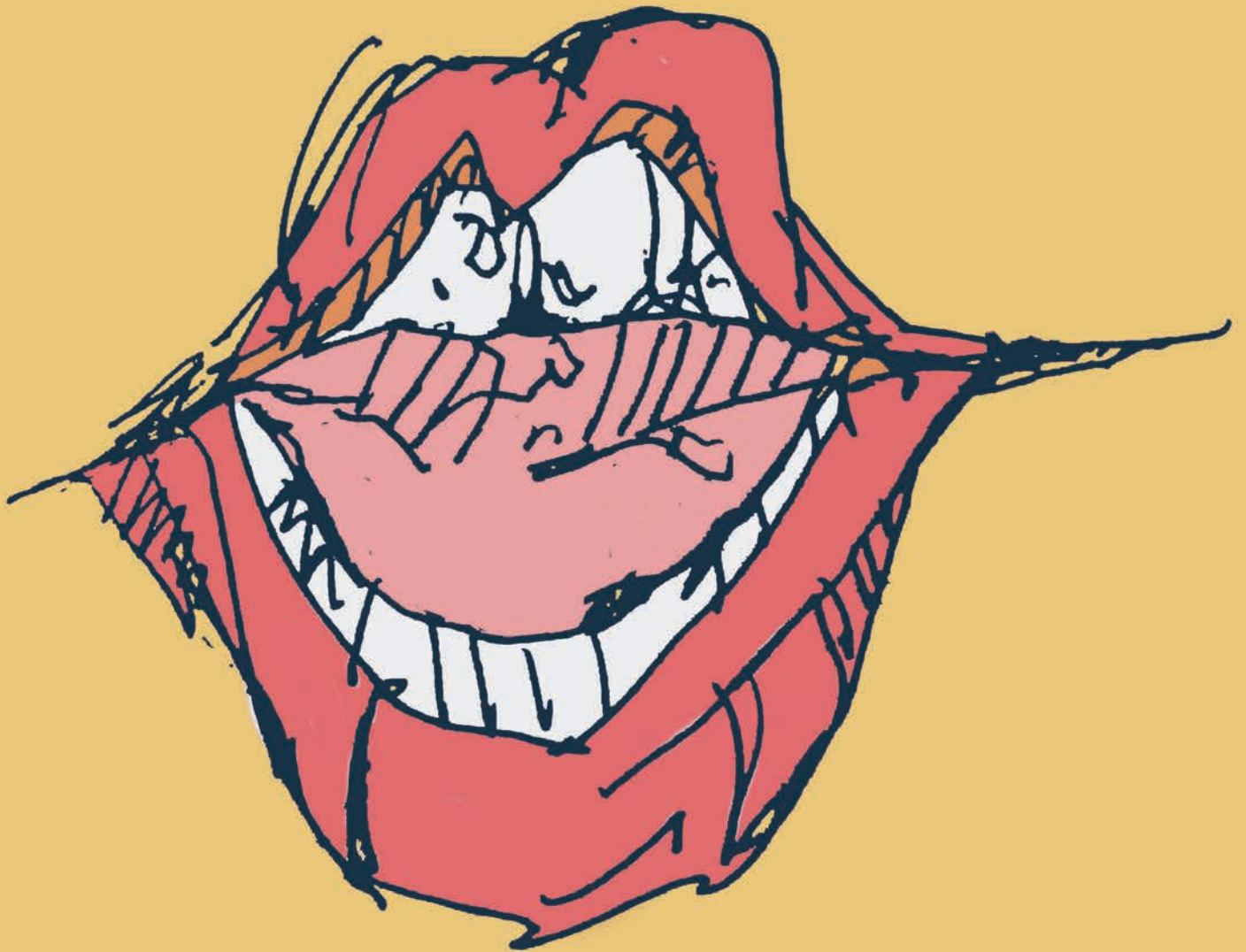




THE MIX

2018-2019

The English Department of William Paterson University

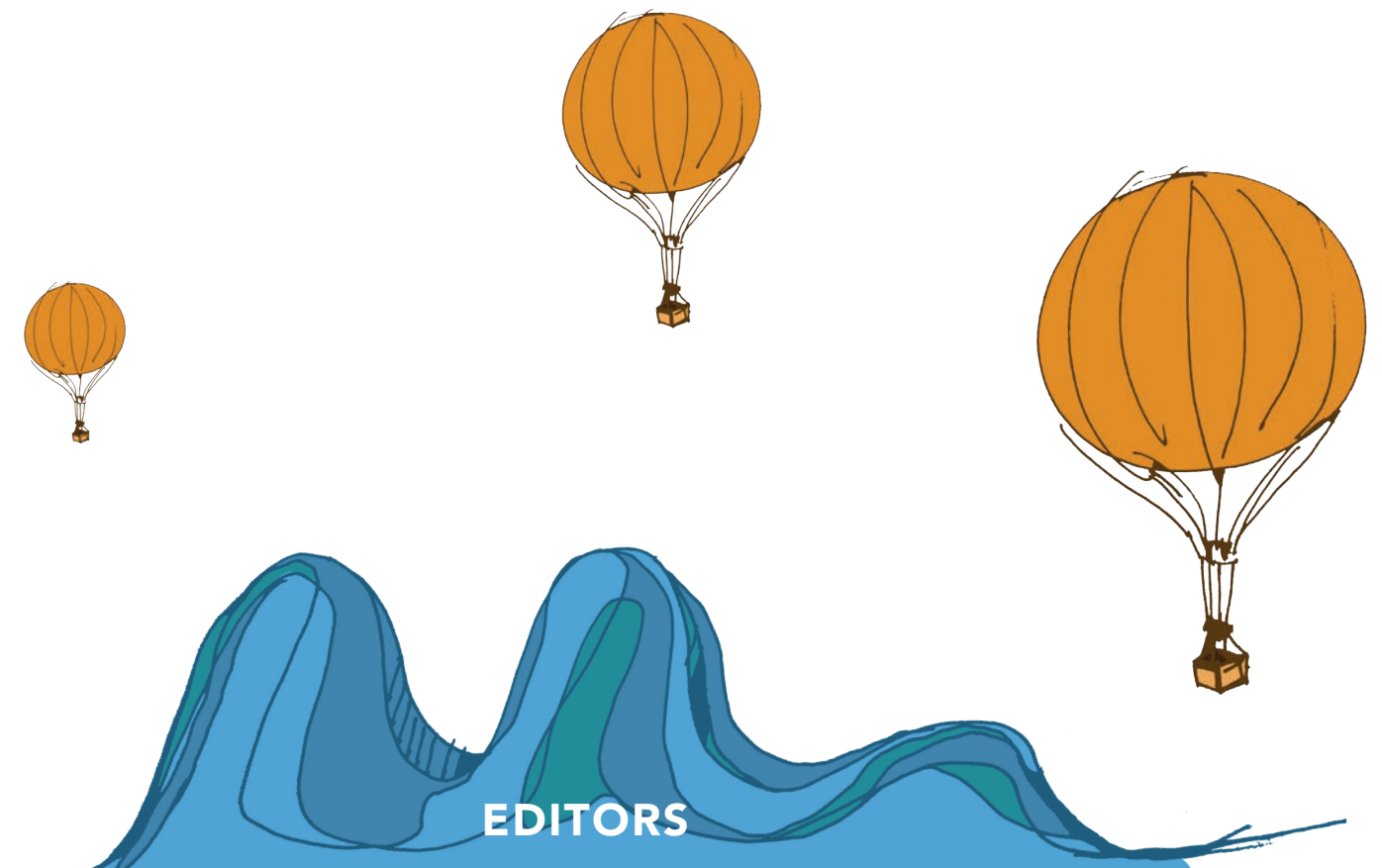
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13 REASONS WHY

The Self Love Edition

By: Jailene Reyes

"You lost a lot of weight since Educational Opportunity Fund," he said, with an expression on his face that could've easily been interpreted as either disgust or pity. "What?" I responded. He repeated, "You lost a lot of weight, right?" At that moment, class had begun and I turned away without responding. Geez I thought. So much for a "How was your summer?"

When I think about this experience, it makes me cringe. How could somebody, whom I've probably said two words to in my whole two years of college, be comfortable enough to expose one of my deepest insecurities? I sometimes think, maybe if I would've explained my drastic weight loss, people would understand. If I told them that it wasn't my intention to lose weight, that I had just gotten so sick that my fever had sweated me out and my stomach wasn't holding any food. Would they understand?

