



The Advance-Titan

Titan Guide

A guide for all new UW Oshkosh students

Photo by Pang Ter Vang / Advance-Titan

ENDLESS OPPORTUNITIES

COLLEGE OF LETTERS AND SCIENCE



Which combination is right for you?

- Associate degree
- Bachelor's degree programs
- Undergraduate certificate programs
- Master's degree programs
- Graduate certificate programs

40+
MAJORS

50+
MINORS

UWO | UNIVERSITY OF WISCONSIN
OSHKOSH

OSHKOSH | FOND DU LAC | FOX CITIES

► Learn more at uwosh.edu/cols

Play an instrument or sing?

JOIN AN ENSEMBLE

BAND | ORCHESTRA | CHOIR | JAZZ



Music ensembles are open to students of all majors.

Contact the Music Department at (920) 424-4224 or music@uwosh.edu for more information.

The Advance-Titan

Phone: 920-424-3048

Email: atitan@uwosh.edu

Website: www.advancetitan.com

Office: Reeve Union, Room 19

2021-22 Staff

Editor-in-Chief Cory Sparks

sparkc21@uwosh.edu

Managing Editor Owen Peterson

petero84@uwosh.edu

News Editor Katie Pulvermacher

pulvek45@uwosh.edu

Arts & Entertainment Editor

Kylie Balk-Yaatenen

balkyb22@uwosh.edu

Opinion Editor Kelly Hueckman

hueckk24@uwosh.edu

Sports Editors

Jacob Link & Nolan Swenson

linkj13@uwosh.edu

swensonno56@uwosh.edu

Copy Desk Chief

Kyriah Nelson

nelsok45@uwosh.edu

Photo Editor Kyra Slakes

slakesky39@uwosh.edu

Web Editor Olivia Ozbaki

ozbako81@uwosh.edu

Social Media Manager

Ellie Ramsay

ramsayel01@uwosh.edu

Adviser Barbara Benish

benish@uwosh.edu

Other Staff Members

Trent Allaback, Tom Antrim, Mattie Beck, Joshua Fannin, Cassidy Kennedy, Anya Kelley, Lexi Wojcik-Kretchmer, John Lehner, Mackenzie Seymour

About the Newspaper

The Advance-Titan is an independent student newspaper published on campus since 1894. Any UWO student from the Oshkosh, Fox Cities or Fond du Lac campus is welcome to work for the Advance-Titan. Email atitan@uwosh.edu for more information.

Correction Policy

The Advance-Titan is committed to correcting errors of fact that appear print or online. Messages about errors can be emailed to atitan@uwosh.edu.



Table of contents

Welcome to UW Oshkosh.....	3
How to avoid the 'Freshman 15'.....	4
UWO adds certificate programs.....	6
Bars: A part of Oshkosh history.....	8
What to know before you sign a lease.....	11
Making conscious caffeine decisions.....	12
Student research opportunities continue to grow.....	14
Stretching your college housing dollars.....	17
Catastrophizing: It's the end of the semester, not the world.....	18
Student fees, rent keep dome in shape.....	20
Closet offers free classic career clothing.....	26
Model UN gives students international perspective	29
UWO gymnastics wins 48th national title.....	30
Cybersecurity Center aims to keep information safe.....	31
Football's new coach 'has real vision'	32
Making memories count.....	35
What's in a name?.....	36
UWO graduates landing jobs above national average.....	41
'One of the best decisions I made'.....	42
What happens when you get caught with a fake ID?.....	44
DE-STRESS: How to ace your midterms and finals.....	46
A not-so-serious guide to Polk Library.....	48



WELCOME TO UWO

Freshmen, consider this your blueprint for success

By Cory Sparks
sparkc21@uwosh.edu

Welcome to UWO! Whether you went to a small private school where the graduating class could fit into a classroom or a large public school where your graduating class is bigger than some urban county populations, the transition from high school to college can be absolutely jarring.

Even with numerous college visits, online research, class registration and a couple of days of orientation to get adapted before everyone else moves on campus, it can be difficult to understand the best ways to approach college life in what seems like a trial-and-error experience.

By reading the following tips and tricks, it is my hope that you'll, at the very least, feel more prepared for college life than you did beforehand.

Utilize office hours

In every syllabus that you receive for each of your classes, your professor will have designated office hours listed at the top of the document.

These days and times are slots that the professor has dedicated to helping students, in a one-on-one fashion, with whatever they need as it pertains to the class.

Many students feel discouraged by this idea and hardly ever use it, but as someone paying thousands of dollars for their college education, you are entitled to getting as much value out of each class as possible.

If you are struggling in a subject, never hesitate to ask your professor for extra help outside of class. Some professors are even willing to help you outside of their office hours if those hours do not work for you. But you need to reach out and ask for their help.

Seek tutoring help

If the office hours route doesn't seem to suit your wants or needs, you can always learn content from another student.

Tutors at UWO offer one-on-one instruction, small chemistry groups (for chemistry 101 and 102), general learning

skills workshops, and online sessions as well.

Each tutor has received a B+ or higher in the specified course, has been recommended by a professor in that discipline, has a cumulative GPA of at least 3.0 and has gone through 4.5 hours of training for their job.

If you are struggling in a class, don't see the act of seeking tutoring as a measurement of incompetence; see the decision of reaching out to campus resources as getting a quality experience out of your investment in being a college student.

More information regarding the student tutoring program can be found at uwosh.edu/car/peer-tutoring/.

Don't drink on Sunday nights

Just don't. There is nothing wrong with having some safe fun, when you're of age of course, but for your own sake do not try this on a school night.

It is already hard enough getting up for early 8 a.m. or 9:10 a.m. classes. Don't add to it.

It takes way longer than you think for alcohol to stop hindering your ability to take in information, and the last thing you want to do is make classes harder than they already are.

Get involved

With more than 180 student organizations, and the ability to start a new one at any time if you go through the correct process, there's a group for everybody to get involved.

Especially as a freshman, there are thousands of others who are in the same spot as you with knowing few to no people on campus. Joining a student organization is a phenomenal way to make friends while participating in something that you enjoy.

If you're simply looking for a way to bolster your expertise in a certain subject, there is likely a student organization for that as well.

While it always seems like a reassuring concept to look good on paper with a high GPA, there are other ways to stand out to employers by the time you get out of here.

Joining the History Club, the Oshkosh Student Nursing Association or even The Advance-Titan (we're always looking for new staff members) are just a couple of examples of ways to enrich your portfolio. You don't need to be a journalism major to join the A-T. We currently have journalism, Radio-TV-Film, business, IWM, art, biology and English majors on board, and we are always looking for people to write for news, sports, opinion and arts and entertainment, take photos, help with our website or social media, or sell ads. Email atitan@uwosh.edu for more information.

To learn more about other student organizations at all three Oshkosh campuses, go to uwosh.presence.io/.

Make friends with random people

While it's preferred to use judgment and become friends with people who you feel fit your personality well, not everyone is going to run to you in search of acquaintanceship.

Being one of a couple of thousand freshmen, it's important to remember that everyone, with a few exceptions, is operating within the same head space in that college is a new environment to them.

By refusing to reach out and meet new people, you may be missing out on a lifelong friendship. Don't be fearful to put yourself out there.

By utilizing these tips, hopefully you can feel at least somewhat prepared for the culmination of lessons that you will learn throughout your college experience.



Cory Sparks was the 2021-2022 Editor-in-Chief of the Advance-Titan. He is a senior who majors in Radio-TV-Film with a minor in journalism, and he is also involved with Titan TV and WRST-FM Oshkosh.

How to avoid the 'freshman 15'

By Cory Sparks
sparkc21@uwosh.edu

As many students leave home for the first time and have full reign over what foods they eat, the notorious 'freshman 15' all too often becomes a reality. The freshman 15 refers to a college freshman gaining 15 pounds due to the freedom of being able to eat whatever they like on top of the stress of school.

Although the concept may appear rather daunting to some, other UWO students routinely take part in physical activity to stay happy and healthy on campus.

"I always make sure to hit the gym on campus," UWO senior Tyrus Washington said. "The most important thing is consistency."

While the UWO Rec and Wellness Center is an option that many use to fight off the added weight and seek self improvement, other students use the great outdoors to get their cardio in consistently.

"I stay active by going for a run five or

six days a week," UWO senior Jackson Antos said. "On my off days I'll bike as an alternative. I like to average around 40 miles a week."

While staying active and putting oneself in a caloric deficit, a state where more calories are burned than consumed, helps fend off what the body consumes, making healthy food choices also has a huge hand in avoiding weight gain.

As a freshman, Washington took a swing at the keto diet, which heavily limits the consumption of carbs and sugar.

"I try to eat a keto diet," he said. "Try is the key word. Some days, if I really want pizza or a dessert, I will have it."

Antos doesn't do any diet, but he does watch his food selections while remembering to reward himself here and there.

"I did my best to choose the better options that Blackhawk Commons had to offer without being overly strict," he said. "[But I would] still enjoy a cup of ice cream with dinner every night."

Washington's motivation to take on a

healthy lifestyle in college, which resulted in him dropping 50 pounds in his freshman year, stems from his desire to be around his family for a very long time.

"Living a longer life is my motivation. I want to see my grandkids and great-grandkids someday," Washington said.

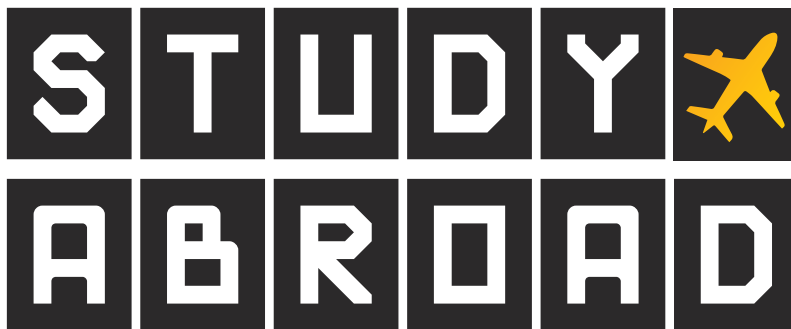
Antos stays motivated thanks to his constant urge to compete, which requires him to stay in shape. "My motivation to stay in shape is pure competitiveness. I love to compete in anything and everything I can," he said. "[The] easiest way to compete at our age without being in an organized club or organization is by racing in organized races."

While an increased freedom of choice with food and weight gain have a chance of going in hand, Washington encourages students to flip the freshman 15 into a weight loss story instead.

"Don't fear the unknown, conquer it," he said. "Try to eat healthy when you can and the freshman 15 might mean losing 15 pounds."



ADD ADVENTURE TO YOUR DEGREE



Gain a global perspective, immerse yourself in a new culture and add unique skills and experiences to your resume! Learn more about our complete range of global education experiences for students.

- Study Abroad/Away – as early as your first year
- Intern Abroad
- Virtual International Internship
- Fulbright U.S. Student Program
- Global Scholar Program



Become a Business Titan



UNIVERSITY OF WISCONSIN
OSHKOSH

College of Business

MAJORS

Accounting

Economics

Finance

Human Resources

Information Systems

Interactive Web
Management

Management

Marketing

Supply Chain
Management



Perks of Being a Business Titan

100%

Of students have an internship

93%

Of students have paid internships

\$15.65

Average intern hourly wage

85%

Of students land a job after graduation

25+ MINORS & CERTIFICATES

Actuarial Science	Entrepreneurship
Analytics	Operations Research
Global Business	Cybersecurity
Digital Marketing	Financial Management

**full list available at uwosh.edu/cob*



AACSB
ACCREDITED

Only 6% of business schools
worldwide are accredited by
AACSB



Learn more at uwosh.edu/cob

UWO adds certificate programs

By Kylie Balk-Yaatenen
balkyb22@uwosh.edu

Certificate programs at UW Oshkosh are rapidly expanding and have added new disciplines to their already extensive list of possible choices.

Liz Cannon, newly retired director of the LGBTQ+ Resource Center, said that a certificate allows students to learn and enhance their knowledge in different areas with less credits than what a minor would need.

“It increases their general knowledge and also makes them more marketable as they have this wider range of understanding that they can bring to a job,” Cannon said.

UWO offers a large variety of nearly 50 undergraduate certificates that can be found at uwosh.edu/academics/certificate-programs/. Some of the certificates that students can receive are in LGBTQ+ studies, business and marketing, indigenous studies, economics, cybersecurity, various languages and advertising and public relations, to name just a few. Certificates can be earned at the undergraduate or graduate level and even as non-credit options. For instance, UWO also offers more than 20 certificates at the graduate level and 13 as non-credit options.

Some of the certificate programs have existed for several years. Cannon said that the LGBTQ+ studies certificate started in 2013 and it was started because of how the students responded to the classes they were taking through that department.

“We began the program in 2013 in response to the need for more curriculum to reflect the rich culture, history and lives of LGBTQIA+ people,” she said. “A few such programs existed across the System, at UW-Madison and UW-Milwaukee specifically, and I knew there was a need for such a program here.”

Other departments are consistently looking at adding new certificate programs.



April Lee / Advance-Titan

UWO journalism students, such as Jada Helms, left, and Spenser Greenwood, can now choose from four journalism-related certificates in social media, public relations, advertising and multimedia journalism. The certificates are open to all UWO students and allows them to enhance their learning in certain areas with fewer credits.

Sara Steffes Hansen, the chair for the department of journalism at UWO, said the department received approval for its four certificates — public relations, advertising, multimedia journalism and social media — in spring 2021 and launched them in

fall 2021. The new journalism certificates provide knowledge and skills in social media and marketing that are in high demand in the job

field, she said.

“We see our majors and minors able to leverage their degrees in this way to work in the field,” she said. “But sometimes, even a minor may be difficult for a student to fit in because they discover our programs

at a late point in their college career, so that was one reason for adding certificates.”

She said that another reason was to help other UWO students who aren’t journalism majors gain skills in media strategy and content creation.

Some of the benefits that come from earning a certificate are an advancement of skills and a deeper understanding into the different areas of learning.

Adrian Hanrahan, an English major who is also earning a certificate in LGBTQ+ studies, said that he wants to get his Ph.D. in English literature and hopes to use his certificate to help him better connect with his students when he is a professor.

“I guarantee that I will be working with many LGBTQ+ students when I am a professor, especially as the number of our LGBTQ+ people rises,” he said. “I hope to provide these students with the support they need, while also making them aware of our community’s rich history and

“It increases their general knowledge and also makes them more marketable as they have this wider range of understanding that they can bring to a job.”

— Liz Cannon, retired director, LGBTQ+ Resource Center

culture.”

He also said that he chose to get a certificate because he wants to focus his studies on queer literature and queer theory and that the program’s classes help him do just that.

“I’ve done a lot of reading about these topics on my own, but there’s something about the classroom setting and the support of a professor that makes me much more interested, involved and competent in the complexities of queerness,” he said. “These courses also offer me unique opportunities to learn about the experiences of LGBTQ+ people whose identities differ from my own, such as queer women, queer people of color and nonbinary people.”

Cannon said that she thinks having a certificate in LGBTQ+ studies helps to deepen the knowledge of other identities and is beneficial because it’s a topic that is not always covered in the different disciplines.

