



The Advance-Titan Titan Guide

A guide for all new UW Oshkosh students on UWO campuses



Photo by Jess Duch

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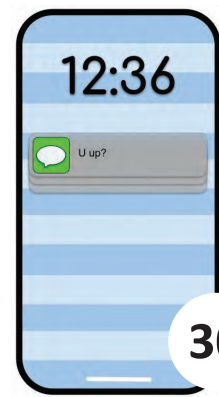


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Welcome to UW Oshkosh

Follow these tips to help you succeed



By Anya Kelley
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Dear freshman or transfer student, Welcome to UW Oshkosh! You're about to embark on seemingly the longest, and simultaneously shortest couple of years of your life.

Right now, the campus might seem really big and scary. By your sophomore year you'll realize it's actually quite small. Attend all of your freshmen orientation events. They'll help you learn the ins and outs of UW Oshkosh.

I'm getting ready to graduate in the spring, so I've already done my time learning what it's like to be a Titan. Here are my best pieces of advice for anyone starting their freshman year:

Cherish the first friends you meet

These probably aren't the friends you'll keep forever, but any community starting out is important.

You can problem solve together – learn how to use your Titan ID at the Corner Store in Reeve together, practice paying for laundry in the dorms together, explore all of the campus buildings together, walk your class schedules together – see? There's so much to do with your new-found friends.

Use a planner

You're not in high school anymore. You might have been able to get away with

trying to remember everything you need to get done after classes, but I promise that doesn't work in college.

Your professors aren't going to hold your hand, so you have to learn how to plan ahead.

If you need an incentive to use your planner, buy fun markers, pens or highlighters. Those also come in handy for note taking if you're the handwritten notes type.

Don't skip class

This is the first time you have the freedom to skip classes and not get a phone call home. Don't do it! Once you skip one, it's so easy to keep skipping the rest.

Go to class, remember you're paying a lot of money to be here and you don't want to have to retake any – especially not freshmen courses.

Get to know your professors

At UW Oshkosh we have a unique opportunity to really get to know our professors. Smaller class sizes and fewer faculty members in each department means more time to chat!

Take some time to get to know your professors by participating in class, asking them questions, and going in for office hours.

Having good relationships with your professors gives you the upper hand. Did you make a silly mistake on an assignment? If your professor really knows you, they're more likely to help you out.

Feeling overwhelmed about your classes? You can talk it out with your professors. It really does improve your college experience a lot.

Make time to eat and move your body

No one is making you eat meals anymore. Make sure you are fueling your body. Classes, labs, projects and essays take a lot of brain power. If you're not properly fed, you won't do well in school.

Whether it's a quick loop around campus or a little walk through Reeve, make sure you're moving your body throughout the day. It's easy to get stuck to your computer, but a little movement will make you feel so much better.

Feeling unfocused or overwhelmed? Take a walk and eat a snack.

Okay, that's my big sister advice on how to succeed during your first year at UW Oshkosh. You've got this! Have fun, don't party too hard, make friends, go to class and it'll be over in no time. Welcome to UW Oshkosh!



Anya Kelley is Editor-in-Chief of the Advance-Titan. She has a multimedia journalism major and women and gender studies minor. Anya will graduate in May 2025.

HOW TO FIND A CAMPUS JOB

By Jessica Duch
 duchje18@uwosh.edu

We all know the stereotype -- broke college student eats ramen for dinner every night and sits in a living room devoid of decor. Ramen noodles are delicious of course, but if you're looking to avoid fitting into that trope, follow my advice on finding a campus job.

Where to look for a first-year job

As a freshman, you may not be searching for an internship yet. (If you are, stay tuned for my advice later in this article.) For your typical first-year job, something like working at the Corner Convenience Store or Einstein Bros. Bagels, I recommend the student job site Handshake at [//uwosh.joinhandshake.com/login](https://uwosh.joinhandshake.com/login). It's where I got my first campus job as a barista and found my first real internship.

Another great idea is to use social media to follow campus locations such as Reeve Union or organizations like the Center for Civic and Community Engagement. These accounts will often post open student positions to get the word out about them. It's a wonderful way to find jobs even when

you're not looking.

How to apply

First you'll want to prepare a resume. I recommend paying a couple of dollars to use a resume builder site. If you're not up for paying, Canva is the ultimate source for layout and template ideas. For a job like Reeve Coffee House, you won't need anything too advanced, but it's still a great resource to have. Another good option: stop in at the UWO Career and Professional Development office in the Student Success Center for resume help.

The interview

As always, it's smart to do a little research on the place you're applying to. This tends to matter more with internships, but you'll certainly want to prepare in some way for the interview. I'm a nervous interviewer so my favorite thing to do is watch YouTube videos or read articles on Google about how to answer interview questions. It's up to you how much you want to prepare, but I found practicing my answers an hour before my interview always led to less surprise at the questions and more confi-

dence in answering them.

Internships specifically

If you want to apply for a campus internship or student position within your major, here are a few tips to get started early.

First, get involved on campus. Not only will you make friends and connections, but this is great to put on a resume. Next, any experience can be used. Did you post on social media for your local church group? Did you volunteer at a hometown event? Maybe you just worked at a grocery store. No matter, there is always a way to connect your past jobs to the responsibilities of the one you hope to get now.

Third, get on job sites such as Handshake and LinkedIn. These are crucial for finding jobs and recruiters can also see you. Finally, start drafting your resume and portfolio (if applicable.) Components like these are great for looking professional and sharing personal achievements. Good luck!

Jessica Duch is majoring in advertising, public relations, graphic design and journalism. She is the photo editor for the A-T.

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The Oshkosh Public Museum is on Algoma Boulevard, about 0.4 mile away from campus, and includes 300,000+ exhibits.

City museums bring area's history alive

By Josh Lehner
lehnerjo70@uwosh.edu

The history of Oshkosh flows throughout the city, and with it are the many features and activities it offers.

Oshkosh was once home to the HoChunk Indians, who surrendered their land to the United States government in 1836. Webster Stanley, one of the area's first white settlers, built his home in the area, followed by a trading post, a tavern and an inn. Settlers began flocking to the area, and soon enough, the first sawmills – for which Oshkosh became famous – started operating.

The Civil War and the expansion of railroads boosted Oshkosh's lumber trade, giving the city its nickname "Sawdust City." The town continued to flourish, but fires in 1874 and 1875 destroyed the original downtown. Still, many of the reconstructed buildings exist today.

Oshkosh's history can be experienced through its many museums showcasing the

diverse people who have called Oshkosh their home. Two of the museums are located within walking distance of campus.

