Honors Library. There were a lot of people there, and it was a great experience.

For a boxer who would be considered a "problem child" each of his opponents

When it comes to the bones day myth, the outcome would revolve around the bones day myth.

there are many other dogs their time in the spotlight as well. We've taken on some of the biggest challenges, and for example, being mayor of

Golden retriever, was inaugurated as the dog of the year in California in 2013, after that he was named the dog of the year in Colorado.

the presence are known to be happy. Some are even called Panko Cat, one of the most popular cats on Instagram with a following of 258,000 people on Instagram and is shown far and wide on TikTok. Her personality is shown on social media and is favored among many. One interesting fact about Panko is that

being able to completely swallow the objects, Kirby will stretch to take the shape of the object, as well as gaining the power and properties of the object.

freedom regarding their film and can use their friends as actors and production staff in their work. The film does not have to belong to any specific genre.

Weylin Sternglanz, associate professor in the department of psychology and neuroscience, was also a co-organizer of the festival.

Another feline that has made their mark is Stryker, a stunning savannah cat. Stryker is Instagram famous for his unique coat. His owners rescued him from a small cage, and ever since then have given him a much better life. However, there is controversy surrounding these breeds and whether it is humane to keep them as pets. Yet, Stryker's importance on social media and the care that his owners give him seem to trump that idea.

Special animals like aquatic species showcase uniqueness and their own individuality most commonly in movies and aquariums.

One of the most famous dolphins is named Winter, a mammal that was known in a movie based on its origin story called, Dolphin Tale. Winter had a heart-warming story about not having a tale, and then receiving a man-made one that allowed him to survive. Sadly, Winter passed away Nov. 11, 2021 due to an intestinal abnormality, but his memory and presence lives on.

These animals are special and memorable in many different ways. They possess uniqueness and are defined as incredible species that will live on forever.

If you find it hard to commit to a workout

works on multiple parts. start off your workout by doing K-pop girl groups tend to have easier choreographies to follow and get your muscles warmed up. Starting off with complicated intense choreographies can become frustrating and you're more likely to get discouraged. keep going. It's also important to change

# Letter from the editor – Orientation issue 2022

By: Sofia Gallus  
Editor-in-Chief

To my fellow Sharks,

Welcome to NSU for the 2022-2023 academic year. I hope that you're excited to experience all that NSU has to offer, both in the form of new and old school traditions, beautiful weather and amazing educational experiences.

This will be an exciting year for NSU. Many new things are in the works, and many old things are returning post-pandemic. Last semester masks were made optional in all NSU facilities, meaning that we can now see each other's smiling faces once again. Old traditions, such as Fins Fest and the STUEYs, returned in-person for all students to enjoy, as well as new traditions, like the NSU Games. Who knows what other things this year has in store for us?

Through it all, The Current will be here to tell you about what's going on. Over the years, we've worked hard to keep you up to date on all the latest news. Whether it be about the latest iterations of the Razor the Shark mascot uniform, what's going on with Greek life on campus, or throwing down at the annual homecoming bash, we've done our best to keep you Current on what's happening on campus. Not only is The Current written by students, but we want to write for the students, always holding their perspective and interests as our top priority. As a student-run newspaper, we always want to hear about what our peers want to know, so if you have any ideas on how we could improve or stories we should cover, reach out to us on social media or send us an email at nsunews@nova.edu.

Welcome and good luck,  
Sofia Gallus



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2021-2022 Editor-in-Chief, Sofia Gallus.

## Meet the staff

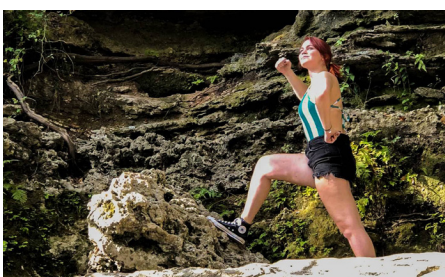
By: The Current

Alexander Martinie  
Editor-in-Chief



Alexander is a graduate student in the experimental psychology program. He might be the Editor-in-Chief of The Current or just some random person that walked into the office and decided to stay until he was given a job. Alexander enjoys staring into the void and contemplating existence. He also likes Scooby-Doo, cats and the Oxford comma.

Chloe Rousseau  
Multimedia Manager



Chloe is a senior communication major. This is her fourth year with Student Media and first year at The Current. She enjoys spending time outdoors hiking and playing with her cat.

Danna Bertel  
Opinions Editor



Danna is a junior communication major with a concentration in journalism. She recently found an interest in writing and takes pride in being the first in her family to attend college and hopefully graduate. She spends her time reading, watching horror movies, listening to true crime podcasts and changing her brother's diapers.

Bryce Johnson  
Copy Editor



Bryce is a senior English major. For as long as he could remember, he's always enjoyed writing stories, whether they're original ideas or about SpongeBob and Queen Elsa teaming up to save Santa Claus. While those stories have been lost to time, he hopes to make more to share with the world one day. For now, he spends his time watching movies, playing Animal Crossing and drawing in his notebooks.

Jamila Hughes  
News Editor



Jamila is a junior legal studies major. She is from Atlanta, Georgia where she can confirm that the rapper 2 Chainz always has on 2 chains. She has a passion for law and plans to be the first in her family to become a practicing attorney. She also enjoys playing the drums and piano.

Lauren Do Nascimento  
Arts & Entertainment Editor

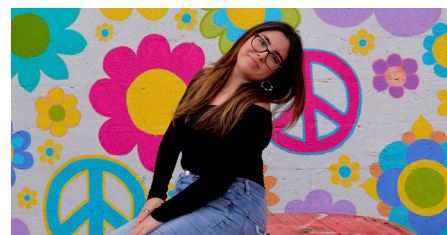


Lauren is a senior communication major with a concentration in journalism and a minor in strategic communication and English. She has a passion for reading, writing, and watching movies and tv shows. In her free time, she likes to go to the beach, visit art museums, and find hidden gems. She is excited to graduate this year and see what's to come.

Hailey Wilcox  
Business Manager

Hailey is a sophomore health informatics major with a concentration in medical sonography. She is from a small town on Cape Cod, Massachusetts and has had a passion for business and medical work ever since she was a little girl. Her dream job is to own her own OB/GYN sonography clinic in either Texas or Florida.

Brielle Aguayo  
Features Editor



Brielle is a sophomore communication major with a concentration in journalism and a minor in graphic design. She has always had a passion for writing and a love for photography. Her goal is to be a hard-hitting journalist who wants to make an impact on the world! Even though she considers herself emotionally invested in everything and anything, her plans to be 'hard-hitting' will continue to persevere in the long run!

Gerianne Salamanca Gamez  
Chief of Visual Design



Gerianne is a second-year junior communication major with a concentration in journalism, a transdisciplinary studies minor for the Farquhar Honors College and a minor in strategic communication. She takes pride in being Colombian and Venezuelan. Gerianne loves all things creatively driven and is constantly working on something new. She aspires to become something; the specificity is unknown, however, that makes it even more exciting.

Demerius Augustin  
Distribution Manager



Demerius Augustin is a senior communication major with a concentration in strategic communication. He is a huge nerd that loves music, anime, gaming, comics and more. Demerius is all over the place, but very outgoing and always the life of party. If you're ever feeling down or stressed, he will definitely send positive energy and vibes to help brighten your day!

## Learn to speak like a Shark

By: Jamila Hughes  
News Editor

Here at Nova Southeastern University, we have many different abbreviations, catch phrases and nicknames for the places around campus that are regularly used. These are important to know because saying Don Taft University Center can become overwhelming and exhausting. We refer to the Don Taft University Center, a main campus building, as the UC.

Outside of the UC, the large roundabout surrounding the Shark Fountain by Starbucks is referred to as the Shark Circle. Within the UC there are areas that have been given names to identify parts of the building. For example, the long hall that goes from one side of the UC to

the other is referred to as the UC spine. Inside of the UC is Flight Deck, a place to get food on campus. However when you exit the outside doors behind Flight Deck, there are cabanas and seating and this area is referred to as the Flight Deck backyard.

The Alvin Sherman Library is a major location marker at the university and right outside the library is referred to as the library quad. The library quad is often where large events are hosted. The student affairs building located next to the class building Mailman Hollywood is referred to as "S.A.B" for short. The recreational center and gym at the university is located in the UC and is known as

the RecPlex. The cafeteria, known as "Razor's Reef," has an open area that is often referred to as "the pit," different student organizations use the pit to enjoy dining with their members. NSU has a student events and activities programming board that is referred to as S.E.A Board. They put on several different events for students such as talent shows and awards ceremonies.

The Inter-Organizational Council at NSU is called the IOC. The IOC helps manage all of the student organizations on campus as well as provide expectations and funding to these organizations. These registered student organizations are referred to as RSO's.

Attached to the Mako residential hall is the Shark Cage. The Shark Cage is a host room for student-owned businesses to set up shop, and anyone is welcome to come in and make purchases from them; they range from clothing stores to food businesses.

Lastly, one of the most important aspects of NSU Lingo is the phrase "Fins Up." When someone says "Fins Up," the community knows to quickly move their hands above their heads, putting them together like a shark fin. Fins up is a phrase to remind the NSU community about their shark pride.

## Join fins during events on campus

By: Sofia Gallus  
Editor-in-Chief



The Student Media team creates bonds and memories in the Raft Race of 2021.



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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 plans 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 two 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 enjoy music, dancing, free food and a time to remember during Sharkapalooza.

#### Homecoming

Homecoming week at NSU takes place mid-November and is filled with giveaways, free food and celebrations about being back on campus. The whole 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 in great numbers 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. However, the STUEY's are being held in-person for the first time since the COVID-19 pandemic, and students may attend the show to watch awards being given out. The event is formal attire only and some of the biggest names in NSU history will be there to watch, so make sure to dress to impress.

#### CommunityFest

CommunityFest is an annual tradition at NSU, that takes place mid-February, that

allows students to give back to the community that they live in. CommunityFest invites those who live around NSU to come onto campus and enjoy music, food, activities 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.

#### Fins Festival

Fins Festival is an annual carnival hosted by the NSU undergraduate student government association. First held in 2019, the carnival was a big success, but the COVID-19 pandemic put it on hold until 2022. The carnival includes things like rides, festival food, games to win prizes and even a dunk tank.

# How to connect with NSU on social media

By: Sofia Gallus  
Editor-in-Chief

Social media can often give you a wider view of what college will be like at NSU. NSU has a vast number of social media pages to follow across the most prominent platforms, but there are some pages that every incoming NSU student should follow. Whether it be for entertainment or just to be in the know about what's going on on campus, here are some of the must-have NSU social media pages.

## Instagram

@nsuflorida  
@sharkadmissions  
@housingnsu  
@nsucampuslife  
@sharkdining  
@nsuseaboard  
@nsu\_dcma  
@suhcas

## @nsuartdesign

@thecurrentnsu  
@sutvch96  
@nsuradiox

## Facebook

Nova Southeastern University  
NSU Art + Design

## TikTok

@sharkdining  
@sutvch96

## Twitter

@NSUFlorida

# Place Your Ad Here! Advertise With Us!

## Pricing:

### Full Page

Color: \$450 Black and White: \$400

### 1/2 Page (Horizontal or Vertical)

Color: \$280 Black and White: \$230

### 1/3 Page (Horizontal or Vertical)

Color: \$250 Black and White: \$185

### 1/4 Page (Horizontal or Vertical)

Color: \$200 Black and White: \$145



Interested?  
Contact Us!

Email: [nsunews@nova.edu](mailto:nsunews@nova.edu)

Phone: (954) 262-8455

## Going Greek at NSU: Get involved with Greek life

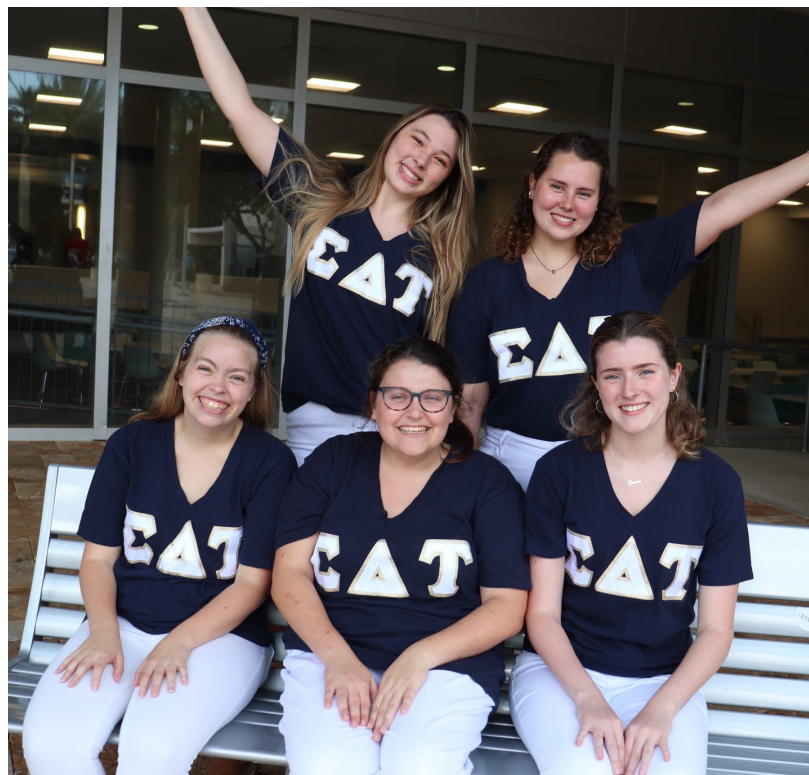
By: Reina Perez  
Features Editor



Sorority sisters from Delta Phi Epsilon, Sigma Delta Tau and more enjoying their time at NSU.