“Yet, there is no doubt that people interact with LGBTQIA+ people in their lives and especially in the workplace, and an understanding of LGBTQIA+ culture enhances a person’s ability to work effectively with LGBTQIA+ people,” she said. “This knowledge is especially important for anyone going into a field where they work with clients — education, social work, human services and human resources.”

If students are looking into getting a certificate in a specific area of study, they should contact their adviser or talk to anyone in that department. The university’s website includes links to the different certificates available and how students can apply.

“I think that many of us in higher education are asking how we may be innovative to meet the needs of students,” Steffes Hansen said. “Certificates came up in our faculty discussions as a way to increase access to our course content to students across our university.”



Kylie Balk-Yaatenen graduated in May 2022 with a major in multimedia journalism. She was the Advance-Titan’s Arts and Entertainment editor during the 2021-22 school year.

UWO certificate options

UNDERGRADUATE LEVEL

- | | |
|---|--|
| <ul style="list-style-type: none"> • Adventure and Outdoor Pursuits • Advertising • American Sign Language and Deaf Culture • Applied Ethics • Aviation Management • Business Analysis • Business Analytics • Business Economics • Coaching • Community Health Studies • Cybersecurity • Digital Marketing • Emergency Management • Enterprise Resource Planning • Entrepreneurship and Innovation • Finance & Investments • Financial Management • Fire Service Management • Geographic Information Science (GIS) • Global Scholar – Foreign Language • Global Scholar – General • Human Resource Management • Humanities | <ul style="list-style-type: none"> • Indigenous Studies • Information Systems • Insurance and Risk Management • International Business • International Economics • Language – French • Language – German • Language – Spanish • Language – Japanese • Leadership & Organizational Studies • Leadership Development • LGBTQ Studies • Library Media Specialist Licensure • Management Accounting • Marketing • Multimedia Journalism • Organizational Administration • Public Relations • Sales • Social Equity and Diversity • Social Media • Supply Chain Management • Teaching English to Speakers of Other Languages (TESOL) |
|---|--|

NON-CREDIT OPTIONS

100% Online Instruction

- Communication
- Chief Officer Program
- Entrepreneurship
- Game Design
- K-12 Teacher Training
- Leadership
- Management

- New Media Marketing
- Paralegal
- Project Management
- Registered Sanitarians
- Social Media
- Software Training

In-Person Instruction

- Family Business Education

GRADUATE LEVEL

- | | |
|---|--|
| <ul style="list-style-type: none"> • Advanced Human Services Leadership • American Sign Language and Deaf Culture • Athletics Leadership and Sports Management • Classroom Assessment • Clinical Nurse Leader • Creative Writing • Data Analytics • Director of Instruction Licensure • Director of Special Education and Pupil Services | <ul style="list-style-type: none"> • Disciplinary Literacy • Educational Administration for Principal Licensure • Educational Coaching • Foundations of Business • Graduate Achievement Program in Literacy • Healthcare Management • K-12 Special Education Accelerated Licensure • Leadership for Social Justice • Literacy Coaching • Math Intervention |
|---|--|

FOR MORE INFORMATION:

uwosh.edu/academics/certificate-programs/



Photo: Oshkosh Public Museum, Oshkosh, Wisconsin

An interior shot of Pueppke Brothers' Chief Oshkosh Tavern with Gottlieb A. Puppe behind the counter. The Oshkosh neighborhood tavern was located at 38 Main St. Gottlieb's parents immigrated from Germany in the 1860s, and he worked as a bartender before 1900, and also owned and operated the Imperial Sample Room and Imperial Restaurant at 72 Main and 5 Otter from 1903-1914 and co-owned the Puppe Brother's Saloon from 1916-19. Later, during prohibition, he sold soft drinks.

Bars: A part of Oshkosh history

By The Advance-Titan Staff
atitan@uwosh.edu

In Oshkosh, there are more bars on Main Street than grocery stores throughout the city.

In total, there are 77 bars and 12 grocery stores in Oshkosh, according to the Yellow Pages website.

However, this imbalance extends beyond the city since bars outnumber grocery stores almost 3-to-1 statewide, according to a 2014 article from The Washington Post.

Although more bars doesn't necessarily mean more drinking, Wisconsin is notorious for both.

"One could easily conduct an internet search on '20 drunkest cities in the U.S.' and discover that 10 or 12 of them can be found in Wisconsin," UW Oshkosh Senior Lecturer Emeritus of History Thomas

Rowland said. "Moreover, the top three are usually Green Bay, Appleton and Oshkosh."

This rank is often based on the amount of alcohol consumed per capita, in which Iowa comes in next and the remaining places are northern climates of the Great Plains.

"I suspect some of this is a residue of the immigration legacy, but perhaps cold winters are partly the cause," Rowland said. "And nearly all the places are college or university towns. Reach your own conclusions here."

In 2019, Wisconsin ranked third in the nation for the percentage of adults who currently drink alcohol (64.4%), behind only Washington D.C. (68.7%) and New Hampshire (64.6%), according to the Wisconsin Department of Health Services (DHS) website.

Wisconsin also ranked third for adult binge drinking (21.9%), which is defined as four or more drinks for a woman or five or more drinks for a man on a single occasion, according to the DHS.

Not only do the majority of Wisconsinites drink alcohol, when they drink, they drink more frequently and consume more alcohol than adults in other states, with an average of 2.6 drinks per occasion, according to the DHS.

"Studies show that as the perception of risk related to an activity decreases, the likelihood of adults participating in that activity increases," the DHS website states. "This relationship is demonstrated by Wisconsin adults' high rates of alcohol consumption and binge drinking, and low rates of perceived harm from drinking (37.9%)."

Wisconsinites' limited awareness about

the consequences of drinking may help explain why the state came to be known as one of the drunkest places in the U.S.

One important factor in Wisconsin's drinking culture, Rowland said, is the immigrant history of the state from its founding in 1848 to around 1920.

Massive numbers of Germans started the wave of immigration, and they came from places in Germany where the beer culture thrived," Rowland said. "They brought these skills here to Wisconsin so that early on breweries flourished, most notably in Milwaukee."

Rowland said the 1947 novel "The Bucket Boy" describes the first decade of 20th century Milwaukee in which boys would go to saloons to fill pails with beer and peddle them to local industries and white-collar offices.

"How any work got done and how there were not scores of conveyor belt accidents I will never know," Rowland said.

Breweries were not reserved to just Milwaukee though.

"By 1900, any town in Wisconsin worthy of being called a town had breweries," Rowland said. "Oshkosh had two or three at any given time. Ripon, Berlin, Shawano, Waupaca, Fond du Lac, Wausau, Neenah-Menasha, Appleton, etc. had their own small breweries to satisfy local thirsts."

Besides beer, the Germans introduced brandy to the state, but they weren't the only immigrants to influence the drinking culture.

"Subsequent immigrants, featuring Scandinavians and Poles, were also accustomed to drinking as well," Rowland said. "They liked their lager beer and the Scandinavians also introduced vodka into their regimen of drinking."

The drinking culture at the turn of the 20th century differs from the present as the main goal of drinking was not to get especially drunk, although it might have ended up that way.

"Back in their native lands, drinking was a social or cultural custom," Rowland said. "With little by way of entertainment available, folks went to their pubs, taverns and beer gardens to socialize and to converse with one another in their local communities. It was an expression of solidarity among working class people of the same ethnicity."

UWO Associate Professor of History Gabriel Loiacono said in some ways, drinking is less divisive today than it was from the 1850s-1930s, when a massive anti-alcohol movement made drinking into a culture-war issue.

"For reasons of women's rights, concerns about domestic abuse and poverty, and religious beliefs among some Protestant Christians, lots of Americans tried to stop drinking and stop others from drinking," Loiacono said. "Some anti-alcohol activists aimed to influence personal choices, while others aimed to outlaw the manufacture and sale of alcohol."

Loiacono said that alcohol was seen as something that divided many immigrants from many native-born Americans.

"The stereotypes were that immigrants and Catholic Christians drank, and American-born people and Protestant Christians did not so much," Loiacono said.

Despite the conflicting views over alcohol, Loiacono said that Wisconsin was one of the last states to ratify Prohibition and one of the first to end it, and has had a reputation as mostly pro-alcohol for more than a century.

"The dangers of drunk driving were less when Wisconsinites first became the nation's preeminent drinkers," Loiacono said. "There are lots of things in the past I would not want to bring back, but I would like to emulate their walking more, driving less and not mixing alcohol and driving."



Advance-Titan file photo

New Glarus is a Wisconsin-brewed beer sold only in state, but in recent years, Oshkosh has again seen an increase in local breweries such as Fifth Ward, Bare Bones and Fox River.

Rowland said that he grew up in northern New Jersey, which only had a small number of bars all located on a single street downtown.

"I came to Milwaukee to attend Marquette in 1970," Rowland said. "Imagine my amazement to find countless numbers of bars within every residential community and usually two on every corner of an intersection. Again these bars catered to local neighbors and had the salutary effect of allowing their patrons to stumble home drunk rather than hop into a car to drive."

In 2019, there were 21,000 convictions for drunken driving and 140 people killed in alcohol-related crashes, according to the Wisconsin Department of Transportation.

"People make fun of how many bars there are in Wisconsin towns, but the positive upside to this is that people can walk home after drinking instead of driving home," Loiacono said.





SOCIAL JUSTICE MINOR

Develop a secondary field of knowledge and expertise that will enable you to critically examine the values that constitute social justice in theory and practice, understand the principles of effective social activism, and formulate and evaluate policies that seek to address issues such as racism, violence, literacy, human rights, gender equity, gender expression, poverty, hunger and conservation of the environment.

Contact Courtney Bauder to find out more about the Social Justice Minor at bauderc@uwosh.edu. One advising appointment can help you find out more about the minor, the classes and opportunities to help others.

CONTACT US

Address: Sage Hall
Room 3455
835 High Ave.

Email: bauderc@uwosh.edu

Phone: 920-424-0964

Mark & Susie's piggly wiggly®



LOCALLY OWNED AND OPERATED!

**OSHKOSH'S FULL SERVICE
FAMILY GROCERY STORE**

**525 E. MURDOCK AVE.
OSHKOSH 54901
920-236-7801**

**OPEN 7 DAYS A WEEK
6AM TO 9PM**

What to know before you sign a lease

By The Advance-Titan Staff
atitan@uwosh.edu

When students decide whether to live off campus, they may think of the freedom that awaits them and the possibility of saving some money compared to living on-campus. But before you get ahead of yourself and take the leap into more independence, there are a few other things that need to be considered.

Who should you live with?

Don't rush to decide who you should live with. Make sure they share your priorities and values. If they're a slob and you're a neat freak, you're going to end up arguing. That's especially true if you will be sharing a bedroom, so choose carefully.

Walking or driving to campus

Do you plan on walking or driving to campus every day for class? If you plan on walking, consider staying a half mile or less away from campus.

During September and October, the weather will make that walk seem like a cake walk, but once that first snow falls, your motivation to walk will decrease. The farthest walk is from the apartments off Pearl Avenue. Here is where places such as Morgan Crossing and the Radfords are located. This walk takes about 12 minutes to the nearest academic building, Sage Hall. If you live in the homes on the east side of campus, it would take 12 minutes to walk to Sage as well, but this would be your longest walk to any of the academic buildings.

Price

Price plays just as big of a role in where you live. Besides considering the walk to campus, also consider the idea of how much you would like to spend.

Rent can cost \$500 or more a month per person, while some places can cost as low as \$300 a month per person. The biggest difference is usually the quality of the home or building and what is included in rent.

Look at what is all included in your rent, especially water, heat and electricity. These are the main utilities that vary the most month to month. Also, internet service isn't cheap, and you will need that to do your homework, so include that cost, too, as you determine your total cost of living

Things to consider



Distance and Location

How will you get to and from campus? Stay within a half mile of campus if walking is your main form of transportation. But also consider the distance to things like a grocery store or restaurants, particularly if you don't have a car on campus.

Price

Keep in mind what amount you want to stay under per month and realize rent will not be your total cost. You may also have to pay for water, utilities, internet and more. So make sure you can afford the total price before you sign a lease.



Roommates

Be careful when choosing roommates, and pick those who have similar lifestyles as you do, particularly if you have to share a bedroom. If you have 8 a.m. classes most days, you won't want a roommate who stays up to 2 a.m. every day.

off-campus.

If you can find a price that you want to stick to and also find most, if not all, utilities included — you hit the jackpot.

Overall location

Of course, the distance to campus is a high priority, but there is more to think about when it comes to location. In Oshkosh, there are a lot of things to do, but one of the main ones, especially once you turn 21, are the bars.

While the apartments on Pearl Avenue, as mentioned before, are a longer walk to campus than the homes located off the east side of campus, they are a shorter walk to the campus bars. Depending on how often you plan to engage in these activities, it may cause you to change your mind where to live when you take into consideration the price of Ubers. This side is also closer to places such as Parker John's, Jimmy John's, Big Apple Bagels and the Fox River. If these are places that you work at or would go to often, maybe the south side of campus by Wisconsin Street is more appealing to you than a location like Scott Avenue or Cherry Street.

Consider how close you are to grocery stores, too, especially if you don't have a vehicle on campus.

Overall, Oshkosh has a wide variety of places that students can live in that are

still near the central campus. Most of the off-campus housing is cheaper than the prices of the dorms, which makes this transfer more appealing. As long as you keep in mind the items above, you should be able to prioritize what is most important to you before deciding where to rent.

Need help?

The Oshkosh Student Association has partnered with Rent College Pads, Inc. to assist Oshkosh students, faculty and staff with their search for off-campus housing through its virtual Housing Marketplace. This database at offcampushousing.uwosh.edu/listing provides you with the tools to compare off-campus housing apartments and rooms for rent.

The website is easy to access with your Oshkosh email address. The platform provides a map of the area surrounding the Oshkosh campus where students can get an overhead view of local off-campus properties.

To help meet the specific needs of each renter, the platform includes filter features to help narrow down your search by pricing, bedrooms, amenities, etc. Each listing also includes walk, bike and bus times to different locations on campus so that you'll know your daily commute.



Making conscious caffeine decisions

By Kelly Hueckman
hueckk24@uwosh.edu

Often considered the nectar of the gods by college students, caffeinated beverages have long been associated with 8 a.m. classes and long nights spent hunched over textbooks.

Coffee, soda and energy drinks have allowed college students to reap the benefits of a moderate caffeine intake, including increase in alertness, elevation in mood and even fewer depressive symptoms.

However, a 2021 study from Mayo Clinic and Florida State University found that college students consume an average of 800 milligrams of caffeine per day, 400 milligrams over the recommended daily dose.

While it was concluded that further studies were needed to determine whether excessive caffeine intake causes high anxiety levels and depressive symptoms, a correlation was found between the two.

While I look forward to my morning Starbucks as much as the next person, it's time to recognize the unhealthy dependency we have on caffeine.

For students looking to cut their caffeine levels for the sake of their mental health, here are some tips for the grieving process.

Keep track of your caffeine

It's easy to underestimate just how many milligrams of caffeine you are putting into your body each day, especially with some energy drinks containing upward of 200 milligrams per serving.