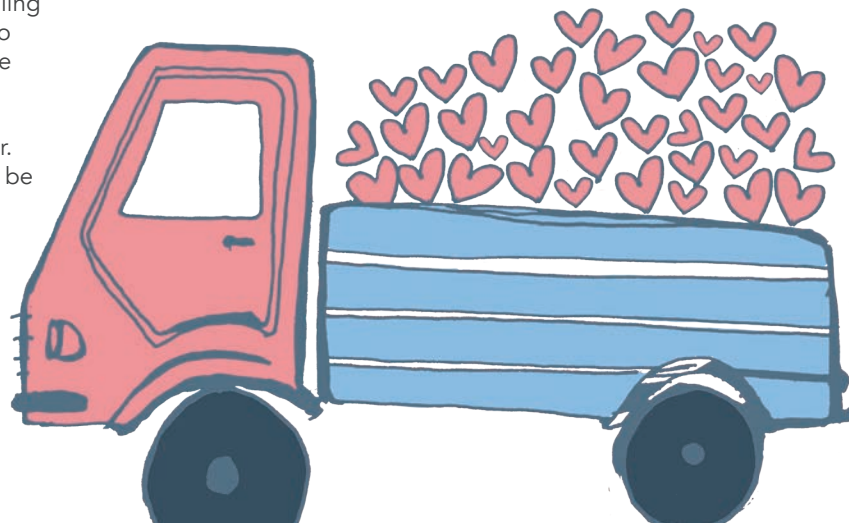
"I was walking home one day, I had just gotten off the bus, and some random guy passed by me and called me a 'fat bitch,'" Denise Gonzalez, a student here at William Paterson said. "I remember thinking, 'Did he really have to say that to me? Is that what everyone thinks when they see me?' I was only a junior in high school at the time, but to this day, I still think about this experience. It shocks me how somebody would go out of their way just to publically fat shame me."

Natasha Almanzar, a student at Rutgers, had a similar experience. "My own father has suggested that I have plastic surgery performed on my ears. Whenever somebody mentions how my ears look, it not only reminds me of the fact that they look like they belong to Legolas from Lord of the Rings, but also that even my father pointed out my biggest insecurity."