The Oshkosh Public Museum

The Oshkosh Public Museum, 1331 Algoma Blvd., inspires its visitors to connect with Oshkosh's past, Marketing Coordinator Katharine Stel said.

"With 300,000-plus artifacts and archives in our collection, both long-term and traveling exhibitions from the award-winning People of the Waters exhibition to the Tiffany Studios interiors of the Historical Sawyer Home, the museum is a place of discovery for all ages," she said.

The museum displays more than 70,000 historic photographs, as well as films, letters and diaries. The museum also features a wide array of programs and presentations throughout the year, the calendar for which is located at oshkoshmuseum.org/. Previews and more information on the museum's exhibitions can be found on their website as well.

Stel said the museum isn't just for history buffs, as their shop features unique items from local artisans.

The museum is open Tuesdays through Saturdays from 10 a.m. to 4:30 p.m., except for major holidays.

Admission costs \$8 for adults and \$6 for seniors (62 and over) and college students with a student ID. Admission for children (ages 4-17) is \$4, while children under 3 and museum members get in for free. Admission can be purchased at the museum.

Paine Art Center and Gardens

Located near the public museum, the Paine Art Center and Gardens, 1410 Algoma Blvd., sits at the heart of Oshkosh's lore. Construction of the historic estate began in the 1920s as Oshkosh's lumber businesses continued to expand.

The Paines didn't build the house for themselves. Rather, they wanted the house to serve as a museum showcasing exquisite architecture, furnishings and art.

Construction of the house halted during

the Great Depression and didn't resume until the mid-1940s. Nathan Paine died before the house was completed, but his wife, Jesse Paine, oversaw the house's completion, opening it to the public in 1948.

The Paine website describes the estate's style as a variety of "interior and exterior architectural features, such as arches, doorways, columns, window panes and chimney stacks, [giving] it the appearance of being built over three centuries in evolving English styles. Much of the estate's architecture, décor, artworks and landscaping derives from English country houses while utilizing and accentuating the natural resources and beauty of Wisconsin."

The days and times of the Paine's operation change throughout the year. To see when it is available to the public, visit thepaine.org/plan-a-visit/.

Admission costs \$12 for adults and \$7 for youth ages 5-17. Paine members and children under 4 are admitted for free.

The EAA Aviation Museum

The EAA Aviation Museum, 3000 Poberezny Road, is an aeronautic enthusiast's best friend. The museum features aircraft and memorabilia from World War II, the Korean War, Cold War and much more.

"Inside the museum is the entire story of personal flight, from the Wright Brothers to spaceflight, with nearly 100 aircraft on display," said Dick Knapinski, EAA's director of communications. "Among the unique exhibits are a full-size reproduction of SpaceShipOne, the world's first successful civilian spacecraft, and a Vietnam War-veteran Huey helicopter."

EAA also features a variety of special events throughout the year, including a myriad of flight-related activities. EAA is best known for its annual airshow in



Advance-Titan file photo

One of the best times to visit the Paine Art Center & Gardens is during its annual Nutcracker in the Castle exhibit, which tells the story of the Nutcracker fairytale through elaborately decorated rooms. The exhibit is open Nov. 22 through Jan. 6.

July, which features over 10,000 personal, historical and military aircraft and dazzling aeronautic shows.

The museum is open Monday through Sunday from 10 a.m. to 5 p.m. Admission for adults (19 and over) is \$15, and admission for kids (18 and under) is \$12. Seniors (62 and over) and veterans, active military members and their spouses are \$13. Children 5 and under are admitted free of charge. EAA members also get in free.

The Military Veterans Museum

Located near the EAA Museum at 4300

Poberezny Road, the Military Veterans Museum features a wide array of military memorabilia including trucks and transport vehicles, weaponry, uniforms and medals.

The museum was founded by five World War II veterans who sought to bring the story of war veterans to the area.

The museum opened in 2014 and has expanded in recent years, "from what was mainly a museum of military vehicles into a museum that truly tells the stories of our military service veterans," according to their website.



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A panoramic view of the EAA Aviation Museum, which features 100 airplanes on display from the beginning of flight.

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For more information, contact the UW Oshkosh Art Department at artdepartment@uwosh.edu or 920-424-2222.
 ALL WORK ON THIS PAGE WAS CREATED BY STUDENTS IN OUR CLASSES. **YOUR WORK COULD BE HERE TOO.**

CHALLENGES OF A TRANSFER STUDENT

A transfer student's declassified school survivor guide

By Jessica Duch
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With summer over and the new semester beginning, I'd like to share some advice for my fellow transfer students and prepare those considering transferring to another college.

When I officially transferred from UW-Milwaukee to UW Oshkosh for the fall 2023 semester, I was surprised at how quickly I got into the classes I needed.

Over the subsequent two semesters, I learned that things were actually far more complicated for transfer students. Here are some difficulties you may face as a transfer student and some advice for making the most of your new student status at UWO.

Don't assume general education requirements are universal

One of the hallmarks of being a transfer student is taking classes that were meant for first-year and second-year students.

Despite being under the same educational umbrella as the University of Wisconsin, UWM and UWO general education requirements are very different.

For example, the general education requirements for UWM were much more relaxed than those of UWO. So when I came from UWM with 77 credits, I assumed that I was done taking general education classes.

Unfortunately, I was wrong. Not only does UWO have their University Studies Program, but I learned from my transfer adviser that I would need to take two more laboratory science classes, a first-year communication course, a first-year writing course, literature, history and philosophy. Yes, you read all of that right.

So here I am: a third year taking Communications 111 and Writing 287, even though I haven't failed a single class. A bit embarrassing, if you ask me.

Explore student organizations and attend campus events

One of the many struggles of a transfer student, and any college student, is making friends on campus. I've found the best way to do this is by joining student organizations and attending campus events. As a



Advance-Titan

Transfer student Jessica Duch found friends at UW Oshkosh by joining student organizations like PRSSA. She is pictured on the far left.

transfer student, you might expect it to be difficult meshing with clubs, since the majority of organizations will have already grown a base of people.

This is partly true; there is usually a foundational group of students within clubs. I've also found, however, that once you go to a few meetings, you get to know some students and they're always friendly and interested to hear your experience as a transfer student.

So instead of staying in and watching the latest episode of "Bridgerton" or binge-watching "Supernatural," check out a student club. To learn what student organizations are available at all of the UWO campuses, go to uwosh.presence.io/.

Utilize student resources to their full potential

When I first arrived at UWO, I didn't have a clue as to all of the resources available to students.