Logging your caffeine intake can help you better understand how much you're consuming and encourage mindful decisions. Looking at or searching online for nutrition labels is the first step to starting to cut your caffeine intake.

Decrease levels slowly

While quitting caffeine cold turkey is the fastest way to ditch a caffeine addiction, it is accompanied by some gruesome withdrawal symptoms such as headaches, trouble concentrating and high levels of irritability. Furthermore, cutting caffeine out of a diet entirely is not realistic for most college students. Gradually decreasing levels of caffeine can help students reach more moderate levels of caffeine consumption.

Next time you need your caffeine fix, try asking for half-caf coffee or slowly decreasing the amount of servings you consume.



Advance-Titan file photo

Energy drinks are common among college students looking for an energy boost, but they could negatively effect students' mental health.

Moderating caffeine intake can optimize the benefits of caffeine consumption while minimizing the negative side effects.

Find caffeine alternatives

One of the most appetizing parts of caffeinated beverages isn't just the taste, but it's also the boost of energy that comes with them.

For college students desperate for a few more hours of energy, there are other natural alternatives that can help students feel more alert.

As always, staying hydrated is key. Additionally, berries are a great source of fiber that have a connection to improved blood flow.

Along with berries, nuts are another nutrient-dense food that have shown to have positive effects on cognition, mimicking the alertness that comes with caffeine. Adding these nutrient-packed foods to your diet can help reduce caffeine cravings and the fatigue that follows.

Give energy, get energy

We're all a little too familiar with the afternoon slump that can cause us to crave caffeine to get us through the second half of the day.

However, instead of reaching for another cup of coffee, take a brisk walk or do a few body exercises to fend off the cravings.

While expending energy when you feel like you're severely lacking might seem counteractive, studies have shown that short bursts of exercise can combat fatigue.

Using time between classes or assignments to refresh yourself with a brisk walk and fresh air is a healthier alternative than a second serving of caffeine.

Take a break

And not just from the caffeine. One of the main reasons students consume excessive amounts of caffeine is to keep up with piles of school work, jobs and other responsibilities.

In an individualistic culture that revolves around constant work, it's important for students to take a much needed break from stressful responsibilities. With more time to relax, the desire for caffeine should decrease along with stress levels.



Kelly Hueckman has been opinion editor of The Advance-Titan since Spring 2022.



Have a great year! Go Titans!

*From the
Office of the Provost*



BRIGHT FUTURES ARE BUILT HERE



Discover passions. Explore opportunities. Pursue excellence.

uwosh.edu/academics



Photos: UW O Flickr

The Celebration of Scholarship and Creative Activity highlighted students' research in various areas of study. Visitors were able to stop in to learn about their projects in spring 2022.

By Josh Lehner
lehnerjo70@uwosh.edu

Student research opportunities continue to grow

UW Oshkosh isn't the first university people think of when someone mentions research institutions. But that doesn't mean it shouldn't be.

Student research at UW Oshkosh is growing each school year, with the Celebration of Scholarship and Creative Activity (COSCA) highlighting the esteemed research completed by students each spring.

COSCA is an annual event that shows off students' research in various areas of study. The research is presented via posters, paintings, pictures or performative visuals, with most presentations being a collaboration between students and professors. From ecology and wildlife to virology and culture, each study sheds light on new and carefully analyzed information.

Last spring, for example, Rachel Blatz and Hannah Sullivan investigated whether body mass index is a valid predictor of specific fitness assessments. Blatz and Sullivan monitored a group of 11- to 13-year-olds, who participated in a 1-mile run/walk, push-up and sit-up flexibility tests. They determined that activity-based assessments, such as running tests, are the best indicators of physical fitness.

Sarah Woody's presentation, titled "Heavy Metal and Metalloid Risk Assessment at Horicon National Wildlife Refuge," observed the impact of pollution at Horicon National Wildlife Refuge, an ecologically relevant wetland located in southeastern Wisconsin. Woody said that she began collecting samples of sediment, plant roots and livers from muskrats in March 2021.

"Over the summer, I analyzed these samples for concentrations of the top eight heavy metal and metalloid contaminants in U.S. soils," Woody said. Her analysis concluded that concentrations of polluting metals in the environment were insufficient to affect organisms such as plants and animals.

Woody says that her adviser had professional connections with land manag-

ers at Horicon National Wildlife Refuge and that she had talked about conducting research with other students.

“From there, it was brainstorm[ing] with [my adviser] and the refuge’s staff to come up with a project that would be helpful for the refuge, and that would challenge me to step out of my comfort zone and grow as an independent researcher.”

Mackenzie Seymour researched the effects of cold temperature trials on native prairie plant seed germination to determine their cold tolerance levels.

“We conducted a series of trials that included exposing seeds of various plant species to a range of cold temperatures. After the temperature trials, we monitored seed germination for two weeks,” Seymour said. “Extreme cold temperatures were damaging and impaired germination for the majority of the seeds. However, we concluded that there was no correlation between cold stratification [exposing seeds to their preferred conditions to grow] and

[the seed’s] cold tolerance.”

Seymour said her research was important for understanding what kind of effects climate change may have on seed germination for native prairie plant species.



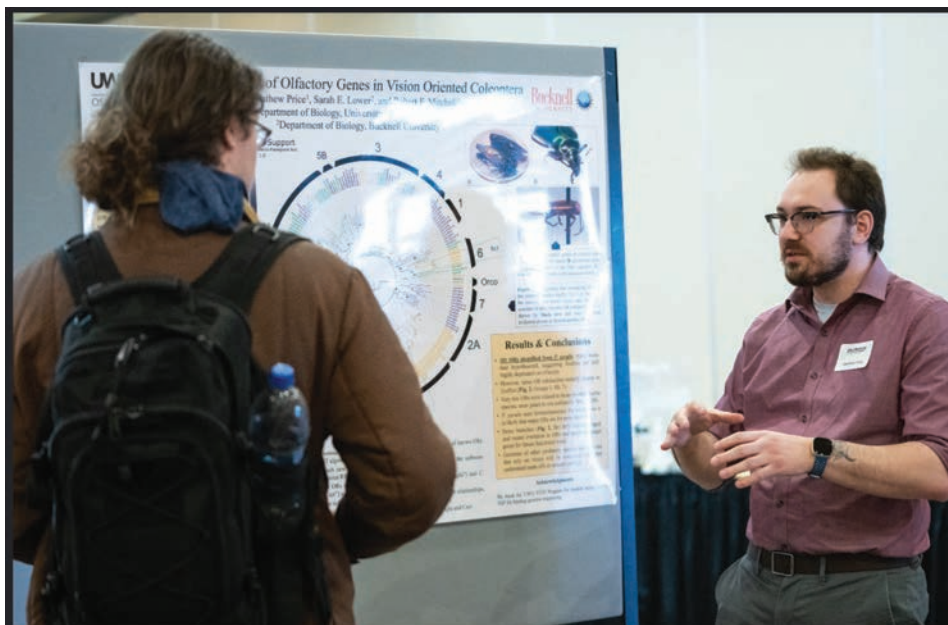
Seymour

“Native prairies are important for preserving biodiversity and serve as habitats for wildlife,” said Seymour, who became a research assistant in spring 2021, hoping to narrow down her possible career paths.

Stephen Kercher, director of UWO’s Office of Student Research and Creative Activity or OSRCA, said research here offers students some benefits that they won’t find at larger universities.

“I think universities like UW Oshkosh provide undergraduate students with a unique opportunity to work with professors in a way that’s not entirely possible at larger schools like UW-Madison,” he said. “The attention that students get sets us apart, and we have so many good examples of students who take advantage of this opportunity and do great work.”

Both Seymour and Woody expressed their gratitude for the research opportuni-



Senior Mathew Price, right, describes his research, “A comparison of olfactory genes in vision oriented coleoptera,” at the 2022 COSCA.

Are you interested in doing student research?

The Office of Student Research and Creative Activity (OSRCA) maintains connections with faculty in all departments across campus. Have a primary interest? They can help you find a mentor and kickstart your project.

In fact, OSRCA is dedicated to helping students identify opportunities for research and creative activity, locate funding and share their work with peers and the community.

To learn more, email osrca@uwosh.edu, phone 920-424-1195 or visit <https://uwosh.edu/osrca/>.

ties they were provided.

“I am extremely grateful for the immense amount of support and mentorship I received across departments at UWO,” Woody said. She explained that her research was entirely possible due to the help she received.

“My adviser was my biggest cheerleader and always believed in me, providing reassurance when I had doubts,” she said. “Throughout my experience, every professor I have reached out to for their expertise has been willing to help, and I have learned so much from them through our

many stimulating academic discussions.”

Seymour shared a similar sentiment. “I came in as a transfer student from out-of-state without knowing anybody and not knowing the amazing opportunities I would have in the coming semesters. I am fortunate and grateful to have had a multitude of research experiences during my undergraduate career, and it was all because of the great professors I had the privilege of working with.

“The professors are very willing to undertake undergraduates in their lab to mentor them on how to become accomplished researchers,” Seymour said. “Without them, I wouldn’t have been able to have rewarding experiences that have made me appreciate the amount of effort and knowledge needed for the research process. Not only have the professors I’ve worked with guided and mentored me through the research process, but they have also inspired me to dive deeper into progressing further in the field of biology.”



Josh Lehner is a news reporter for The Advance-Titan.



We're glad you've chosen
UW Oshkosh.

We're here to help you
make it the best year yet.

**UW Oshkosh Chancellor
Andy Leavitt**

WELCOME TITANS!

UWO
UNIVERSITY OF WISCONSIN
OSHKOSH



CREATIVE PERFORMERS ARTISTS

UWO

UNIVERSITY OF WISCONSIN
OSHKOSH

FIND YOUR ROLE WITH A UW OSHKOSH THEATRE MAJOR

Scholarships are available. Learn more ► UWOSH.EDU/THEATRE

Stretching your college housing dollars

By Kristi Cutts
kcutts@uwcu.org

As a college student, you have many important decisions to make about housing. Will you live in a dormitory, or an off-campus apartment? Alone, or with roommates? And how will you cover expenses? If these questions have your head spinning, you're not alone. But approaching them thoughtfully can make your decisions easy to live with.

Choose carefully

While many first-year students are assigned a roommate at random, that initial connection may not persist throughout your college career. Given that, whom you choose to share your space with is perhaps one of the more important decisions you can make regarding college housing.

Trust and respect are among the most important factors you should consider, both in terms of your comfort and sense of security, and for potential impact on your finances. For instance, if you and your roommates each appear as signees on a lease, failure to pay the rent on time *could* negatively affect your credit score – even if you'd chipped in your share on time.

Money discussions can be uncomfortable, but it's important to recognize that when you sign a lease with a roommate, you're not just agreeing to share a space – you're entering into a formal financial agreement.

Lay some ground rules

If you choose to live with roommates, agree on house rules. Establishing a common understanding of sharing, chores, schedules, visitors, noise and food can help you avoid awkward and frustrating situations in the future (and maybe keep you from being the only one who ever does the dang dishes!).

One idea is to draft a rules document that each roommate can sign and retain. This way, if a dispute arises, you have a card to play – reminding a rule-breaking roommate of their obligation to you.

If a document sounds too formal, a con-



versation before move-in can accomplish the same goals.

Mutual respect will go a long way toward ensuring a healthy shared living environment. Remember, respect is a two-way street – be mindful of how you treat your roommates, their space and their things.

Pool your resources

If you have the opportunity to connect with a roommate before move-in, reach out and discuss how you can pool your resources and share expenses.

Even first-year students can benefit from this tip, as most colleges help new roommates exchange contact information before school starts. Coordinate and avoid duplicating efforts – nobody wants to live in a room with two mini-fridges but no coffee maker!

If you have a monthly subscription to a streaming service, consider splitting the costs with a roommate, friend or relative. Every bit of money saved will help in the long run.

Establish an emergency fund

A good best practice regardless of your situation is to establish an emergency fund. Such a fund can be a safety net if an unexpected expense pops up.

An emergency fund should be separate from the checking or debit accounts you use to cover your day-to-day expenses. Consider an automatic transfer into your emergency account each month so that you have something to draw on if you need it.

If you establish an emergency fund in an

account that earns compound interest, the money that you set aside could grow over time without you having to touch it. For example, if you put \$500 from a summer job into an investment account that earns a 7% return annually, that account can grow to \$700 in five years. In 20 years, that \$500 could be \$2,000 without you having done a thing. Investing early will make growth more likely.

Traditional savings accounts are another great option for an emergency fund – but it should be noted that these accounts typically offer a much lower rate of return when compared to investment accounts. However, they're less complicated to use and to draw on than investment accounts, so they offer some additional flexibility. You can think of a savings account a bit like a piggy bank – something you can set away something in and use whenever you need it.

If you need more money

If sharing space and expenses with a roommate still leaves you strapped for cash, don't stress. There are steps you can take to boost your income, or to manage your money better.

First, consider a part-time job. Picking up a few shifts at the coffee shop can help deliver the income you need to fit your college lifestyle. If a job isn't in the cards, consider borrowing money from a parent or another trusted person.

Additionally, private student loans can help cover the costs of college if scholarships, grants and savings aren't enough.

Finally, many financial institutions offer free credit consultations that can help you take stock of your situation. If you think you'd benefit from some financial coaching, reach out to a financial specialist.



Editor's Note: Financial Corner is a direct response to student requests for more information on navigating money matters. The tips are provided by Kristi Cutts, branch manager of UW Credit Union's UW Oshkosh branch.

CATASTROPHIZING

It's the end of the semester, not the world

By Owen Peterson
petero84@uwosh.edu

"If I fail this test, I'm not going to pass this class. I'm never going to finish school, I'm never going to get a job, and I'm going to be a total failure in life."

Does this sound familiar?

Even if you've never personally discovered the depths of this depressing rabbit hole (or expressed it in such overstated verbiage), you likely know others who have.

This is an example of catastrophizing, which is "when someone assumes the worst-case scenario or believes that things are much worse than they actually are." Catastrophizing is a type of distorted thinking that commonly arises from anxiety and depression. These conditions make the mind more susceptible to cognitive fallacies, while also instilling a sense of hopelessness and self-pity that leads to further disappointment and underachievement in the future.

Falling prey to catastrophizing can lead to an otherwise avoidable failure in the form of a self-fulfilling prophecy, as the sense of hopelessness and self-doubt limits one's performance and inhibits success.

The two main causes (and, twistedly, effects) of catastrophizing are anxiety and depression, as they make the mind more susceptible to cognitive fallacies.

It's no surprise that catastrophizing is commonplace among college students, a demographic that lives in a high-pressure environment and reports high levels of stress.

Exemplifying this, 57.6% of college students reported feeling at least "more than average" stress levels and 87% of those aged 18-23 cited "education" as a significant source of stress in their lives in 2020, according to the American College Health Association and the American Psychological Association polls, respectively.

Another factor that increases one's chances of catastrophizing is the fear of losing something of value. When something that someone values is at risk, there is bound to be a certain level of anxiety, which risks spiraling into catastrophizing.

A perfect example of this is midterms or final exams. A student who values his or her GPA may be very anxious about exams, leading them to catastrophize about how

they are "bound to do horrible" and to focus on all of the negative repercussions that could occur. That, in turn, takes time away that could be spent studying.