Hearing the stories of these two women, whom I've known for quite a while, has made me realize that I wasn't alone in having insecurities and being judged. I've spent so much time hating myself for everything people have said to me about my body, and sometimes I just want to yell, "It wasn't my fault! My immune system betrayed me!" But then people would judge me for yelling like a crazy person. I've come to realize that our bodies seem to be on display and society becomes the judge, picking apart the flowers that have fought so hard to bloom. For everyone who has been in the uncomfortable position of Denise, Natasha, or myself, this is for you. No one should end up like Hannah Baker. Remember, our differences make us unique. Differences should be embraced, not ridiculed. **You should love yourself!**

13 Reasons Why You Should Love Yourself

1. There's no one like you: own who you are!
2. When your parents were doing it there was a one in 200 million chance that your specific sperm would make it to your mom's egg, so that means that you've been killin' it from the start. Those other 199,999,999 million suckers are mad!
3. No one has life figured out, so don't focus on what everyone else is doing--as in plastic surgery, makeup, or fashion. Focus on yourself! At the end of the day, no one's got you like you've got yourself!
4. Let's face it, as long as you're not a Hitler, Trump, Bin Laden, or Ted Bundy, you have every right to love yourself!
5. You are worth so much more than other people's opinions!
6. You are literally stuck with yourself for a good 79 years!
7. You are NOT a number. Put that scale away and forget about the number of followers you have on social media!
8. Your heart is too pure to carry such hate and dislike towards yourself!
9. The love you give to others is the same love you should give yourself. Don't treat yourself any less!
10. You've made it this far. You are a warrior!
11. You're on a quest; you learn new things every day. Let self-love be one of the lessons you learn and never forget!
12. The 10 year-old you is pushing you to be everything you've ever dreamed of. Don't let them down!
13. YOU are beautiful!



CUFFING SEASON

Are You At Risk?

By: Tiona Harris

Cuffing Season - The period during the autumn and winter months in which avid singletons find themselves seeking to be "cuffed" or "tied down" by a serious relationship.

Q&A Section:

I asked a student, a psychology professor, and a Student Call Manager what opinions they have on "cuffing," and these were their responses.

Why do you think people cuff?

Aunjah: Boredness.

Chris: Cause the idea and public status of having someone to yourself is attractive, not necessarily the maintaining of a relationship. **Prof. Haines:** Satisfice. Going with the option that kinda meets your basic standards, but doesn't maximize the most important things you are looking for in a relationship. They're a convenient placeholder for you.

Have you ever been cuffed?

Chris: Yeah, because I wanted to come into the year with somebody, but my goal wasn't for a relationship.

Aunjah: No, but I've had plenty of summer flings.

How do you build a strong, committed relationship?

Aunjah: In a relationship, you should know yourself and what you will and will not tolerate.

Chris: A lot of dudes are allergic to commitment. Knowing they have options ignite these irrational fears, so communication with your partner must be strong.

How do you know you're a seasonal fling/What are the signs to look for?

Aunjah: I think that you just know. You know that this is a temporary phase and not meant for forever. Without a strong personal/intimate connection you are not cuffing.

Chris: Most people know that it's seasonal, but they keep playing themselves. Both parties like the convenience of the relationship until it becomes an inconvenience, that's when the distance starts. Then I gotta decide if I'm staying or flying the coop.

Prof. Haines: Have you developed a deeper connection with this person? Can you see a future with this person?

How do you avoid the risks of "Cuffing Season?"

Chris: Everybody's dating rules are different, so make your boundaries clear, communicate! Personally, if me and the one I'm interested in aren't cool or we don't have a connection or vibe, I ain't claiming you as mine.

Does the fear of committing promote "Cuffing Season?"

Prof. Haines: Of course, we have so many options of how people are being exposed to new partners. The biggest challenge for people is knowing you have a good thing when you have it. Also, the fear of being rejected contributes to people's reluctance to commit to someone. It's all a daunting process.

Prof. Haines' Theory: Secure and Insecure attachments have a lot to do with the complexity of Cuffing Season. She says, "Being exposed to so many options forces us into a more ambivalent attachment zone that probably underlies a lot of the cuffing seasoning motivations."

Tip Section: You Gonna Learn Today!

How do you fend off loneliness?

Invest in a full body pillow, a massager/vibrator, instant hot chocolate mix, a real or stuffed animal cuff buddy, have plenty of snakes available, and subscribe to Netflix/Hulu!

How to dodge being "Cuffed?"

Set friendzone boundaries!

If you're not looking to hook up, they should not be in your house!

LAST RESORT: Ghost them. Disappear off the face of the earth!

we’re
not just teachers

ENGLISH MAJORS can be MORE

By: Joela Diaz

Picture this: You’re at a family get-together on a Saturday morning. Everyone’s talking about the latest news and gossip. Your cousin turns to you and asks, “So what’s your major?” You smile and say, “English.” His smile tightens and he replies, “Are you gonna be a teacher?” You think I’m going teach a room full of sleep-deprived, hormonal teenagers? Cue the eye roll.

If I had a dollar for every time this happened to me, I wouldn’t need a part-time job. Unfortunately, many people assume that English majors are going to become English teachers. However, teaching is just one of the many options that English majors can choose as their career. Business Insider released a list of many successful public figures who just happened to be English majors.

Have you ever heard of Mitt Romney?
English major.
Matt Damon? English major.
Supreme Court Justice Clarence Thomas? Jodie Foster? Stephen King? You guessed it, they’re all English majors.

Sky’s the Limit

If all these people can reach this level of success in such a wide variety of careers, who says we can’t? When I asked Martha Witt, the internship coordinator at WPU, what kind of internships English majors could get, she answered, “Sky’s the limit.” She went on to discuss one intern who was working with the Saudi Arabian mission for the UN. Witt also mentioned working in publicity or grant writing. Caitlin Giordano, the assistant director of the Career Development Center, touched on working for human resources or even marketing.

Even though we have all these options, if you are anything like me, you are probably wondering how you’re going to find a career that you love. English majors have a stereotype of not being able to find a good job after graduation. However, finding a job is partly in our control. Giordano stated, “My biggest piece of advice would be to get some experience. So grab an internship, a part-time job, do a shadow.” While classes and grades are important, it is also necessary for us to get experience.

