Bronze leadership launches first meeting

By Brianna Wallen
News Editor

Leadership comes in many forms at the university. Whether it is through organizations, sports, programs, or on-campus jobs, students have the opportunity to serve in many leadership roles.

While many students are interested in becoming leaders and fulfilling roles on campus, they might not know where to start.

For first-year students, the Bronze Leadership Certificate Program is an opportunity to venture into new facets of campus leadership.

The first meeting of the program was held on Wednesday, Oct. 2. Members were shown how to earn their certificate. The informative session also ended in a surprise giveaway.

Talia Lent, the leadership development graduate intern in the Office of Student Involvement, said that the program is a great resource that students should utilize.

"I really wish I knew about this opportunity when I was an undergrad. It's really great for students that are looking to apply for on-campus leadership roles or just expand their network," Lent said.

Through workshops, leadership experiences and community engagement, members learn and build on the fundamentals of individual leadership, communication skills, personal values, leadership ethics, emotional intelligence and identity awareness.

"It really gives students a great opportunity to expand on skills that they may need to work on prior to applying to positions like orientation ambassador, resident adviser, peer mentor, CASAS tutor, etc.," Lent said.

Another benefit to the program is that it can prepare members for other leadership roles on campus and beyond. Through workshops, members are able to meet new staff and students from various departments on campus.

By having professional and personal relationships with peers, university staff and student leaders, members are able to network and shadow their desired positions.

The Bronze Certificate Leadership Program can also spark connections between students, as they offer social events.

Biology major Omar Bibi Rabani, a freshman, said she joined the program to enhance her college experience.

"I hope to get more experience in leadership and meet new people," Rabani said.

Similarly, health and human services major Eloisa Alves, a freshman, said she decided to apply to engage with the community

"I hope to build better leadership skills and get more involved with the community," Alves said. "I also want to build a resume."

While the program has over 100 members, the majority are freshmen.

"I think the more you get into college, I think people find their own interests and own clubs and organizations and programs to be a part of," Lent said. "First-year students are new and want to see opportunities out there."

The semester-long program is self-paced, indicating that students can attend workshops and complete their eight hours of community service whenever they are available.

"Whenever a workshop works for them, students can just go, and they can complete the program on their own time. So, there's no strict deadline," Lent said.

Lent encourages students to apply, as they have a rolling deadline.



PHOTO | LILY RAND

Talia Lent, the leadership development graduate intern in the Office of Student Involvement, leading the Bronze Leadership Certificate Program's first meeting.



Healthcare studies major Alexis Vazquez, a freshman entering the giveaway on Wednesday, Oct. 2.

Owls state their take on dining changes

By Brianna Wallen
News Editor

According to a 2023 Student Voice survey conducted by College Pulse and Inside Higher Ed, 37% of students think improvements should be made to campus eating facilities.

The same can be said about students on campus, as they have voiced their own opinions on Connecticut Hall.

Connecticut Hall is one of the dining areas for students, faculty and staff. The buffet style restaurant is coined as "all you care to eat" by the university.

The dining location offers a wide range of hot and cold entrees, grilled specialties, ethnic cuisines, sandwiches, delectable side dishes and bite-sized desserts.

While the dining hall's menu has remained the same, students have taken note of the difference in perks that came with their meal plan this semester.

Last semester, students had the luxury of two free meal swipes per week for restaurants in the Adanti Student Center: Tres Habaneros, Peking Plate, The Grill, SubConnection and Dunkin'.

Psychology major Chasity Williams, a freshman, disapproved of this new change.

"I don't like it. I think it was better last semester," Williams said. "I miss our two free swipes in stu last year."

Along with the removal of swipes, Connecticut Hall also discarded the option for students to use green containers to store their food. These to-go containers allowed students to take their meals outside of the dining hall.

Without meal swipes from the student center, Williams said she doesn't understand why Connecticut Hall would not want to allow food to leave the dining hall the same way the other restaurants do.

"Stu is quick and easy. And since there isn't the green boxes no more, you can't rush and eat between classes no more," Williams said.

Even though the dining hall has several meal plans available that are tailored to students' lifestyles, many commuters believe the new meal plan changes are distasteful.

Music major Farah Hamada, a senior, said she does not eat at Connecticut Hall anymore due to the removal of guest swipes.

"I used to be able to get in for guest swipes, so now I don't go as often because of that," Hamada said.

Since Hamada is a commuter, she would spend time and eat at Connecticut Hall with her friends during downtime. Now, Hamada said she cannot afford that luxury.

