

The YSU Bulletin

Issue 1

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The Parking Battle

By Hanna Patterson

Parking is half the battle of getting to class on time. There are fourteen parking lots and two parking garages around campus. Of course people want to park as close to their class as possible, but that is more difficult than it sounds. With the combination of crazy divers, stoplights, and pedestrians, the last thing you need to think about is where you are going to park.



M2 Parking Deck

Certain lots fill up faster than others and are filled throughout the day. They are small and very close to buildings. Choose a lot that's bigger and has a larger chance of open spots. This way you'll be able to find a spot instead of wasting time in a smaller, closer lot. Make sure you give yourself time to walk to class once you've found a parking spot too.

There are two parking garages on campus, and they're entirely different. There are common rules to follow when you drive through the parking garage.

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This is an individual project comprised of other students' work. Any questions to the purpose should be directed to the faculty adviser.

The faculty adviser for the project is Dr. Julia Gergits. She can be reached at jmgergits@ysu.edu.



The Freshman Fifteen

By Alanna McBride and Christina Darin

I had never heard of the freshman fifteen until I did a research paper on the dining options at Youngstown State University. For those who have never heard of it, it is a theory that says college freshmen gain fifteen pounds during their first year. Here are some ways that you can avoid gaining those extra pounds.

YSU has a fitness center called the Andrews Student Recreation and Wellness Center located next to Kilcawley Center. The Andrews Rec. is available free of charge for all YSU students. It is a state-of-the-art facility with newer equipment and an indoor track. Remember those pounds can add on quickly.

YSU also has a variety of foods that are healthy. Almost every dining venue has a healthy option. Fast food calories add up quickly. Opt for healthier choices when dining on campus. Or you can pack your own lunch and bring it with you. Some of the healthier options on campus are Pennyquins, The Sub Connection, Dunkin' Donuts, and Pete's Place. Many of the buildings on campus have Simply-To-Go Cafes, where students can stop for a quick sandwich, salad or beverage. Jimmy Johns and Subway are a within a minute's walk from campus.

Don't get over stressed, and make sure to get enough sleep. I know this sounds easy. Make sure to plan out a study schedule and keep ahead of the syllabus. Don't wait until last minute to work on assignments. It adds stress and even some sleepless nights. Avoid working all night on a paper that's due the next morning.

Finally, take the stairs. Walking up stairs is a great cardiovascular exercise. It is surprising how many calories a person burns by making that small modification—not to mention some of the elevators on campus are a little scary.

Whether the freshman fifteen is truth or myth, having a healthy and active lifestyle is a good idea. Not only will it help keep the extra pounds off, but it can also help relieve some of the stress of daily life.

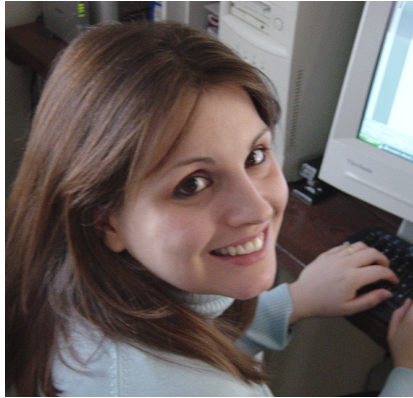
Youngstown State University offers many dining options on campus. The surrounding businesses supplement food choices for students. Plus they are close enough to walk. There are options for all students including vegetarian and vegan dinners.



Simply-To-Go is food that is "ready to go when you are."

Advisement at YSU

Youngstown State University offers the same educational and recreational opportunities as any other college in the country, with one exception. Unlike many surrounding colleges, YSU does not have an advisement department that exists purely to guide students along their path to graduation. Because of YSU's



Dr. Mary Beth Earnhardt

commuter school status, some students feel distant or disconnected with the college itself. This can spawn problems with the academic aspects of campus. Perhaps the most important thing for every incoming student is to pick and befriend a professor who is willing to be your adviser until graduation. It is no coincidence that YSU's graduation rate is far below fifty percent; too many students every year fail to use a friendly, helpful professor

that is knowledgeable of which classes are needed to graduate in different fields.

First, a student must sign up for a specific professor in their desired department. Most professors will print out a degree audit, which is a document that concisely shows what classes have been taken and what classes are still required. The most helpful professors will give you advice on what classes should be taken and in which order; my journalism adviser Dr. Mary Beth Earnhardt, went as far as to write down the course numbers for my last three semesters. She wanted to ensure that my four-year graduation would not be delayed. For this, I am eternally grateful.