Witt says, “Part of having an internship is learning how to orient yourself in the world.” Let’s face it, an internship related to your desired career is a whole new world compared to working retail.

A Few More From
English.Stanford.Edu

Television Development
Public Relations
Medicine
Law
Finance
Technical Writer
Radiologist
Reporter
Graphic Designer
Business Development

Skills for Success:

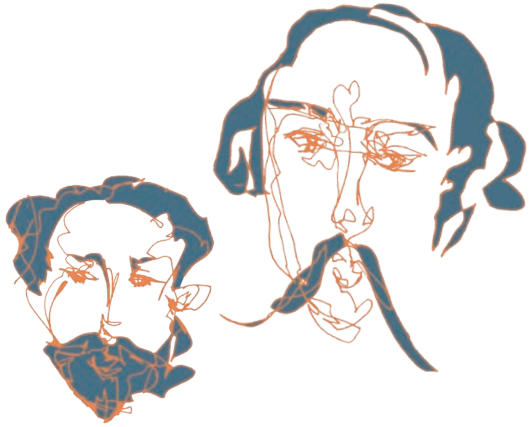
We English majors pick up a lot of skills during our time in college. According to Caitlin Giordano, “Some of the basic skills that are coming behind that English major are a love of research [and] a love of communication.” The skills that we get during our college adventure can take us pretty much anywhere

While the skills that we pick up in our major are essential to our career, I also wondered what other skills we should pick up to stand out amongst all the candidates we will be up against. Giordano had this response: “Definitely a skill to pick up is the ability to sell yourself . . . Knowing what your strengths and weaknesses are.” It is for that reason that I am a Professional Sales minor. Witt also added that there are skills that can be picked up while doing an internship. For example, to experience what it’s like waking up early to get dressed up for work, being on time, meeting tight deadlines, and learning to push through possibly mundane activities.

The goal is to pick up as many skills as possible to secure the career that you want. Witt also suggests that after narrowing down what you want to do, such as grant writing, take a class in that to develop your experience.

So my dear fellow English major, if you’re stressing over finding a job after graduation, if you’re wondering if this is the right path for you, remember that your options are not limited. It may not be at a publishing house. It may not be writing the next bestselling novel or teaching at your local high school. A career you never dreamed of doing could be your dream job. Don’t sacrifice studying what you love for finding a “safe” job.

We’re not just teachers. We’re not just writers. We are so much more.



MAJOR Changing Your Major Is Not One Of Them! CHANGE

By: Maria Chavez

When thinking about changing your major don’t think about the negatives, think of how great it could turn out. Some students, for example, stress out and worry about the time they think they wasted. Let’s say a student has not done well in high level courses for science, but has enough credits to make it a minor. Or if they have an interest in English and history they could combine those two and make it a liberal studies major/minor. Those classes that you took at one point are not a waste; there are always ways to make it work. You’re never alone-- advisors on campus are willing to guide and help on whatever you decide.

An alumni student who graduated in the year 2001 from William Paterson University is a prime example on how it feels to have changed your major, no matter how far along you are in the school year. Maria Parker was accepted into the nursing program when she started as a freshman. Her last year in the program, she switched her major to accounting. “I didn’t see myself doing the nursing job. I couldn’t picture myself doing that after going through three years in the program. It wasn’t my passion. I didn’t feel that spark in me, nor looked forward to going to work with patients. That wasn’t me,” Maria says.

The advice she would give to a student is to ask yourselves questions like, “Why do you want to change majors? Are classes getting more difficult? Is it really your passion?” The key is to be honest. Be honest with yourself because the only person you cannot lie to is yourself. Whatever decisions students have about their major, I hope they realize that it’s not a big deal. Changing your major can be represented as finding yourself. Not only will you be happy in school learning, but you will also have a happier life after school. It doesn’t matter how fast you get to the finish line. What matters is that you get there feeling satisfied that you won.

