Community Fair aids students on campus

By Kadisha Pierre-Louis
News Editor

For students facing mental health struggles, addiction or gambling problems, finding help sometimes can feel like another challenge.

The community on campus this semester is looking to change that by bringing organizations and support services directly to students, creating opportunities for them to learn about resources available both on and off campus.

"This event is a nice way to introduce our students and our staff to our community partners and the agencies that provide treatment related to mental health, substance use, gambling, LGBTQ issues," Sarah Kaiser, coordinator of Alcohol and other Drug Services, said.

This event is vital for the students on campus as it provides a place for them to reach out to these different services and receive help without feeling scared.

The event is designed to connect students to community organizations that can provide extra support for them on campus.

Mental health is an important issue that many students struggle with in private due to stigma of feeling like they are alone or something is wrong with them.

This causes students to be scared to reach out for help and sometimes they just do not know where to go to receive help for what they may be going through.

Eve Heine, prevention specialist, Alliance for Prevention and Wellness Behavioral Healthcare discusses why her organization BHCare nonprofit, became a vendor for the university.

Heine wants to spread concern about how often many young adults can struggle with high rates of mental illness and they need to know about the many services located in the New Haven area that they can reach out to whenever they are struggling.

"We know that young adult students often face higher rates or anxiety, depression, suicidal ideation, attempts and we are often impacted by domestic violence as well," Heine said.

These services are vital for the campus community because many students struggle in silence and do not want to be judged which causes them to isolate and not understand there is a community and organizations on campus and off that are dedicated to providing aid to students.

"It's important for us to connect with our college campuses and try to get resources for the students here. But it's also just important to us to be part of a community and show up when we can," Heine said.

Students on campus can struggle with a variety of issues. Gambling is one that is increasingly becoming an issue for many young adults.

Stephen Matos Problem Gambling Services Statewide Gambling Recovery Support manager wants to spread awareness about online gambling and sports betting and how it can be at-risk to many students on campus.

"Were at a lot of colleges, and we found there's a lot of problem gambling on college campuses. The rates are between 8 and 12%. That's from the data we gather from our surveys, so it's pretty high," Matos said.

Showing up and being active in the community is important for students on campus. It can help create more positive college experiences.



PHOTO | ISABEL CHENOWETH

A photo of community vendors at the community fair.

It is important for students to know they have outlets and communities they can be a part of and receive resources from the university and partners outside of the university.

Samuel Ernest Administrative coordinator at the New Haven Pride Center wants students apart of the LGBTQ community on campus to know they also have a space where they can find community and resources if needed.

"Just being able to see a queer presence and to be able to tap into a place like the Pride Center where you can see that you aren't alone. There are people like you. we have history.. and we can do things to help each other," Ernest said.

These services are vital to the campus environment, providing a well-rounded college experience for many students on campus. It is important for students to know about these resources so they do not feel ashamed and know they can find community and aid.

"I also encourage them to not be afraid to realize that, especially when you're on a college campus, there are so many wonderful resources for you. Don't see it as a weakness, seeking help is a strength," Kaiser said.

'Climate Week' urges global sustainability

By Kadisha Pierre-Louis
News Editor

Sustainability can mean more than recycling or turning off the light. "Climate Week" encouraged students to look beyond their everyday habits and consider how their choices can affect people, communities and the environment around the world.

The "Climate Week" event focused on global sustainability and the role education can play in helping students understand environment and social issues.

"Sustainability means going forward with all different kinds of development in a way that is going to preserve life and dignity for all mortal creatures on the planet," Chelsea Harry, an event organizer and a philosophy professor said.

Speakers discussed topics ranging from climate change and overconsumption to artificial intelligence and the responsibility individuals have to contribute to a more sustainable future.

Harry said western lifestyles often depend heavily on consumption, including buying clothes, driving cars, eating meat and using large amounts of energy and heavy pollution.

While unwanted clothing from western countries can end up being discarded overseas. Harry said looking at these consequences requires people to consider how their everyday purchases affect communities far beyond their own. "Those of us living in western nation often need to decide to change the way that were living, our cultures are centered around consumption to a large degree," Harry said.

Harry discusses Aristotle's Philosophy of Education for Humans and the development of ideas. She believes critical thinking is important for students on campus and with the rise of AI it can cause challenges for students to use their own human capability to think on their own.

"When you're asking AI to think for you, you're taking away what Aristotle says is your most human ability. And that's to think, and more importantly, to think in terms of acting ethically," Harry said.

Harry encourages students to use the practice of Aristotle's philosophy in their everyday life by thinking ethically and critically.

She believes it starts at home in families and is a practice that needs to continue for students to flourish in education.

"In our families we have to start learning how to use our minds to think critically, to think ethically, we should be educated in this way by the time were adults if we've practiced enough and learned enough, we could become ethical citizens," Harry said.

For students, Harry said sustainability does not necessarily require completely changing their lifestyles overnight. Instead, small changes can make a difference, such as buying less fast fashion, eating less meat, walking when possible, carpooling or reducing unnecessary energy use.

"I don't want anyone to think, 'I can't stop completely', therefore, I can't help If you can't stop completely, just do your best because everything counts," Harry said.

"The real problem is self-centeredness and Western exceptionalism thinking that we should be able to do whatever we want and it doesn't matter that it's having an effect on someone else somewhere else," Harry said.

