‘Mocktails and Mingling’ promotes connection

By Mackenzie Byerlee
Features Editor

Conversations and drinks flowed at “Mocktails and Mingling” on Sept. 15.

Hosted by psychology club and Psi Chi, the event brought students together for midday activities to break up their day.

“We always start off the semester with a social event, so I wanted to do one that was more creative and interactive,” psychology major Eily Smith, a senior and president of psychology club, said.

“Mocktails and Mingling” was created with the hopes of bringing participants together in a fun environment.

The mocktail portion of the event allowed students to create their own drinks with a variety of sodas, juices and lemonades as well as toppings such as lemons, limes and maraschino cherries.

They provided a menu as well that gave students an idea of drinks that they could make.

Attendees said that they enjoyed being able to connect with other psychology majors and participate in non-academic activities while on campus.

One of the participants was psychology major Mattie Matarazzo, a sophomore.

“I wanted to join more clubs and I’m a psychology major so I thought it could be cool to connect,” Matarazzo said.

Although most attendees were psychology majors, the event was open to any student that wanted to stop by.

The other activity at the event provided students with printed templates for them to create semester bucket lists.

The bucket lists gave students the opportunity to set goals for themselves and focus on what matters the most.

“My goals for this semester are to pass all of my classes, study for tests and find my minor,” Matarazzo said.

Being able to write out their intentions for the semester can help students visualize what they hope to accomplish in the coming months and increase their motivation.

Psychology major Alexandra Pascoal, a sophomore, said that she enjoyed this event as a recent transfer student.

“I’m a psychology major and we didn’t have a psychology club at Gateway so I wanted to join one here,” Pascoal said.

With such events and clubs available for students to be a part of at the university, it allows them the opportunity to put themselves out there and try new things.

This event in particular let attendees gather in the middle of the day in order to get as many students as possible to pop and have some fun between classes.

Being able to have a break to sit and sip mocktails and create goals for themselves is necessary for busy students.

The overall goal of this collaborative event was to bring a variety of people together at the beginning of the semester in order for them to truly feel as though they belong in the campus community.

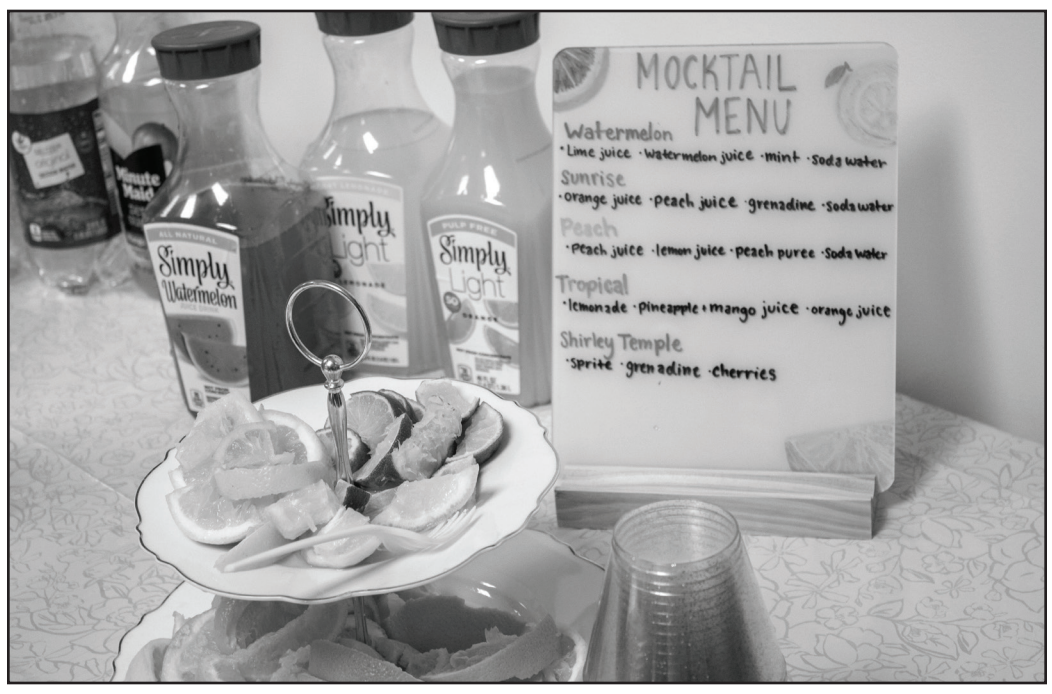
All while enjoying colorful drinks and designing bucket lists to organize their thoughts and goals.

“I’m hoping that people feel welcomed and have a sense of community within psychology,” Smith said, “especially people who are new to Southern, they just want to make friends and have fun events that they can go to.”