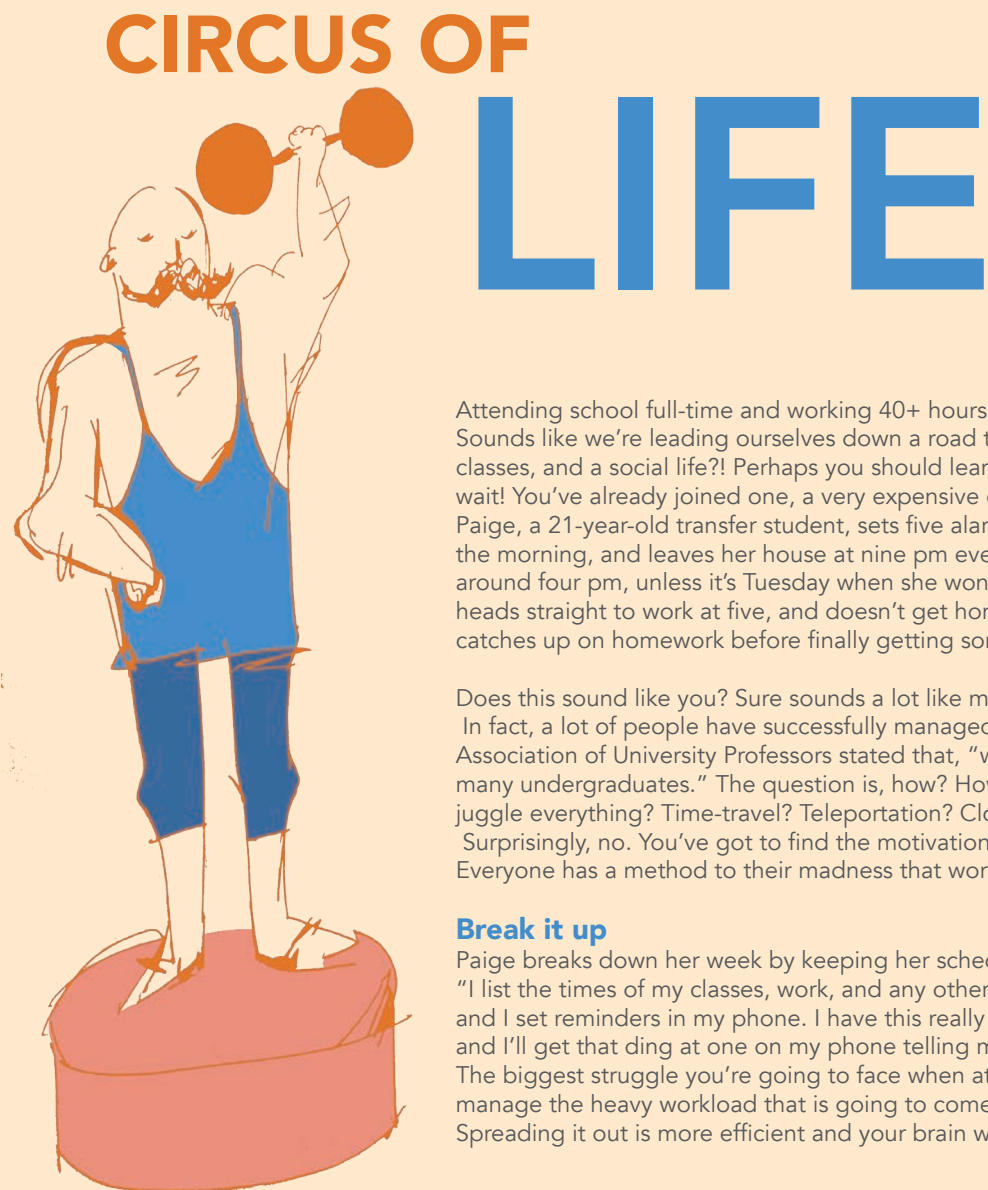
How many times have you changed your mind about what you wanted to wear today? About what you want to have for dinner? Where to go out tonight? All of these questions have simple answers, and yet we still have the tendency to change our minds. When it comes to changing your major, the same rules apply. We think changing majors is a huge catastrophe, but I’m here to tell you it isn’t. In fact, any major you choose could lead to a positive outcome.

According to Mr. Castro, a student advisor at William Paterson University, all subjects matter. All subjects have a purpose and meaning, something that you can take with you. “The easiest way to think about majors and being in college is to not feel like you are being married to it for the rest of your life,” Castro says. Often, students don’t change their major because of the pressure they feel from their family and friends. This can influence the student into not changing their major, even when they know deep down that it is not what they want. “I understand the reason, the purpose, the push. But not everybody is shaped or molded the same,” Castro states.

What happens also is that universities advertise their school’s degrees and majors in such a way that puts so much pressure on students. They don’t realize that the most conceptual and significant part of the process is learning. Students will walk out of college with a bachelor’s degree, no matter what the major is. That in itself is a great accomplishment. Castro says, “It’s hard to become an advisor because you have to sometimes take a parental approach into letting them find it for themselves. Most students just look at the finish line and don’t think of the race.”

Beginning College Students Who Change their Majors within Three years of Enrollment

52% of math majors switched to another major
40% of natural sciences majors switched
37% of education majors switched
36% of humanities majors switched 35% of all STEM majors switched
32% of engineering majors switched
32% of general studies major switched
31% of business majors switched
28% of computer and information sciences majors switched
26% of healthcare field majors switched
From the U.S. Department of Education’s Data Point newsletter



CIRCUS OF LIFE

Juggling A Full-Time Job While Being A Full-Time Student

By: Taylor Mastbeth

Attending school full-time and working 40+ hours a week? Is that a joke? Is it even feasible? Sounds like we're leading ourselves down a road to complete and utter failure. Juggling work, classes, and a social life?! Perhaps you should learn to ride a unicycle and join the circus—oh wait! You've already joined one, a very expensive one, and it's called college. Paige, a 21-year-old transfer student, sets five alarms every night to make sure she wakes up in the morning, and leaves her house at nine pm every day to get to school. Her final class ends around four pm, unless it's Tuesday when she won't leave campus until 8PM. Other days, she heads straight to work at five, and doesn't get home until after midnight, at which point she catches up on homework before finally getting some sleep.

Does this sound like you? Sure sounds a lot like me.

In fact, a lot of people have successfully managed what you're trying to do. The American Association of University Professors stated that, "working is now a fundamental responsibility for many undergraduates." The question is, how? How does Paige juggle everything? How will you juggle everything? Time-travel? Teleportation? Cloning?

Surprisingly, no. You've got to find the motivation and discipline to keep moving forward. Everyone has a method to their madness that works for them – you just need to find yours.

Break it up

Paige breaks down her week by keeping her schedule on paper and on her phone. She says, "I list the times of my classes, work, and any other things I need to remember for that week, and I set reminders in my phone. I have this really long break on Tuesdays between classes and I'll get that ding at one on my phone telling me, okay, time to start on some homework!" The biggest struggle you're going to face when attempting to take all of this on is trying to manage the heavy workload that is going to come. You have to sit down and organize your life. Spreading it out is more efficient and your brain will absorb more information in shorter bursts.

Communicate!

You might be a little hesitant to talk with your superiors in regards to work and school, but find a way to push past that fear and form a relationship. As a waitress myself, my schedule can get really hectic really fast, and it seems like things get out of control, which stresses me out. The first thing my manager told me when I explained I was going back to school was that school came first. Granted not everyone is as understanding, but don't shy away from talking to your professors. Let them know what's going on in your world and their response might surprise you.