"Climate Week" ultimately presented sustainability as a collective responsibility rather than an issue that can be solved by individuals alone. Harry ask a simple question about what small changes can done.

"What small changes could you make in you life to make a difference in someone elses life," Harry said.

'PEP Talk' provides insight on marketing

By Emma Gonzalez
Contributor

Students gathered in Room 122 of the School of Business on Sept. 23, for business insights on marketing, interactive activities and pizza.

The Professional "Enrichment Program", directed by Patty Conte, who is also the internship coordinator, strives to help students learn about various business topics from professionals.

"We do this twice a week on Mondays and Wednesdays from 1 to 2," Conte said, "we bring in a variety of business professionals who come in and talk to students about interesting and pertinent business topics."

Margaret Rodgers, executive director of the Finance Development and Training Institute Alliance was the highlighted speaker of this PEP talk.

She focused on market research and how to get customer insight to find data on a product and better it.

Students around the room ate their pizza slices while partaking in the first activity, acting as the consumer for a real marketing survey that Rodgers is working on revolving around pimple patches.

The goal was to show students how to perform different types of market research on a product that revolves around consumers.

"There's a side of business that we learned about today, that's about surveying and how to approach and market to your consumers, which I didn't think was such a big thing," finance major Afif Hazim, a junior, said.

Students were first shown an image of different blob figures on a tree.

They were asked to describe which blob they feel like the most when dealing with a pimple, many of the students describing feeling embarrassed or gross. Then, Rodgers described qualitative data, a method of research focused on customer opinion, how they feel, why the product is important.

While quantitative data is more about the numbers, how many people would buy the product, how much that kind of product is used.

Four student volunteers sat at the front of the room to partake in a mini focus group, one of the students, human resource management major Jazmin Vivar-Atarama a junior, took the opportunity to participate first-hand and gain some experience.

"I'm new to business school because I just changed my major, so I wanted to try and reach out and talk to new people," Vivar-Atarama said.

Those four students answered more specific questions, such as what kind of pimple patches they use, and why they started using them.

All the other students then pointed out the most important takeaways from the mini focus group, and what they believed would most likely help the product succeed.

After the research was complete, Rodgers allowed students to approach her and ask her questions, as well as connect with her for opportunities in the future.

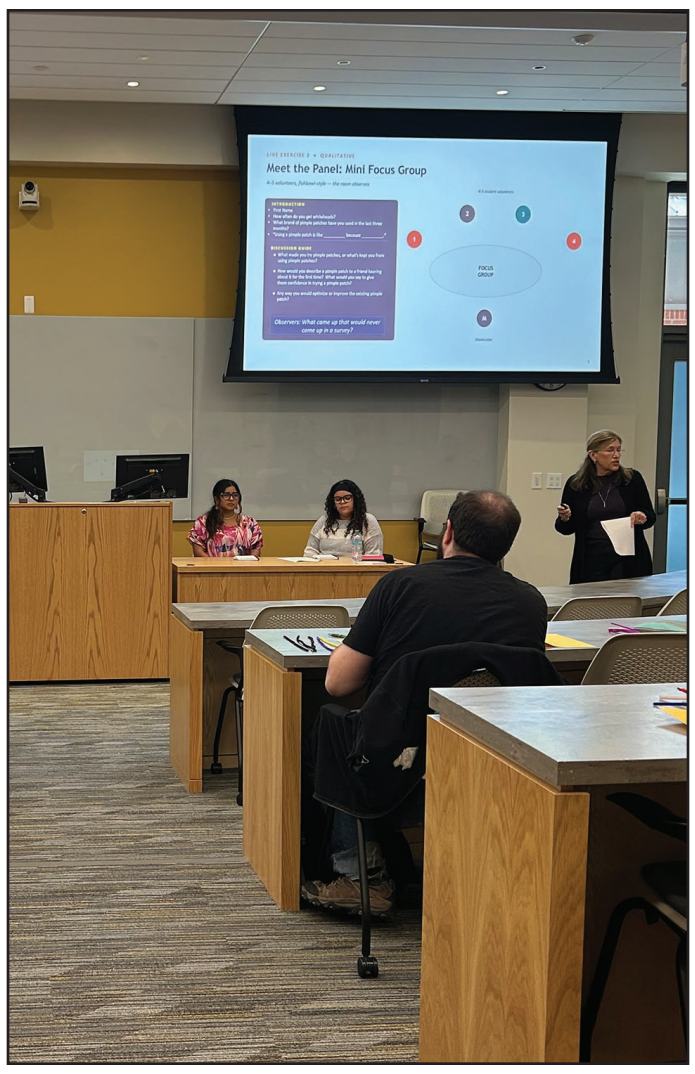
"I know networking is a big thing in the business world, so I decided to come and I'm trying to do as much networking as possible," Hazim said.

Rodgers also told students that she had a career with many different focuses.

She went from corporate, to entrepreneurship, to now executive leadership and the key is to keep going and learning.

"Because I changed my major, I was really scared I wouldn't be able to catch up," Vivar-Atarama, said, "but she just made me feel so much better because she was talking about how she started somewhere different than where she ended up, and she just kept learning."

Conte mentioned that if students attend three PEP Talks about the same topic, they can earn a certificate which can go on their resumes.



PHOTOS | EMMA GONZALEZ

Margaret Rodgers discussing focus groups.



Students engaged in marketing 'PEP Talk' given by Margaret Rodgers.