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NSU is home to a vibrant and diverse array of fraternities and sororities. These organizations may seem daunting and formidable when seen strutting through the U.C. However, you will find that they are easier to approach than it first appears.

### NSU Panhellenic Council

The NSU Panhellenic Council is a group of diverse sorority women who oversee the Delta Phi Epsilon, Phi Sigma Sigma and Sigma Delta Tau sororities. The council does formal rushing and informal rushing. For those not familiar, “rushing” is a term used by Greek life for recruitment purposes. Formal rushing is a multi-round system that contains multiple sororities

or fraternities. The rush includes learning about the organization’s history, philanthropic pursuits and sisterhood or brotherhood. Panhellenic also offers a support system for sisters outside of their sororities. Panhellenic also holds events catering to diversity and empowerment in greek life and hold fundraisers for their various causes. The council has its own set of bylaws that maintain a standard across sororities.

### Unified Greek Council

UGC is a governing body of students that oversees various fraternities and sororities. These include Alpha Kappa Alpha, Kappa Alpha Psi, Phi Beta Sigma, Zelta Phi Beta, Lambda Theta Alpha, Sigma Lambda Gamma.

Much like the Panhellenic council, the UGC holds events on campus for the organizations it represents. Most notably, the council holds the Stroll-off. This is an event where they showcase their individual cultures by performing chants and steps which are a choreographed series of movements and chants. All fraternities and sororities who are a part of UGC have their own values and traditions which they uphold. The selection process for their new members is famously private when compared to the other councils.

### Colligate Fraternity Council

CFC is a similar body when compared to UGC but only governs over fraternities. As of

now, CFC only oversees Phi Delta Theta. CFC holds philanthropic events and hosts many conjoined events with the Panhellenic council, most notably collaborating with Phi Sigma Sigma. One of their major events in the year is their annual Miss Athena pageant, a show that raises money.

Greek life is an opportunity for the average student to enrich their college career and, in many ways, make the most out of their time here. The bonds and connections made during the four years can last a lifetime and that is doubly true for those who have decided to rush and align themselves with one of the many fraternities and sororities and co-ed fraternities on campus.

# SEASON OF THE ARTS 2022-2023



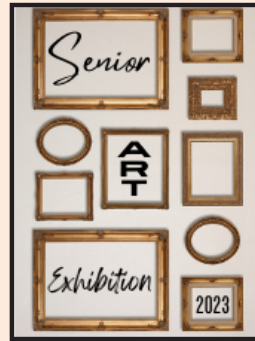
**Guest Artist Exhibition:**  
**Jill Lavetsky**  
 Opening reception  
 September 28 - 5:00 PM  
 Workshop 10/19 - 1:30pm  
 Gallery 217  
 Exhibition runs 9/28 - 11/22



**Art Faculty Exhibition**  
 Opening reception  
 December 5 - 5:00 PM  
 Gallery 217  
 Exhibition runs 12/5 - 2/3



**Dance Awareness Day**  
 October 19  
 8:00 AM - 5:00 PM  
 Performance Theatre,  
 Black Box Theatre,  
 Recplex



**Senior Art Exhibition**  
 Opening reception  
 February 15 - 5:00 PM  
 Gallery 217  
 Exhibition runs 2/15 - 3/8



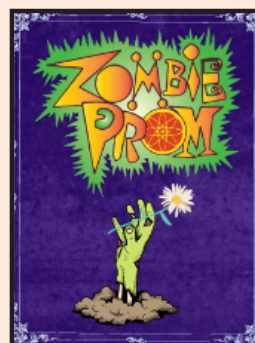
**DanceWorks**  
 November 4 - 7:30 PM  
 November 5 - 7:30 PM  
 Performance Theatre



**Juried Student Art Exhibition**  
 Opening reception  
 March 22 - 5:00 PM  
 Gallery 217  
 Exhibition runs 3/22 - 4/19



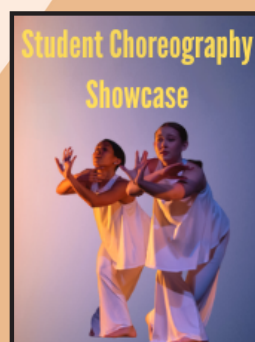
**Agatha Christie's**  
**The Mousetrap**  
 November 18 - 7:30 PM  
 November 19 - 7:30 PM  
 November 20 - 2:00 PM  
 Black Box Theatre



**Zombie Prom**  
 April 14 - 7:30 PM  
 April 15 - 7:30 PM  
 April 16 - 2:00 PM  
 Black Box Theatre



**Peace Concert**  
**A Musical Celebration**  
 December 2 - 7:30 PM  
 Performance Theatre



**Student Choreography Showcase**  
 April 21 - 7:30 PM  
 April 22 - 7:30 PM  
 Performance Theatre

For more information, please visit [nova.edu/arts](http://nova.edu/arts) or email Dan Gelbmann at [gelbmann@nova.edu](mailto:gelbmann@nova.edu)

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# Surviving the tank: Tips on how to live in residential halls

By: Reina Perez  
Features Editor



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Mako Hall is one of the newest residential areas on campus.

Once those double doors to the residential halls open, students may be confronted with a host of problems they may never have faced before. Since many of these problems are unique to a residence hall, some guidance is needed to learn how not to become “that resident.”

## Pack light

This is the top tip for any new resident. If a student spends four years in the residence halls that means moving a minimum of eight times throughout their college career. Those moves are only made harder with a heavier load, so keeping it light will help your back in the long run. If you have the money though, hiring a moving company might help keep your dorm looking like a home rather than a bunker, which goes into the next tip.

## Decorate, please

There are some people who are perfectly content with setting up a television and a PlayStation 5 and calling it a day. This tip is for those people. Please put something up on your wall, add a lamp, add a little doormat or at least a little sticker on your bed post that you will forget to remove when you move out. There are a lot of rooms that are decorated from top to bottom and look fantastic and there are a lot of rooms that look like no one even moved in that semester. The former will always be preferred to the latter.

## Do your laundry at unusual times

This is a little gem for those who have to suffer through the laundry room battle royale. In order to skip the chaos and have your laundry

only take an hour and a half, do it when no one else is. This will differ from person to person, but the best times to do laundry are unreasonably early in the morning or unreasonably late at night. To put this in perspective, we are talking midnight if you're a night owl or 5 a. m. if you're an early bird. If you have an odd schedule, doing laundry at 1 p. m. on a weekday is sure to get good results. The machines tend to be open when people are asleep or in class. This is increasingly important on a campus where the laundry rooms aren't growing, but the student population is.

## Be nice to the night guard and the mail staff

This one just comes down to common decency. The public safety officers and private

security guards who watch the front desk at night are people just like everyone else and spend long hours alone at night when they could be sleeping. When entering the building you don't have to entertain them, just say hello and be cordial. Just don't be rude to them. You never know when you might need them. Same goes for the mail people, almost every building has some mail staff in it, and they are the ones who get your packages to you. Without them you would never receive that cute phone case you ordered. Not only are the mail staff essential but they can help you out if a package gets lost or if you need help with your mailbox. Be nice to these folks and you'll thank yourself later.

# Setting up your space

By: Brielle Aguayo  
Opinions Editor

Dorm life and residential living is a huge transitional period when it comes to moving into a new space and environment. It is all about balance, adjustment and organizational tactics to make your space unique and useful.

To help settle your worries and stress, there are a few things you can do as an incoming student to ease your transition. Your space is special and caters to your day-to-day needs and comfort. It is important to remember when laying out your space that there are key essentials and sections for different needs. Different areas of a standard dorm room are the bed, desk, closet and storage sections of the residential room. Not to mention, organizing the bathroom is another key part of being prepared and organized.

The bed area of the room is important because not only do you sleep there, but comfort and storage are essential and necessary parts of the room.

For example, the residential halls for freshmen are Leo Goodwin Hall and The Commons, where the layouts consist of different things. In Goodwin there is a room with either two or three beds, known as doubles or triples, whereas in The Commons there are quads with single rooms or a quad with two beds. The different layouts impact space but are easy to work around.

You can sometimes request to raise your bed higher to maximize storage options. For example, I raised my bed high enough to fit the dresser my room came with, a storage container and a storage cube for more clothes. The most useful thing I found was using this space for clothes or miscellaneous items so it can act like another closet area, while my actual built-in closet holds clothes that need hanging and a shoe rack to hold my shoes. In the upper part of my closet, I managed to put items like garbage

bags, laundry detergent and a bin to hold linens and bedding supplies.

Leo Goodwin has a bit of a different format for space; however, it is more of your stereotypical dorm setup. Similar to The Commons, you can raise your bed higher to save space. I once witnessed a friend I had who lived in Goodwin raise her bed so high it was a makeshift bunk bed. Underneath she fit a small dresser with her television on it and two chairs for a comfortable small living room space. It was a nice concept and added a lot to their room because it allowed them to engage more and bond as roommates.

In both residential spaces there is no kitchen space, but there is a shared counter space that can act as a small kitchen. You can use the counter space to place things like microwaves or coffee makers. It is important to coordinate with your roommates on who buys what appliances. It is also important to

have certain rules and understandings of who will replenish what items and what exactly you share as roommates in a shared space.

The other spaces you have in your room take up your desk area and extra space for seating. For myself, I tend to only use my desk to eat and do my makeup, because I usually do homework and study outside of my room. I found it nice to set up my small mini fridge next to my desk and organize my desk in sections. One side has makeup organizers while the other side has a lamp and a place for my notebooks and computer. The drawers are used for school supplies and my electronic belongings.

The space you have is what you make it. As college students, it is a weird and unfamiliar place at first. However, with a set plan of organization and new-found independence anything is possible.



# Swimming as a Shark: How to travel as a college student

By: Reina Perez  
Features Editor

Nova Southeastern University has a large out-of-state population that has settled into the residence halls. When the summer comes, many of these students will have to spread their wings and fly home. Although this migration is made by many, there are still those who choose to travel back home for the winter and fall holidays. What this means is that there will be a large chunk of the NSU population that will be gone at any given moment.

## Get your tickets in advance

This should be obvious, but as with everything, planning ahead of time can get you a long way. Buying tickets early on will not only make sure that they are much less expensive but also it reserves your spot. It's one thing to plan for a hypothetical departure date and to actually have one set. Getting tickets early is one of those things that need to be done by the book and does not have any flexibility.

## Go early in the morning or late at night

Commutes, whether on the highway or in the airport, are better when busy places are mostly empty. For this reason, it is usually preferable to book flights that are very early in the morning or very late at night. This usually means that the airport is less crowded – and sometimes completely empty – and that the mile-long TSA crawl will look more like a speed-walk.

## Getting to the airport

For those who don't have any friends or family who can drive them to the airport, a taxi is the best bet. "Taxi" is used very loosely here: It can be an Uber or Lyft or any other ride-sharing service. Check how much the ride will be ahead of time, maybe a couple days in advance so that you can estimate the cost. The previous tip goes well with this one, as the more traffic there is getting to the airport the more your ride will cost. Be sure to advise your driver when you get in the car what your airline is and remind them once you start to approach the airport. Don't forget to tip your driver once you get out of the car, if you left early enough you should not be in such a rush.

## Driving

If home is not that far away, you don't have enough funds or you're just a little crazy, you could always drive. This may be less ideal than flying due to a longer commute, potential to be stopped by state patrol and any accidents on the highway. If this is the way, due to choice or lack thereof, it is very important to leave as early as possible. 1 p.m. is the ideal time since the roads will be mostly empty and, depending on where your destination is—let's use the Northeast as an example – you are likely to arrive home late that night. If you have to, rent out a hotel to stay overnight and be sure to always go under the speed limit, no matter how slow it might seem. Cruise control is your friend for these long rides.



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One of the many ways in which our out-of-state Sharks make it home.

# Eat like a Shark: Navigating your declining balance

By: Sophia Cortes  
Arts & Entertainment Editor



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An example of a student's Sharkcard.

Students who live on campus must purchase a mandatory declining balance as a part of their residential life package. The declining balance plans range from \$450 a semester to \$1200 depending on what housing

building you live in and whether or not it has a kitchen available. The declining balance is the money attached to your Sharkcard. This is what is used to purchase food around campus, whether that be in Razor's Reef or places like

Flight Deck, Market, Einstein's Bagels Bros. and Starbucks. At Starbucks you can use your declining balance to purchase not only food and drinks but Starbucks merchandise like cups and coffee beans. It is important to note that the declining balance can only be used at the Davie on-campus locations for these retailers. The declining balance cannot be used at the campus bookstore to make any purchases nor vending machines on campus.

If you are living in a dorm with a kitchen, take advantage of it. Though students who have kitchens still purchase the \$450 balance, this is not enough to buy all of your meals on campus for the semester. You will need to invest in outside groceries to cook food in your room.

During fall semester you will be given the original amount per semester and the next semester you will be allotted that same amount again. If you did not use all of the balance from the first semester it will roll over into your second semester balance, but only up to \$200. However, once the school year is done, none of your balance will roll over to the next year so it's always recommended to spend it while you can towards the end on things like Starbucks merchandise or snacks from the market.

If you run out of your declining balance,

you can reload more money via the GET app. This money will have to come out of pocket from a personal debit card. The GET app, which is a virtual form of your declining balance, can be used as a hands-free purchasing platform where you can scan your code to use your declining balance rather than having to pull out your Sharkcard.