Take advantage of your time!

Angelica, a 23-year-old nursing student says, "I get super stressed when I see due dates are coming up quickly, but I've learned to take advantage of any free time I get." Angelica, a waitress as well, carries around flashcards in her apron. We've been working together a few months now, when I walk

into work and see her in the kitchen pulling out her flashcards, I know she's walking that dreadful tightrope of time, but hey, at least she's managing. Paige revealed to me that when she was taking language courses, she would record herself on her phone and listen while driving or walking to class. Remember—every minute matters!

Focus on the finish line!

Never lose sight of the ultimate goal, that's what's going to keep you motivated. If you're putting all this work and time in, don't waste a second. Life is going to get a little crazy, perhaps a little stressful. You're going to question it, you're going to wonder why you did it, and you're going to think about quitting. Don't. What is the reason you're doing all this? Family? Future? Yourself? Remember that and hold onto it. It's going to get you through a lot!

Without a doubt, this is going to be a bumpy road. You're going to face obstacles and challenges, but it can be done, and you can do it. It may require some sacrifice, but if you're ready and willing, you will be successful.

As they say, the view is worth the climb.

When WP residents go from living off of just a mini fridge and a microwave in the dorms to campus apartments with actual kitchens, is it such a surprise they don't know how to cook "real" meals for themselves? Sure, now you've got a fridge, an oven, and a stove – but now what? Who knows what those are used for anyway? Up next: Confused college students tackle how to feed themselves for the first time.

When you live in these apartments you don't need a meal plan (most don't even bother with one), but if you do it's usually the 1k Pioneer plan and chances are you're not making the most out of it. Apartment students John and Amy, from Heritage Hall and Pioneer Hall respectively, help us out when it comes to buying healthy food cheap. By cooking your own meals in your apartment, you can save a ton of money every semester. With smart shopping and proper meal planning, you can really stretch out your buck without stretching out your waistline. John says, "Just throw anything you have into a skillet, it doesn't take a genius to cook."

But How Do I Coupon?

Amy from Pioneer Hall, is our Coupon Queen when it comes to teaching us how to save money while grocery shopping. As we all know, college students don't have much money to spare. "I [coupon] on my phone for the most part, [and] collecting the coupons on different apps is the easiest way." Amy explains that most stores even offer free opportunities to get coupons. Opening up a CVS or ShopRite card will help you save tons on every shopping trip. When it comes to phone apps, she recommends the Cartwheel app by Target. The CVS app is great too because it allows you to stack coupons like crazy with just one scan! The best hacks that Amy has for us about shopping are: "Always look down when shopping. Chances are the lowest priced items are near the ground, because not many people look down there while shopping. Also, don't be afraid to hold up the line with your coupons!"

Cheap Food That's Healthy?

Now that we know how to shop for the best grocery deals, John is going to teach us how to use our newly found superpower to make ourselves delicious, healthy meals. When it comes to cooking healthy foods for cheap, you don't have to go crazy. Jon says, "fruits and vegetables are actually cheap, and you can buy steam in bag vegetables for 99¢ a bag. I eat chicken for almost every meal. Buying it raw is a lot cheaper than the food that comes already cooked in a freezer bag; same with all the pre-made frozen dinners." And don't forget: There's nothing a little seasoning can't fix. John

emphasizes that a college student shouldn't spend too much time trying to cook every single meal. No college student has time for that.

Instead, use John's life hack: Meal prep your meals for that week one night in advance if you can. This way you'll be able to eat better foods, save more time, and money all in one go.

Is This For Me?

Connecting what we learned from John and Amy, it's clear that it's easy for residents to save money and eat healthy if they really put in the effort. No one should have to live off of the food that the school makes you pay for out of pocket if you don't have a meal plan, especially when you have a full kitchen at your disposal. There are so many other ways out there to get good food, the right way! If you're still not sure if this change is for you, give some of John's go-to cheap recipes a shot to jump start your new, healthy-eating lifestyle.

HEALTHY APARTMENT JUNKIE

The Art of Mastering Quick & Cheap Eating

By: Hayley Gazzara



Breakfast

(\$2) Eggs
(\$13) Rice cakes
(\$6) Organic nut butter

Lunch

(\$7) Bag of un-breaded frozen fish fillets
(99¢) Steam in bag vegetables
(\$2) Unsweetened applesauce

Dinner

(\$5) Fresh chicken breasts
(\$1) Bag of fajita seasoning
(\$3) 3 Bell peppers
(\$1) onion

Instructions: Cut everything up, mix all the chicken and vegetables into the seasoning. Lay everything on to a baking tray, and cook at 350 degrees for approximately 20 minutes.



THINK

like a kid

Stress And How To Handle It

By: Taylor Rauth

Rewind and think back to your third grade self sitting in your classroom. The biggest anxieties you have are whether your mom packed your snack. The rest of the day, your teacher does fun activities with you, then you have lunch/recess with your friends, followed by soccer practice after school so you can see them again. You finish your homework in minutes, and although you may have things that stress you out at home, you've got it pretty easy—especially since you have parents' help managing everything you've got going on. Of course, none of this is the case now. You're a college student with a pile of expensive textbooks on your desk that you rotate through your course schedule. You spend hours at a time on each assignment, have a to-do list longer than your arm, and you don't know how you're going to pay off your loans. Every free minute you get is filled with overthinking, overloading, and oversteering. It's a juggling act, and with no help from anyone.

