Study Abroad Fair hosts opportunities

By Bryce Mougey
Contributor

With the new semester and the inevitable new year approaching, many students are gearing up to study for a semester abroad with a partner college or internship opportunity.

On Nov. 4, the Adanti Student Center Ballroom became an epicenter for students wanting to learn more about the opportunities that they can engage in to further their learning and career internationally, at the "Study Abroad Fair."

"It's completely transformative. It just gives you an insight to how people live. It's just incredibly eye opening." I think it's a privilege for us to have the experience offered for undergraduate and graduate students especially if students study on exchange," Director of the Office of International Education Erin Heidkamp said.

Heidkamp also stated that the university collaborates with close to 30 partner schools in over 15 countries, allowing students to be able to continue their study almost anywhere in the world.

There were also many students representing schools that they had done previous semesters at, as well as students who were currently doing a semester abroad at the university.

Many of them said that travelling opened up so many more doors, even being able to explore other countries, not just the ones they were exchanged to.

"It gives us a lot of freedom to do what we want, take the classes we want. And I got to travel a lot. I got to go to different places in Australia, New Zealand. It was so unlike anything I'd ever experienced before," speech, language and hearing sciences major Gioia Miller, a senior, said.

Data from the Office of International Education showed that almost 200 students study abroad each year, many of them were very enthusiastic to share their personal experiences and recommend the many programs to others.

While some students had experienced some struggles with transferring their credits when they returned, students who did a partner school exchange experienced no such struggles.

"I was in Germany, and next thing you know, I was in Italy, I was in Switzerland, I was in Austria," Jesslyn Jimenez, a university alumni, said. "I was able to visit so many more places and I think that just gives you a sense of dependence that you need in life. And it definitely helped me, you know, open up more as well."

Students were also enthusiastic about the many different environments and approaches to learning abroad.

"I was actually going to take my final Spanish course in Germany as funny as it was. So again I was at the University of Mannheim, which is quite literally a castle that you're studying in, which is amazing," Jimenez said.

Not only is the study abroad program praised for its academic and career benefits such as access to unique programs and internships, but it also is widely praised for helping develop personal and social skills.

"I honestly think it's something that you need to do. Like, I was able to get a lot of independence and really get to know myself more than I would have had I just studied here," Jimenez said.

Apart of academic work, Miller said said that her study abroad experience taught her skills that could be applied beyond the classroom.

"I feel like I kind of got, like, my ability to, like, make friends down to a science," Miller said. "I feel like there are things that I notice that will make good friends. And I don't waste my time on people who I don't think will be good friends."

Many students fully encourage those who are interested to get involved and experience something new.

"I feel like it's when my life started," Heidkamp said. "It was the best thing by far that I've ever done."



PHOTO | MATEUSZ GAZDZICKI

Students talking with a Study Abroad Ambassador at the 'SCSU Study Abroad Fair' on Nov. 4 in the Adanti Student Center Ballroom.



PHOTO | BRYCE MOUGEY

Students eating and engaging with various tables at the Study Abroad Fair on Nov. 4 in the Adanti Student Center Ballroom.

Owls learn about financial literacy

By Noah Nunez
General Reporter

On Nov 4, the campus was visited by members of the Nutmeg Credit Union to discuss not only personal finance and what steps to take for saving money, but where to spend it when needed.

The talk was hosted by Brandi Byrne, the financial education program manager of Nutmeg, and Javier Roman, the vice president of digital banking operations, who opened the talk with a discussion of saving and how the little things add up.

"You get a drink like Starbucks and Dunkin, how big is one purchase? For just one, not a big deal, right? So you do it for five days a week, and you're looking at $30. You go for a month, you're spending $130 on a good drink, but nonetheless, a drink," Byrne said.

The speakers argued that spending that money on a more permanent solution, in this case, a coffee maker, would make for a wiser investment than spending upwards of $1,000 each month on coffee that could be made at home.

The main idea they want to promote is that when making a purchase, people should always be wondering if it is worth it not only in the moment but also if there is a potential way to keep the total spending down while still getting the desired outcome.

"You think of, like, Hulu and Disney+, and then you have $5 here $5 there, and are you really using all that?" Roman said. "Multiply that times 12; that's how much money you're spending on each one of those, and maybe not taking advantage of it because they're not on every day."