In addition to that, the GET app also shows you what your balance is so you are able to manage your money. Through the GET app, you can also order on-campus dining options to be delivered to your dorm hall for a small delivery fee. All purchases in the GET app can be made with your declining balance.

One final thing to note is SharkCash. SharkCash is a NSU form of currency that is separate from your declining balance. You can use your own money and upload it to SharkCash to make purchases around campus and at select locations off-campus as well. SharkCash is not included on your bill at the university and has to be purchased separately. Your SharkCash balance can also be managed from GET app.

# An introvert's guide to surviving (and enjoying) college

By: Sophia Cortes  
Arts & Entertainment Editor



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A student using thier alone time to explore thier interests.

Starting a new chapter in your life can bring many challenging changes, and the beginning of your time as a college student is no exception. College can bring with it copious amounts of stress; challenging courses, piles of essays and the ever-impending doom that you're growing up and maybe don't know exactly what you want to do with your life. And then, just when you thought you were safe, there are social expectations hiding just out of sight, waiting to pounce on unsuspecting prey.

The stereotypical college life of parties, joining sororities or fraternities, and partaking in the never-ending stream of student life events may be a break from daily stressors to those who are extroverted. However, for introverts, it can become a hassle to navigate, especially as a new student. So, how exactly do you survive and enjoy college life as an introvert?

## Setting boundaries

One of the biggest things about learning how to navigate college life is to know your boundaries. Every person is different, and what you're comfortable with might change over time, but having a good understanding of what you are and aren't comfortable with is a great starting point. If you're unsure how you feel about a certain event or club, take the risk of checking it out. Remember that it's always good to safely step out of your comfort zone. If you end up enjoying it, great. You've just unlocked a new area of the college life map that is enjoyable to travel through. If you end up regretting the decision, that's useful as well. It's healthy to listen to yourself when you don't like a situation that you're in, and this goes for everyone.

## Alone time

Scheduling time to yourself is another widely shared tip for introverts. Try to find time in your day where you can take a step back and recharge your social battery. A trip to the library, a stop in your favorite spot in the garden or even a nap in your car or in your dorm are all great places to recharge.

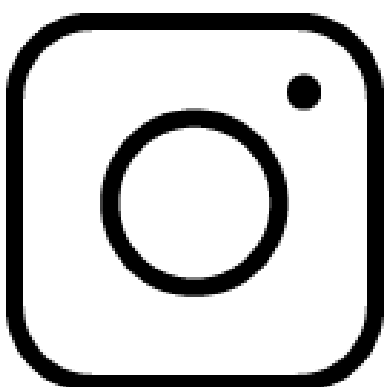
If you're a busy person like myself, it can often be hard to find the time in the day to decompress. What I always try to do while walking to class and work is to take a page out of Robert Frost's poems and take the road less traveled. Even though pathways with less traffic might take a bit longer to walk, being able to calmly watch nature with little to no human interaction makes all the difference.

Mealtimes can also be perfect moments to either stock up on your alone time or get your daily dosage of interaction for the day. As school and work can follow me everywhere, I always

find it as helpful advice to not do any work while I'm eating. Instead, I take the time to listen to a podcast, watch something on YouTube and if I have the time, draw or read. Always having a pair of earbuds on hand can also turn any mildly noisy and stressful situation into one where you can center yourself and recharge.

## Like attracts like

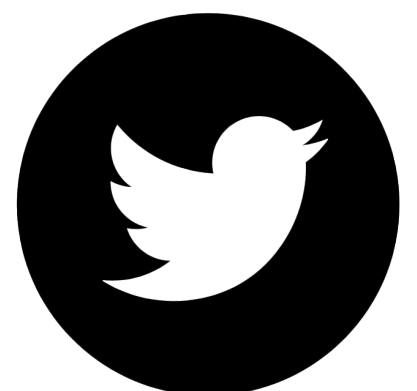
If you're at a loss for how to make friends, joining a club or finding a job on campus about something you're interested in is always the easiest way find your niche at NSU. My own favorite piece of advice is to wear what you like on your sleeve. Pins, patches, keychains, shirts, stickers and jewelry are all wonderful ways of not only expressing yourself and maybe trying on a new style, but also attracting people who will have similar interests. The least you would get is a nice comment on your shirt and, at most, a new friend over.



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# Asynchronous Classes: What are they?

By: Jamila Hughes  
News Editor

Nova Southeastern University offers some completely online classes for students to take. This is not to be confused with virtual or Zoom-centered hybrid classes, as these are courses you can take completely online in which you never meet your professor face to face or via video conference. The class is assigned a professor that you communicate with via Canvas and e-mail. Usually, the professor provides you with a textbook to purchase and different online assignments, discussions and readings to complete.

With these classes, some professors use platforms outside of Canvas in order to conduct their coursework. For example, Pearson MyLab is a popular platform that math professors use for homework assignments, as well as quizzes

and tests. Pearson MyLab is a paid subscription you will need to purchase if your professor requires it. When purchasing Pearson MyLab access, you also have the option of purchasing an online version of the textbook, called e-text, to use if the class requires it. Similar to Pearson MyLab, McGraw Hill is another platform that works in a similar way.

With these asynchronous courses, assignments will still have hard due dates. Some professors set up the class where you can turn everything in by the end of the semester. Other professors will have weekly due dates throughout the semester that you must abide by. In addition to this, to aid in student learning professors can provide PowerPoints or pre-recorded videos teaching the subject. Just

like any other class you will still have tests and quizzes. Depending on the professor and the platform used for assignments, tests and quizzes, Lockdown browsers may be used to ensure the integrity of the test takers.

Most professors will also have scheduled office hours, just like any other class, where you can come see them and ask them questions about the coursework. This is usually the extent of the meeting opportunities that are available.

Many of these online courses are also offered as eight-week classes rather than full 16-week classes. This means that the class is done in half the semester and the pace is usually much faster. In an eight-week course you will be taking the final during the regular university midterm weeks.

These classes are great if you're a student with a busy schedule, or you work a job with inflexible hours. However, it is important to note that in order to be successful in these classes you do need to have some discipline. Since this class doesn't have set hours of learning, like a lecture would, you need to create time yourself to be able to learn the material, study and get your work done. You don't have a professor you'll see every week reminding you of these things so it's a task you must take on yourself.

## How to avoid spending more on textbooks than your tuition

By: Sofia Gallus  
Editor-in-Chief



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Pictured is the NSU Bookstore located on the south side of University Park Plaza.

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

Sometimes, depending on your courses, there are 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. While you may only be able to borrow or rent it for a certain amount of time, you can always ask your local librarian about extending the length or time or immediately renewing it. 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 to buy their textbooks or from the NSU bookstore, 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. If you waited a tad too long to ship your textbooks, some websites even offer downloadable PDF's so you don't have to pay for shipping and can access the material in a pinch.

### Don't be afraid to talk to your upperclassmen & professors

The truth is, upperclassmen don't want their old textbooks that they've bought unless they're continuing the class. Oftentimes, big chunky textbooks are more of a burden than they are an advantage to students who don't

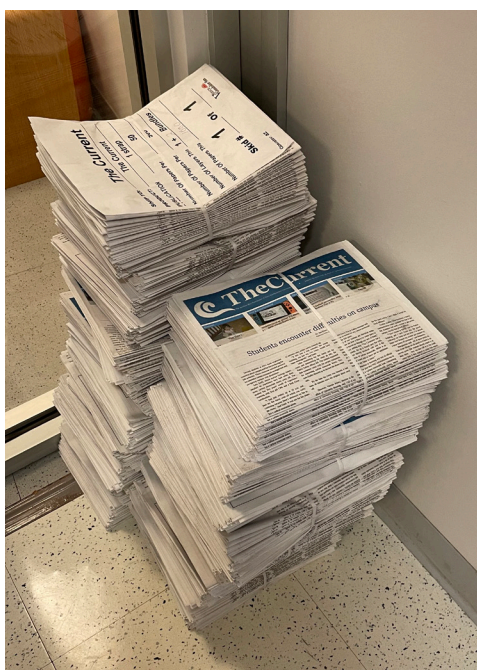
need them anymore. Instead of storing them over the summer or hauling them back home, upperclassmen understand the struggle to find affordable textbook options, and many are more than willing to resell their textbooks to incoming students or underclassmen. If you know someone in your major or anyone 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. Don't be afraid to ask your professors about the books on their syllabus, either. Many professors are more than willing to try to help you track down a cheaper copy, and their department may just have one lying around.

# Take control of your college experience

By: Gerianne Salamanca Gamez  
Chief of Visual Design



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These are all monumental moments of my first-year experience.



Just like any new experience, college is frightening but exciting. Transitioning into college is a hard and confusing process. Dealing with the pressure and responsibility that comes with higher education may seem impossible but it's really simple at its core.

It starts with you. You need to take the time to find yourself before you rush into the chaos that comes with being a college student. This is an individual journey meaning you will be alone for the majority of it. Self-sufficiency is something you will need to develop early on. There will be resources to help you along the way, however, it is your responsibility to take advantage of them. Move at your own pace and remember how crucial it is to put yourself first. Discovering and establishing who you are is probably the most important aspect of college. You need to be able to rely on yourself before you rely on anyone else.

Regardless of anything and everything, everyone is here to get a degree. It is immensely important to remind yourself why you're here. College has so much to offer, making it incredibly easy to get distracted and sidetracked. Friends, family, parties and events will pull you in so many different directions. Managing your time and developing a schedule is a great tip for starting a new semester. Getting a planner, digital or electronic, can help you keep current and future events in order. Balancing your academic and social life can be stressful but it's definitely worth it. Although it may be difficult to remember at times, your education comes first.

Student engagement is important. Getting involved on campus is something everyone should do. Whether it's through clubs, Greek life or work opportunities, making these connections and developing personal and professional

relationships will help you long term. Having a connection can make a huge difference when you are looking for opportunities or experience. Putting yourself out there and making sure people know who you are and what you are capable of is important, networking is crucial. College is filled with people from all walks of life and every single one of those people will have something to offer you.

Push yourself out of your comfort zone. College is meant to be used towards growth and development. It is okay to make mistakes and honestly, it's encouraged. There will be people willing to help you reach your fullest potential. You just have to be willing to push yourself. Connecting with advisors and faculty will help you along the way. Faculty are experienced in their craft and most of them are very willing to give you guidance and advice. Developing relationships with professors and advisors

allows you to have a resource for questions or suggestions in case you ever get stuck even if these connections aren't in your field. Do things you normally wouldn't and try to experience as much as you can. You live and you learn. College is the time to live it up so you learn from it.

Experiencing college is something you should enjoy. It's going to be stressful and draining but you should be enjoying your experience overall. There are so many things that make college amazing, however, it is up to you to make the most of your time here. Discover the multitude of layers within yourself and push yourself to learn even more. Work hard and play even harder. Be positive and remain optimistic, it will always get better. College is supposed to be fun, enjoy every second of it by doing what you love and go on adventures you would've never imagined.

## Engaging with undergraduate honors societies at NSU

By: The Current

When beginning your college career, setting attainable educational and professional goals for yourself is crucial. An excellent way to supplement the learning opportunities provided by your curriculum is engaging with one of the many undergraduate honors societies that call NSU home. A variety of these societies exist to support students both in general and within specific programs or disciplines. Finding a society that suits your specific needs early on can provide opportunities to network with professionals and peers in your field, build an impressive resume and help you receive recognition for your hard work. For additional information regarding honors societies at NSU, visit <https://honors.nova.edu/academic-honor-societies.html>.

- Alpha Chi – Qualified juniors and seniors 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

# How to have the best possible class etiquette

By: Blake Malick  
Sports Editor

As you get ready to take your first classes at Nova Southeastern University, there are a few things you should know that will help you have the best possible experience. You want to present yourself well while also maximizing your learning potential.

When you first get to class, you have the freedom to select your seat. When selecting, pick the seat that suits you best. Sitting in the front row will give you a better look at the board and make it easier to communicate with your professor if you need to speak to them. Seats in the back row are a good choice for those that don't want to be the center of attention.

Remembering that we're still in the COVID-19 pandemic, even though it may not feel like it as much as it used to, is imperative to staying safe in class. Don't forget to keep your

distance from others while in class. When it comes to staying apart from others, you should keep at least a one-seat distance on each side of you in class. If you are feeling ill, stay home and wait until you are better. You don't want to expose any of your classmates to any illnesses.

Next, make sure that you arrive on time. Walking into class late can be disruptive for both your professor and your peers. Arriving on time will allow you to get situated at your desk and be prepared for the start of class. Professors know they only have a limited amount of time to teach, and they will start exactly on time. Showing up late puts you in jeopardy of missing important information in your professor's lecture, resulting in incomplete notes. There is a possibility that you could miss important information within that time.

When in class, it is important that you keep quiet. Your other classmates are there to learn and it's hard to do so when it isn't quiet. If you need to speak, make sure to get permission from your professor. If you have a question, just raise your hand. Your professor will call on you and allow you to ask your question. Remember, don't speak or ask a question without your professor's permission. Smaller class sizes at NSU allow students to have a legitimate connection with their professors, something that is absent from other larger schools.