It is possible to select a professor who is unwilling to assist you. You will be able to see it. If he or she begrudgingly welcome you into their office, fail to check your record thoroughly and rush you out without giving you any advice, you have most likely picked a dud. My advice would be to shop around until you find a professor who relates to you on a personal level. Tell the professor you are concerned about your future and are desperate for his or her help. I believe most YSU professors, ones with an authentic love for what they do, will understand.

Greek Life at Youngstown State University

When I began my college career at Youngstown State University, I was just as nervous as the next guy. Since I commuted to and from school, I never got a chance to make new friends. The class structures were different, the campus was confusing, and the stress of my future weighed down on me.

Needless to say, I needed something more. I longed to be more involved and more connected. So I made the decision to visit a social event at Alpha Phi Delta fraternity. After one visit, I was hooked. In April of 2009, at the conclusion of my freshman year, I was crossed into the brotherhood of Alpha Phi Delta. Instantly, I felt like a new man.

Alpha Phi Delta has provided me with opportunities: a social life, philanthropic work, and connections in the workforce. I have forged countless friendships based on the contact I have with others in the Greek system. I have spent hours giving back to the community by participating in community service projects with my Alpha Phi brothers, and our fraternity has donated thousands of dollars for organizations like Easter Seals, Habitat for Humanity, and the American Red Cross. Each semester, Alpha Phi Delta conducts several blood drives with the Red Cross to help them collect much needed blood samples.

After serving as president of Alpha Phi Delta from 2010 to 2011, I found job interviewers find the presence of fraternalism both engaging and enhancing to a résumé. I cannot explain the tremendous leadership and social skills that I have acquired by being a part of a fraternity. Being Greek

is often like being part of a business. It requires you to work well in groups, balance budgets, and manage time and resources.

I would encourage all students, traditional or not, to consider looking into the Greek system. Being Greek provides so many opportunities that simply are not available at a commuter college. Don't let four years of college pass you by. Go Greek, and get involved!



The Alpha Phi Delta Crest

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Arrows are the key. If you don't know your way around a garage, you could get lost. The M2 parking garage is small and usually full by noon. Unless you arrive at campus when people are getting out of class, it's pretty hard to guarantee yourself a spot. However, the M1 parking garage usually has more spots available because it's bigger. As long as you allow yourself time to get to class, parking shouldn't be an issue.

Words of Wisdom for Non-traditional Incoming Freshman

By Alanna McBride

The first day of college is daunting no matter how old a person is, but it can be especially nerve-wracking if that person is a non-traditional student. But, take it from me, you will survive. Here are a few helpful hints.

1. Get a Planner.

If you are anything like me, you are not only a student, but a spouse, a parent, and an employee as well. Get yourself a sturdy planner. Use it. There are weeks when I actually need pencil in times to do laundry. Staying organized helps

you stay on track and get everything done. Use your syllabi to help you keep track of what needs done that week. You will be able to schedule around work, home, and school if you keep it all planned in the same book.

2. Use the resources that are available.

YSU has plenty of resources for all of its students. Take advantage of the free tutoring and help the university provides. The Writing Center, a valuable resource for any course, has three locations: the MAAG Library, Stambaugh Stadium, and the Metro College. The Math Department



Seniors Hilary Carr, Alanna McBride and Nikki Erikson

also has a student-based tutoring center.

You are not out there on your own. No matter what your major is, there is help. All you have to do is ask a professor, advisor, or even another classmate. Don't wait until it's too overwhelming. Seek help as soon as you know you need it.

3. Take advantage of your weekends.

If you are planning your schoolwork in the planner, use your weekends to help you stay ahead of the syllabus. Getting behind can become overwhelming and stressful. If you

look at your weekends as time to get ahead instead of catch up, you will be on top of your studies from the beginning.

4. Get involved, but not *too* involved.

As a non-traditional student, you may want to get involved with things on campus. There are a lot of great groups at YSU. Ask other students in your major what groups they would recommend. Don't get too involved; you don't want to overdo it. Decide which groups will benefit you the most in the long-run.

Media Relations on the Rise

Youngstown State University offers many opportunities for students interested in media-related jobs. The Journalism Department gives students a chance to work for both professional and collegiate publications, while the Communications Department gives students the opportunity to work for radio and television.