The fact of the matter is that as a whole, we stress too much. With all of the obstacles that life throws at us as we get older, it's easy to become overwhelmed. According to CBS News, New Jersey tops the list as the most stressed out state. As college students and adults, we finally get it. We have bills to pay, mouths to feed, jobs to keep, and so many more things. Instead of tackling stress, we fall in too deep and let it get the best of us. Some of the answers we need can be found in our younger selves that can help us even as adults.

Do Kids Have the Answers?

Third graders have a better grasp on stress and its effects in more ways than you think. We can learn from New Jersey third graders Emma and Andre about stress. In today's classrooms, the curriculum ties in mental health. This allows kids to grow up with an awareness and understanding of their own mental states. Kids comprehend stress as "a lot on your mind" and "too many things on your shoulders." With a more simplistic perspective on stress than adults, children see solutions in a cause-and-effect manner. If you have a certain stressor, work to eliminate it.

Emma thinks the best solution is to "talk to your teachers, mom and dad, or your friends...because they can be a lot of help." It's good to talk to someone and ask for help. Andre, on the other hand, thinks meditating is the answer to your problems. He also says you should "do something relaxing like watching a cartoon" or to do whatever brings you serenity.

How Does this Help Me?

You're probably asking yourself, how can a kid know anything about adult issues? Tackle stress in a way that kids say you should may alleviate your stress. Do what you need to, place yourself in your third-grade shoes again, ask yourself what would be the best way for you to manage your stress now? Emma says talk to someone, but college students often forget or refuse to ask for help. William Paterson is a resource-rich campus if you have anxiety about your classes or degree. You can talk to your advisors and other faculty for guidance.

As a college student, do yourself a favor: stay organized. Keep a planner and be sure to mark down all of your due dates at the beginning of the semester. Try not to procrastinate. Set aside a sufficient amount of study time, and don't be afraid to start early on an assignment you know is due at the end of the week.

Of course, college students have countless personal stressors as well. Jenna, a William Paterson student in her fifth year, says that her motto is, "Do those random little things that take the stress away." Well, if we look back, Andre's "random little thing" was watching cartoons. In

your case, go to the movies, hang with your friends, take the day off—whatever you need to do so you can de-stress in this top-sy-turvy endeavor as a student. Although time traveling isn't likely to happen, thinking like children can remind us to let things go and take life easy once in a while.



Imagine you're sitting in a classroom, the professor is lecturing on a topic you were assigned to read over the weekend, and soon a lively discussion takes place. You, however, cannot participate—much less concentrate—because out of nowhere, your heart starts to race inside of your tightening chest which causes you to hyperventilate. No one around you really seems to notice, but in your mind they're all looking at you with judgmental faces. You get up to leave class and take your anxiety attack with you. A barrage of negative thoughts take over and guilt, self-doubt, and depression start to seep in. The symptoms of any mental illness are disabling enough, but additional stressors, like the pressure to do well in college, can trigger an emotional crisis.

The Scary Truth of Mental Illness

According to the National Alliance on Mental Illness (NAMI), research shows that 80% of students feel overwhelmed by their responsibilities, while 50% feel so anxious that they struggle in school. College counseling centers are overwhelmed by the numbers of students seeking help, according to Time Magazine. In fact, between 2009 and 2015, the number of students visiting counseling centers increased by about 30%, while enrollment only grew by less than 6%, according to a 2015 report published by the Penn State Center for Collegiate Mental Health (CCMH).

Students struggling with mental disorders are already overwhelmed, so the academic pressures will only make the symptoms worse. This can make it impossible to function normally at times or even to stay in school. "I was hospitalized two years ago and I pretty much ended up failing the semester," says Charlotte, a WP sophomore and Communications major who manages with bipolar disorder and ADHD, "I took medical leave last semester and when I came back, I was on academic probation." Charlotte isn't alone. According to a 2017 survey by the American College Health Association, nearly 40% of college students said they have felt so depressed in the prior year that it was difficult for them to function, while 61% of students said they have felt overwhelming anxiety within the same time period.

Success Stories

Devin and Charlotte, both William Paterson University students, are not just struggling, they're also thriving. Devin's motivation is self-efficacy and independence. "I just don't want to live with my parents my whole life," he says, "I want to get my own place and do my own thing soon after I graduate. I've been taking five classes a semester—Monday to Thursday, I'm the president of a club, and I work Friday through Sunday. I have a lot of sh** piling up and no days off. My anxiety makes things worse and these things worsen my anxiety. I meet with a counselor at the Health and Wellness Center every week to just sort of vent and get some good feedback on how I'm handling things."

Since Charlotte was in such a bad place, she had to take a semester off. She recalls the following incident which changed her approach to managing her mental illness, "One time, I missed a presentation and my professor pulled me out of class and told me I need to drop it or fail. I told her my bipolar disorder was getting in the way of doing work. She responds with, 'I have students who are cancer patients.' But mental illness is also a disease and it kills just as many people. I dropped the class." After making her final decision on dropping the class, Charlotte realized that not everyone will empathize or understand. She is doing a lot better now and takes accountability for her success, "I started going to Health and Wellness Center and I started taking medication. I take spin classes at Overlook gym. I just became proactive about taking care of myself, and now I have a 3.4."