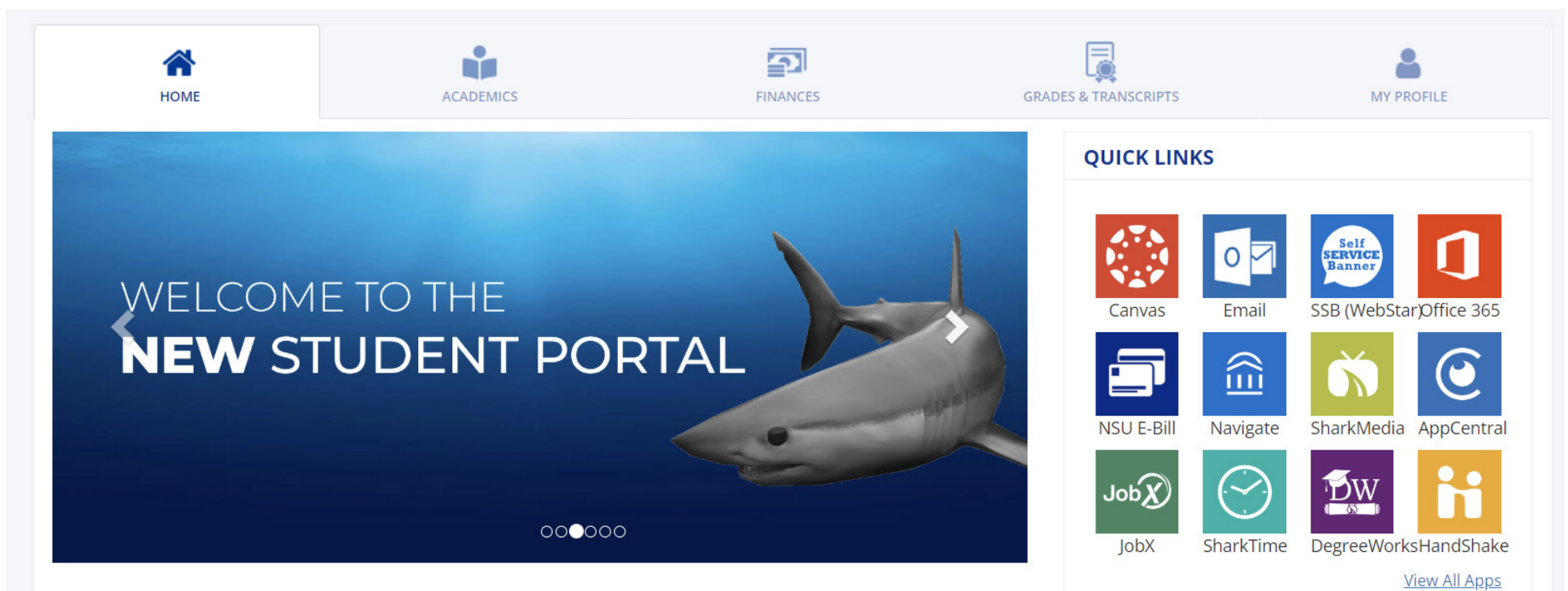
Something that can be an also be an issue with noise comes from your laptop or phone while in class. While in the classroom, don't play loud videos on your phone or laptop. This distracts others from learning and can even disrupt your professor. Make sure to silence or

turn on vibrate mode on all of your electronics before you step into class. You don't want to be the person whose phone goes off and everyone looks back at them.

Remember, you are in class to get your degree and learn for your career. Pay attention to your professor while they are speaking and retain as much information as possible. Most professors upload their PowerPoints to Canvas, making it easier to follow along. Taking good notes is very important. It's not hard to zone out in a class, but if you commit to taking notes, your focus will stay glued to your professor and their teachings. Listen closely to your professor as they lecture. Most information that your professor teaches will be on their tests, quizzes or exams.

# Need to know websites and apps for Sharks

By: Sophia Cortes  
Arts & Entertainment Editor



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The Sharklink Dashboard with most of the resources our Sharks will need.

## iShark

The iShark app gives students access to some helpful tools right on their phone. The app's description of the Google Play Store states, "The water's fine at Nova Southeastern University, so dive into our new app and connect with the NSU Shark community. Find locations and dining on campus, and search for your next class. Share the newest NSU photos. NSU Athletics, SharkShuttle, SharkCard, and our Social Hub deliver great services. Swim freely into iShark Mobile." Have you gotten lost on your way to the Panza Science Annex? The iShark app has a map to help you find your way to class. Need to catch one of the Shark Shuttles but don't know where they stop and when? The iShark app has a schedule to help you get where you need to go.

## Alvin Sherman Library catalog

The library is a college student's best friend, and the Alvin Sherman Library has a plethora of resources available for students. On the Alvin Sherman Library website, students

can access the NovaCat catalog and all of the databases the school has to offer, as well as students can reserve books for pickup and renew overdue books. For more information on all the Alvin Sherman Library has to offer, check out our article on it in this same section.

## Sharklink

Sharklink is your go to site for most of what you will need as a student. Need to get to Canvas? Sharklink. Need to check your grades at the end of the semester? Sharklink. Looking to pay tuition? Sharklink. Can't remember your class schedule? Sharklink. Need to find the newest issue of the student-run newspaper of Nova Southeastern University, The Current? Well, you won't find that on Sharklink, but you get the point. Pretty much anything you will need as a student can be found on Sharklink.

## Sharks United Television

Check Sharks United Television on channel 96 or on their website on campus to get access to movies and TV shows. Check out

their YouTube channel every Friday for a new episode of SUTV Now. SUTV Now covers news and student features, with iconic segments like Man on the Street, Shark Spotlight and Crunch Time.

## President Hanbury's NSU Profile

If you have ever wanted to learn a bit about George Hanbury, president and CEO of Nova Southeastern University, the NSU website is a great place to start. Read about his accomplishments and when he started as president all in one place or take a look at the links to other NSU administration.

## The Current

The Current is the premier news source for everything NSU. The Current prides itself on its coverage of NSU and beyond. Check out some of The Current's staff's favorite articles from the past year:

"Where is Kappa Sigma? Fraternity and administration silent" by Rei Perez

"More than meets the eye: The maintenance guy" by Brielle Aguayo

"Seriously kidding: The Current tells your horoscope even though we know nothing about astrology" by Alexander Martinie

"Step into the desert world of Arrakis: 'Dune' review" by Sophia Cortes

"Seeing alt-J & Portugal. The Man on tour was 'The Dream'" by Sofia Gallus

"That time I... had a Cinderella Story" by Gerianne Salamanca Gamez

## RadioX

RadioX, NSU's on-campus radio station, broadcasts daily shows to the tri-county area from 6 p.m. to midnight every day. Check out all the DJs and see whose musical tastes speak to you. Go to their website to listen to their livestream or tune in to 88.5 FM for their latest coverage of hits and up and coming artists.

# Top places to study on campus

By: Sophia Cortes  
Arts & Entertainment Editor



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The seating area outside of the Parker building is a great place to study.

Studying is often one of the most difficult parts of being a student. Half of the challenge is gathering your materials and actually doing the work in a timely manner and the other half is finding the perfect, Goldilocks-approved space to study. While NSU's campus isn't large to the point of a small city, it can still be overwhelming trying to find the perfect places, and time of day, to study. Here are some insider accounts on some of the best places to study around campus.

## Alvin Sherman Library

The Alvin Sherman Library is an obvious, and often perfect, choice for finding a place to study. It's always quiet, computers and study materials are constantly available and there are even study rooms students can check out if you need that extra layer of quiet and isolation. However, with all these nooks and crannies to choose from, it can sometimes be a bit nerve-racking finding the best spot that works for

you. As someone who adores libraries but finds total silence and isolation a little too much at times, some of my favorite places to study and get work done are on the third and fourth floors of the Alvin Sherman Library near the large windows at the very back of the rooms.

On days when I don't have much work to get done, I love to spend time in the West End Ave. Deli. It is always well lit and the large windows facing Gold Circle Lake provide wonderful, calming scenery that creates an overall comfortable atmosphere which is perfect for some light studying. Not to mention West End Ave. Deli's delicious snacks, sandwiches and coffee being just a couple feet away is incredibly convenient if you're having a long study day or need a quick break and pick-me-up. West End Ave. Deli is also a hotspot for group study sessions in the evening, so if you're studying alone remember that it may get a bit too noisy later in the day, but mornings and early afternoons are perfect for some chill study

time. Just be sure to pack a jacket, as the room tends to get chilly.

## Carl Desantis building

The Carl Desantis building is another obvious choice for all who frequent it. Einstein Bros. Bagels provides a great place to host study groups, take much needed study breaks or simply to grab a quick bite in between classes. Much like the Alvin Sherman Library, Desantis also offers access to study rooms on the second and third floors. Desantis study rooms differ from Alvin Sherman in that they do not have to be rented out and are more public areas for quiet studying than private study rooms. These rooms are a great option if you need time to review before a test or just need a quiet place to do your homework after classes.

## Parker building

The Parker building is also a wonderful place to study before, after or in between

classes. The first floor of the building has many seats, tables and outlets to get work done. It also features a kiosk which is open in the morning until roughly 3 p.m. that offers a variety of snacks, drinks and, of course, coffee.

If the weather is nice, I often find myself sitting at the tables outside Parker. As someone who enjoys being surrounded by nature, it's an incredibly calming spot to work in, perfect for calming those studying nerves. There aren't any nearby outlets so make sure whatever electronics you use to study are well charged, but the Wi-Fi extends a fair amount outside so internet connection issues are not a worry.

# Find tech and media rentals at the library

By: Alexander Martinie  
Copy 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 Nintendo 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 original student content on their YouTube channel.

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 process for renewing an item by going to the Alvin Sherman Library website or calling the circulation desk at 954-262-4601.

# How to get around in a city full of ever-expanding highways

By: Sofia Gallus  
Editor-in-Chief



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Students can use the NSU Shark Shuttle for quick transportation.

Davie may be a western-themed town, but you don't have to travel by horse if you're lacking a car. 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 South Florida. One of the many benefits to living in a college town is that there are several options for students at NSU to explore the city they live in and become immersed in local culture.

## 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. Recently, the Shark Shuttle also added a stop at Palm Trace Landings apartments, so if you're looking to move off-campus but are worried about the commute, NSU has got you covered. The bus also runs to the nearby Publix and Walmart for students who want to pick up groceries on the weekend and there's a shuttle that runs to downtown Fort Lauderdale for students who would like to explore. The shuttle stops at 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.

## 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 at the NSU Health Center, 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 at the end of the semester.

Other options for public transportation include transportation apps like Uber or Lyft. These rideshare apps are affordable ways to get around Davie and Fort Lauderdale, especially if you're splitting the cost with friends. The easiest way to travel off campus is to call an Uber or Lyft to and from the Don Taft University Center as the rest of campus can be hard to traverse with all 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 arrive. Be sure to check out the safety features that each app has to offer before riding.

# Adapting to the Florida outdoors

By: Sophia Cortes  
Arts & Entertainment Editor

Every state has its own quirks and things to get used to when it comes to the flora and fauna that thrive within it. It's normal to feel overwhelmed by a new environment, but Florida, for all its alligator infested waters and crazy weather, is far more approachable than you may think.

## Always have on hand...

Weather changes frequently in South Florida, you never know if it's going to be blistering hot without a cloud in the sky or pouring rain, so it's always good to be prepared. If you have a car, make sure to have a raincoat and sturdy umbrella packed away in the back, and keep some sunscreen, bug spray and sunglasses tucked away in your glove compartment. While walking around campus it's always good to keep in your bag the same simple necessities. Bug spray, sunscreen and sunglasses are especially important if you know

you're going to spend a lot of time outside. The weather app is also one of the smartest things to have constantly have on hand. Live weather updates can be the difference between getting completely soaked and nearly missing the rain.

## Keep your wardrobe on peninsula time

If you hail from a state or country where seasons are a regular occurrence, plan to change most of your outfits as soon as possible. South Florida is notorious for its sweltering to temperate climate, so shorts, loose pants and any sort of summer outfits are the way to go. If you're a fan of Tommy Bahama and Jimmy Buffet's island time lifestyle, then you're more than welcome to bust out your collection of Hawaiian shirts, Bermuda shorts and sandals.

While it may seem counterintuitive, keeping a light jacket at hand is also an important thing to note. To combat the heat, many buildings in South Florida, especially around campus,

seem to always be blasting the air conditioning. While this can be a haven from particularly hot and humid days, it can also quickly become a freezing nuisance. The University Center, Alvin Sherman Library and certain classrooms in the Parker and DeSantis buildings are all notorious for being several degrees cooler than one would expect. So, always having a jacket on hand can make classes and events far more enjoyable.

## The wildlife is not out to get you

Remember that unless you're a professional or training to be, you're also not Steve Irwin. South Florida is often compared to Australia in terms of its dangerous, yet fascinating, wildlife. From crocodiles and alligators to cottonmouths, lionfish and sharks, there's a lot both on land and in the ocean that can be dangerous to be around. However, this is no reason to be afraid of everything that moves in the bushes or makes ripples in Gold Circle Lake. Unless you're

engaging directly with a wild animal, which you should never do no matter how cute you find the racoons on campus to be, most of the time they won't pay you much attention or will even move away if they see you getting too close.

If you're worried about any surprise snakes, frogs or lizards hiding in the grass, make sure to look where you're walking and try to avoid any uncut grass or grass that is near any large body of water. If you're afraid to come across an alligator on your way to class, the most important thing to remember is don't panic. Simply proceed to walk away or around the gator giving it the space it needs. Maybe wave hello or tip your hat in appreciation. Most of the time they aren't close enough to care and are in fact simply sunbathing.