This is precisely why catastrophizing should be a concern for college students; the inflated values of things like GPAs lead to a harmful, stress-laden environment that can take a severe mental toll on students.

It is well documented that the U.S. grading system has a plethora of negative influences on students, including increased anxiety, lessened creativity and risk-taking, hindered intrinsic motivation and even inhibited learning, all of which can harm a student's mental state. At its core, the grading system excels at boiling a student's worth down to a jumble of letters and numbers that could have genuine implications for their future. How nice.

This effectively communicates to a student that their job is to work for a high GPA, even if it means sacrificing opportunities that could be more beneficial (internships, freelance work, online certifications) and/or a healthy social life.

There has also been an increasing sense that having a strong portfolio and internship experience is more important than a good transcript, making the fact that colleges use GPA requirements for admissions to programs, keeping good standing in programs and general university admissions seem a tad archaic.

When students are told that their worth and success will be portrayed in an unbelievably rigid and narrow fashion, it's inevitable that those who wish to succeed will follow suit, making sacrifices to conform to a toxic "productivity" culture.

This pressure to be productive (in a way that services your GPA, of course) has consequences, from students increasingly relying on cheating to get better grades to students taking poor care of themselves (less sleep and poor diets) to spend more time on "meaningful things."

In a 2019 Kessler International poll, 86% of students admitted to cheating in college. This increase in cheating perfectly sums up the fundamental flaw with a GPA, as it shows the active sacrifice of learning in order to meet an arbitrary standard.

Rant over; it is clear to see how students

are perfectly set up to fall victim to detrimental patterns of thinking like catastrophizing that can do a lot of long-term harm to a person.

Luckily, there are plenty of methods and resources that can prevent catastrophizing. There are things that I have found successful in the past to reign myself in.

First, realize that bad things happen. A lot. There is never anything guaranteed in life aside from the fact that it will end, so it would be silly to think that there won't be hardships along the way. Not to mention that people overcome terrible things all the time, things much worse than failing a chemistry final.

If you start catastrophizing, it can be handy to just remember a time you failed in the past and reflect on how little impact it had on where you are right now, making your current stresses seem silly.

Second, focus on what could go right.

Simply flipping your perspective can be a deceptively simple, but effective, method to stop yourself from catastrophizing. Focusing on positive outcomes can be more conducive to learning, success and satisfaction.

Third, realize that you sound like an idiot. I find this to be the most effective. Just think, if you expressed all this spiraling paranoia to a close one, they would probably think you sound like an idiot, and rightfully so. Catastrophizing is grounded in irrational fears, hindering your ability to logically assess a situation. So chances are there is not much validity in what you are imagining when catastrophizing, so try to recognize that in the moment.

If you need help, remember the resources that campus offers at the Counseling Center, which can be found at uwosh.edu/counseling/appointments/.



Owen Peterson is the incoming Fall 2022 Editor-in-Chief of The Advance-Titan. He previously served as the managing editor and opinion editor.



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Stop in, call, or scan the QR
code below to join today!



SPECIAL
YOUNG ADULT MEMBERSHIP
FOR AGES 19-30 ONLY

\$28 PER MONTH

BONUS! SHOW THIS AD WHEN
JOINING AND PAY NO JOINER FEE!

**FIND YOUR
HAPPY PLACE**

FIND YOUR Y

A MEMBERSHIP THAT MEANS MORE

FRIENDSHIP + COMMUNITY + SUPPORT

- Connect with your community and find a place of belonging + encouragement
- State of the art Wellness Centers and equipment + support to help you reach your goals
- Three Oshkosh YMCA locations + access to Ys nationwide
- Over 100 Group Exercise Classes weekly, plus YMCA360, an on-demand platform you can access anywhere, anytime
- Pools, Basketball Gyms, an Indoor Soccer Arena, Indoor Ice Arena, and More



Kyra Slakes / The Advance-Titan

Student fees, rent keep dome in shape

By Katie Pulvermacher
pulvek45@uwosh.edu

The Rec Plex, often dubbed “the bubble,” is an iconic facility on the UW Oshkosh campus that is often rented out by on- and off-campus groups.

Students pay \$5 per semester in segregated fees to support the Rec Plex. This money goes into an escrow to eventually replace the dome fabric and turf when it has passed its 15-20-year lifespan. Therefore, when these things need replacing, the Student Recreation and Wellness Center (SRWC) has the money to restore it immediately.

Students help pay for the Rec Plex, but how much money is it gaining from renting and where is the money going?

The 2021-22 academic year saw a high number of usage and rental groups, said Rec Plex Coordinator Patrick Marcoe. “We brought in roughly \$60,000 in rental revenue from the Rec

Rec Plex at a glance

- The UW Oshkosh Student Recreation Field Complex, more commonly known as the Rec Plex, is a 4.35-acre recreational complex with multi-use synthetic turf, state-of-the-art LED lighting and a 3,000-plus square foot support building.
- The temperature-controlled dome can be used for year-round recreation.
- To use the facility, students must swipe their Titan Card at the Rec Plex Welcome Center Desk.
- The Rec Plex is available for open play when open and not otherwise reserved. View the current schedule at <https://uwosh.edu/recreation/facilities-and-hours/rec-plex/>.

Plex.”

The facility opened in the summer of 2018. Marcoe said compared to previous years, this academic school year has been the most successful in gaining revenue.

The 2018-2019 school year gained around \$20,000 in revenue and the 2019-2020 school year was cut short by COVID-19, but still gained \$37,000.

The pandemic during the 2020-2021 school year completely closed down the Rec Plex, leading to no revenue being generated.

Associate Director of Student Recreation Tony Dirth said despite COVID-19, he and the department are content with the usage thus far.

“I’m very pleased with the growth we’ve seen with the Rec Plex,” Dirth

said. "It's been a challenge to try to get to where we're stable, but we've been able to see some growth to meet the needs of the students and develop relationships with user groups outside."

A concern among students is having an equal amount of access to the Rec Plex as renters.

"I think our whole intention was creating the schedule to maximize student usage, while also balancing the operational budget," Dirth said. "There's an opportunity for students to come and use it more during [scheduled] times, but we've struck a good balance [between student and rental use]."

During the week, athletics can reserve space from 3-5 p.m. Monday-Friday. UWO sport clubs can reserve space from 5-7 p.m. and student recreation programs (such as intramural sports and group exercise) from 7-11 p.m.

If there is nothing scheduled during these times, students and student organizations can look to reserve time or walk in.

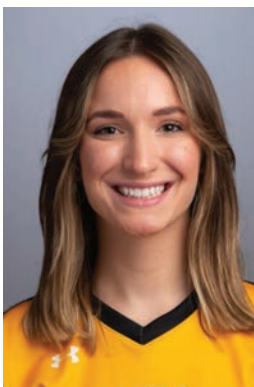
The Rec Plex can be rented by groups on the weekends from 5 p.m. on Friday through 10 p.m. on Sunday, including during academic breaks.

In the 2021-22 academic year, more than

20 different groups, including athletics, sport clubs and non-university groups, reserved space at the Rec Plex, Marcoe said. During the same time, the Rec saw close to 10,000 swipes or uses by students, he said.

around."

Slobodecki said the team struggled playing games on the turf vs. the usual playing on dirt fields, but nonetheless, she enjoyed being able to use the facilities and encour-



"College is what you make out of it. We live in Wisconsin, so weather is not always the best, but the bubble provides a good space for people to get out of their dorm rooms and have a good time."

-Lizzie Slobodecki, softball player

Sophomore Lizzie Slobodecki has used the Rec Plex facilities with the UWO softball team.

"It's a different atmosphere," Slobodecki said. "We've never really played on the Rec Plex before [last season]. With bad weather, the Rec Plex helped us get in our games so we didn't have to move our schedule

ages other students to use it.

"College is what you make out of it," Slobodecki said. "We live in Wisconsin, so weather is not always the best, but the bubble provides a good space for people to get out of their dorm rooms and have a good time."

Dirth said the Rec Plex has been used by



Student Recreation & Wellness

Facilities

- ◆ Albee Pool
- ◆ Climbing Wall
- ◆ Basketball & Volleyball Courts
- ◆ Golf Simulator
- ◆ Cardio & Strength Equipment
- ◆ Indoor Track
- ◆ Rec Plex

Programs & Services

- ◆ Equipment Rentals
- ◆ Outdoor Adventures
- ◆ Fresh on the Fox Smoothie Bar
- ◆ Personal Training
- ◆ Group Exercise
- ◆ Sports Clubs
- ◆ Intramural Sports
- ◆ Titan Well
- ◆ Massage Therapy
- ◆ Violence Prevention



@UWOStudentRec



uwosh.edu/recreation

uwosh.edu/wellness

StudentRecreation@uwosh.edu

a wide variety of groups on weekends.

"There are clubs, developmental programs from Green Bay down to Milwaukee and adult softball leagues who play overnight through Sunday," Dirth said. "[The Rec Plex] gets hundreds of adults who stay in Gruenhagen Conference Center (GCC). It's a neat opportunity to showcase the campus and have people lodge at GCC."

Marcoe said he agrees that the Rec Plex showcases the university well and aids in enrollment.

"I think that Rec Plex has been a huge recruiting tool for the university," Marcoe said. "There are numerous tours from athletics and the university in the dome. We also hold a number of youth programs through the non-university groups that bring a lot of people who will hopefully look back on those tournaments and events with fond memories and help sway them to come to UWO."

The bubble is now being staying up year-round. When it was originally built, Dirth said it was not able to be classified as a permanent structure, and the structure would go up and down each season.

The structure was modeled off similar domes at the University of Minnesota Twin

"The Rec Plex has been a huge recruiting tool for the university... We hold a number of youth programs through the non-university groups that bring a lot of people who will hopefully look back on those tournaments and events with fond memories and help sway them to come to UWO."

Patrick Marcoe, Rec Plex coordinator

Cities, which the SRWC observed to estimate costs of the tentative facility here.

"It was not the cost that we projected – it was a lot more," Dirth said. "Through the work of facilities management, we were able to get the dome classified as a permanent structure. The next step for us is going to try and use some of the savings to get it so that it's cool."

In the cold months, the facility is heated, but Dirth said they are looking to add in a cooling system to make the facility just as appealing in the hot months to cool down in while enjoying being active.

"I really want students to feel good going to the dome," Dirth said. "I really encour-

age students to go join a sports club, join an intramural team and play their favorite sport during our open time. It's the only one in the UW system that there is. It's a great resource that our students have."



Katie Pulvermacher is majoring in multimedia journalism and advertising. She is the 2022-23 managing editor/news editor of The Advance-Titan.

Environmental Studies Major/Minor

Titans are changing the world!

Green careers are among the fastest-growing areas of the job market. Students graduate from the ES Program with the necessary tools and connections needed for future careers. Join the expanding Titan community actively working toward a better world!

What students say:

Gabbie Genz '21:

"The ES professors that you interact with every day truly care about the subjects they are teaching and want their students to use their classes to make an impact in the world."

Steve Freund '21:

"The Environmental Studies program engages students with a liberal arts approach and a wide range of concepts relevant to the world today, while still letting you choose a specific area of concentration. As someone who loves the natural world and loves learning about many different topics, this was the perfect program."

Erin Thompson '21:

"I love the ES program because all the classes are relevant to our current world. I have been able to develop the knowledge and tools to face complex issues from a sustainable perspective."



Director of Environmental Studies:

Jim Feldman, feldmanj@uwosh.edu

Check out our website:

<https://uwosh.edu/es/>

Like us on Facebook:

Environmental Studies, University of Wisconsin Oshkosh



WHAT'S YOUR WARRIOR?
[GOARMY.COM/ROTC](https://goarmy.com/rotc)



START YOUR CAREER A STEP AHEAD.

Begin your journey as a U.S. Army officer, and set off on a path to the top. Officers get leadership opportunities right away, all while enjoying benefits like competitive pay and a clear path to advancement. Join forces with us, and take on anything.

FOR MORE INFORMATION PLEASE CALL 920-424-3417

ADVERTISING MULTIMEDIA JO



UW OSHKOSH JOURNALISM DEPARTMENT

Nationally accredited program by the Accrediting Council on Education in Journalism and Mass Communication (ACEJMC) and Certification in Education for Public Relations (CEPR)



FIND A CAREER YOU LOVE



Choose a **MAJOR** or **MINOR** in **Advertising**,
Multimedia Journalism or **Public Relations**.

Already have a major? Add a **CERTIFICATE** in
Advertising, **Multimedia Journalism**,
Public Relations or **Social Media**.

Visit us in Sage 3003 or online to explore our
vibrant community and learn about exciting careers
and our award-winning student organizations.

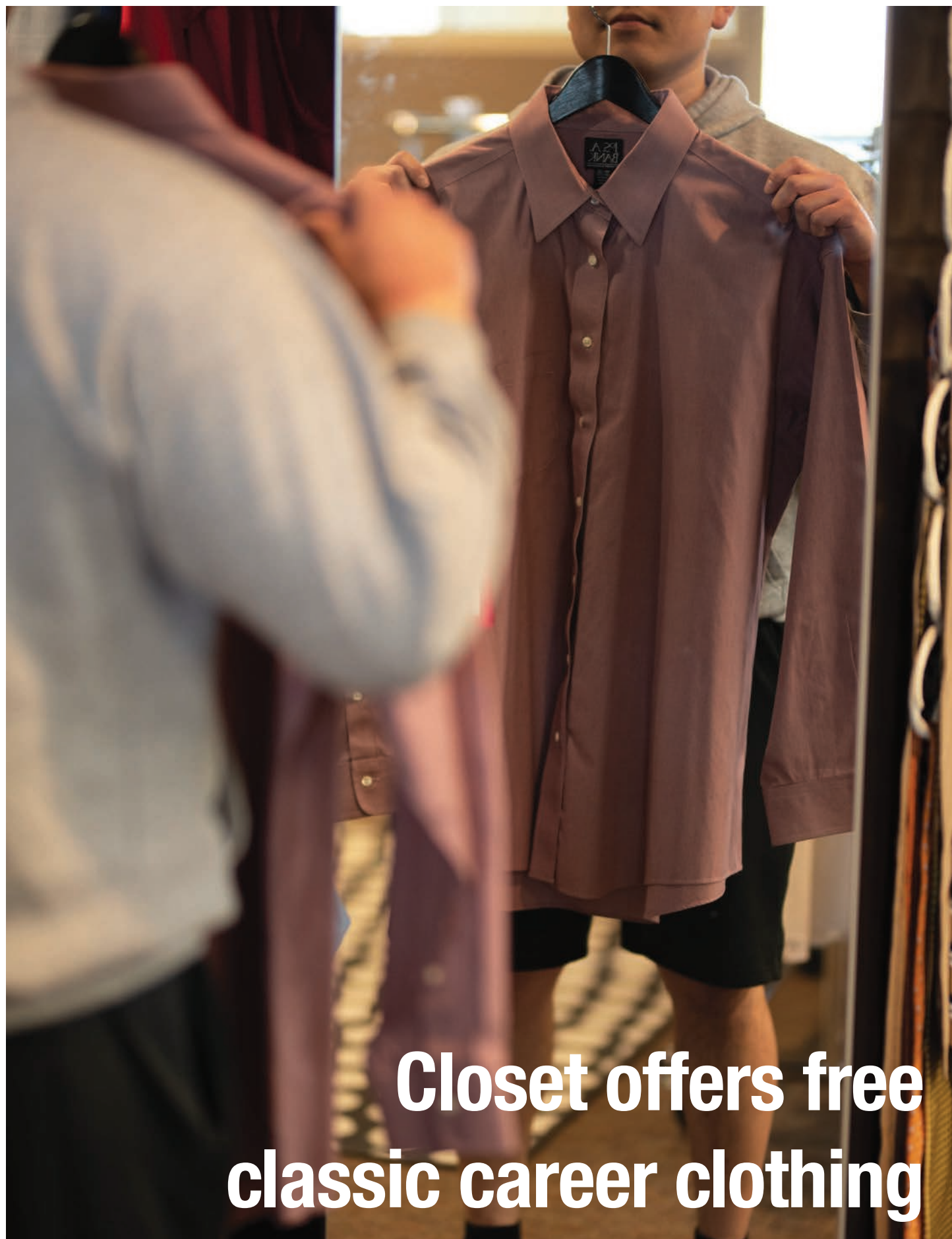
www.uwosh.edu/journalism



/uwoshjournalism



/uwosh_journalism



**Closet offers free
classic career clothing**

Photo and story by The Advance-Titan Staff
atitan@uwosh.edu

The UW Oshkosh Career & Professional Development office recognized that students' budgets may not leave room for unexpected situations. So they created the Career Closet to assist students who might not otherwise have disposable income to update their wardrobes to fit into professional settings.