However, once I became aware of how much UWO has to offer in terms of academic help, for some reason I never really used it.

I think that a part of me didn't think I had the right to use those resources because I was a transfer student.

I can only describe the feeling as being similar to starting a new job. You don't know anyone, you're not sure what to do and you're afraid to ask questions because

you'll look like a fool.

I'm here to tell you that you shouldn't be afraid to look dumb. Whether it's getting help from a tutor or cramming yourself into a corner at Polk Library to study until closing time, use everything UWO has to offer in order to succeed.

Moreover, here's the point of all this reflection. In my first two semesters at UWO, I was stuck in this preposterous idea that transfer students stick out like a sore thumb — and in a way, they do.

From my experience, transfer students stick out because it's their own fault. They're too afraid to explore, expand and better themselves because there's some faux feeling of separation, like a domestic dog trying to join a pack of wolves.

That's not true though. I've found that the overwhelming majority of UWO students and staff are welcoming, especially when I tell them I'm a transfer student. Transfer students shouldn't be intimidated by UWO. They should embrace everything this university has to offer because transfer students are just students; there is no division.

You're the one who's paying to be here, after all.

Jessica Duch is majoring in advertising, public relations and graphic design. She is the photo editor for the A-T.



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.

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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

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Women's basketball media craze leaves Titan team excited for future

By Owen Larsen

larsenow07@uwosh.edu

The media craze that Iowa and Caitlin Clark have brought to women's basketball over the past few years has left the UW Oshkosh women's basketball program excited for the future.

"Clark has done so much for the game of basketball and the crowd she pulls is unmatched nowadays," UWO player Kayce Vaile said. "I wish I had someone like Caitlin Clark to watch when I was younger and be such a catalyst in the game."

On April 6, the NCAA women's basketball national championship game between Iowa and South Carolina drew in 18.9 million viewers, according to the Nielsen ratings.

It was the second largest viewership for a non-Olympic women's sporting event behind the 2015 Women's World Cup Final and the most watched basketball game in five years, including the NBA and men's NCAA, according to ESPN.

On the Division III level, the UWO women's basketball team is also feeling the reverberations of the growing popularity of the sport.

UWO head coach Bradley Fischer said that sometimes a sport needs stars like Iowa's Caitlin Clark to prop it up.

"This was obviously a huge moment for our sport," Fischer said. "Sometimes as a sport or as a brand you need someone that draws new eyes in and shows you what the product looks like."

"I think what people found out was [Clark] was a lot of fun to watch, but so was USC, UCONN, South Carolina and LSU," Fischer said. "We've grown as a sport because of it."

Fischer said the rise in popularity of the sport can be seen at all levels citing the difference between now and his first season as UWO women's head coach in 2013.

"The skill level has just jumped tremendously," Fischer said. "This was my 12th season and this was the most skilled team we've had. As the game has grown and as more people have made it their priority to



Photo:UWO Athletics

The UW Oshkosh women's basketball team celebrated as they advanced to the Sweet 16 last spring, before losing in the third round of the championship.

become great basketball players, it has just raised the level."

Vaile joined the UWO women's basketball team in 2020 and said she's noticed a shift in energy toward the program.

"More recently we have been getting crowds at our games and it's been a fun environment to play in," Vaile said. "It has made me enjoy the game more and pushes me to keep working."

Fischer said the style of play that we see from stars such as Clark or Paige Bueckers is impacting the game at all levels, especially with the 3-point shot.

"I think we're going to be talking about the next generation in about 12 years when the girls that are 7, 8, 9 and 10 are getting into it because of those names," Fischer said. "They're going to want to spend more time doing that, where my players now didn't necessarily have players (with that style) to look up to like that 10 years ago."

Senior UWO player Mackenzie Tlachac said that seeing the success of the 3-point shot at the higher levels makes today's players want to adapt.

"I think that 3-point shots are becoming more popular at all levels of basketball because all players are trying to become their

best version of a player and that includes adding a decent 3-point shot," Tlachac said. "Threes have always been an important aspect, but I think what's changing about them is the distance. We are starting to see girls hit deeper and more difficult 3-pointers."

Fischer said he's already noticed the prevalence of the 3-point shot increasing while he is recruiting.

"We've seen more shooters and deep threats when we go out and recruit," Fischer said. "I think that is only going to increase here as the next generation comes through."

Vaile said that she has high hopes for the next generation of women basketball players and doesn't expect the growth of its popularity to stop.

"I think we need to be ready and not think its popularity has come out of nowhere," Vaile said. "Just because the sport has hit x amount of views and has made all this growth doesn't mean it's over."

Owen Larsen was the Advance-Titan sports editor in spring 2024 and graduated last May.

ROOMMATE 101

Don't let problems build up

By Olivia Porter
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During the first couple of months of college, you and your roommate are both trying to figure out how to live with someone else in a small room. Agree on rules to follow like what to do with trash, talk about a plan for dirty dishes, and know when your side of the room is too messy.

It's important to remember that the way you were raised is not the same as others, such as cleaning up after yourself or helping. Gentle reminders like 'Hey, I forgot to take the trash out. Can you do it on your way to class?' can be helpful.

Make sure to share concerns or issues with your roommate sooner rather than later. Letting problems build only makes it harder on yourself. Talk to your roommate if

there are issues and know it is best to acknowledge the problem right away.

Do not criticize your roommate with hurtful words or be passive aggressive. There are ways to go about confrontation. Ask to talk and bring up issues kindly, such as "Sophie, I notice there has been a pile up of trash and dishes on your side of the room. Is everything OK?"

If there are arguments for any reason, seek out a CA (community adviser) or talk amongst friends. While it is not a good idea to talk negatively to your friends about the situation, it could be helpful to ask for advice if you have the same friend group.

Olivia Porter is a staff writer for the Advance-Titan.

OSHKOSH STUDENT GOVERNMENT

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 Government (OSG)
is for YOU!**

WHO ARE WE?

OSG 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 OSG, have the opportunity to serve as student representative on all of the many University Committees that exist, as well!

STUDENT REPRESENTATION

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

PROGRAMS & SERVICES

The OSG provides services to the student body, including:

- UWO Go
- Titan Discount Program
- The Cabinet (food pantry)
- Online Off-Campus Housing Marketplace

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



**Oshkosh Student
Government**

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FAKE IDs: *Are they worth the risk?*

By Aubrie Selsmeyer
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According to the National Council on Alcoholism and Drug Dependence, 11% of the alcohol consumed in the United States is by people age 12 to 20.