# Don't break the bank: Know your student discounts

By: Alexander Martinie  
Copy Editor



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Sharkcard being used in NSU's West End Ave. Deli.

As college students, we love a good deal. With our daily expenses, 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 Asian 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 Sharks discounts, check out <https://nsunews.nova.edu/check-out-the-newest-shark-discount-program-vendors/>

# Get to know South Florida

By: Blake Malick  
Sports Editor

Welcome to Nova Southeastern University. Located in sunny South Florida, there is an endless number of things to do and places to be. Before we get into the fun stuff, let's get into the necessities.

Located just 1.2 miles from campus, Publix Super Market at Westport Plaza on Davie Road is your go-to for anything grocery-related. There is also a Trader Joe's at the Tower Shoppes on University Drive that is just a mile away from campus.

Tower Shoppes is a place that all students need to know. From grocery stores to technology stores, the large plaza has almost everything that a person could ever need. Located inside, there is a Planet Fitness gym, Home Depot, GameStop, Five Below and Best Buy. There are also a number of clothing stores, including Ross, TJ Maxx, Tillys, Old Navy, Designer Shoe Warehouse, Famous Footwear and Discovery Clothing.

There is also no shortage of restaurants, with Miller's Ale House, Flanigan's Seafood Bar and Grill, Francisca Charcoal Chicken and Meats and Poke Ramen Asian Soul Kitchen all conveniently located in the plaza. You may not always have time to sit down at a restaurant, so in those cases, fast food options are readily available. Tower Shoppes has Chick-fil-A, Chipotle Mexican Grill, Taco Bell and BurgerFi. In addition, just across university drive, there is a Wendy's fast-food restaurant. Everyone's favorite coffee shop, Starbucks, has locations on University Drive.

There is a Walmart Supercenter on South University Drive just a mile off campus. Walmart has everything you could ever need, ranging from outdoor furniture to groceries to pharmaceutical needs.

The Broward Mall is going to be your go-to mall. The mall has all the popular department stores like Macy's, JCPenney's and Dillard's.

Clothing stores like H&M, Forever 21 and others are located within the mall.

If you are from out of the state, the beach is sure to be on your bucket list. Luckily, there are two beaches located reasonably close to NSU. Dania Beach and the Fort Lauderdale Beaches are not too far from campus. Located about 12 miles from campus, Dania Beach is a popular place for students to relax on weekends. Fort Lauderdale Beach is a little more popular, though it is located about 14 miles from campus. The aesthetic of Fort Lauderdale Beach is diverse, having stores just a few feet away from the beach. Restaurants include Bubba Gump Shrimp Co., Lulu's Bait Shack and others will give you great food and a great view.

Davie is home to a large number of parks that the typical nature lover would enjoy. Tree Tops Park is just a few minutes away from campus, and it is filled with trails, dragon boat rentals and other fun activities. Flamingo Gardens is a beautiful place where you can feed flamingoes, turtles and all types of other animals. If you are a runner, as well as a nature lover, Vista View Park is an amazing place to visit. Vista View Park has several trails and is a great place to do any activity of your choosing.

If you're looking for activities, Davie has several places you can visit. There are numerous escape rooms around town, including the popular Lockbox Escape Room. Additionally, the iFly Indoor Skydiving arena is something that not many can say that they have seen before. Want to relieve some of your stress? Head on over to The Smashit House Rage Room where you can break stuff like bottles and old furniture for a fee. Davie's famous bowling alleys, Bowlero and Spazex, are two places that you can visit to get some strikes.



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There are many shops students can enjoy in the Tower Shops Plaza on University Drive.



# South Florida must-haves

By: Gerianne Salamanca  
Chief of Visual Design

South Florida is a little cluster of everything, the good and the bad, but that's what makes it even more interesting. Due to the unpredictability and constant chaos that sometimes comes with living in South Florida, The Current has curated a list of all the essential things you may need to know or have while living here. This list will provide you with the tips and tricks for making your lives a little easier while helping you make the most of your experience.

## Crocs

This may seem unnecessary, but trust me it's not. Buying a pair of the classic clog is your best option as they are versatile and durable. Through any experience, these clogs will help you. They are waterproof making them useful at the beach and the holes in the clogs will strain out the sand while the shoe itself protects your feet from anything on the ocean floor. Crocs are also comfortable and lightweight making them a staple. Wearing them with a pair of socks is

a comfortable style to get through long classes. They are made out of closed-cell resin so they will last you a lifetime and are easily cleaned with some soap and water. Crocs will stay by your side through it all.

## Sunscreen

Sunscreen expires. If you didn't know that, you're welcome. If you did know that, then you're one step ahead of the game. People tend to disregard the importance of sunscreen until they get a terrible sunburn. Keeping sunscreen on hand will help you avoid any unnecessary pain caused by the excruciatingly hot Florida sun. Sunscreen is super important when living in South Florida but the type of sunscreen you use is just as important. Investing in reef-safe sunscreen will help keep our oceans clean and healthy. Standard sunscreens are made with chemicals that are toxic to coral and other marine life. Living in South Florida means protecting and caring about yourself and the environment.

## Parking apps

Paying for parking sucks. However, you're going to have to pay for parking at a majority of the great locations South Florida has to offer. Paying for parking by the meter is outdated and honestly useless. Having to calculate the amount of time you plan on spending at a location is difficult and it's even worse when you have to rush back to your car before you get a parking ticket. In order to avoid this, you need to download the most commonly used parking apps. These apps allow you to pay for parking electronically and add more hours to your parking through your phone. There is no longer the need to stress over potentially getting a ticket when you have parking apps.

## SunPass

The SunPass is the electronic tolling system used in the state of Florida. If you own a car, you need one. Having a SunPass allows for easier payments in regards to tolls. Instead of

having to stop at a toll and spending three to five minutes paying the fee, you can electronically pay and keep driving. The SunPass comes in two different forms, the SunPass Mini or the SunPass Portable. The SunPass Mini costs \$4.99, does not work with motorcycles, needs to be adhered to the inside of your windshield and will not work if it is removed. The SunPass Portable costs \$19.99, does work with motorcycles, sticks to the inside of your windshield with suction cups and can be taken with you when you travel. Regardless of which option you decide to choose, the SunPass is extremely helpful when it comes to inter-state traveling or simply driving on the highway.

Despite its complexities, living in South Florida is interesting and rewarding. The smallest things are normally overlooked but hopefully, this list will help make surviving South Florida a little easier.

# Enjoy all of the local food that South Florida has to offer

By: Sofia Gallus  
Editor-in-Chief

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. While our Gill Out articles can help you out with specific recommendations, it may be beneficial to know what kinds of foods are popular in the area. If you're new to South Florida, there is an assortment of foods waiting for you, but there are several staples in Fort Lauderdale that you can't live without.

## Seafood

It's impossible to live in South Florida without acknowledging the huge seafood businesses that thrive on the East Coast of Florida. Because of our proximity to the ocean, seafood is abundant. Stone crab is one of the

most popular requests in South Florida, and even has tourists traveling from all over the country to try it. It is harvested fresh off the coast, and while it can be pricey, it is definitely worth the money. If you want to try one or two specific restaurants, Quarterdeck on Dania Beach is known for their excellent seafood. Sit down at one of their tables located on the dock and watch the sunset on the beach with some fresh-caught stone crab.

## Fruit dishes

Florida is known for its tropical environment, and guess what else thrives in tropical environments? Fruit! There are a great number of fruits that are used in many fruit dishes in South Florida, such as key lime pie, guava jelly and pastries and of course, orange

marinade. 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. Publix's key lime pies are especially delightful. If you're looking for a place to buy fresh fruit or fruit dishes, try checking out one of the many local farmers markets or produce shops. YellowGreen Farmers Market is a great place to explore with friends and find hidden gems from local salespeople, but if you're looking for something a little closer to NSU, try Bob Roth's New River Groves. They offer both fresh produce as well as excellent bakery items and meals.

## 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 Plantation 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.

# Watch SUTV Now!

Tune in every Friday for NSU's latest news broadcast  
on our Youtube Channel, SUTV Channel 96!

CHANNEL **96** SUTV  
NOVA SOUTHEASTERN UNIVERSITY

Keep an eye on our Instagram  
for content and updates,  
[@sutvch96!](https://www.instagram.com/sutvch96/)

# A Floridian's guide to South Florida

By: Sophia Cortes  
Arts & Entertainment Editor

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South Floridians enjoy a sunny day alongside the Deerfield Beach pier.



Several ships leave the Cove Marina in Deerfield Beach.



A water park, a playground and more are available at Quiet Waters Park.



Welcome to the land of sun showers, beaches and... Publix? If you've never traveled further south than Orlando, or if this is your first time in the "Sunshine State," it can sometimes be difficult to figure out what to do in your free time as a student. It can get easy to get swept up by travel guides and various articles advertising Miami Beach and Wynwood in thirty different ways. So, from one broke college student to another, here are some places you can visit that won't break the bank.

## Dania Beach

It's hard not to find a guidebook to South Florida without the mention of a single beach, and there's good reason for it. South Florida beaches are some of the best on the East coast, clear waters and temperate climates make them the perfect places to relax and hang out

practically all year round. This is also why it's common to find them packed to the brim on weekends or holidays. If you want to avoid the crowd and just enjoy nature by yourself or with your friends, Dania Beach is the place to be. Early in the morning is the best time to go, not only are you able to enjoy the sunrise without the harsh mid-morning rays, but the beach itself is practically empty, save for seagulls and the occasional early bird retiree.

## Frequent museums and art exhibitions

Fort Lauderdale and Miami are hotspots for the arts, so it's no surprise that some of the most interesting museums and art exhibitions are located within their walls. While museums and various private art galleries can often be on the pricier side of things to do in South Florida, there are always discounts or even

free days available. NSU students already have free admission to the NSU Art Museum in Fort Lauderdale as long as you have your SharkCard on hand. The Bass, a contemporary art museum in Miami, offers free family days on the last Sunday of every month, and if you buy a ticket to the Brightline in Fort Lauderdale you also get a free ticket to the Museum of Discovery and Science in Fort Lauderdale. It's also no surprise that Wynwood is a heavily spoken-of location, you can experience and enjoy countless murals and exhibits at little to no cost by simply taking a stroll through one of their many colorful streets.

## Local parks

Along with our beaches and the Everglades, South Florida is also home to many beautiful state parks and wildlife reservations. Aside from weekends and holidays, most state parks

offer free admission and many activities that can be enjoyed year-round, such as the Florida Renaissance Festival which is annually hosted in Quiet Waters Park throughout February - and March. Keep in mind that some of these events often have admission prices, but if you have money to spare these types of events are always great ways to treat yourself and have fun.

Aside from year-round events and activities, South Florida parks are also great places to simply spend time in, whether it is with yourself, on a date or with friends. Some of my favorites that are near campus are Wolf Lake Park, T.Y. Park and Tree Tops Park.

# Meal prepping: Saving money, time and food

By: Jamila Hughes  
News Editor



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Meal prep--food storage containers filled with lunches for the first three days of the week.

In college most students are busy with classes and student organizations, all while balancing a social life. It can be difficult within the day to find time to eat, let alone cook. Meal prepping is a great way to ensure you're staying healthy by eating three meals a day, all while saving yourself time and energy. The freshman fifteen is something we've all heard of as college students. People in college are known for gaining weight because of the unhealthy and cheap food options that are available and convenient since most students don't have time to cook.

Meal prepping is the process of cooking a meal in advance, separating it into one-portion

containers and storing them in your fridge or freezer until you are ready to eat them. Instead of trying to find the time every single day to cook for yourself, you can plan out one day where you'll make meals that will last you a whole week or even longer.

You can prepare your grocery list around meals that you want to cook for the next few weeks, and this will help ensure proper use of your food. Often times in college without this preparation you go grocery shopping but never end up cooking because time slips away during each day of the week. You can meal plan for breakfast, lunch and dinner. For breakfast a popular meal planning item is boiled eggs. You

can boil a bunch of eggs to have throughout the week and pair it with some fruit or juice on your way out the door.

Meal prep is much healthier than buying frozen microwave meals and can help you save money. Instead of going to get fast food on your way to work or class, you can grab something already prepared and ready to go. In school there is already so much to worry about, but with meal prepping it's one less thing – or one more thing to eat -- on your plate. All you have to do is take your proportioned meal out of the fridge or freezer and put it in the microwave or oven.

Again, meal prepping is different

than just cooking one big meal and having leftovers. Proportion the meal into individual microwavable containers really completes the convenience of this process. Since the food is being frozen and stored it also helps create less waste. Another great thing about the food being frozen is that it lasts a long time and you don't need to stress about it going bad. Meal prepping is not something that needs to be done every single week of your life, but it's a good skill to have during weeks that are busy or when trying to be financially and health conscious.

## The college mental health crisis

By: Alexander Marinie  
Copy 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 954-424-6911 or by visiting their office at the Student Affairs Building. For faculty and staff dealing with mental health concerns, reach out to your department's HR representative for more information on NSU's staff and faculty mental health resources.

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.

For students with mental health concerns,

NAMI has a few suggestions for how to ask for accommodations. First, identify the help that you will need, one of the counselors from Henderson Student Counseling can help with this. 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.

# Tips on how to stay safe on campus

By: Sofia Gallus  
Editor-in-Chief



NSU's Public Safety Department is accessible for students 24/7.

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Going to college can be daunting, especially when classes can run all day and well into the evening. The safety of students on campus is a priority at NSU, especially because of how large of a campus it is. While NSU has a large number of emergency protocols and safety procedures, which are listed and can be found in the Campus Safety Handbook, it is always good to have some personal tips on hand during your college experience.