PHOTOS | LILY RAND

A student making a mocktail on Sept. 15.



The mocktail menu at “Mocktails and Mingling.”

‘Wellbeing Fair’ introduces students to resources

By Mackenzie Byerlee
Features Editor

The “Wellbeing Fair” highlighted the resources that the university has to offer when it comes to bettering students’ mental and physical health.

Some of the participating organizations included the Violence Prevention Victim Advocacy and Support Center, the Wellbeing Center, Recreation and Fitness, Health Services and more.

VPAS Coordinator Colleen Kearney shared that she hopes students understand that their services are always available.

“We’re trying to promote healthy relationships on campus and awareness that our resources are here for students,” Kearney said. “If you had experienced sexual assault, dating violence or stalking, we are here to support you.”

The “Wellbeing Fair” had tables set up in the Academic Quad representing each of the organizations that attended.

Students were highly encouraged to visit each of them with their event passports that needed to be stamped by nine organizations.

After nine stamps, students were eligible for a free T-shirt and Ben and Jerry’s ice cream.

Every organization had an activity or free items set up at their table and were eager to share their message.

RecFit had students write what was causing them stress on a piece of paper, and then crumple it up and throw it into a trash can.

Alcohol and other drug services had an affirmation board to write messages on heart shaped sticky notes and if needed, people could take one for themselves that they resonated with.

With so many opportunities, students were able to learn about a variety of resources and participate in activities that got their minds off of their worries and onto their health.

“I honestly didn’t even know that we had counseling services here,” speech, language and hearing sciences major Josie Kieras, a junior, said.

The event was led by coordinator of the Wellbeing Center Allyson Regis.

Regis mentioned that the annual “Wellbeing Fair” aims to bring people together and learn more about what wellness can look like and how students can improve theirs.

“Many times people think wellness and they automatically think counseling, but wellness can also look like taking care of yourself and going to RecFit or figuring out your career and who you want to be,” Regis said.

With a broader definition in mind, students were able to explore the many forms that wellness takes and therefore, new ways that they can implement better habits into their day-to-day lives.

Forming healthier habits was strongly encouraged by organizations such as the Nicotine Prevention Program and the Center for Academic Success and Accessibility Services.

NPP works with health services to allow students confidential help when it comes to quitting nicotine.

CASAS has a multitude of offerings such as tutoring and class and housing accommodations.

So, no matter what knowledge students went into the event having, they left with some form of new information and resources after speaking with representatives of each organization.

“I loved talking to everyone here, they were very nice,” exercise science Melody Rowe-Cary, a freshman, said.

Regis shared that giving students the opportunity to learn more about campus resources and being able to witness everything in the end was her favorite part of the entire event.

“I like being in the middle of the event,” Regis said, “seeing the vision come to life and seeing the students really participate, have fun and point out what they’re stressed out about.”

Owls Decide: Yankees or Red Sox?

By Mackenzie Byerlee
Features Editor



PHOTOS | LILY RAND

“Red Sox, because my friend is a fan.”
- Nursing major Cielo Garzón, a freshman



“Yankees, because I care more about them.”
- Business management major Lucas Quiroga, a senior



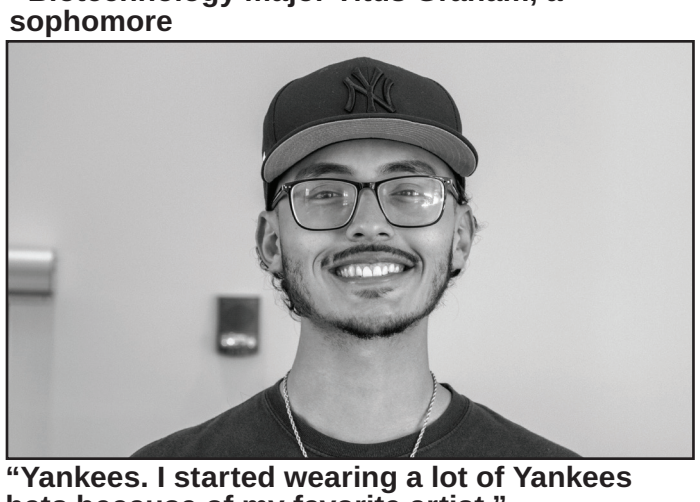
“Neither, I’m not a baseball fan; I play basketball.”
- Biotechnology major Titus Graham, a sophomore



“I don’t pay attention to baseball, but Red Sox.”
- Business management major Benjamin Fobbs, a freshman



“I don’t even like baseball, I don’t watch sports at all.”
- Business administration major Jayden Carty, a junior



“Yankees. I started wearing a lot of Yankees hats because of my favorite artist.”
- Social work major Kevin Camayo, a junior