When people hear advice like this, their first response is to think of a budget, and specifically how limiting one can be when it comes to spending and enjoying throughout the year.

At the end of the day, all of this is just advice. Anyone can still spend and enjoy their money however they please, and this is all meant to help guide and keep studens on the right path.

"Sometimes people are like, 'oh, a budget restricts me, it doesn't let me do anything,' when in fact it's actually letting you do the things that you like, it's giving you permission; it's setting yourself up to be able to do that," said Byrne

Guiding people, especially as they enter the workforce, was a major aspect of the talk. They focused on the subject of finding a job that supplied relevant benefits that would not only be helpful but could actually be used by students.

As students choose their career, it is important for them to not do it based of the projected salary, but instead based on what they want out of the job, as many companies allow employees to grow.

"When you're looking for a career and you're looking for a job that you're hoping to grow in and earn a good salary you also want to look at the heath insurance coverage you want to look at retirement, and you want to look at PTO," Byrne said.

Connecticut Hall is serving up variety

By Lily Dalton
Contributor

From early-morning breakfasts to lunch or late-night dinner, Connecticut Hall serves as a go-to spot for many students to grab a bite to eat and recharge amid their busy days.

With several food stations and a variety of options, students can find something to satisfy their hunger all at one stop.

"Conn has a lot of variety but also a lot of consistency, so you always have something that you'll like when you come," nursing major Gianna D'Eugenio, a sophomore, said.

Connecticut Hall, or Conn as many students refer to it, is the university's traditional dining hall. The eatery operates in an all-you-care-to-eat format, with various food stations and menu options to accommodate different preferences and ensure all students have a positive dining experience.

"Since there are a lot of options, I never get bored," nursing major Gianna Caridad, a sophomore, said. "You can always go to the wrap station, get fruit, get salad, get a sandwich; there's just always something for everyone."

Conn offers 10 different food stations, designed to satisfy any appetite.

Options include Sizzle, a traditional grill and griddle; Granary, featuring breads, spreads, and cereals; Chef's Table, offering made-to-order chef-inspired dishes; Classics & Co., serving homestyle entrees; and Rustic Roots, featuring vegan options.

"I love the chocolate milk and the cereal station; it's always such a good breakfast corner," sociology major Alex Lobner, a sophomore, said.



PHOTO | LILY DALTON

Stacked station in Connecticut Hall on Nov. 2.

Students can also choose from Slices, a pizza and pasta bar; Plant Forward, a traditional salad bar; Stacked, a classic deli; and gluten-free entrees.

The Simple Zone also provides a dedicated pantry with gluten-free, peanut-free and tree-nut-free options for customers with various allergies or dietary restrictions.

"They have a lot of food options here, including accommodations for allergies or anything like that," D'Eugenio said.

Students can also view the daily menu and dining options through the Southern Dining website.

Among the vast selection of food available, some stations have become students' favorites, particularly the wrap station.

"The wraps are my favorite thing to eat; there's just so much versatility," sport management major Jackson Wilkes, a sophomore, said. "They just hit different."

The Stacked station tends to be a fan favorite, as students are able to customize and "build their own" sandwiches.

"I like the wraps because I can always customize them how I like," Caridad said.

Behind these popular stations are the faces of the dining hall staff, who help keep daily operations running smoothly.

"I love seeing students enjoy the food here," Deli and Salad Bar department staff member Gessina Rossi said. "I'm so happy seeing the kids talking to me; I talk back to them, and they love my sandwiches."

Since Conn is the only traditional-style dining hall on campus, many students make frequent visits.

"I usually come to Conn for breakfast and dinner," Caridad said. "If I don't come here for lunch, I'll usually go to Stu."

For meal plan holders, Conn allows students to swipe in once per hour, and casual diners are welcome to pay at the door.

"Going to Conn just works well with my schedule; it's easy, I can choose what I want, and I don't really have to wait in lines," Lobner said. "I want to save money, and I have a full meal plan, so I want to utilize it."

With a welcoming environment and a broad selection of meal options, Connecticut Hall strives to offer something for everyone to enjoy each day.