About 32.2% of college students admitted to possessing a fake ID in 2021, according to one study. But administrators on some college campuses say that percentage is likely too low since many students don't want to acknowledge they are breaking the law.

After a long week of classes, the consensus among college kids is that Friday and Saturday nights are for the bars.

For those who are of legal age, walking into a bar is a breeze. For those who are not, it's an adrenaline rush. Will tonight be the night the bouncer does a double take at your "too good to be taken at a DMV" photo?

Drinking is a huge part of college. Some may argue that many students center their college experience around it.

No one wants to be left at home while their friends go out and stumble back at 3 in the morning with by-the-slice Polito's Pizza. After all, going to the bars allows people to gather with friends and make memories they may or may not remember the next day.

So, what's so wrong with college students wanting to have a little bit of fun? Well, not only are fake IDs very illegal, they promote a reliance on alcohol in order to enjoy your college experience.

Getting caught with a fake ID can be pricey, too.

Individuals found to have a fake ID in Wisconsin can be charged between \$300 and \$1,250. Violators may also lose driving privileges and be sentenced to community service.

Why is it that fake IDs are illegal, and yet so easy to obtain? When you search websites that produce fake IDs online, you'd be surprised at the output. There are hundreds, if not thousands, of websites offering IDs from every state in the U.S.

There are ways around using a fake ID called "borrowed IDs," according to Absec, a company that specializes in bar



Willem Flaughter / Advance-Titan

College students say fake IDs are easy to obtain by mail from hundreds of businesses.

security raining.

"Borrowed IDs are now the most common form of ID fraud. It is estimated that 95% of all ID fraud originates with a borrowed ID," according to Absec.

Borrowed IDs are usually from older siblings or older friends who get a new state-issued ID.

What happens to students who wish not to risk it and are waiting until they are of legal age to hit the bars?

Nothing. Alcohol is not essential in order to have a memorable college experience. Nor is it weird to not embrace the party scene.

College is portrayed to be a lot of things in a lot of ways by media, but at the end of the day you have the right to enjoy college in your own way.

People like alcohol because it turns them into someone they normally aren't, but for some people this is not appealing.

Whether you dig the adrenaline rush of a fake ID or enjoy a night in on the futon – college is what you decide to make of it.

You can still get Polito's Pizza sober at 3 in the morning if you really want to.

Aubrie Selsmeyer is a staff writer for The Advance-Titan.

Tell-tale signs you're not yet 21

- **Your fake ID sucks:** An unevenly-lit selfie that feels like it was printed on a Post-It note isn't fooling anyone.
- **You beeline to the bathroom:** Trying to avoid the bartender simply makes you look nervous and like you're trying to hide something. Having an older friend order your drinks is a second red flag.
- **You don't know how to order a drink:** There's a certain smoothness to ordering a drink at a bar, and if you don't know how, you will be asked for your ID.
- **You won't make eye contact:** Avoiding eye contact, being quiet and signs of nervousness show that you're not supposed to be here.
- **You move in herds:** Underage drinkers tend to stick together out of fear of being caught.



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What to know before you sign a lease

By The Advance-Titan Staff
atitan@uwosh.edu

When students decide 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 things that need to be considered.

Do you qualify to live off-campus?

Most freshmen and sophomores are required to live in the residence halls unless they live within a specified distance. Students commuting from their parent's/legal guardian's permanent home within 45 miles of campus may be exempted from the housing requirement by completing a Commuter Card. Additionally, UWO exempts anyone from the housing requirement if they have earned at least 48 credits; are at least 21 years old; have lived in a residence hall for four semesters; or are married or a veteran.

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 \$800 or more a month per

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.

person, while some places can cost as low as \$350 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 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 Government has partnered with Rent College Pads, Inc. to assist Oshkosh students 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 provides an area map where students can get an overview of local off-campus properties. It also includes filters to help narrow down your search by pricing, bedrooms, amenities, etc. In addition, each listing includes walk, bike and bus times to different locations on campus so that you'll know your daily commute. Besides housing listings, you can also find roommate and subleasing options here.

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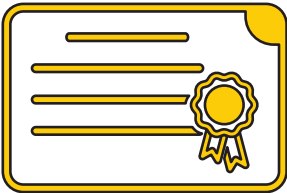
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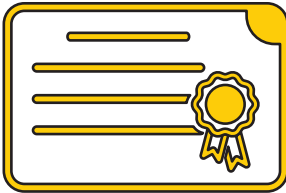


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Adulting 101: How to aid in the transition

By Angela Satterlee
sattca08@uwosh.edu

Living without your parents for the first time can be scary. There are so many things that students feel like they didn't learn before coming to UWO. Here is some background on a few topics you need to know about transitioning into adult living.

Grocery shopping

As a freshman at UWO you are required to have a meal plan if you are living on campus. One of the biggest expenses besides tuition and board is the cost for food. You can choose either a classic or all-access meal plan to use at any of the dining halls and they each come with Titan Dollars. USE these meal plans! Food is expensive so when you go grocery shopping, keep in mind that you already have access to food on campus! Keep the things in your cart minimal... a few of your favorite snacks and drinks is good. This way you end up saving money in the long run.

Paying you tuition

Whenever tuition is due there will be a balance due shown in Titan Web. To pay the tuition you need a computer and your bank account information or a check. Debit is also an option but there is a fee to use it. Once you set up your first payment make sure it remembers that information so you only have to enter it once.

Time management

College is a lot different than high school because classes are less frequent and you have more free time. Use this extra time to study and do homework, along with making new friends and participating in other social activities. Set aside a specific time daily to do school work; whether it's in the morning or after classes are over, give yourself a designated "study time." There is a good balance to being productive and having fun!

Keeping up with laundry

To make sure you're not overwhelmed

by a pile of laundry, pick one day of the week to dedicate to finishing it. In each residence hall, there are chairs and/or study rooms in the basement where the laundry rooms are located, so you can

relax, do homework or watch TV if you want to stay there. Otherwise you can leave and come back, but don't be gone long. If all of the washers and dryers are being used, someone might move your stuff to use a machine. If you ever find something missing, check out the lost and found box in each laundry room.

This is just a few topics that might come up as you are learning how to live alone, and you can always ask questions if you aren't sure. We were all in the same situations at one point.



Angela Satterlee is the Arts & Culture editor and former copy editor for the Advance-Titan. She interned at EAA over the summer in their Publications Department.

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Laundry: Yes, you *can* do it



By Olivia Porter
porterol28@uwosh.edu

If you don't want to be one of those students known for going home only when you no longer have clean clothing, you need to learn how to do laundry. So how do you do your laundry?