## Utilize on-campus safety tools

The most important tip for staying safe on campus is using one of the many personal safety tools NSU provides. Almost every student has a personal cell phone that they can rely on in case of an emergency, but NSU provides two apps that have safety tips and emergency contact information: iShark and SaferWatch. iShark is NSU's general phone app and has everything from grades to tuition payments to dining, but also has a number of resources if students have any questions about safety on campus. The next application is SaferWatch, which is specifically designed for safety on campus. Students can report suspicious activity through the app, as well as keep up to date with the latest safety announcements.

If you're not able to use your phone in an emergency, NSU has the Blue Light System all over campus. Individual emergency stations are positioned across campus, and each has a blue light that can be easily seen both during the day and at night. Each Blue Light System has a button that, if pressed, will contact law enforcement and start recording both audio and video footage of the surrounding area. Students should familiarize themselves with the Blue Lights along the paths that they walk to and from classes and other events in case of an emergency.

## Grab a buddy

There is definitely safety in numbers, and sometimes it can be scary walking home alone from a late-night class or studying in the library. Instead of walking alone, see if any of your new friends are on campus and want to walk back to the dorms together or grab dinner. Traveling as a group is not only safer but also lets you spend quality time with friends after a long day of classes.

If none of your friends are available but you're still worried about getting home safely, public safety offers an escort system if you call their phone number and request an officer to escort you to where you need to go. Public safety is available 24 hours a day and can be reached at (954) 262-8999.

## Practice vehicle safety

Traversing any college campus in a car can be difficult, especially with the amount of foot traffic happening. Follow general safety rules, like always buckling up, driving the speed limit, staying off of your phone and watching out for pedestrians. However, when handling a vehicle on campus, there are a couple of safety tips you should keep in mind. When parking on campus, make sure to be aware of the parking lot rules and make sure you won't be fined for parking there, as not all lots are available to everyone. In addition to that, if you plan on parking for long hours or into the evening, make sure to lock your vehicle and park near a streetlight.

## Dating and sexual assault prevention

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](mailto:laura.bennett@nova.edu)  
Office: NSU East Campus – Office of Human Resources, Room 248  
3100 SW 9th Avenue  
Fort Lauderdale, Florida 33315-3025

# The Current's guide to self-care: Check yourself before you wreck yourself

By: Sophia Cortes  
Arts & Entertainment Editor

To say that college life is stressful would be a great understatement. Despite the many wonderful opportunities, memories and lifelong friendships you will make these next four years, the reality of it is that these may also be the hardest years you face. It's a time of extreme change, endings and beginnings colliding into one and not to mention grappling with the fact that you're no longer on your way to adulthood, you're already there. Having to balance adulthood, academics and all the other things life throws your way is tough to say the least. This is why taking care of yourself and starting to build or continuing healthy habits should be one of your priorities when beginning this new chapter of your life. If you're unsure where to start, let this be a guide and reminder to you.

## Boundaries

The importance of boundaries is often heard in conversations about dealing with how to go about relationships. While setting up boundaries is a healthy process when it comes

to building relations with others, boundary setting is important in every facet of life, from social to academic. Don't listen to the pressure of going to an event when you know you won't enjoy it, and don't pile up on classes and extracurricular activities you either don't need or feel passionate about. For as much as it's glorified in all areas of academia, overworking yourself is a scam and in the end, you'll only end up hurting yourself.

This isn't to say that you should always live life on the easy side and never challenge yourself. Trying out new things and seeing how far you can push yourself academically are all normal, and if done right, healthy parts of college life. But once you begin to feel like you're burning the candle at both ends, it's time to take a step back and...

## Check in with yourself

Checking in with yourself throughout stressful moments in the year, or even when you have time to yourself throughout the week, is

always a great way to keep track of your mental health. Keeping a journal is a relatively easy way to check in with yourself and how you are feeling. It allows you not only to work through your emotions but also to be realistic with yourself, something that importantly coincides with setting up healthy boundaries.

Another way to check in with yourself is to do so with a counselor or therapist. The NSU Center for Student Counseling and Well-being provides many helpful resources, from online appointments to in person sessions. If you're worried about cost, NSU offers students 10 free sessions and afterwards the pay can fluctuate and be helped by any health care provider. If you want to see what other resources are available outside of NSU, there are countless cheap or free online services available.

## Most importantly, be excellent to each other (and yourself)

The biggest lesson in how to take care of yourself is just that, to take care of yourself, to

treat yourself kindly. At the end of the day, you are the only one that will forever exist within yourself. Grades, relationships, job titles, those do not define the person you are. It can be hard not to be hard on yourself, which is why taking time to be kind to yourself, even if it's something as small as taking a break in the botanical garden or buying yourself your favorite snack in the University Center, is so important.

Take moments throughout the week to be with yourself or those you care about. Host online or in person movie nights, have a treat yourself day and try to create routines to keep your mind and body healthy. Staying in touch with nature is one of my favorite ways to help keep myself healthy, and spending time in nature is commonly noted to help relieve some stress. It may not make all the problems in your life disappear but standing outside and staring at a tree for twenty minutes is sure to at least help you calm down and center yourself.

# How to make friends on campus

By: Brielle Aguayo  
Opinions Editor

Making friends can seem like an overwhelming and awkward challenge. However, at Nova Southeastern University there are so many possibilities for you to start friendships that will last a lifetime. Having similar interests, passions and even classes, the way we connect with one another is endless. There are many ways to put yourself out there and begin to surround yourself with so many different unique individuals.

## Residential halls

In the beginning of the semester, it might seem daunting considering first-year-students are in an unfamiliar place. However, making friends in your residential halls is a convenient place to progressively put yourself out there. For example, your resident assistant plans monthly events to bring your hall or floor mates together. This opportunity can give you the chance to talk and mingle with new students who are in the same situation as you.

## Study groups

Having the same classes with people can be a great opportunity to make friends who can start off as your study group partners. Not only do you have people to work with and prepare for exams, but you have a good academic friend by your side.

## Clubs

With over 100 clubs, students are given the chance to explore so many different avenues of what NSU has to offer. There are clubs that cater to any students' specific needs or interests. For example, there are clubs that support your tailored majors and career goals. The AAHANA Dental club, ACM Computer Club, American Medical Women's Association, Chemistry Club, Neuroscience Club and Psychology club are all career-based social clubs. There are so many more clubs that cater to every student's own ideals, these are just a few academic options that are available.

There are even more interesting clubs and organizations that NSU offers to gain leadership skills and be more involved in your community. Such as, the Student Events and Activities Board, the Diversity Student Council, Inter-Organizational Council and NSU Sharks Abroad. These organizations provide leadership experience for students to have the opportunity to grow as individuals and broaden their horizons.

## Religious organizations

Also, for individuals who are religious or spiritual there are groups of students who come together and uphold their values. For example, there are clubs like Shine Women's Bible Study, Ablaze Campus Ministry, International Muslim Association and Chabad.

## Greek life

For example, Greek life is an excellent way to put yourself out there. Going through

the process of recruitment even itself allows for new friendships and bonds. Going Greek whether it be for sororities or fraternities has many benefits. These organizations help you grow as a leader, make bonds that last a lifetime and give you the chance to give back to your communities. Sisterhood and brotherhood change you and help you have a permanent support system. Not to mention, volunteer and philanthropy opportunities are endless and are a key part of being a part of a non-profit organization.

The ability to make friends in the same space is special. The time you spend in college is something you will never forget. The experience and relationships you have shape you and mold you into the individual you were always meant to become. So, take chances and go to events to explore the endless opportunities.

## Support Student Media

### The Current:

We print biweekly issues of our newspaper every other Wednesday! Pick up a copy of our paper in any of our news stands around campus! Give feedback and consider writing for us!



### Radio X:

We host morning shows every Monday, Wednesday and Friday from 11 a.m. to 1 p.m. with 2 segments! Tune into our evening shows daily from 6 p.m. to 12 a.m. and listen to our DJs on 88.5 FM!



### SUTV:

We release weekly segments of SUTV Now, our television series featuring news, entertainment and sports! Watch our show every Friday through Youtube on Nova Shark United TV!



# Find vegan- and vegetarian-friendly options at NSU

By: Sofia Gallus  
Editor-in-Chief



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The staff at Razor's Reef is happy to help Sharks navigate their dining options.

Transitioning from high school to college can be challenging, but especially if it is the first time you'll be on your own. You won't get to enjoy homecooked meals quite as often, and you'll be balancing your own finances and declining balances for the first time. While those elements of going to college are scary, balancing your diet, especially if you're vegetarian or vegan, may be even more daunting. One common question that comes up during the dining hall portion of campus tours is if there are vegetarian and vegan options available on campus, so if you have that same question about NSU, don't worry, we've got you covered.

There are plenty of vegan and vegetarian dining options, both on campus and in the restaurants nearby. If you're new to NSU, you'll see many students flocking to the dining hall,

otherwise known as Razor's Reef, for breakfast, lunch and dinner. You're free to join them, as Razor's Reef has several vegan and vegetarian options for students.

Students can order delicious and customizable wraps, bowls and smoothies, all with primarily vegetarian and vegan options in Razor's Reef. Several of the NSU brands located in Razor's Reef are entirely or primarily plant-based. Offering homestyle vegan and vegetarian meals that aren't just your typical salad or wrap, Razor's Reef is great if you're looking for a bit of flavor and variation while also keeping in mind dietary restrictions. Razor's Reef offers things like vegan and vegetarian stews, meat substitution meals and other yummy homestyle goods for students. The minimally processed customizable salads are a great option for students who may have

food allergies. Aside from salads, bowls and wraps, Razor's Reef hosts classic Italian-American recipes with a twist, like meat-free pizza and pasta, with fully vegan customization, including cauliflower crust, vegan cheeses and plant-based meat substitutes.

Razor's Reef isn't the only place that offers vegan and vegetarian options on campus. Flight Deck has also expanded their menu to include more vegan- and vegetarian-friendly options, such as fried cauliflower bites, Impossible meat and meat-free flatbreads and quesadillas.

Even corporate staples such as Einstein's Bros Bagels and Starbucks offer vegan and vegetarian breakfast and lunch options, both in their drinks and food selections. You can substitute whole milk for soy, oat or almond milk in your morning coffee or grab a Hummus Veg Out signature sandwich from Einstein's Bros

Bagels or an Impossible sausage sandwich from Starbucks. Einstein's Bros Bagels is located in the Carl DeSantis building and Starbucks is located in the University Center closest to the Shark Circle.

Finally, if you're willing to make the trek to the HPD building, you'll find Sushi Maki, a homemade sushi café that offers an assortment of both vegan and vegetarian sushi rolls.

Maintaining a vegan or vegetarian lifestyle on campus is not impossible. NSU makes it easier than most colleges. The only thing you'll have to worry about is which delicious option you're going to choose that day, and of course, making sure you don't use up your declining balance too quickly.

## Razor's Reef

WHENEVER YOU NEED A BITE

# New Look!

technology

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SCAN FOR MORE INFORMATION

# Looking back at NSU athletics highlights

By: Sofia Gallus  
Editor-in-Chief

This past year has been an amazing year for NSU athletics. In the beginning of 2022, the Sharks took home an unprecedented number of awards and other honoraries. Not only that, but students were finally able to enjoy flooding into the stands to watch the games take place as COVID-19 restrictions were lifted, cheering on their favorite teams and watching Sharks take home the gold. While all of the NSU Sharks teams deserve a round of applause, here are some of the highlights from the 2021-2022 academic year.

## Women's swimming honored by Sunshine State Conference

The women's swimming team took home many awards from the annual Sunshine State Conference, but NSU student Celina Marquez

was named Swimmer of the Year by the SSC, which is a huge honor. In addition to Marquez being named Swimmer of the Year, she was also featured at the Beijing Olympics. In addition to Marquez's accomplishments, women's swimming team head coach Ben Hewitt was named Coach of the Year by the SSC, another huge honor. Way to make a splash!

## Men's basketball team competed in the Elite 8

The NSU Sharks men's basketball team made it into the Elite 8 Division-II conference, where they ultimately lost to Black Hills State University in a close game. Still, making it to the Elite 8 is a major accomplishment, and a first in NSU history. NSU finished the season with only one loss overall.

## Women's track team competed in Division-I competition

The NSU Sharks women's track team traveled to Coral Gables to compete in the Miami Hurricanes Invitational Division-I competition. During this competition, the NSU Sharks raced against some of their biggest historical competitors such as Miami, Florida International, South Florida and Lynn. This year, the team had previous Division-II member Ivanova Yanes, who finished just 13 seconds after the first-place runner. However, the Sharks had seven runners place in the top ten overall, which was an excellent way to end the meet.

## Athletics department sets new record for overall GPA amongst student athletes

After GPA's reportedly falling steadily across the nation due to the COVID-19 pandemic, the NSU athletics department set a new record for the overall GPA among student athletes. Cumulatively, student athletes at NSU held an overall GPA of 3.44 for the fall semester, with 94 students being named on the director's list, which is a new record for NSU. On top of this statistic, 82% of student athletes at NSU held a GPA of above 3.0. Breaking it down by teams, the women's tennis team had the highest cumulative score in the department, with an astounding overall GPA of 3.87. Next was the men's soccer team, who held an overall GPA of 3.57, and they were tied with the men's golf team.