"It used to be $12 during lunch time, and now it's $14," Hamada said. "And it is even more expensive during dinner."

Due to these increases in prices, Hamada said she prefers to eat off campus because meals are cheaper.

With these changes in the meal plan, many students are confused by the lack of changes in the dining hall itself.

Communication major Alan Brockman, a junior, said that the dining hall did not do anything to improve their serving methods.

"I don't think we should be paying 3k for a poor meal plan when food is always cold at Conn."

Williams also said that she is disappointed with the lack of changes in their menu.

"The food in Conn is the same as last semester, just okay," Williams said. "So, it doesn't make sense to get rid of swipes if there's no improvement."

Students share their healthy habits

By Brianna Wallen
News Editor

Whether it is lifting weights after class, eating a serving of fruits at the dining hall, or walking to the convenience store, students make time to practice healthy habits.

These practices allow students to get into the swing of things while shaping a new routine centered around productivity and wellness.

For communication major Dejavon Morrett, a sophomore, maintaining health habits is incorporated into his diet and routine.

"I have a daily intake of fruits and vegetables incorporated in my three meals per day," Morrett said.

Morrett, who is a defensive back for the football team, is dedicated to his fitness regimen. Whether it is 5 a.m. team conditioning or lifting at the gym, Morrett has crafted his own recipe for a healthy and balanced lifestyle.

Morrett said, "I work out six to seven days a week in some capacity, whether that's lifting or practice or games."

Physical and mental health routines are extensively practiced on campus as well. Nursing major Kelsey Beas, a senior, said that she prioritizes her mental health and sleep.

Beas said that she puts emphasis on her sleep due to its importance for her to operate throughout her day.

According to Cornell Health, college students require between seven and nine hours of sleep every night to prevent daytime drowsiness, weight gain, poor health, low energy and altered mood states throughout the day.

Beas said that instead of letting outside stressors and inconveniences cloud her mind she "vents everything" to her friends.

Beas relies on her support systems of friends and family to maintain her mental health as well as her own schedule to prevent burnout.

"I have people that check up on me, and I also take mental health breaks when I need them," Beas said.

Computer science major Breena Batz, a freshman, said that most of her physical activity is done through navigating campus.

Batz said, "I try to stay active, and that is mostly through walking to my classes every day."

Students have also traded out old habits for new ones that yield health benefits.

"I try to walk everywhere instead of driving all the time," Beas said. "I also try not to order DoorDash too much."

Every student has a unique motivation for adopting a healthy lifestyle.

Along with Morrett's obligation as a student-athlete, he said he places a high value on his health and overall well-being.

"It is important for me to feel good and keep my body in shape, so I can live as long as possible," Morrett said.

Other students implement a healthy lifestyle to fuel their involvement. Psychology major Kash William, a junior, wears many hats at the university.

William is a cheerleader, dancer for the Caribbean Student Association and desk attendant for Recreation & Fitness.

While William has a very demanding lifestyle that keeps her active and in shape, she said she would not have it any other way.

"It is important for me to stay active because I don't wanna be lazy," William said. "When you're lazy, you don't get anything done."

By having multiple responsibilities, William said she maintains productivity and commits to her rigorous schedule. Along with staying busy, William's lifestyle also boosts her mental health by stimulating her social connections and happiness.

Through occupying many capacities in various departments, William said she is able to "build a sense of community" and network.

Willam said this fulfills her passion of meeting new people, interacting with others and building new connections.

In addition to managing many roles, students also have to balance their classes and course load. Morrett said that he is able to juggle his education and commit to his workout routine through personal determination and consistency.

"When it comes to fitness, there isn't an excuse on how to balance," Morrett said. "It's something you fit into your day as a day-to-day necessity."

Morrett said that a step in creating a healthy routine starts with replacing downtime with activities.

"At some point of the day, you are sitting down and relaxing when you could go on a walk or jog," Morrett said.

While many students have locked down on a routine that works for them, those that want to start their fitness or health journey can find an activity or regimen that works for them.

"Fitness and health come in all forms, so your journey doesn't have to be the same as everyone else," Morrett said, "but it is essential for you to find your purpose and what you love to do."

For students that want to get involved or create a fitness plan, visit SCSU Recreation to find resources and upcoming events.



PHOTO | BRIANNA WALLEN

Marketing major Juwell Clay, a sophomore, serves herself fruit in Connecticut Hall on Sept. 30.