Follow these easy steps and you'll be a pro in no time:

- Fill up washer halfway with clothes (sorted by colors)
- Open slot where it says detergent (or put a Tide pod in)
- Fill the detergent to the line; do not go over
- Close washer and go to pay. Choose the appropriate setting on the machine to start it
- Don't forget to grab your clothes right away when the washer is done.
- Put clothes into the dryer
- Put in dryer sheet (1 or 2)
- Take out lint tray and clean it, then put it back into the dryer.



- Close dryer and go to pay. Again, choose the appropriate setting on the machine to start it
- To avoid wrinkling, don't forget to grab your clothes right away when the dryer is done.



Olivia Porter is a staff writer for The Advance-Titan.

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No pressure, just fun

Playing intramural sports isn't huge time commitment

By Izaak Downie
downieiz81@uwosh.edu

UWO offers many different intramural sports for students looking to stay active and engage in competition without the commitment and pressure of being on one of the University's athletic teams.

Some of the sports that the university offers during both the fall and spring semesters include flag football, basketball and volleyball.

Several sports may only be available during the fall or spring semesters. For example, softball was only available this past spring, while sports like tennis, soccer and an indoor golf simulator league were only available during the fall.

Other intramural sports that UWO has offered in the past include a rock climbing league, as well as dodgeball and table

tennis competitions, so the lineup of sports offered is always changing for students interested in participating.

Many of these sports contain different leagues to attract students wanting different levels of competition. Sports like volleyball and basketball have women-only and men-only leagues, as well as co-ed leagues to better meet students' preferences. Many sports also offer recreational and competitive leagues for students to choose from depending on their style of play.

The university uses an online service called IMLeagues to sign up and check out different intramural sports that are currently available. From there, students can sign up as a team for a league they want to participate in.

Even if a student doesn't have a team in mind, they can still sign up for a league they want to join. IMLeagues will put that student down as a free agent, where other

teams that still need players can recruit students to join their team.

These different leagues are meant to be fun and not a huge time commitment. For many of the sports, students will compete only once a week. Leagues also do not run very long, with a majority of the sports only taking place for about a month.

Joining an intramural sport is also a great way to be more connected on campus and meet new people. Learn more at uwosh.edu/recreation/programs/intramural-sports/.



Izaak Downie is a staff writer for the Advance-Titan.



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EATING HEALTHY WHILE AT COLLEGE

By Anya Kelley
kelleyan55@uwosh.edu

Nutrition is much more complicated than you might think, and coming to college with no knowledge on how to eat healthy makes it even harder.

UWO has a plethora of amazing resources available for those trying to get a handle on their eating habits.

Get in contact with our onsite registered dietitian

Carese Walczyk is UWO's registered dietitian. She uses a whole picture approach to nutrition to help students find the best nutrition options to fit their needs. Whether you're looking to get healthy recipe ideas or heal a bad relationship with food, Carese is your girl.

She offers one-on-one nutrition counseling, sports performance consultations, allergen and specialty diet support and more.



BeWell
Healthy Option

If you're interested in setting up an appointment with Carese, email diningdietitian@uwosh.edu.

Use BeWell

BeWell is a program that was created by Aladdin Campus Dining. BeWell makes it easier to choose well when you're making your plate. It combines nutrition science and trendy recipes to help support healthy diet choices.

Any time you see a blueberry symbol next to the food being served, it means it qualifies as a BeWell offering. To qualify, foods must contain at least three of the five BeWell categories: contain a plant-based, whole food(s), contain a healthy fat, contain a lean protein or plant-based protein,

have limited added sugar, and contain a high fiber food or probiotic food.

To learn more about the BeWell program, visit uwoshkosh.campus-dining.com/bewell/.

Check out the online menu feature

Using the online menus, you can see everything being offered at all of the dining spots on campus. The online menu breaks down the calorie count, macronutrients, allergens and diet category to make it easy for you to craft your perfect meal.

You can even use the build your own feature to check out what's really going into your salad or sandwich.

The online menu feature is a great way to plan your meals before you go. To access the online menu, visit menus.campus-dining.com/eliorna/e1586.

Anya Kelley is the Editor-in-Chief of the Advance-Titan.

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Cassidy Johnson/Advance-Titan

Sage Hall's fourth floor lounge provides a comfortable and secluded study spot.

BEST PLACES TO STUDY ON CAMPUS

By Cassidy Johnson
johnsonca51@uwosh.edu

Studying in your dorm can get old, so fight that mental exhaustion by studying in a new environment. Ditch your dorm and check out these awesome study spots on the UWO campus.

Sage Hall

One of my personal favorite study spots is the booths near Einstein Bros. Bagels in Sage Hall. The prime time to go here is at 9 a.m.: Einstein's Bagels is open and it's not too crowded, so it's easy to find a spot. If coffee and bagels aren't your thing, going after Einstein's closes is perfect for when you need that quiet study time. The booths are also incredibly comfortable, and most spots also have a power outlet.

Another favorite place of mine to study in Sage is in the third floor lounge. There's tons of comfy and dynamic seating, as well as nice, big windows to provide

natural light. This is a great option if the booths near Einstein's are too loud for you, as most students are there solely to study.

If you're somebody who needs not just silence but solitude to concentrate, I've found a small lounge area on the fourth floor perfect for you. Found next to faculty offices, the space has two chairs and a couch and is adorned with an awesome view of the Fox River. I've tried to keep it a secret, but it's too good a study spot not to share.

The courtyard inside Sage is also a great place if you prefer studying alone and are craving some Vitamin D, although it often gets more popular as temperatures rise.

Reeve Memorial Union

Next up is Reeve Memorial Union. Although it can be pretty busy during lunch and dinner times, most of the time there's a nice buzz of students going in and out. If you're somebody who needs complete

silence to study, this may not be the best place for you unless you're willing to wait until 7 p.m. when most of Reeve's dining closes.

Waiting may be worth it, however, as this paired with the fireplace and the comfy seating in the wintertime provides a super cozy vibe. If you wait until night, however, you may not get to experience the full beauty of the floor-to-ceiling windows, providing beautiful scenery and awesome natural light. Having food only a few feet away is also a big plus for when you need some brain food.

If you prefer something a little more quiet, you can take the stairs or the elevator to the third floor where you can study on the roof of Reeve. The open air and awesome view make this a great study spot, but also a chilly one unless you're using it during the warmer months. When the Wisconsin weather gets the best of you, there's a spot right inside with a big table and comfy seats where you can still enjoy the view.