Rookery Radio is YSU's student-run, online radio station. The station offers training to students interested in becoming disc jockeys. While working at Rookery Radio, a student could learn: business, journalism, communications, and web design.

WYSU Radio is the faculty-run radio station on campus. It offers listeners: NPR news, talk radio, and music. The station hires students to do the weather and sports, and other opportunities working

on the technical side.

YSU's student-run publication is The Jambar. Students can apply each semester to report: campus news, sports, editorials, and features. Students learn to produce quality work through hands-on experience. Students can also apply to be editors, who manage the paper to ensure a bi-weekly issue of the paper. Jambar employees work in a variety of formats: print, both paper and online; video; and audio stories.

The News Outlet is a collaboration between the journalism department, WYSU radio, The Vindicator, and media outlets in the area. Students work with the Journalism Department and professionals from partner organizations to produce stories for professional publications.

Homework Express is the Telecommunications Department's television show

By Christine Darin



Telecommunications training

for school children. Students work in a live television studio on campus and they have the chance to learn how to operate professional television equipment in and out of the studio.

There are always opportunities open at YSU's many media outlets. Just remember to stay active in the various departments and wait for the next opportunity to arise!

Lead the Way with the Nonprofit Leadership Program

By Hilary Carr

The nonprofit leadership program at Youngstown State University is housed within the Center for Nonprofit Leadership in the Williamson College of Business Administration. The center offers both a minor in nonprofit leadership as well as a national certification through the Nonprofit Leadership Alliance.



The nonprofit leadership minor is composed of twenty hours of related courses in business, management and public relations. The minor requires at least 225 internship hours to be completed by the student at a local nonprofit organization. Some of the organizations students have had internships with include the Humility of Mary Health Partners Foundation, Akron Children's Hospital, Red Cross, Meridian Community Care, Habitat for Humanity and Inspiring Minds. As a requirement for the minor, students must also be an active member of the Student Nonprofit Leadership Organization.

SNLO meets once a week during the Nonprofit Community Service

class. Each semester, SNLO takes part in a community service event and plans a fundraiser. For the past three years, SNLO has participated in Pay It Forward through the Ohio Campus Compact during the spring semester. Pay It Forward is a student-led philanthropy program that allows students to act as grant makers; through Pay It Forward, students at YSU have donated more than \$27,000 and 2,700 hours of their time to local nonprofit organizations.

Kayla Boye, a junior in the professional writing and editing major and nonprofit leadership minor, used the skills she learned as a Pay It Forward participant on the job at her recent internship. She said, "Pay It Forward allows us

to see what funders expect and how we can improve the quality of our own grant proposals in the future." She has taken part in Pay It Forward for two years.

The center also provides non-credit professional development seminars to local professionals. This spring, the center held a seminar series titled "Strategic Management of Human Resources" for professionals in both the non-profit and for-profit sectors.

If you are interested in learning more about nonprofit education options at YSU, contact the Center for Nonprofit Leadership/Director Laura J. McCaskey at (330) 941-1870 or via email at

LJMcCaskey@ysu.edu.

Love Notes from the Writing Center

By Cherise Benton

Writing is for cool kids. The Writing Center overflows with cool kids that want to help you become like us. Writing isn't hard. We're here to help you help yourself, not to write your paper for you. Nor will we return a completely proofed, grammatically perfect version of your paper. To make the most out of your visit, remember these little pieces of advice:

1. Your instructors provide you with instruction sheets. You should know what you're supposed to write about and how you are supposed to write it. Read your assignment sheet, and try doing what it says before you drop in and ask us how to start your paper. If you are stuck, we'll help you decipher the assignment. If your consultant asks if you've answered any of the questions in the prompt, and you haven't, there's a good chance you'll be told to return after you've read and followed the instructions.
2. Your ideas are more interesting than your grammatical mistakes. Trust us. Students have to write the paper over because they have not answered the question the prompt asks. Prewriting sounds dumb, but it's actually the best.



The Rock in front of Kilcawley

Normally, writer's block is the failure to jot down notes on your topic, if not a detailed outline. You have to know what you're going to say before you can say. This should be your new mantra: Ideas first, sentences later.

3. Revision and proofreading are not the same thing. Revising is what happens in the Writing Center. Trust us when we say critical thinking trumps dangling modifiers.

Take these suggestions, and when you leave, you'll be a confident, cool kid writer. Just like us.