Between tuition payments, rent, food and entertainment, students may be strapped for cash. This makes it difficult to come up with extra money for the unexpected, including professional clothes for last-minute internship and job interviews.

Career Adviser Chelsy Cegielski said that the Career Closet started in 2013 as the result of feedback they received from some of their employer sponsors who invest in the professional development of students.

"Prior to the pandemic, employers were telling us that students were well prepared with their resumes, cover letters and for interviewing appropriately, but that their dress was often less than expected," Cegielski said. "Professional/business casual attire can be expensive and we understand the limitations of college student budgets, so we wondered how do we develop a resource to help students."

The Career Closet offers variety of styles and levels of professional dress that aims to be inclusive of all sizes. Some of the items that can be found in the Career Closet include suit coats, dresses, pants, skirts, ties, scarves, shoes and even scrubs. Students can find items that will allow them to dress professionally for interviews or even business casual to meet the various needs of internships/student teaching/jobs.

"On average, we receive about 1,500 items each semester in donated clothes that the students are taking," Cegielski said.

The Career Closet is located inside the Career & Professional Development office in the Student Success Center and can be visited anytime the office is open. Students are encouraged to visit often to check out the changing inventory.

Cegielski said that they usually see 700 unique students stopping into the Career Closet in a single semester. This is a true testament to the large number of students who take advantage of the Career Closet, each taking up to four items per semester.

To those students who do not regularly take advantage of the Career Closet, Cegielski said that the benefits in the long-term are worth it.

"We work with students to have an understanding of what the professional dress wardrobe is going to be," she said. "If you take four items each semester from your freshman year to your senior year, that's quite the professional wardrobe that you would have."

A common misconception that students come into the Career Closet with is that the items are for rent, not to own.

"The items are yours to keep," Cegielski said.

This allows students to build the professional dress collection that Cegielski thinks is imperative.

The Career Closet is built solely on donations. Career & Professional Development works closely with partner organization to host donation drives at local companies & organizations. Donations have also come from university staff, faculty and alumni.

In terms of professional development, clothing is an important aspect, but it is just a small part of a much bigger goal, Cegielski said.

"Just like students come to our office for clothing, they should also know that they should come to our office for LinkedIn and for resumes ... all of that," she said. "To their clothing, to their documents, to their presence. That's all part of who they are to get a position."



EQUIPPED. ——— CONFIDENT. ——— CONNECTED.

CAREER &

PROFESSIONAL DEVELOPMENT

STUDENT SUCCESS CENTER SUITE 125
UWOSH.EDU/CAREER
920-424-2181



1. HANDSHAKE

Check out Handshake, complete your profile and the Career Interest Profile. Find campus jobs, internships, part-time/full-time jobs and apply! Search events to develop career ready skills. This is one resource you want to know!



2. INDUSTRY ADVISING

Students will receive detailed advice that will help them articulate their interests, explore professional and academic options, and understand the application processes & trends for industry specific opportunities.



3. CAREER FAIRS & EVENTS

Career fairs are held each semester so you can connect with employers seeking students for internships/jobs. Fairs are open to ALL MAJORS and ALL SCHOOL YEARS. Professional development events are held each semester to prepare you for the world of work!



4. RESUME FEEDBACK

Having a resume that showcases your strengths and experience is necessary! Drop-in appointments are available! Check out VMock to get quick feedback on your resume.



5. FIRST DESTINATION OUTCOMES

Do you wonder what kind of salary you can expect upon graduation? Wonder where UWO grads go after college? Career & Professional Development will share this information with you!

CONNECT WITH US ON SOCIAL MEDIA

@UWOSHKOSCPD





UWO's Model United Nations gives students international perspective

By Josh Lehner
lehnerjo70@uwosh.edu

With all the conflicts around the world, it can be hard to think that everything's under control. Sometimes we believe there's no good solution, while other times, we wonder what the people in charge are thinking. That's why programs such as Model United Nations (MUN) are so pivotal, because they actively shape the politicians and leaders of the future.

For more than 60 years, UW Oshkosh has provided students the opportunity to participate in MUN conferences across the country. There, real-world situations and catastrophes are simulated and solved, with teamwork serving as the critical component in solving the task at foot.

The 2022 National MUN Conference was held in Manhattan, New York last spring where UWO students represented delegates of Botswana and Singapore.

Peter Herrmann, who served on MUN's General Assembly First Committee and won an Outstanding Delegate Award for his representation of Botswana, said the experience he's gained through MUN helps him visualize conflicts, such as the Russia-Ukraine war, differently than the average person. He better understands the delicate line that every country has to walk.

"Being in Model UN, you learn that every action has a very specific reaction," Herrmann said. In the case of the Russia-Ukraine war, "the West is stuck between helping defend a sovereign democratic state and angering a regional power with nuclear capabilities."

Calculated and precise action, like Herrmann's, awarded the Botswana team delegation the Outstanding Delegation designation, the most prestigious award handed out at the conference. The Singapore delegation consisted of five students new to MUN, with Mason Sada being picked as an Outstanding Delegate in the General Assembly Second Committee, while Taeyeon Kim and Danielle Sawyer received Outstanding Position Paper Awards. This 2022 success marked the 38th consecutive Outstanding Delegation for UWO, which won a total of 14 awards.

Savannah Bartelt, who represented the



Photo: Tracy Slagter

UW Oshkosh's Model United Nations team won its 38th consecutive Outstanding Delegation award in April 2022.

Botswana delegation, was a member of the Economic and Social Council. She said she "worked with other delegates to get [their] ideas down on paper by negotiating, problem solving and ensuring that everyone's voices were heard."

Herrmann echoed her sentiment, adding that "MUN has helped me a lot in growing my negotiation skills ... It has also made me more persuasive and enabled me to find common ground much easier."

Negotiation and finding compromises are some of the best skills that MUN teaches people, Herrmann said, adding that MUN has had a profound impact on his college career.

"I came to UWO as a nursing major; instead, I graduated with a degree in political science and am now getting a master's in public administration," he said. "[Through MUN] I acquired friends who became my family and who I will talk to for the rest of my life. I was able to continue a tradition of winning, success and teaching new members what exactly Model UN is."

Herrmann said he was able to teach three first years on the particulars of the political field. They discussed terrorism, preventing

arms in outer space, improvised explosive devices and nuclear danger.

"I learned a lot by myself on these topics," he said. "Teaching these new members, I became more knowledgeable, while also improving my skills as a teacher moving forward."

Bartelt said she was glad that her team's hard work paid off.

"I'm overjoyed that the team did well after all of our work preparing for the conference," she said. "We've spent months researching, participating in discussions and doing simulations and it all paid off. It was a great experience, and I'm glad that I had the opportunity to attend."

To learn more or join MUN, email mod-elun@uwosh.edu or faculty adviser Tracy Hoffmann Slagter at slagtert@uwosh.edu.



Josh Lehner is a news reporter for *The Advance-Titan*.

UWO gymnastics wins 48th national title

By Jacob Link
Linkj13@uwosh.edu

The UW Oshkosh gymnastics team took home its fifth national championship last spring with a Division III-record team score of 194.11 at the National Collegiate Gymnastics Association (NCGA) D-III Championship in Ithaca, New York.



Buffington

UWO's Emily Buffington won the uneven parallel bars event to claim her first individual NCGA title and the 13th individual title for the Titans.

"We just stuck with each other," Buffington said. "We didn't focus on any other teams;

we didn't look at our phones or any of that because we were trying to stay in the moment."

Buffington scored a 9.8 for her routine on the uneven bars, tying for first place with Taylor Bushey of the University of

New York at Brockport, Winter Osborne of Springfield College and Kerrie Legault of UW-La Crosse. UWO's senior Rahdea Jarvis took fifth in the event with 9.75, joining Buffington in receiving All-America honors on the bars. The Titans came in first as a team in the event.

Trinity Sawyer was one of two Titan gymnasts to receive All-America honors on the floor exercise by coming in third with a score of 9.8. Her score tied the school record set in 2017 by Bailey Finin. UWO's Emily Gilot finished eighth with a 9.7 to receive All-America honors in her final year. Oshkosh came in second as a team with a score of 48.625.

Sawyer followed up with a fifth-place finish in the vault with a score of 9.75, earning another All-America Honor. As a team, Oshkosh finished tied for first with UWL with both teams scoring a 48.4.

Olivia Keller became UWO's sixth All-American after she scored a 9.775 on the balance beam to finish tied with five other gymnasts for sixth place in the event. The Titans finished first as a team with a

score of 48.575.

Both Buffington and Jarvis said it felt amazing to be national champions.

"I can't even explain it," Jarvis said. "It's the best feeling in the world."

"It really is crazy," Buffington added. "We went into it not knowing what was going to happen and to come out how we did is just awesome."

UWO previously won national championships in women's gymnastics at the 1980 Association of Intercollegiate Athletics for Women, the 1986 National Association of Intercollegiate Athletics, and the 1989 and 2007 NCGA Championships.



Jacob Link is a multi-media journalism major and radio-TV-film minor. A sophomore, he is also a kicker on the football team, sports commentator for WRST and Titan TV, and co-sports editor of The Advance-Titan.

LOOK WHERE A GEOGRAPHY DEGREE CAN TAKE YOU

With smartphones, GPS, and social media, people are constantly collecting and sharing geographic data. Corporations, governments, and organizations hire geographers to analyze and interpret this information.

Geography majors develop skills applicable to a wide range of careers and opportunities with interdisciplinary and integrative thinking.

29% job growth



UWO Cybersecurity Center aims to keep information safe

By Katie Pulvermacher
pulvek45@uwosh.edu

The Cybersecurity Center of Excellence (CCOE), housed in the Culver Family Welcome Center, is a great place to expand one's knowledge on how to counteract cyber threats and to keep information safe.

In a partnership with the Wisconsin Cyber Threat Response Alliance or WICTRA, the CCOE provides space for research, training and outreach related to cybersecurity. It features a live-fire cyber range where users can experience real-world cyber threats in a controlled, educational environment. The center also includes classrooms, a lab and a data center.

"It is going to be difficult for other places to do what we do, simply because of the resources WICTRA can provide," UW Oshkosh Information Systems Lecturer Michael Patton said. "This partnership is absolutely critical to what we were able to do, and frankly, I don't see how we could have done it without them."

Patton said cybersecurity centers are not common. He worked about 25 years in private industry and had to deal with people attacking their systems and then learn how to counteract. A conversation with a colleague led to the connection between UWO and WICTRA, including Jerry Eastman, the group's founder.

"There are people way smarter than me about cybersecurity in lots of places," Patton said. "I do everything I can to bring them in and educate me and my students and elevate everybody."

To either get a cybersecurity certificate minor or emphasis within the major, three main cybersecurity courses are required. Learn more at uwosh.edu/cob/undergraduate/certificates/.

Patton said they are working toward submitting their entire body of work to the National Security Agency (NSA) for one of their certifications to say "this is what cybersecurity education should be." UW-Stout and UW-Whitewater already have this. UWO will become the third in the UW-System to get this certification.

The CCOE and its classes provide re-



Kyra Slakes / Advance-Titan

A lab in the UW Oshkosh Cybersecurity Center of Excellence provides machines and computers commonly used by cybersecurity specialists. These have different capabilities from the average computer elsewhere on the UWO campus.

al-world examples one would face in daily life or at a job with the classrooms, lab and data center there. Workstations are geared with machines commonly used by cybersecurity professionals with tools usually not found on an average computer.

"Aaron Rodgers studies the Chicago Bears defense before playing the Bears, not because he wants to be a linebacker, but because he wants to know what the Bears defense is doing so he can counteract it," Patton said. "What we're trying to do at the Cybersecurity Center is give either super highly technical users or even the most basic users a live situation where they can see the results of their actions and things that bad guys might be trying to do to them, so they can counteract it."

The CCOE models the Wisconsin Idea perfectly, which revolves around the purpose of why universities are present. In partnership with Pima Community College in Arizona, UWO was able to set up the CCOE in a safe and educational way.

"Whether it be on our phones, buying things, online banking, buying movie tickets, there's all sorts of digital presence that we have and yet we don't think about the trails that we leave and the things that we need to do to keep ourselves safe," Patton

said. "We would not even consider when we leave the house or get out of our car, to not lock the doors – that's just something you do. And yet, digitally, we do the equivalent of that all the time. We get out of the car and walk away."

Patton encourages all students to try out a class, become a volunteer there, attend an event or visit the CCOE.

"You live in the 21st century," Patton said. "You are going to be dealing with digital things, and there aren't enough people who understand the cybersecurity risk and the opportunities to meet the marketplace. The growth of that industry in the employment area is leaps and bounds in businesses all over the U.S. If you think this sounds exciting, you want to be of service to your organization, your country, or your family and keep people safe, this is a great way to do it."



Katie Pulvermacher is majoring in multi-media journalism and advertising. She is the 2022-23 managing editor/news editor of The Advance-Titan.

Football's new coach 'has real vision'

Jennings promises not to take responsibility for granted

By Jacob Link
linkj13@uwosh.edu

Peter Jennings is the new head coach of the Titan football team and he couldn't be more excited.

"Peter has a real vision for Titan football," said UW Oshkosh Athletic Director Darryl Sims. "He has an innovative football mind, and has demonstrated the ability to work well with student athletes, to help them be successful in the classroom and on the football field."

Sims said Jennings also understands the make-up of the WIAC and knows what it will take to be successful.

Jennings was the offensive coordinator for four seasons at UW-Whitewater where he helped the Warhawks compile a 39-4 record and win three Wisconsin Intercollegiate Athletic Conference championships from 2018-21.