Clow courtyard and lounge

The Clow courtyard, found right outside of the Clow Social Science Center, has a special place in my heart. It can be a little loud during passing times, but the flora and fauna provide a sense of privacy. The trees are also great for providing shade, with the sun peaking through to provide natural light as well.

It's warm but not hot, bright but not blinding, secluded but not lonely. The only downside is there's (obviously) no outlets, but this shouldn't be an issue if you prepare accordingly. It also shouldn't be an issue if you forget to charge your AirPods as the nature around provides its own melody of white noise perfect for studying.

Clow's second floor lounge, near the entrance of the Nursing Education section, offers a cozy space in a relatively small area. Sit near the glass-pane-faux-railing, which will provide you a nice background and also a weirdly comforting feeling that you are higher up than the people walking below. The ceiling reminded me of a log cabin with the cozy wood and the diagonal ceiling. The bricks on the wall nicely accompany this, creating a warm environment.

There's a comfy set of chairs in a circle perfect for a study group, a long table with chairs just right for someone who needs to spread out, comfy chairs lining the edge that are great for reading, and places like

where I sat if you really need to hone in on some homework.

Polk Library

The second floor of Polk offers good vibes and is quiet, but not too quiet. Plus, it's open late, for those nights you need to cram.






...

While these may be my favorite spots, your preferences may be different. So go looking for a spot you find comfortable, inviting and as quiet as you need it. At the end of the semester, your grades will be proof that the search was worth it.

Cassidy Johnson is the opinion editor of the Advance-Titan.



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

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Jacob Link /Advance-Titan

The UW Oshkosh gymnastics team celebrates with national championship trophies from 2022, 2023 and 2004 at a welcome back ceremony April 2 at the Kolf Sports Center.

THREE-PEAT

UWO gymnastics team wins consecutive national titles

By Owen Larsen & Jacob Link

The UW Oshkosh gymnastics team became the fourth program in the history of the National Collegiate Gymnastics Association to win three consecutive national championships after the Titans scored an NCGA record 194.975 points at the national meet held March 23 in Collegeville, Pennsylvania.

UWO broke the NCGA record previously set by UW-Whitewater Jan. 19. For the second time in three years at the national meet, the Titans set the NCGA record for points scored after accumulating 194.1 points to claim the 2022 national championship.

UWO coach Lauren Karnitz said she had a lot of nerves when the judges were releasing their scores at the NCGA national championship, but she made sure her athletes didn't see it.

"When we were on beam, I was so nervous, because that's the event that I coached and it also has the highest margin of error," Karnitz said. "But man, they didn't seem nervous at all, that beam looked like it was 12 inches wide, instead of just four. They were performing very confidently and after [the beam] I had a feeling that we were going to be just fine."

Whitewater, UW-La Crosse and Gus-

tavus Adolphus College (Minnesota) are the only other programs to have won at least three straight NCGA titles. The Warhawks were the last program to accomplish the feat after taking home the title in 2012, 2013 and 2014.

Karnitz said her third national championship is just as sweet as the first one.

"The first one was just proving to ourselves that we could get there," Karnitz said. "With COVID-19 and everything, that first one meant a lot because we actually could break through."

Karnitz said coaching UWO to a national championship in 2021 allowed the team to have the belief that the program could get that far, after the 2010s were dominated by Whitewater and La Crosse.

"The third one really solidified our spot," Karnitz said. "The second one was more like 'thank God we did it again' and it showed the first time wasn't a fluke. With the third one, to win it in the fashion that we did, it was pretty special because of the fact we won so many individual events and won it as a team. It will be a special championship in my mind moving forward."

Not only did the Titans win their third title, they did it in dominating fashion by earning the highest total score in three out of four exercises in a competition that included Whitewater, La Crosse, UW-Stout,

SUNY Brockport (New York) and SUNY Cortland (New York).

UWO's best score was in the floor exercise where they scored 49.200 points. Oshkosh's Mia Lucero took home first place in the event with a score of 9.900. UWO's Reanna McGiboney and Jay Ratkowski finished behind her, tying for second and fifth place, respectively.

As a team, the Titans also placed first in the vault with a score of 48.650. Lucero once again claimed the top spot in the event after tying with Maren Eramo for first place with a score of 9.825. McGiboney took third place in the vault with a score of 9.800.

On the balance beam, UWO again took home first place as a team by totaling 48.75 points. Oshkosh's Emily Buffington tied for second place in the event with a score of 9.825 while both Kaylie Berens and Anna Zoromski tied for fifth place with two 9.800 scores.

The only exercise in which the Titans didn't take home the top spot was the uneven parallel bars, where UWO finished in second place with a score of 48.375. Oshkosh still had an event winner on the bars, with Buffington claiming the top spot with a score of 9.850. Berens finished in 10th place with a score of 9.700.

Karnitz said she felt confident watching

her athletes perform on the bars.

"At that point for bars, I knew that Buffington was going to win," Karnitz said. "Because of the type of routine she did, I just didn't think someone else could be better than her. So that was really cool for her to have that routine at nationals."

Buffington, in her final collegiate event, won another individual national championship after tallying a score of 39.175 in the all-around competition.

The Titans now own five NCGA titles along with two other national titles from the Association of Intercollegiate Athletics for Women in 1980 and the National Association of Intercollegiate Athletics in 1986.

Buffington said that this year's team was the best at maintaining a team-first mentality. "Each year Coach Lauren [Karnitz] comes up with different phrases and this year it was lighting the flame and passing it to your teammates," Buffington said. "I think we really embodied that as a team and carried it throughout the season."

Karnitz said the Titans strive to be the hardest working team in the gym.

"We are constantly trying to be better

than we were the day before and if they're not, then we adjust practice to make sure that they do it again and do it better than they were before," Karnitz said. "We really want to hold ourselves to a different standard during practice so then competition is easy and they don't feel the nerves."

Karnitz said her gymnasts are able to perform to the best of their ability in the national meets because practices are harder than meets.

"We want to try to make meet day a fun day for them to go out and showcase their skills, where practice is definitely a lot more grueling, a lot more challenging," Karnitz said. "If they have to go to a meet and only do one routine, then the other routines that they have to do in practice every day isn't as hard, so we really hold them to that standard."

Lucero, Buffington, McGibboney, Berens, Zoromski and Ratkowski combined for 10 All-America honors during the event. The NCGA later named Berens, Buffington and Audrey Koester Academic All-Americans.

Karnitz said the team had a target score of 195 going into the NCGA meet.

"That is kind of a crazy goal for D-III gymnastics and we almost got there at nationals," Karnitz said. "So although we were excited and happy and felt that we had achieved something, I still think that we left some things out on the table to be made better."

