



Club Profile: Psych Club

Namratha Kamath
Managing Editor

Location: Room 405

Meeting days: Every Wednesday

Meeting Time: 2:15pm

Key words: Educational, healthcare

Psychology is the study of the mind: how it works and how it affects behavior. Learning about the way our mind works is essential to our success.

This is the goal of Westhill's own Psychology club. Psychology club promotes mental wellness, teaches introductory psychology principles, and introduces members to basic criminology. It's led by a passionate team of psychology enthusiasts. Each meeting includes an interactive group activity that is centered around the day's topic, and a presentation.

For example, in one of the meetings, members played a learning game that simulated the effects of paranoia. After this, they learned about paranoia through a presentation that explained what the disorder actually does to the brain. It clarified that feeling paranoid is not the same as having a paranoid disorder. In another activity, members completed a personality test and discussed how each person is unique due to their personalities.

"I feel really happy whenever I finish up the meeting and I actually have tons of slides saved for the future because I just love working on psychology and just studying it in general," co-president Erin Reyes ('26) said.

"It's a really fun experience, and I enjoyed winning UNO during the last meeting," Summer Cheung ('28), a member of the club, said.

"I feel very educated and it's a really fun club to be in," Emily Acevedo ('27) another member of the club said.

"We like to make it informative, but also have fun at the same time," Reyes said.

Psychology club serves a very important purpose: to spread awareness about the way our minds work. Through engaging activities and thorough group discussions, students grasp these concepts. No matter what the future lies in store for them, students can improve their personal well-being through this knowledge.

Behind the Scenes at Pippin

Lina Coppola
Reporter

The NorthStar Playmakers' next musical, *Pippin*, is well into production. The Westword spoke to students from around the school about the work needed to make a musical a reality.

The biggest part that goes into making the production successful is the actors' ability to show up to rehearsal on time and have determination. "It's like commitment being here and caring about [the show]," Paul Ferris ('26) said.

It tends to slow the process down when people don't show up on time or at all. It's recommended not to miss any more than three rehearsals, as it is tricky to catch up after doing so. Therefore, making sure everyone is on time ensures that choreography and timing are more accurate and efficient.

Preparing for the show consists of "learning lines, choreography, and blocking rehearsals," according to Niko Rinaldi ('25). Rehearsals start at 2:40 p.m. and end around 4:30-5:00 p.m.

Their rehearsal days change weekly. To warm up, students start by doing stretches and then jumping right into the agenda.

Many strip off extra layers when doing stage blocking and choreography, due to the intensity and level of passion that they put into every movement.

Izabella Nastasi ('28), the stage manager of *Pippin*, said that everyone handles acting and performing differently. "For some people [stage fright is] harder to get used to, for some it is easy and for others they never get used to it," said Izabella. Dancing and singing can be a vulnerability for some, especially when it comes to being in front of a crowd.

Sophia Chu ('28) and Sophie Barwinski ('28) believe that they have plenty of time to relax their minds after school and get ready for rehearsal before it starts. They feel the trickiest part is memorizing the choreography.

Thankfully, it is repeated numerous times. To make sure it resonates with them, they go over the material as suggested by their advisors, making sure it stays fresh in their minds at home. This is done to minimize the chance of performers forgetting the choreography during showtime.

Even if a student

wants to be involved but don't want to perform, The Northstar Administration tries to include everyone who wants to be a part of the production. An involved mother of the production said that whether it's helping create the set, the costumes, control the lighting, or produce the sound, they appreciate any helping hand they could receive, as you can never have too much help. Every person can make a difference in helping *Pippin* become an astonishing production.

But despite how nerve-racking the pre-show jitters can be, everyone has something about the show that they love and drives their motivation to do it. But for Sophia Calorossi ('28), an actress going onto her fourth scholastic production, said she believes that there are many great things about being a part of the show, but the best part is seeing all the different interpretations, as it could be performed in a more circus or fosse style.

And being along for the ride is something that her and all the other actors enjoy, as the energy is ecstatic.

Northstar Playmakers Present

Sat April 26 at 7:30pm Sun April 27 at 2:00pm
Fri May 2 at 7:30pm Sat May 3 at 7:30pm

Westhill High School Auditorium