Taking over for retiring coach Pat Ceroni, Jennings becomes the 23rd head coach in the 126-year history of the UWO football program. The Titans have had just six different head coaches between 1946-2021.

"Let's get this team rocking and rolling," Jennings said. "I am so excited to be here."

Jennings said he would be calling the plays this season. "[With] the university and all of its elite academic offerings, the fertile recruiting grounds of the Fox Valley, and this unbelievably vibrant campus community, this truly is a dream come true for me and my family," Jennings said.

With Jennings at the helm of the offense, UWW averaged 40.9 points per game last season. He also mentored two Warhawk quarterbacks who were voted WIAC Offensive Player of the Year: Max Meylor (2021)



Photo: UWO Flickr

Peter Jennings

and Cole Wilber (2018). Jennings coached 10 D-III All-Americans and one recipient of the D-III Rimington Award, given to the best center in the country.

"Being a head coach is a huge responsibility and I will never take this responsibility for granted," Jennings said. "Our staff will be teachers first and foremost. We will offer an inclusive environment for all members of our football program. We will be honest and energetic and we will always put the wellbeing of our student athletes first."

Prior to coaching at Whitewater, Jennings was the offensive coordinator and associate head coach at Rhodes College in Memphis, Tennessee, from 2016-18. The Lynx set program season records in total touchdowns, rushing touchdowns, total yards and passing yards during this time.

Jennings was also the offensive coordi-

Titan home games

- **Sept. 3** — vs. East Texas Baptist University, 1 p.m.
- **Oct. 1** — vs. UW-Platteville, 1 p.m.
- **Oct. 22** — vs. UW-Stout, 1:30 p.m.
- **Oct. 29** — vs. UW-La Crosse, 1 p.m.

nator at Carroll University from 2012-16, helping the offense achieve its two highest scoring seasons in school history.

Jennings played college football at Illinois College, where he was the starting quarterback from 2004-07.

UWO's current string of 10 consecutive winning seasons is the longest in program history. Last season, the Titans had a 6-3 record overall and finished fourth in the WIAC with a conference record of 4-3.

The Titans are scheduled to open the 2022 season against East Texas Baptist University on Sept. 3 at J.J. Keller Field at Titan Stadium.

"I am finally to the destination, the University of Wisconsin Oshkosh," Jennings said. "The bar has been set extremely high. I so appreciate the faith that [Sims has] in moving this elite program forward."



Jacob Link is a multi-media journalism major and radio-TV-film minor. A sophomore, he is also a kicker on the football team, sports commentator for WRST and Titan TV, and co-sports editor of The Advance-Titan.



is your
ONE-STOP SHOP
on campus!

Stop by, call/email or
visit our website:

First Floor of Reeve Union
(920) 424-1234
titancentral@uwosh.edu

uwosh.edu/reeve/services/titan-central

SERVICES INCLUDE:



Campus
Information Desk



Buy stamps
and ship via USPS



Passport Photos



Lost and Found



ID Card
Center
(TitanCard)

Titan Dollars is an on-campus tender used for purchases like food, health and beauty, vending, school supplies, apparel, event tickets and more!

Add Titan Dollars to your account at Titan Central or online at uwosh.edu/reeve/titancard/deposit





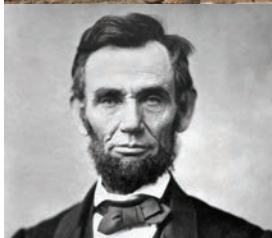
DESIGN YOUR FUTURE

Interactive Web Management

COMPUTER SCIENCE | INFORMATION SYSTEMS
JOURNALISM | MARKETING

Start your career today ▶ uwosh.edu/iwm

UNIVERSITY OF WISCONSIN OSHKOSH Department of History



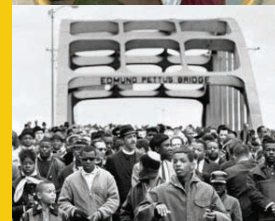
Award-winning faculty
Straightforward major (36 credits)
& minor (24 credits) requirements

**Major or Minor in History
& develop the skills
employers want!**

According to the National Association of Colleges & Employers:

*Critical thinking & writing skills are among the
attributes most highly valued by employers*

Check us out at uwosh.edu/history or visit us in 3612 Sage Hall



**Study the past...
prepare for your future!**



LEARN ABOUT FRATERNITY & SORORITY LIFE AT UW OSHKOSH

OUR SORORITIES

ΑΞΔ
Alpha Xi Delta

National Founding
April, 17 1893

UWO Founding
December 11, 1965

Philanthropic Partner
Kindly Hearts Initiative

ΓΦΒ
Gamma Phi Beta

National Founding
November 11, 1874

UWO Founding
May 14, 1966

Philanthropic Partner
Building Strong Girls

ZTA
Zeta Tau Alpha

National Founding
October 15, 1898

UWO Founding
November 22, 1997

Philanthropic Partner
Breast Cancer Education & Awareness

ΣΣΣ
Sigma Sigma Sigma

National Founding
April 20, 1898

UWO Founding
April 11, 1987

Philanthropic Partner
March of Dimes

ΑΦΑ **NEW**
Alpha Phi Alpha

National Founding
December 4, 1987

UWO Founding
Coming Fall 2022

Philanthropic Partner
Big Brothers/Big Sisters of America

ΒΘΠ
Beta Theta Pi

National Founding
August 8, 1839

UWO Founding
December 4, 1991

Philanthropic Partner
Christine Ann Domestic Abuse Services Inc.

ΔΣΦ
Delta Sigma Phi

National Founding
December 10, 1899

UWO Founding
May 5, 1965

Philanthropic Partner
American Red Cross

ΔΧ
Delta Chi

National Founding
October 13, 1890

UWO Founding
November 13, 1969

Philanthropic Partner
The V Foundation for Cancer Research

ΣΠ
Sigma Pi

National Founding
February 16, 1897

UWO Founding
April 27, 1966

Philanthropic Partner
Amazing Day Foundation

ΩΔΦ
Omega Delta Phi

National Founding
November 25, 1987

UWO Founding
May 27, 2006

Philanthropic Partner
CASA for Children

OUR FRATERNITIES

INTERESTED IN JOINING A SORORITY OR FRATERNITY?
VISIT US AT...

Web: uwosh.edu/go/fsl **Email:** uwogreeklife@uwosh.edu
Facebook: UW Oshkosh Fraternity and Sorority Life
Instagram: @greek_life_uwo

UWO
UNIVERSITY OF WISCONSIN
OSHKOSH

MAKING MEMORIES COUNT

By Owen Peterson
petero84@uwosh.edu

It seems like people today need to photograph everything they do, whether it's a trip across the country or simply taking a walk, and why shouldn't they?

Most people in first-world countries are equipped with cameras on their phones – increasingly good ones, too – and there is essentially unlimited space to store these photos, so society has been equipped with the perfect tool to capture life and cherish every memory.

But, in reality, research over the last decade has shown that this constant documentation of life is actually impairing the ability to make real memories. In fact, it would seem that the process of “making memories” is doing anything but.

The memory process

The TIME article, “How social media is hurting your memory,” described this memory impairment process as “externalizing” one's memory.

The article, written by Andrew Gregory, explains that before the internet was widely available, information was stored either in someone's mind or in external storage such as books or the minds of experts. This meant that any knowledge that one did not possess took effort to retrieve, but this effort has been all but erased by the internet.

Because it is so easy to look up information, people see less need to store information internally. This so-called “Google effect” points to an overreliance on knowledge that one is never truly in possession of.

Based on this, it is argued that this effect is not only taking place with information, but memories. If it is so easy to document events with photos and post them for everyone else to see, what need is there to store the memories ourselves?

Storing memories externally

The danger in storing your memories externally stems from the simple yet damning idea that the act of taking a photo ensures that one will remember the



moment considerably less than if they had simply observed it.

“When somebody's taking pictures because they have to post them on Facebook,” Julia Soares, a researcher at UC Santa Cruz, explains, “there's research to show that they're going to remember the event less positively [than] if they're taking the photos really intentionally.”

This is precisely what differentiates taking pictures for social media from the job of a professional photographer. With social media, the intention is rarely to savor or value a moment, but rather to make an impression on others, which is where the value of a memory is lost.

Photo-taking habits from the past

But what about photo-taking habits in the past, like for photo books and scrapbooks? How are they any different? I'm not too sure that they are, in impact at least.

The glaring difference between these two is the volume. Whereas traditional “external memory” methods were usually reserved for special occasions (which, sure, is probably problematic in its own right), social media memories are constant, capturing even the most mundane of moments.

This is completely unsurprising, as it is well known how constant and intrusive social media is in one's daily life, but nonetheless problematic. Knowing from the aforementioned studies, the constant “making” of these memories would put one in an uncomfortable scenario: How much is one willing to risk forgetting?

OK, admittedly a tad dramatic, as social media posting will not render one demoralized, but I would like to posit that this constant documentation is hampering the value that one gets from life's moments.

Maybe one won't be “forgetting” anything if they make a habit of looking back on all of their “memories,” but that might be precisely where all of the value of making real memories is lost.

Looking back on these photos, one may think that they are recalling a moment, but what they are really recalling is a hollow version of the moment that was devalued the second a photo was taken.

By detaching oneself from a moment, the chances that one will actually remember the moment for all that it really was is very low. While one may hold on to the still, that can never compensate for what was lost due to distraction.

Memory vs. image

All of this to say is because a memory is not an image. It's much more.

To me, a memory is a moment, captured by all of your senses, encased in indescribable feelings, that could never be adequately represented by anything other than your own mind.

While photos merely serve as cues, memories can tell the whole story because they were created with the attention of all of your senses, can more precisely remind one of how you actually felt in a moment and provide context.

As psychologist Linda Henkel puts it, “[Pictures are] not necessarily the true, full version of what happened.”

Maybe this is just a completely naive and overly sentimental take, but I really would like to believe that there is more meaning in a memory than in a photograph.

All that being said, I do not mean to either condemn photography or social media as a whole, but to simply say that I believe appreciation should always be prioritized, especially over something as inconsequential as social media.



Owen Peterson is the incoming Fall 2022 Editor-in-Chief of *The Advance-Titan*. He previously served as the managing editor and opinion editor.

What's in a name?

By The Advance-Titan Staff
atitan@uwosh.edu

“Carve your name on hearts, not tombstones. A legacy is etched into the minds of others and the stories they share about you.” — Shannon L. Alder, life coach, therapist and author

Various buildings on the UW Oskosh campus named after influential teachers, administrators and others helps the university to retain those stories about the people who made UWO the institution it is today. Here's a look at who some of the residence halls are named after or the story behind how they were named:



Photo: UWO Archives

Dr. Cora “Barbara” Donner

Donner Hall

Donner Hall is named after Dr. Cora “Barbara” Donner, history professor at the Oshkosh State Teachers College (OSTC) from 1926-1956. The residence hall opened in 1962 and in 1970, became the first co-ed dorm on campus.

Donner was born in 1891 and raised in a large farming family in rural Green County, Wisconsin. She earned her Ph.D. from the University of Chicago.

As an instructor, and later chair of the History Department, Donner was known as a dynamic lecturer. In addition to teaching classes, she regularly spoke on history and contemporary events for local clubs. On campus, in addition to her official duties, Donner is credited for helping the college secure its first student center, Reeve Memorial Union.

In 1956, Donner retired from the Wisconsin State College Oshkosh after 30 years of service. In 1974, she died at age 82. Humbled by the dormitory that bore her name, Donner left in her will \$1,000 “for the purchase of good magazines for the women residing in Donner Hall.”

Evans Hall

Evans Hall is named after Maysel E. Evans, a speech and



Photo: UWO Archives

Maysel Evans

theater instructor at Oshkosh from 1929-1963. She was raised in Bangor, Wisconsin and attended the La Crosse Normal School, University of Wisconsin and Northwestern University.

Evans Hall was built as a women's dormitory in 1965; today it serves as a co-ed first year residence hall.

Fletcher Hall

Fletcher Hall is named after Walter H. Fletcher, who taught mathematics, English, Latin and general science at the Oshkosh Normal School. Fletcher Hall was built in 1964 as a 520-room men's dorm and was renovated in 2016-17, and today is used as a co-ed hall.

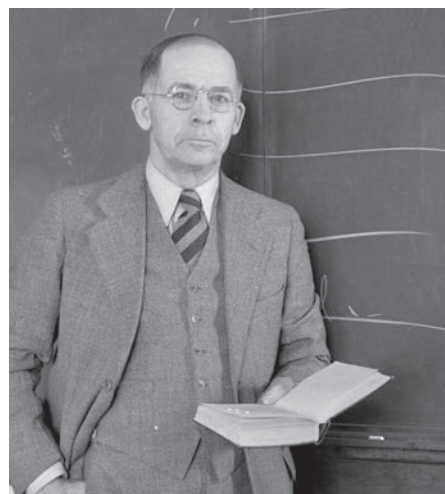


Photo: UWO Archives

Walter H. Fletcher

Fletcher was born August 8, 1877, in Rumney, New Hampshire, and earned his bachelor's and master's degrees from Dartmouth College. He first worked in grade schools in Vermont and Hampshire before moving to Oshkosh to the teachers college where he taught for 26 years.

His greatest contributions to campus was in his leadership of the *Advance* newspaper. When Fletcher arrived at Oshkosh Normal, the *Advance* was a quarterly publication created as part of a journalism class. Under Fletcher's tutelage, *The Advance* became an award-winning weekly extracurricular paper with high standards of writing, reporting and graphic design. Today the newspaper is known as *The Advance-Titan*.

Fletcher retired in 1944 and died in 1955.

**YOUR ORIGINAL
COUNTERCULTURE
LIFESTYLE SUPPLY
SHOP SINCE 1969!**

CLOTHING-JEWELRY-INCENSE-OILS
LOTIONS-BAGS-BACKPACKS-POUCHES
CBD+SMOKING ACCESSORIES
LOCAL GLASS-TAPESTRIES-FLAGS
CHIMES-BELLS-TAROT CARDS-PUZZLES
BUDDHAS-DRAGONS-FAIRIES
AND MUCH, MUCH MORE!!

FREE Satori t-shirt with a purchase of \$50!

SATORI IMPORTS

411 N Main St Downtown Oshkosh WI
OPEN EVERY DAY! (920) 231-0170
satorioshkosh.com   @satoriimports

Only 4 blocks from campus!



APPLIED ETHICS CERTIFICATE

About

The UW Oshkosh philosophy department has created a new 12-credit certificate program designed for easy completion by students in any major.

Adding the Applied Ethics Certificate allows you to demonstrate to future employers that you have the ability to reason analytically, critically and creatively about ethical issues that may arise in the workplace and in life.

Hiring managers are seeking employees with these abilities.

Requirements

- Required: One ethics class and one independent study course with a reflective essay.
- Electives: Student must choose three elective ethics courses. See list below.

More Information

Visit uwosh.edu/philosophy or contact Dr. Robert Wagoner at wagonerr@uwosh.edu.

Required:

PHIL 105/106 Ethics and PHIL 485 Applied Ethics Certificate Capstone (a pass/fail, independent study course in which you will be given the opportunity to reflect on what you have learned in your other Applied Ethics courses).