Lucero said she was proud of herself and her teammates about their closing performance this season.

"It was so fulfilling knowing that everything we have worked for all year paid off and we came out on top," Lucero said. "Finishing the season with almost breaking a 195, achieving a 49 on floor, breaking the vault record, six All-Americans and so many more accomplishments to recognize and celebrate."

Karnitz said the program expects to welcome a talented freshman class this coming season. "We're going to upgrade some of our skills and we have a couple of them that we want to improve on, but I think we'll stay consistent with a lot of our lineup," Karnitz said. "I would say that I'm pretty confident that we will definitely be contenders next year."

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Erin Thompson '21:

"I love the ES program because all the classes are so 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/>

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Environmental Studies, University of Wisconsin Oshkosh

What is the Titan Underground?

By Izaac Downie
downieiz81@uwosh.edu

TUG, or Titan Underground, is a multi-purpose hub for students at UW Oshkosh, conveniently located in the lower level of Reeve Memorial Union.

Titan Underground has many different types of food available for customers, such as paninis, pizzas and a rotating soup of the day. They also serve various breakfast items available all day for students craving a late-night breakfast.

Students just looking for a quick bite to eat can also order finger foods like mac and cheese bites, cheese curds and chicken tenders.

Customers can use Titan Dollars, credit or debit cards, UWO gift cards or Ultimate Meals to pay at the Titan Underground. They also have online ordering for pickup using Grubhub.

People 21 years and older can also enjoy different alcoholic beverages like wine, seltzer and micro brews while at the TUG.

Aside from food and drink, Titan Under-



TUG offers more than just food. It also offers games, puzzles and special events.

ground also offers several leisure activities for students to enjoy.

Students can gather their friends and enjoy various board games and puzzles, as well as play pool and darts.

TUG also hosts many events, such as trivia and karaoke nights. To learn

what's scheduled, look for the emails sent through student announcements. It's a great way to stay up-to-date and to never miss out on the fun.

Izaac Downie is a staff writer for the Advance-Titan.



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THINGS TO DO OFF-CAMPUS

By Advance-Titan Staff
atitan@uwosh.edu

Sometimes you just want to get away. But if you don't have the time to get far, here's some local options for fun:

Escape Oshkosh

Features immersive escape room adventures. 146 Algoma Blvd., Suite C.

Glow in the Park Indoor Mini Golf

This 18-hole miniature indoor golf course offers a glow in the dark experience and pinball arcade. Reservations suggested.

Menominee Park Zoo

The 8-acre zoo, located in Menominee Park on the east side of Oshkosh near Lake Winnebago, is home to 30+ animals such as wolves, elk, otters and a bald eagle. Admission is free. It is open daily through Sept. 29.

Oshkosh Celebration of Lights

Holiday light show featuring 1 million+ lights through the EAA AirVenture Osh-

kosh grounds. 5:30-9:30 p.m. daily Nov. 29-Dec. 31. 858 Neunteufel Ave. General admission is \$20 or \$15 with the donation of a sealed hygiene product or food item.

Oshkosh Farmers Market

The summer Oshkosh Farmers Market features more than 100 vendors per week and has been named one of the Best Farmers Markets for 5 years.

Hours are 8 a.m. - 12:30 p.m. each Saturday through Oct. 26. It is mainly held in the 400 and 500 blocks of Main Street.

Oshkosh Gallery Walks

Oshkosh Gallery Walks occur monthly on the first Saturday of the month in downtown Oshkosh, Free. Learn more at facebook.com/oshkoshgallerywalk/.

Oshkosh Riverwalk

You can walk, run or bike on this trail that goes through the UW Oshkosh campus adjacent to the Fox River.

Winnebago County Disc Golf Course

This disc golf course features 36 holes

and is divided into two 18-hole courses. It is open to the public and free to play. Located at the Winnebago County Community Park off County Road Y.

Wisconsin Herd

Watch the Milwaukee Bucks G League affiliate team in action at the Oshkosh Arena. For game schedule and information, go to wisconsin.gleague.nba.com/.

Special Events

- **Sept. 25:** Music on Main in Downtown Oshkosh, 5:30-7:30 p.m. Opera House Square.
- **Nov. 1-3:** Northeast Wisconsin Gameapalooza, an Annual Board Game Convention, Culver Family Welcome Center. Learn more at tabletop.events/conventions/newgameapalooza-2024/.
- **Nov. 17:** Fox Valley Vintage Fest, Oshkosh Convention Center. Noon - 5 p.m. Features 50+ vintage vendors, artists and makers; in addition to throwback photo-ops and the Vintage Vault Arcade. Free.

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BEWARE OF HOOKUP CULTURE

Is your 'situationship' ruining your mental health?

By Cassidy Johnson
johnsonca51@uwosh.edu

For decades, college has been infamous for its hookup culture. The popular consensus seems to be that college is where you explore your sexuality. This hookup culture can look like excessive dating app usage, frequent one-night stands and/or jumping into intimate relationships prematurely. While exploring who you are and what you're into isn't necessarily a bad thing, it's easy to get carried away with hookup culture because it's so prevalent and normalized.

I remember being a freshman and feeling pressured to join in, to find a random guy at the party to go home with. Part of the pressure was not wanting to be excluded, but also because this behavior was incentivized.

Friends with crazy hookup stories were glorified and even rewarded by other friends, and those with lower "body counts" were made to feel ostracized.

"I remember being a freshman and feeling pressured to join in, to find a random guy at a party to go home with..."