# How to become a Shark Fan

By: Sofia Gallus  
Editor-in-Chief

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 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. Not only that, but the nsusharks.com website has all of the most up-to-date information on players, game statistics and other NSU sports related news. You can subscribe to NSU Athletics' newsletter to get some of the information emailed directly to your student account. In addition to checking out the NSU Athletics website, if you're walking around campus, you can also pick up a copy of The Current at one of our many newsstands and flip to our Sports section to find out about all of the upcoming home games happening that week, as well as the latest NSU sports news. You can also find out

about the different NSU sports teams on social media, such as Instagram. While some teams have their own accounts, you can find NSU's athletic program on Instagram at @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. You can also find out which teams are playing whereby checking out our "On Deck" article in our Sports section. When you attend a game, 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.

# Club Sports and Intramural Sports at NSU

By: Blake Malick  
Sport Editor

Are you an athlete and want to get involved with sports at NSU? Well, you are in the perfect place. Club and intramural sports have got you covered.

## Men's and Women's Club Sports

Club sports include basketball, soccer, volleyball, swimming and ice hockey. These teams are a serious commitment. Once you tryout for the team and make the team, you are basically a student-athlete at that point and are expected to attend multiple practices per week. You can expect your schedule to contain three practices a week, most weeknights from 8-10 p.m. on campus. Weekends will have games either at NSU or at the opponent's school. Opposing schools include Florida Atlantic University, Florida Gulf Coast University, Florida State University, University of South Florida, University of Tampa and the University of Florida.

In 2021-2022, the men's club basketball team took a trip to Tallahassee to compete in the Andrew Sun Tournament. Their opponents were more than just Florida teams, as Auburn and Clemson competed in the tournament as well. The women's team also competed

in a tournament at NSU, winning the entire thing. Within these sports is the opportunity to travel all around Florida and be crowned as a champion.

The men's and women's club soccer teams also compete in a league with other colleges around Florida. In 2022, the women's club team took on FAU, Miami and Tampa. The men's team took a trip to Tampa. The leagues can get very competitive, as like any other soccer league in the world, the standings are based on points. For anyone interested in playing club soccer at NSU, follow @NSUMensClubSoccer and @NSUWClubSoccer on Instagram.

Women's volleyball consistently competes in tournaments around Florida. You don't have to worry about there being too many people, as the players are divided into two teams to increase the play time for everyone. NSU Blue and NSU White are the two names, and each team competes in different tournaments. If you have interest, follow @NSUClubVB on Instagram.

Other sports like ice hockey and swimming are relatively new, but more information can be found on their social media. @NSUIHC and @NSU.ClubSwimming on Instagram is your best

way to get in touch with them.

## Co-ed Club Sports

Ultimate Frisbee, Spikeball and Running are some of the co-ed sports offered by the club sports program. These sports are more recreational and less of a commitment than the others. Some of these sports are played recreationally against each other. Others still compete in tournaments, but they aren't guaranteed like the others.

Ultimate frisbee is the most prominent of the unisex club sports. Ultimate frisbee plays games within NSU, splitting up their roster into two teams and playing a game. The club plays for about two hours a night. They also compete in tournaments against other schools. @Sharks\_Ultimate on Instagram is where you can find more information.

Spikeball is a relatively new club at NSU, but the popular sport is becoming more prevalent around campus. The club usually plays in the library quad, just in front of the library, University Center and bookstore. Follow @NSU\_Spikeball on Instagram for more information.

The running club is exactly what it says it is. The group gets together and runs, even taking trips to local scenic parks to get their run on. For information on how to get involved, follow @NSURC on Instagram. To register, there is a link to join the club's GroupMe, effectively adding you to the roster.

## Intramural Sports

If you want less of a commitment but still enjoy playing sports and competition, intramural sports are the thing for you. The program offers flag football, basketball, soccer and volleyball. You can build a team with your friends or join the league as a free agent, joining whatever team needs you. The leagues have regular seasons followed by playoffs. The winner of each league is awarded with the ultimate bragging right, a t-shirt that says, "Intramural Champion" across the chest. To register, download the IMLeagues app and sign up with your mynsu.nova.edu email.

# Get to know the RecPlex: Your own personal gym

By: Blake Malick  
Sports Editor

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The exercise equipment on the third floor of the RecPlex is open to all Sharks.



Pictured is the table-top games located on the first floor of the RecPlex.

The RecPlex is located inside the Don Taft University Center and is your go-to for exercise and sports. What exactly is the RecPlex and what is inside it?

The RecPlex is open every day for your enjoyment, though its hours are different on the weekends. The RecPlex is open from 6 a.m. to 11 p.m. on weekdays. On Saturdays, the RecPlex opens at 8 a.m. and closes at 8 p.m. Sundays also open at 8 a.m., but close at 4 p.m.

The RecPlex's gym has every workout machine that your average gym has, including numerous squat racks, bench presses and machines for leg workouts. Additionally, there are a large number of treadmills and stationary bikes located on the third floor. There are also two racquetball courts located inside the gym, as well as a squash court.

The basketball courts are one of the most popular aspects of the RecPlex. Whether you want to shoot around or play a game, you can go up to the second floor and check it out. You can check out a basketball with your SharkCard, giving it to the front desk as a placeholder. Once you are done playing and you return the ball, your card will be given back to you.

Typically, there will be full court 5-on-5 games taking place on the courts. You can go up with some friends and grab next or try and play with new people as your teammates. What can you do if the courts are full, and you just want to shoot around? Hidden behind the pool outside is an outdoor basketball court. Usually, the court is empty. Go out there and shoot around if you want some alone time.

Just in front of the basketball courts is a sight that nobody could miss. The rock-climbing wall is one of the RecPlex's most interesting attractions. Standing at two stories tall, the vertical obstacle course is sure to be a challenge for anyone who dares to climb it.

Need a locker? The RecPlex has a men's locker room and women's locker room located on the first floor. Inside, you will find showers, lockers and a sauna. The saunas are individual for men and women. The RecPlex rents out lockers for those who need them. Additionally, towels can be purchased or rented for a small fee. The front desk has more information.

The RecPlex is a host for numerous events and workout classes, such as yoga, spin and pilates. If you're interested in joining a workout session, you can register on the IMLeagues app

or website. The schedule is published on the IM Leagues website or NSU's RecPlex site.

Do you enjoy swimming or relaxing by the pool? The RecPlex has a large swimming pool located just outside. Combined with its pool chairs, it's a great place to relieve some stress and relax. The pool hours fluctuate, so make sure to speak to a RecPlex employee if you need the schedule.

What about everybody's favorite games that require a table? The first floor of the RecPlex has a table tennis table and a pool table. All you have to do is ask the front desk employee for the materials and they're all yours. Table tennis has a club if you are very skilled and want to compete with the best of them. You can play pool alone or go up with a friend and compete in the fun game.

## Looking for a job on campus?

### The Current is searching for a sports editor!

If you enjoy writing and love sports, this position is perfect for you!

Contact [nsunews@nova.edu](mailto:nsunews@nova.edu) for more information!



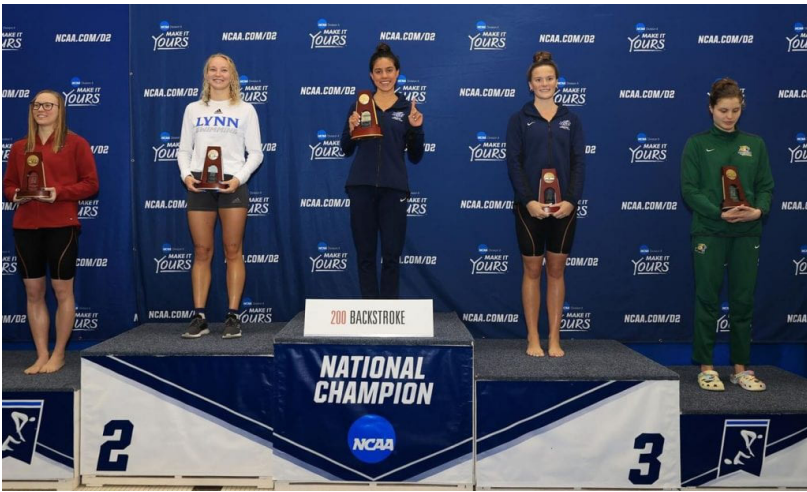
# NSU Shark Teams

By: Brielle Aguayo  
Opinions Editor



NSU basketball team mid-game during the 2022 NCAA tournament.

NSU's Celina Maequez caps off excellent year with national title and SSC award.



The athletic teams at Nova Southeastern University are an important part of the campus culture here. They highlight our athletes' incredible attributes and allow students to pursue their passions through their physical endeavors. We have many different teams for both men and women, and they all have the same goal; to enhance skill and bring athletes together to work collectively to achieve their educational and athletic goals.



Senior pitcher Nathan Campbell trying to continue his strikeout records from 2020.

## Men's Sports

- Baseball
- Basketball
- Cross Country
- Golf
- Soccer
- Swimming
- Track and field

## Women's Sports

- Basketball
- Cross Country
- Golf
- Soccer
- Softball
- Swimming
- Tennis
- Track and field



NSU tennis team celebrates their matches.

## WORD SEARCH

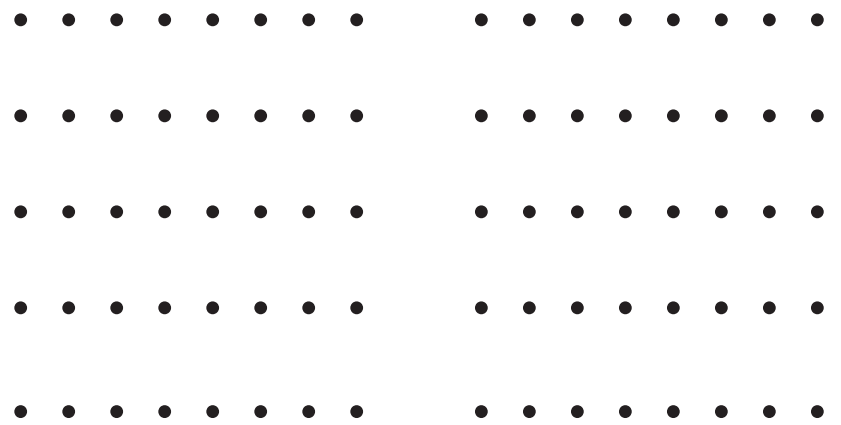
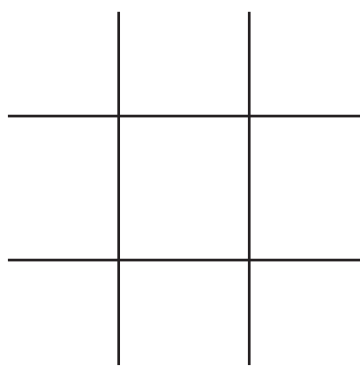
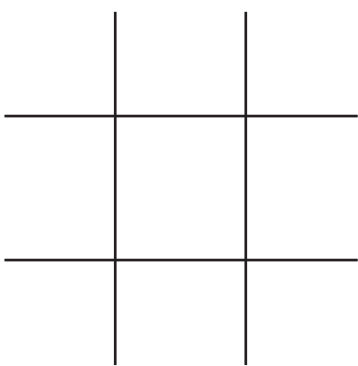
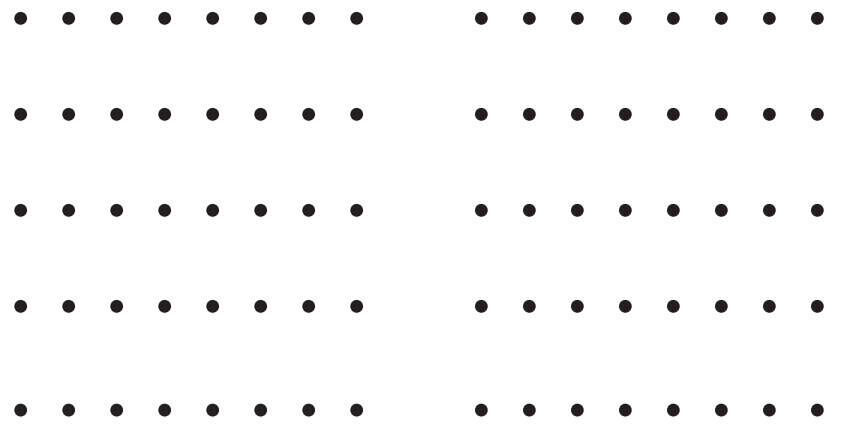
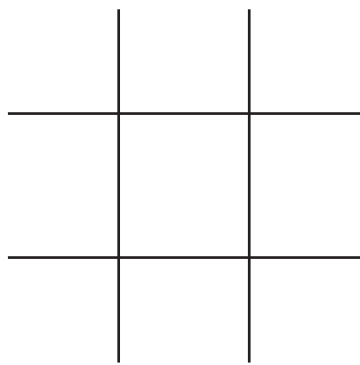
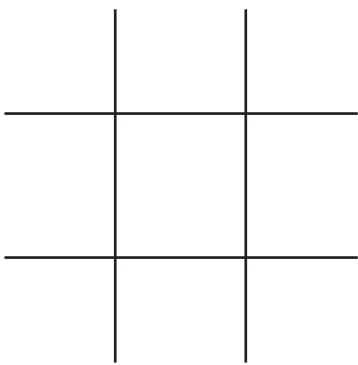
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ADVICE  
COLLEGE  
FLORIDA  
LIBRARY  
ORIENTATION

ASYNCHRONOUS  
EDUCATION  
HEALTH  
LIFESTYLE  
SPORTS

CAMPUS  
EMPLOYMENT  
HONORS  
MOVING  
TEXTBOOKS

## THE CURRENT'S CORNER



# Searching for student employment

By: Gerianne Salamanca Gamez  
Chief of Visual Design

Jobs are not only difficult to find but difficult to get, and getting a job that works with your academic schedule is even harder. On-campus jobs are a great way to get a flexible job that will accommodate your academic schedule. Working as a student can be stressful and usually, the only jobs available are ones that are unrelated to a student's field. On-campus jobs offer the opportunity to work in a field that interests students while helping them build their resumes for future opportunities. NSU offers a multitude of job opportunities for students and getting a job at NSU is as simple as just a few steps.