Electives Courses (choose three):

PHIL 205/206 Ethical Issues in a Diverse Society; PHIL 220 Business and Ethics; PHIL 230 Environmental Ethics; PHIL 231 Biomedical Ethics; PHIL 335 Philosophy of Sex; PHIL 350 Computing Ethics

WELCOME TO THE UNIVERSITY STUDIES PROGRAM

USP is Oshkosh's general education program.



The Pollock House is the home of the USP.

Through USP courses, you can explore subjects from macroeconomics to microbiology, and from the making of blizzards to the making of *Beowulf*.

Make the most of this once-in-a-lifetime opportunity to study what you want with experts in the room and colleagues at your side.

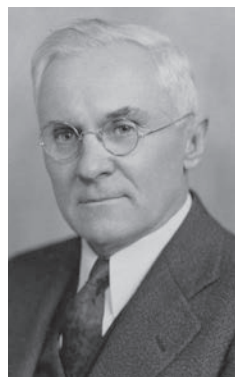
No matter what campus you are on, in person or on-line, the USP is here to support your learning and career goals. Contact us at:

- **Email:** usp@uwosh.edu
- **Phone:** 920-424-1257
- **Zoom:** Email us to set it up
- **Stop by:** You'll find us at Pollock House, across from Albee Hall on the Oshkosh campus

University Studies Program
General Education, done better.

Gruenhagen Hall

Richard Gruenhagen is the namesake of Gruenhagen Conference Center, which served as a dormitory for 10 years before becoming a conference center. For the 10 years the building served as a dorm, it was referred to as Gruenhagen Hall.



Gruenhagen

Gruenhagen was an industrial arts instructor at Oshkosh Normal School, which later became the Oshkosh State Teachers College and eventually UW Oshkosh. He joined the Normal School faculty at a crucial time, as the school was beginning a training program that prepared teachers for careers in the growing field of industrial education. While at UWO, he taught classes in advanced furniture construction & design, elementary and advanced cabinet making, general woodworking, and maintenance of shop equipment.

He retired in 1947 and died on March 5, 1967, just one week after the dedication of the building that bears his name.

Horizon Village

On Nov. 15, 2010, UWO broke ground on a new suite-style residence hall, the first new residence hall on the campus since 1967.

The five-story, 340-bed residence hall, opened in 2012. Its name, Horizon Village, was chosen by a group of students and student leaders, who followed the UWO "Facility Naming Procedure." The group also consulted with alumni and former residents of Nelson, Breese and Clemans halls, which were torn down to make room for Horizon. The name was chosen since Horizon captures the newness of both the building and the thinking that informed the design.

It meets LEED standards and features eco-friendly elements, including a green roof, trash enclosure, geothermal ground-source heat pump for heating and cooling, and more.



Photo: UWO Archives

Louise Scott

Scott Hall

With its two towers and shared interconnecting ground floor and basement, Scott Hall is named after Louise Scott, who taught

history and Latin in the junior high school program of the campus training school. The hall was built in 1967 as a co-ed dormitory to house more than 1,200 students. Due to its location along the busy Algoma Boulevard and on the edge of campus, its residents had a front-row seat to some of the campus's most rowdy events, from anti-Vietnam protests of the early 1970s to drinking-age protests in 1989.

Scott was born in the southeast Iowa community of New London in 1895 and earned her master's degree from the University of Iowa. In 1928, she came to Oshkosh State Teachers College.

At Oshkosh, Scott developed a reputation as one of the state's leading teachers of history. Her pupils formed the "Sawdust City" chapter of junior historians and worked to actively collect and preserve city history. They won numerous state awards for their work and in 1957, Scott was named an outstanding history teacher. She retired from teaching in 1962.



Photo: UWO Archives

Mary Stewart

Stewart Hall

Stewart Hall is named after Mary Stewart, who was born in Michigan in 1890 and earned her degrees from the University of Chicago. In 1926, she accepted a teaching position at the Oshkosh State Normal School in the rural education program. Shortly after, she became director of the program, helping to prepare students for teaching in the often combined-grade and small classrooms of rural communities.

Stewart Hall was completed in 1965 as a women's dormitory, was renovated in 1992 to an apartment-like complex, and today is a co-ed hall for upper classmen and renamed Stewart Community.

Taylor Hall

Taylor Hall is named after Hilda Taylor, who taught at the Oshkosh State Teachers College for 16 years from 1928 until her death in 1944.

Already over 40 when she came to Oshkosh, Taylor had taught previously at universities in North Dakota and Iowa and at high schools in North Dakota and Minnesota. Looking for an opportunity where she could make a larger impact, Taylor took the position of English department head at OSTC.



Taylor

Save your money for the weekend.

Start your 6-month trial.

amazon.com/joinstudent

prime student



Taylor was born on March 30, 1883 in Iowa, the eldest of three daughters of a college professor. She was educated at Lennox College in Iowa, at the University of Iowa, and later at the University of Chicago where she earned her Ph.D. As a devoted “club woman,” Taylor was a member of numerous campus and professional societies. She served the students as an adviser to the Quiver yearbook, the Kappa Gamma and Delta Pi societies, the Inter-Society Council and the Student Council.

After her death in 1944, the Quiver yearbook included a moving In Memoriam dedicated to Taylor. A more permanent tribute to her memory was created in 1963 when the university named its newest dormitory in her honor. Taylor’s teaching and service at the university was recognized, again, in September 2005 during the ribbon-cutting ceremony for the \$13 million Taylor Hall renovation project.

Webster Hall

Webster Hall is named in memory of Emily Webster, who worked as a school teacher in Winneconne until 1871 when she decided to attend the newly founded Oshkosh Normal School to improve her teaching skills. Graduating in 1875, Webster was a member of the first graduating class and school administrators were so impressed with her that they immediately offered her a position as an instructor in mathematics and Latin.

Her career at Oshkosh spanned 52.5 years, and she had a reputation as a stern instructor with a passion for those who gave their best effort. According to her contemporaries, she would say, “If girls would spend as much time decorating the inside of their heads as they do the outside, they would be better off.”



Photo: UWO Archives

Emily Webster






Webster was also editor of The Normal Advance (known today as *The Advance-Titan*), which was founded in 1894. She died in 1933. The hall bearing her name was completed in 1957 at a cost of \$557,000. Originally, a women’s dormitory, it was converted into a coed hall in 1999.



Source: University Archives



university dining
university of wisconsin oshkosh

-  **HOW** do I know when locations are open?
-  **CAN** I see the menu before I go?
-  **WHERE** can I use my meal plan?
-  **WHAT** is the deadline to change my meal plan?
-  **CAN** I buy a meal plan if I live off-campus?

Answers to these questions and more can all be found at uwosh.edu/dining



For more information about meal plans, email dining@uwosh.edu

For more information about food, locations or to leave a comment, email food@uwosh.edu

To connect with our on-campus dietitian about allergens or dietary restrictions, email diningdietitian@uwosh.edu

HOW WILL YOU PREPARE YOURSELF FOR A DIVERSE WORLD?

At the intersection of language and culture you'll find a world of possibilities.



FRENCH | GERMAN | JAPANESE | SPANISH

Get credit for your high school language classes by taking the placement exam. Call Testing Services for more information at (920) 424-0073 or connect online at uwosh.edu/testing.

UWO
UNIVERSITY OF WISCONSIN
OSHKOSH

CONTACT US

Global Languages and Cultures
(920) 424-4004
uwosh.edu/glc

UWO GRADUATES LANDING JOBS ABOVE NATIONAL AVERAGE



Photo: UWO Flickr

Despite earning their degrees in the midst of a pandemic, University of Wisconsin Oshkosh's recent graduates continue to land jobs at a higher rate than the national average.

Results of the annual First Destination Survey released last spring showed that the career outcome rate is 88.8% for UWO Oshkosh campus students who graduated with bachelor's degrees during the 2020-21 academic year.

That's an increase of 1.4% over the class of 2019-20 and 6.4% higher than the national average. In addition, the percentage of students who chose to work after graduation is 19.4% higher than the national average.

"UW Oshkosh has had a career outcome percentage higher than the national average prior to and throughout the pandemic. Quality programs and services for students to reach their goals is key to this success," said Jaime Page-Stadler, Career and Professional Development director.

Outcomes reported in the survey, which tracked 1,670 new grads, include 78% working, 9.1% continuing educa-

tion, 11.2% still seeking employment, 0.9% not seeking employment, 0.7% in military service and 0.1% in volunteer services.

"Our latest First Destination findings affirm what we know about Titans' experiences: if they aren't successfully pursuing further studies or service, they continue to find ways to transform meaningful internships and work experiences into their first career opportunities," UWO Chancellor Andy Leavitt said.

Nearly 61% of those who are working reported they were hired before graduation.

UWO's newest alumni found work in five top industries: healthcare (26.8%), manufacturing (14.6%), education (14.1%), service and management (13.1%) and financial services and accounting (8.6%).

Many also are sticking around to power the greater Fox Valley region.

"After graduation, so many have an opportunity to stay in Wisconsin, if not the Fox Valley, and contribute to the vibrancy of our region and state," Leavitt

said.

Of the 2020-21 graduating class, 29.3% of nonresidents remained in Wisconsin, and 90% of Wisconsin residents remained in state following commencement. They settled in the following top 10 cities: Oshkosh, Appleton, Milwaukee, Neenah, Madison, Green Bay, Fond du Lac, Chicago, Waukesha and Menasha.

Student success is a core value for UWO faculty and staff. That focus also is reflected in the survey results as 83.4% of the 2020-21 class agree or strongly agree that UWO prepared them for the next step in their career, and 77.1% of students who secured employment prior to graduation used at least one resource offered by Career and Professional Development.

"UWO students secure these opportunities at high percentages because they are supported through their professional development and connected to organizations early in their academic careers," Page-Stadler said.



OSHKOSH STUDENT ASSOCIATION

Want to serve and represent your fellow students and communities in university matters?

Want to see changes be made around campus?

Have new ideas that could benefit your classmates and university community?

**If so, then the
Oshkosh Student Association (OSA)
is for YOU!**

WHO ARE WE?

OSA is the student government that represents all students. We advocate for the best interests of the students at the University of Wisconsin Oshkosh. All students, regardless of their standing within the OSA, have the opportunity to serve as student representative on all of the many University Committees that exist, as well!

STUDENT REPRESENTATION

The OSA has many opportunities for students to serve on campus and have their voice and concerns heard:

The Executive - students elected or appointed to the Executive Board serve as the administrators of our services and programs, as well as being the main points of contact between the student body and university administrators.

The Assembly and Senate - these two legislative bodies are made up of both elected and appointed students who represent various student communities around campus on all OSA and university business.

PROGRAMS & SERVICES

The OSA provides services to the student body, including:

- UW O Go
- The Cabinet (food pantry)
- Student Legal Services
- Online Off-Campus Housing Marketplace
- Titan Discount Program

If you are interested in joining the OSA or have questions, please reach out to the OSA Office!



OSHKOSH STUDENT
ASSOCIATION

Reeve Memorial Union, Rm. 208C
uwosh.edu/osa
(920) 424-3202

Joining the A-T: 'One of the best decisions I made'

By Mackenzie Seymour
seymom53@uwosh.edu

In the spring of 2021, my mom texted me about a posting she had seen on the UW Oshkosh Parents Facebook page. It was about The Advance-Titan newspaper looking for new writers. With encouragement from my mom, I reached out to Barb Benish, the newspaper's adviser, to set up a meeting and learn more about what it would mean to report for the student newspaper.

Being a biomedical science major without any journalism experience, I didn't think I possessed the necessary skills or talent to write for the paper. But Barb encouraged me to pursue this journalism experience as it would be a great opportunity to enhance my skills for a future career in science, and she specifically gave me the opportunity to exclusively write STEM-related articles.

With the support from my mom and Barb, I stepped out of my comfort zone and dove right into my first article. From then on, I have had a multitude of amazing opportunities and experiences to write about topics I am passionate about.

My favorite memory from my time at the A-T was my interaction with Anita Carpenter, who I wrote a feature article about due to her involvement in fighting for sustainability on campus.

Her overall passion and contribution to sustainability, conser-

vation and preservation of the environment inspired me to write a series of more sustainability related articles for the remainder of my time at the A-T, which is now my favorite topic to focus on.

Without my mom and Barb, I wouldn't have had one of the most profound and influential experiences of my undergraduate career.

Joining The Advance-Titan was one of the best decisions I made at UW Oshkosh. By going out of my comfort zone and pursuing this opportunity, I found a new passion for scientific journalism and communication, and I could not be more grateful today for the experiences I have had at the student newspaper.

I encourage everyone, journalism major or not, to consider getting the same experience I did at the A-T. The Advance-Titan offers opportunities to become a reporter for news, opinion, arts and entertainment and sports, or a graphic designer, copy editor, photographer, web designer, social media specialist, event planner and ad sales representative. To learn more about opportunities there, email atitan@uwosh.edu or Benish at benish@uwosh.edu.



Mackenzie Seymour graduated in May 2022. She was the STEM reporter for the A-T.

JOIN TODAY...

The Advance-Titan

- Gain skills to help you land an internship/job
 - Win awards for your work
- Have fun, make friends & eat cake!



OPEN TO ALL MAJORS, ALL YEARS ON ALL UWO CAMPUSES

The Advance-Titan is looking for:

- Writers for News, Sports, Opinion & Arts & Entertainment
- Copy Editors
- Graphic Designers & Cartoonists
- Photographers
- Multimedia Journalists
- Social Media Specialists
- Advertising Representatives

Email atitan@uwosh.edu or visit us at Titan Fest for more info



What happens when you get caught with a fake ID?

By The Advance-Titan Staff
atitan@uwosh.edu

Although it's illegal, 19% of people younger than 21 report drinking alcohol and 11% report binge drinking in the last 30 days, according to the Centers for Disease Control and Prevention.

In fact, according to the 2019 National Survey on Drug Use and Health, consumption among those under 21 increases with age, with almost 36% of 18 to 20 year olds reporting they drink alcohol.

Some aren't surprised by those statistics. Tom Taggart, owner of Molly McGuire's bar, 539 Campus Place, said his bar sees anywhere between 10 to 30 fake IDs in a night.

"A lot of them we know are mail order," Taggart said. "It even gets down to as crazy as the bouncers will know the person on the ID and know it's not the person using it."

According to the Center for Alcohol Policy, fake IDs come in many forms, including borrowed or stolen real IDs, newly created fake IDs and altered real IDs. Borrowed and stolen real IDs are among the most common fakes used, but scanners won't catch this kind of fake, because it's a real, government-issued ID.

"This is one reason trained gatekeepers are critical to the ID checking process,"

the Center for Alcohol Policy website states. "Human gatekeepers can not only see and feel security features, but they can observe and assess behavioral nuances often associated with the use of a fake ID."

Taggart said they have books, an ID scanner and online resources that help them determine whether an ID is fake.

"Now you can go online and it'll tell you in two seconds what a proper ID for that state should look like," Taggart said. "Usually when they're from out of state, that's the first dead giveaway."

Taggart said if someone gets caught using a fake ID they will confiscate it and save it for the police.