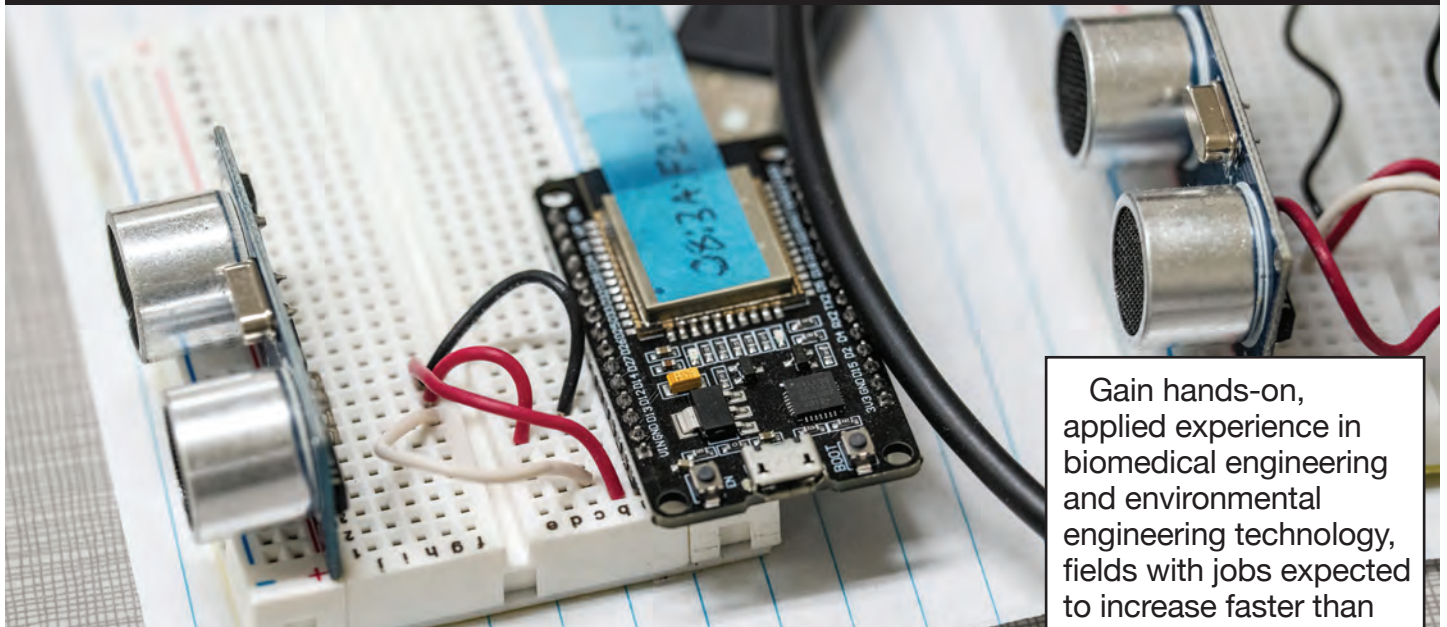
This culture alone has a negative impact on all college students, but the implications of it are even worse. Beyond the very serious physical health risks of STDs, STIs and pregnancy, participation in hookup culture has a negative impact on your mental health as well.

Whether you believe in soul ties or not, you are exchanging energy and engaging in a very intimate activity with somebody who doesn't care about you. You may have heard of the law of conservation, which says energy cannot be created or destroyed. That means that this energy you exchanged with a stranger sticks with you.

This may be the reason you can't seem to get them off your mind, why your energy feels drained or why you feel empty or used afterward. Feeling used can be dehumanizing; it makes you feel like an object. When you feel like an object, it makes it very hard to have and maintain your self-worth. Your energy is sacred, and you should protect who you give it to.

If you aren't spiritual and aren't convinced, I'll give you some

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facts.

According to the National Institute of Health, hook ups can result in feelings of shame, performance anxiety, disappointment, regret, exploitation and isolation. Moreover, the NIH states that hooking up was associated with symptoms of depression and anxiety.

Beyond this, it can also manifest in a sex addiction. People tend to underestimate the addictive power of sex, but think about it: most drug addictions come from the addiction to the dopamine released when using, and the same hormone is released during an orgasm. When you abuse your body's natural feel-good receptors like dopamine, they can stop naturally occurring until eventually you need to do the deed to feel "good."

The NIH also reports that 67% of college student hookups occur at parties. In addition, college students plan to "experiment or engage in uncommitted sexual activity and other high-risk activities" during spring break and holidays, the NIH reported.

Yet 65% of women and 45% of men reported that they hoped their hookup encounter would become a committed relationship, with 51% of women and 42% of men reporting that they tried to discuss the possibility of starting a relationship with their hookup partner.

I want to be clear, I am not trying to slut-shame anyone. If having hookups genuinely makes you feel good and empowered, then you do you.

I'm just here to expose you to the very real potential side effects that hookups and hookup culture can have on college students. We're already under enough stress as it is, and we need all the energy we can get.



Cassidy Johnson is the opinion editor of The Advance-Titan. She is a communications major.

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HOW TO ACE YOUR MIDTERMS & FINALS

By The Advance-Titan Staff
atitan@uwosh.edu

Finals and midterms. Two words that give nightmares to college students each semester. But studying for those exams doesn't have to be a week of suffering, if you utilize some of these study techniques from Advance-Titan staffers.

Have the right study strategy

"Start early," says Nolan Andler, A-T sports writer. "Put time aside for studying, and do your best not to be distracted."

Opinion Editor Cassidy Johnson suggests writing things down. "Make notes and use color as that will help create a memory cue in your head."

Kyiah Nelson, copy desk chief who graduated in May, always made her own exam questions and created a Kahoot. "It's just fun, you can share it with your classmates, and you'll find you'll learn more when you write it down."

Others said they found it helpful to change up their study space or create a

schedule that includes study times for each of their classes as well as final projects.

Maintain healthy habits

It's also important to practice healthy habits, and that includes getting proper sleep, eating foods that are good for you, taking frequent breaks during studying and exercising your body, not just your brain.

A-T graphic artist Michael Buckner, who graduated in May, suggests taking a short break between studying. "I study 20 minutes and then take a 10-minute break where I don't do anything, and then study again. It helps to keep me focused," he said.

And if you put off sleep, you're likely wasting your time studying since you won't be able to remember much and feel both physically and mentally like garbage, the A-T staffers agreed.

Find what works for you

What works for you might not work for another. So you need to try different

techniques until you find the right one or two for you.

"When I really want to do well on an exam, I list out all the concepts I need to know and review them all until I actually know the answer," said Web Editor Ella Rider. "For a class like math, I go over previous homework assignments. But for other classes, I go back through my notes. You need to make sure you are learning the material, rather than just reading it. One of the best ways to know concepts is to explain them to other people. It just cements that information in your brain."

Many teachers give out study guides, and students should use them to prepare for midterms and finals, said copy editor Alvaro Rivero, a May 2024 graduate. Write out the answers to the questions, rather than just copy and pasting, which helps to aid in memory recall, he said.

Owen Larsen, the A-T sports editor who graduated in May, said it's also a good idea to look at past exams. "That will give you a feel for how the professor writes exams or how he formats them."



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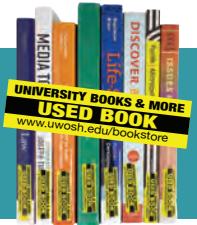
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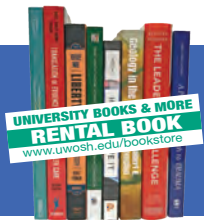
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