## Access Sharklink

Sharklink is NSU's online portal. Students can access their Sharklink by using their NSU log-in credentials. Every student has their own unique NSU identity, which includes their NSU email, N number, and username. By logging into their Sharklink, students can access just about everything they need, including multiple applications that allow them to apply for multiple experience opportunities on and off-campus.

## JobX

JobX is the application that students can use to find and apply for on-campus opportunities. JobX can easily be found in the quick links section of a student's Sharklink. JobX can also be accessed through the applications tab on the navigation menu. Once on JobX, students will see jobs that have been featured for the week. Students must scroll down to view the menu and then click the students option as they are applying for jobs as students. When on the students page, students will see menu options for student job seekers, newly hired student employees, and current student employees. Student job seekers is the menu option students will want to look at and then click the find a job option.

## Federal Work-Study or Nova Student Employee

Students have to decide what program they want to work under, either Federal Work-Study or Nova Student Employee. The Federal Work-Study program (FWS) is for students that have been awarded Federal Work-Study and meet all the financial aid requirements. The

Nova Student Employee (NSE) program has no financial aid requirements, any enrolled student can apply for a job through this program. Depending on their current status in the present aid year, students can choose to work through the program that fits them best.

## Job interests

When looking for a job on-campus, students have a wider range of opportunities. NSU has a wide variety of departments, offices and centers on campus that offer student employment. Depending on what the students' interests are, they can most likely find a job that's a perfect match. There is something for everyone in regards to on-campus employment.

## Searching

Once on the find a job page on JobX, students will be presented with the search menu. The simplest way to find a job is by clicking the show all active jobs option. This will present students with every job available with descriptions of these jobs and their requirements. Students can also pick to view jobs that are specific to a program like Federal

Work-Study or Nova Student Employee by clicking the FWS or NSE menu options. There are even menu options that allow students to find jobs with the most or fewest hours which helps them find a job that works with their preexisting academic schedule. If there is already a type of job a student is interested in, they can find it by clicking the advanced search menu option which allows them to search for something specific.

## Apply

The final step is to simply submit the application. Students can select the jobs they wish to apply for and apply to multiple jobs if desired. Applications can be filled out individually for certain jobs or students can choose to fill out a general application to submit for multiple jobs.

On-campus jobs are flexible and engaging, they provide students with an opportunity to diversify their resumes and strengthen their skills. Check out some of the jobs NSU has to offer and apply.

# Opportunities for internships that benefit your college experience

By: Brielle Aguayo  
Opinions Editor

College experiences provide valuable opportunities that allow for student growth. As students, the ability to learn from all different places and people is crucial, especially when following down the path to a fulfilled career.

Internships are unique and fundamental experiences that help students gain skill outside the classroom. These internships allow students to take part in real-world scenarios and research to have a feel of what it means to work in the field.

## Handshake

A tool that is useful for students to use to help them navigate job opportunities, internships and events is Handshake. The resource, which you can access through your Sharklink, is a great way to sort through opportunities throughout your time at Nova

Southeastern University. There are multiple events online and in-person to help you navigate what you are most interested in and what jobs or internships you need to complete for your credentials.

## C.A.P.S

The office of the Center for Academic and Professional Success is there for students who need advice and guidance regarding their academic and professional goals. They are a valuable resource for all things student advising. When it comes to advising as first-year students, you are already given an EDGE advisor to help you set up your classes and a four-year plan of what your undergraduate classes will look like. However, when it comes to career planning, there are staff members who specifically can help with career advising. For more information

regarding the office, they are located in the Horvitz administrative building and they can be reached at 954-262-7990.

## Additional Resources

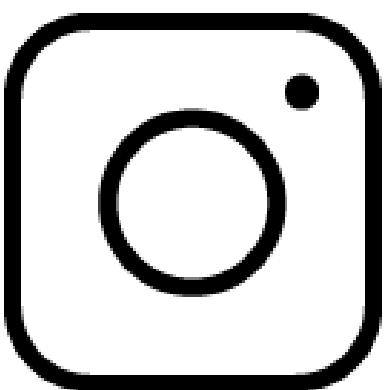
Other resources you can use are LinkedIn, Indeed, Glassdoor and Monster, all of which provide direct applications to access all sorts of career advising information and job opportunities.

For example, there are many different internships for certain majors to fulfill their requirements.

There are opportunities to be paid interns and experience professional life outside the classroom. This allows students to gain skills and connections which are extremely important in their line of work. As students, we experience

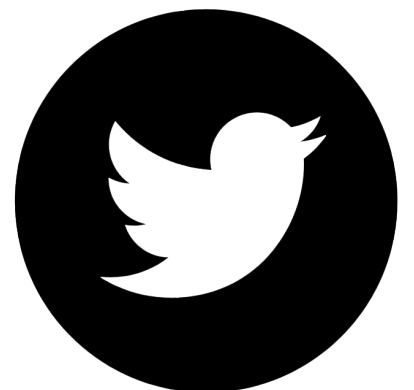
a whole array of learning inside the classroom. When it comes to internships, they are valuable for work and educational backgrounds. The resume opportunities and credentials you can add on as a student are remarkable for growth. An increase in skills and monumental knowledge can be taken from this as a whole. Overall, these experiences for a college student are significant.

# Keep it Current



Follow us on social media

@thecurrentnsu



# Take it from a senior

By: Sofia Gallus, Alexander Martinie  
and Reina Perez



“It’s been a crazy four years. I feel both full of advice and yet like I don’t have enough of it: nothing could have prepared me for the unprecedented times we went through. My advice to you is to just do things, even if they’re hard or daunting. Easier said than done, I know, but some of the best experiences have come out of things that scared me. When you first arrive here, go to those opening week events, even if you’re not a fan of crowds and are a little shy. Go to that professor’s office hours if you have trouble understanding something in class, even if you may be embarrassed about not understanding or falling behind. Take the weird classes. Ask for help and don’t dig yourself a pit. Do things that scare you. It may hurt to pull the thorns out, but it won’t start to heal unless you do,” said Sofia Gallus, senior marine biology major and editor-in-chief.



“My advice is to always take a moment and ask yourself why you’re doing something. If you’re getting involved in clubs and organizations, taking on leadership positions or doing a work study, it’s important to know why you’re there. I’ve seen so many people become president of this or head of that and they don’t really have a reason for it besides that it looks good on their resume. I’ve been guilty of this too. Even if you’re just stepping into a meeting with a professor, it’s always important to take a second and ask yourself why you’re there and what you want to get out of it. That way you know what you’re willing to do and know when you’ve gotten what you came for. It’s so easy to get sucked in and go down many a rabbit hole in college, so name your price at the start. If it’s not what you bargained for, walk away,” said Reina Perez, senior communication major and features editor.



“My best advice is to keep track of your mental health. Anyone that has either spoken to me or read the articles I have written over the years knows how seriously I take mental health. It is not something to joke about, even if humor is a common coping mechanism. Take the time to check up on yourself and on those around you. Don’t be afraid to ask for help. There are plenty of resources available to students to support them. Stay on top of your mental health. I can tell you from personal experience, it is difficult to deal with mental health concerns on your own. Seek help if you need it. Reach out to Henderson Student Counseling or the College of Psychology’s Maltz Clinic if you need help,” said Alexander Martinie, senior psychology major and copy editor.

## Staff picks: “What do you wish you had known when you were a freshman?”

By: The Current

“As a freshman I wish I would’ve known the importance of being involved and attending campus events. Sometimes as a freshman it can be intimidating going to events because you don’t know anyone else going or haven’t made friends yet. Honestly, campus events are where you meet friends and get to know people. Some of my best memories are from events and when you get involved on campus you can really see all that NSU has to offer. Not to mention there is usually free food offered and you never want to miss out on the free food,” said Jamila Hughes, junior legal studies major and news editor.

“I wish I realized that not knowing what you want to do is okay. I came into NSU as an undecided major, but I stressed myself every single day to pick something. It’s okay to take electives and classes that interest you for your first semester or two. Take your time to find something you truly like. It took me two semesters to find out what I wanted to do. Also, if you must switch your major, that’s okay too. At the end of the day, we’re all going to eventually graduate. It may take time to find it, but you should do what you love in this life,” said Blake Malick, senior communication major and sports editor.

“I wish I had learned how to ask for help, regardless of the situation. I think a big thing that a lot of people go into college with is the idea that the more you suffer for your academics, the better everything will be in the long run. This might work out for some people, but not asking for help and simply attempting to rough things out has given me a lot of bad days that most likely could have been avoided if I had just asked for help. There is no scenario in which college is going to be easy, because if academics won’t be something you struggle with life will surely find a way to throw a curveball right in your face, but that doesn’t mean you have to be going at things alone and without help. Whether it be help from a professor, parent, friend, coworker or therapist, help will always be there,” said Sophia Cortes, junior English major and arts and entertainment editor.

“When I was a freshman, I think what I would have enjoyed knowing was how time management is key when surviving your first year at college. Having a planner and a set number of things you must complete and events you must attend was very helpful. Not to mention to keep up on your academics, but not drown yourself in work and take time for your mental health. Whether that be self-care nights or just a time where you can relax. Also, knowing the transition from being dependent on people to now having more freedom is crucial and an experience in itself. Enjoy the little moments and your first college experience by going to events and meeting new people. College is the opportunity to become whoever you want to be,” said Brielle Aguayo, sophomore communication major and opinions editor.

“Don’t buy textbooks. As a freshman, I made the mistake of spending hundreds of dollars on textbooks at the beginning of each semester. There are many alternatives to buying textbooks that won’t put you into more financial trouble. I think the best option for incoming freshman is to simply ask upperclassmen about acquiring textbooks. Upperclassmen tend to have the best tips and tricks since they have the most experience. Some upperclassmen will even sell you their used books for cheaper than you would get it at the bookstore. Second-hand online sources are also a great alternative to buying physical textbooks. The only time you should ever buy a textbook is when it’s a virtual classroom book. Homework and quizzes will most likely be a part of this platform so you will have no choice but to buy the textbook,” said Gerianne Salamanca Gamez, second year junior communication major and chief of visual design.

# STAY CURRENT & STAY SAFE

The realm of professional boxing has been known to follow various traditions with mutual respect between boxers at the forefront. Despite this, Paul has yet to gain the recognition needed to be a professional boxer.

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Other customers drinking their coffee made homework and study when scenery from your usual Crema Gourmet breakfast and salads. Craving Greek bread with caramel cappuccino spirit and ordered panca

ability to inhale objects however, instead of being able to completely swallow the objects, Kirby will stretch to take the shape of the object, as well as gaining the power and properties of the object. In the Nintendo direct trailer, we see Kirby take the shape of a traffic cone, staircase and various other objects.

I was so excited to visit this restaurant ever since checking their social media, which exhibits their menu and beautifully decorated drinks. It would like a perfect place to take pictures and videos. Once stepping into the

Weylin Sternglanz, associate professor in the department of psychology and neuroscience, was also a co-organizer of the festival.

Another feline that has made their mark is Stryker, a stunning savannah cat. Stryker is Instagram famous for his unique coat. His owners rescued him from a small cage, and ever since then have given him a much better life. However, there is controversy surrounding these breeds and whether it is humane to keep them as pets. Yet, Stryker's importance on social media and the care that his owners give him seem to trump that idea.

According to Santos, students have creative freedom regarding their film and can use their friends as actors and production staff in their work. The film does not have to belong to any specific genre.

"Once the film is produced and submitted, they will work with a faculty advisor to assist in that process," said Santos.

She also noted that every student participating in the symposium, even outside of the film fest, will have help from a faculty advisor and went on to further detail the process films go through after they are submitted.

"Sometimes students work individually or in teams, every year we have films submitted in both formats. The films are judged by a panel that includes current and former students and faculty members. The winners will receive a certificate and a cash prize. The film festival is a great way for students to get involved in their community and showcase their talents. It's a chance for students to express their creativity and share their stories with others. The festival is a great way for students to get involved in their community and showcase their talents. It's a chance for students to express their creativity and share their stories with others. The festival is a great way for students to get involved in their community and showcase their talents. It's a chance for students to express their creativity and share their stories with others.

The film festival took place on the first day of the semester, from 5 p.m. to 7 p.m. in the Honors Great Hall. The festival was a success, with many students and faculty members attending. The festival was a success, with many students and faculty members attending. The festival was a success, with many students and faculty members attending. The festival was a success, with many students and faculty members attending.

Special animals like aquatic species showcase uniqueness and their own individuality most commonly in movies and aquariums.

One of the most famous dolphins is named Winter, a mammal that was known in a movie based on its origin story called, Dolphin Tale. Winter had a heart-warming story about not having a tale, and then receiving a man-made one that allowed him to survive. Sadly, Winter passed away Nov. 11, 2021 due to an intestinal abnormality, but his memory and presence lives on.

These animals are special and memorable in many different ways. They possess uniqueness and are defined as incredible species that will live on forever.