"We tell them that if they want to call the police, that's fine," Taggart said. "I mean, let's face it, everybody has a cell phone, so we tell them if they want to call they can call, and a lot of them say 'OK, we're going to leave and go call them' but obviously they never do."

Molly McGuire's also has signs posted in the bar warning against the use of fake IDs.

"When somebody walks in the door, there's a sign hanging up that says 'If you're going to use a fake ID, we will confiscate it,'" Taggart said. "Now (the Oshkosh) Tavern League supplies us with the signs and they also give advice on how

to handle it."

Steph Rammer, a bartender at Kelly's Bar, 219 Wisconsin St., said the bar typically sees at least 15 fake IDs on weekend nights.

"When it's busy, the bouncers are IDing before people get into the bar," Rammer said. "So, we tell the bartenders and bouncers that if you see a fake ID, you're supposed to take it and that's pretty much what we do."

Kate Mann, Oshkosh Police Department public information officer, said people using a fake ID could be issued some citations or be charged with a crime, depending on the circumstances of the incident and how the identification was used.

"If they present it to the police and they state that is their information and it is the wrong name, age, etc., they could be charged with obstructing, a state charge or citation for \$295," Mann said. "They could possibly receive a citation for Carry Card Not Legally Issued for \$421, Knowingly Carries False ID Card for \$421 or Misrepresent Age for Entry/Service for \$484."

Taggart advises against the use of fake IDs in order to obtain alcohol.

"Everybody else has to wait; you have to wait, too," he said.





WE WANT YOU!

JOIN THE STUDENT VETERAN ASSOCIATION



All students welcome!

Connect with student veterans and friends

Participate and help plan SVA campus and community events

Email or follow our social media for more information



@UWOVeteransAssociation



@uwoshkosh_sva



sva@uwosh.edu

UWO
UNIVERSITY OF WISCONSIN
OSHKOSH

Education Benefit
information and
Assistance

Student Services
Information

Computer Lab with
Printer

CAC Capabilities

Lounge with Wi-Fi

Charging Station

Free Coffee & Tea Bar

Meeting Place for
Student Veteran
Association

Study Space

Place to Connect
with Other Veterans

UW OSHKOSH
FOX CITIES **OSHKOSH** **FOND DU LAC**
ROOM 1264 **DEMPSEY 130** **ROOM 237**



VETERAN RESOURCE CENTER

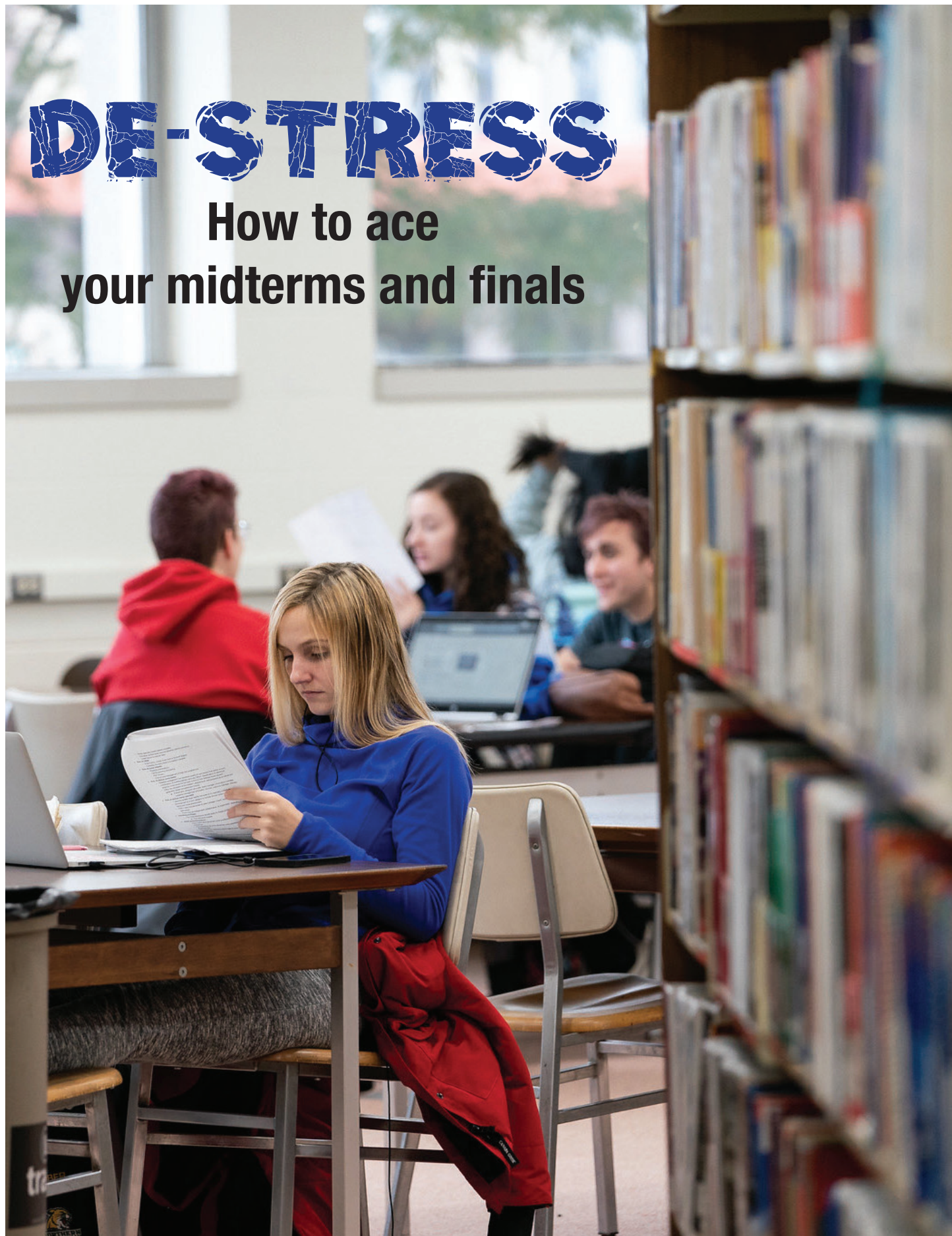
WWW.UWOSH.EDU/VETERANS
VETERANS@UWOSH.EDU

920-424-1804



DE-STRESS

**How to ace
your midterms and finals**





Photos: UWO Flickr

Kate Delcore leads a class in yoga. Exercise is one of the best ways to reduce stress during midterms or finals.

By The Advance-Titan Staff

atitan@uwosh.edu

Finals and midterms. Two words that give nightmares to students each semester.

It's the time of the year again where overwhelmed students swarm the library, cry over final projects and get more caffeine than sleep. But studying for midterms or finals doesn't have to be a week of suffering if you don't want it to be.

There are ways to stay engaged in your studies and be successful on all of your exams or projects without your blood pressure skyrocketing. Some Advance-Titan staffers shared their techniques below:

Have the right study strategy

One way to improve your studying is to work with friends, or even change up your study space. If you always study in your dorm room, maybe try studying outside, at a cafe or in the library.

During the week, it's also important to have a schedule that makes time for all of the school stuff you need to get done.

Incoming Advance-Titan Editor-in-Chief Owen Peterson recommends using a planner or checklist to ensure that everything gets done.

"When juggling multiple important exams in the span of a week, it is easy to get flustered, and staying organized by using a planner and setting aside time to study for certain classes makes it a lot more manageable," he said. "Also, I would

recommend writing by hand as much as possible while studying, as it helps you recall stuff much better when actually taking the exam."

Thomas Antrim, an Advance-Titan writer, also recommends that students write out a schedule or list, as well as learn to apply course material to daily life to make it easier to recall.

"Apply the material you're learning in the class to things in your own life to make the curriculum relatable," he said. "You will be able to grasp and retain the knowledge more if you are interested in it."

A-T Arts and Entertainment Editor Kylie Balk-Yaatenen, who graduated in May 2022, said she generally tries to look over her notes before she goes to sleep so she retains the material.

"I also read over them while I drink my coffee in the morning of the exam," she said.

Maintain healthy habits

Outside of studying, it's important to practice healthy habits both mentally and physically. And that includes getting proper sleep.

"If you put off sleep, you'll be wasting your time studying, won't remember anything and will feel both physically and mentally like garbage," said outgoing Advance-Titan Editor-in-Chief Cory Sparks. "Even if you must sacrifice time spent studying for sleep, it'll be a more produc-

tive use of your time."

In addition, Sparks said that a healthy diet and frequent breaks are crucial for him during finals.

"Putting the right things into my body that will allow me to stay energized is something I always try to do, but I stress it even more during midterms or finals weeks," he said. "During last minute studying, I always remember to take a break every half an hour or so. Breaking the work down into intervals makes it less daunting."

Find what works for you

Most importantly, do what makes you feel the best, whether it's getting a coffee, taking a power nap or hitting the gym.

A-T writer Cassidy Kennedy, who graduated last May, has a specific routine during finals or midterms that helps her stay on track.

"I usually start studying a few days in advance to go over the material and then I start quizzing myself on it to make sure I feel comfortable with it," she said. "I also keep pumping the coffee during finals week and I always like to chew a piece of gum while I take exams because it helps with my focus and memory since studies do show gum helps during exams."

So whether you're worried about midterms, or final exams or projects, remember to relax, do your best and try some of these tips.



A not-so-serious guide to Polk Library

By Owen Peterson
petero84@uwosh.edu

With midterms and finals weeks comes an influx of students visiting Polk Library to embark on late-night cramming sessions. So as many UW Oshkosh students step within 100 feet of a book for the first time since the first week of classes, here is some unsolicited advice from one reclusive Polk regular as to how to make the most out of the library during the week of exams or final projects.

The louder you type, the better the paper

This little-known life hack will not only help you finish your papers faster than ever before, but also make you a fan favorite at Polk. As your WPM approaches 200 and smoke starts emitting from your keyboard, expect your fellow essayists to stand up and applaud your breakneck pace.

In addition to relentlessly clacking away, slamming your Starbucks bottle after every swig, constantly clicking your pen and sighing after every completed paragraph are great ways of letting everyone else in the room know that you are indeed writing a paper.

Don't be afraid to spend the night

It happens to the best of us: you accidentally stayed up until three in the morning trying to figure out the difference between striated and stratified and now the exam is only five hours away. That's OK; instead of trudging back home in the dark, just spend the night at Polk. You might even get free breakfast if you're up early enough to rob the guy who stocks the vending machines.

Legality aside, I figure there is hardly a better use for all those empty shelves on the third floor than to host students awaiting their morning exams. And if they need a blanket, they can make one out of all the copies of *The Advance-Titan* in front of Polk that nobody ever takes.

The smaller the group, the bigger the table

This one's just common sense, as nothing quite beats the allure of having a nice 10-seat table all to yourself — especially one that's next to a window. Never mind the fact that your laptop and notebook would've fit perfectly fine on even the smallest desk in the place; this is exam time so you take anything you can get.

It's just like using the handicap stall in the bathroom when it's the only one open: you know you're an objectively bad person for doing this yet there you are using approximately a sixty-fourth of the table and two separate chairs as footrests while a group of

three is now hunched around a wooden desk from the '60s.

Always be consuming

Studying can be extremely draining, so it's imperative that you always come to Polk supplied with sustenance. Not just any food will do, though. Only the loudest, most odorous foods are fit for consumption in Polk.

For example, perhaps no food is more suited for the deafening silence of the third-floor study room than a crunchy bag of potato chips. Especially when accompanied with the opening of multiple cans of Monster, the sound of thunderous chewing will provide some relaxing, albeit unsolicited, ASMR to calm down your fellow stressed-out students.

The volume indicators are only a suggestion

Despite what those signs may say, there is no bad place in Polk to have a raucous chat. Even if you have no one to chat with but yourself, be prepared to overhear a couple life stories and a plethora of tangents while you mentally prepare to fail all of your exams.

Realistically, those flimsy little "quiet study" signs are possibly the only things less adhered to on campus than the legal drinking age. But hey, I'm sure everyone else in the room really wanted to overhear your phone call with your mom anyway.



Always sit facing the only other person in the room

Some would say that, with the surplus of seats at Polk, there's no reason to ever put yourself in this situation, but there is an upside to this reciprocal awkwardness. That upside, of course, being the laser-like focus that comes from a study session staredown.

When it really comes down to crunch time for studying, nothing commands focus like a stranger's wandering gaze catching you staring absent-mindedly at the fat squirrels behind Reeve Memorial Union or scrolling through your phone for the better part of an hour, so having a face-off with a fellow crammer will get the best out of both of you.



Owen Peterson is the incoming Fall 2022 Editor-in-Chief of The Advance-Titan. He previously served as the managing editor and opinion editor.

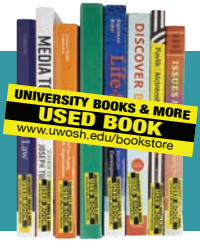
Benefits of Buying Your Textbooks At University Books & More

CHARGE TO STUDENT ACCOUNT

Option to charge your required textbooks and course materials to your student account year-round, regardless of financial aid status; Titan Dollars also accepted.

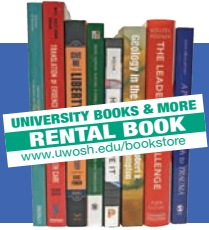
USED BOOKS

We purchase and stock used books whenever possible to save students money.



RENTALS

Our rental program has been expanded to include many popular textbooks.



eBOOKS



We offer a large selection of ebooks and digital course material options.

ONLINE SHOPPING

Convenient online shopping with your choice of having your materials shipped to you or available for pickup on campus.



VIRTUAL SERVICES

Students on the Fox Cities and Fond du Lac campuses can utilize a complete offering of virtual bookstore services on our website.



SPECIAL ORDERS



We offer special order services with no additional fees.

SHOP IN STORE

We are also a physical bookstore on the Oshkosh campus! Visit our textbook department any time during our normal business hours and select your books right off the shelf.

We are the official source for all your course material needs; dollars spent at University Books & More go back to the university and help to support student organizations and campus initiatives.



Located in Reeve Memorial Union
on the Oshkosh Campus

Textbook Information (920) 424-2312
textbooks@uwosh.edu

Money Spent on Campus Stays on Campus

uwosh.edu/bookstore

@UWoshkoshBooks

CORNER
convenience
STORE

CAMPUS LIVING MADE **SIMPLE & CONVENIENT**

The quickest and closest place on the Oshkosh campus to shop for:

- ★ Energy Drinks, Soda & Milk
- ★ Laundry & Cleaning Supplies
- ★ Candy, Snacks & Chips
- ★ Frozen Pizzas & Meals
- ★ Organic & Vegan Foods
- ★ Health & Beauty Products

Located next to the Bookstore in Reeve Memorial Union

RADIO TV FILM

**NOW ACCEPTING
STORYTELLERS,
ENTREPRENEURS,
PRODUCERS
AND ARTISTS**



UWO RTF graduates are making waves in all sectors of media industries throughout the globe. Our students learn media production, history and theory. The RTF program offers a range of perspectives on media forms from film to television, radio, podcasting and streaming to social media.

To learn more, visit uwosh.edu/rtf.

GET INVOLVED

Students from all majors are welcome to join any of the RTF student organizations.



Titan TV



UW Oshkosh Film Society
International Film Series



WRST-FM