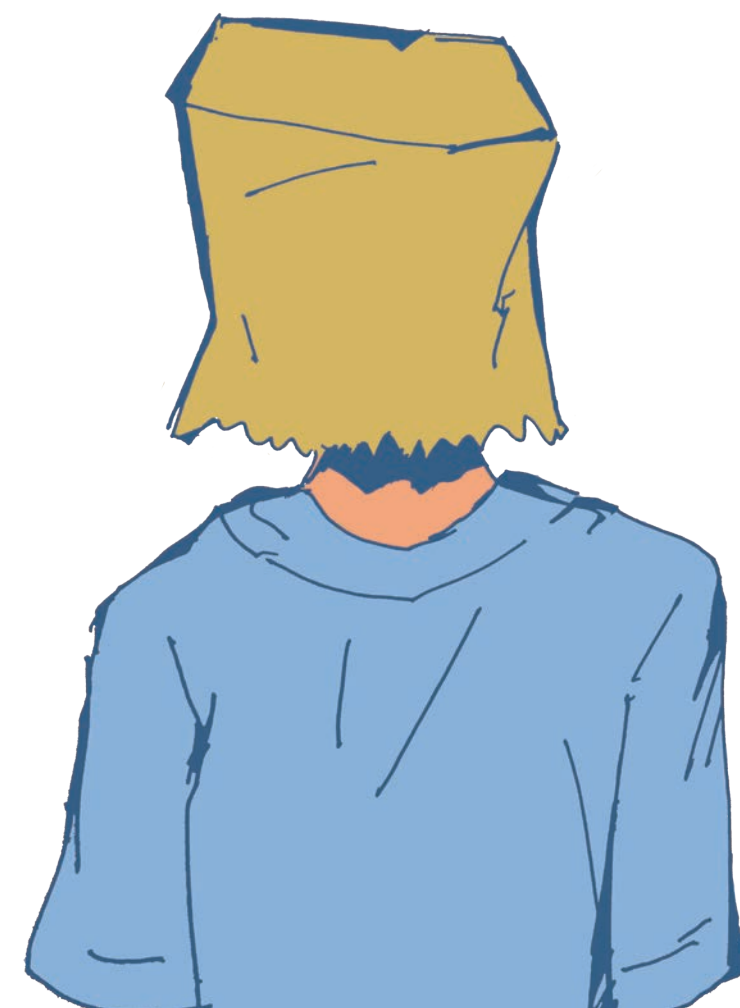
What Your School Can Do

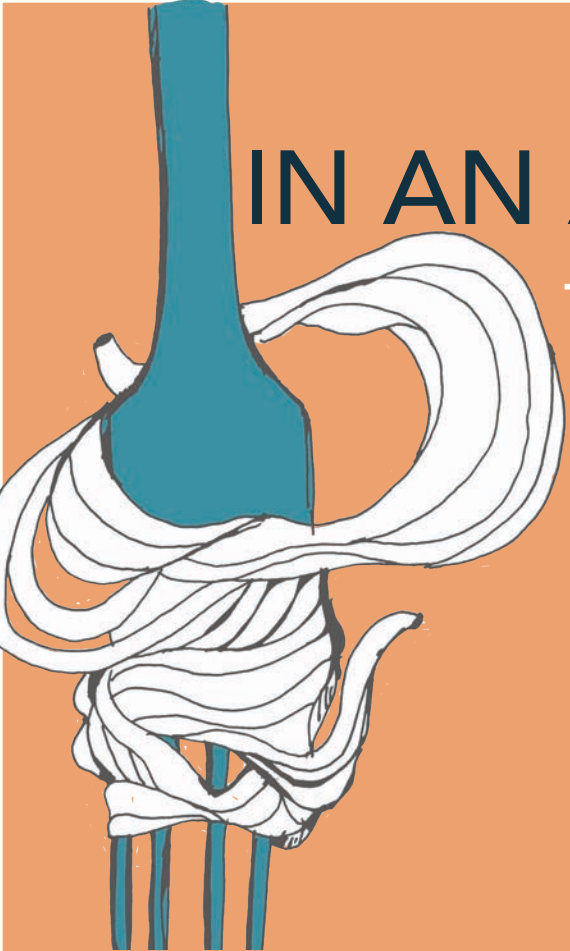
By law, any student who registers a documented disability such as mental illness with their college, must be offered necessary accommodations. A Letter of Accommodation is given to students' professors so they may have extra time to submit work or complete tests. Students can choose not to use the accommodations, but they are available just in case. However, extensions to complete assignments is not a crutch to help a student succeed, but instead an extra tool to help them complete the work needed. By giving the students this option, it shows that schools will help you succeed while battling a mental illness.

WP'S TRUE LIFE

By: Fatima Jamal Kanouni

Struggling with Mental Illness and Succeeding in School





IN AN APRON AND AFRAID

The Truth Behind Closed Doors in the Serving Industry.

By: Lisa Giampietro

It's 3AM and you're walking to your car. You should be out with friends or snoring the night away. However, you're \$268 richer, and your feet hurt. If you can't tell already, I'm illustrating a typical Saturday night for servers. Now I bet you're thinking, okay, people work nine hour shifts every day? You're not wrong, but what separates a server's job from every other profession? I'm here to supply you with the Intel, showing you what happens when the curtains are pulled back at a restaurant.

Waitress Q&A:

How much stress do you think a server experiences when juggling a job, a social life, and school while trying to get enough sleep at night?

Is there sexual harassment within the industry, and could drugs solve all your problems?

Is the money REALLY worth it?

Server's Stash

I've been a server for three years, and it's become clear that the issue of drugs needs to be discussed. From personal experiences, I can say that drugs within a restaurant do exist, and trust me people don't try to hide it. Most are surprised to hear that drugs are a key factor in a server's "shift survival kit". When you've been working for nine hours after two hours of sleep, a quick key bump in the bathroom could solve all your problems, right? Wrong! Unfortunately, most servers turn to drugs to keep their mind moving so they don't crash in the middle of a shift. I've seen coworkers walk into the bathroom while simultaneously pulling a rolled up dollar bill out of their pocket. I pretend not to see it, what am I going to do? Rat out a friend and have them lose their job? It's moments like this where I feel stuck and unable to have a voice. Compared to all industries, this one takes the number one spot of drug and alcohol abuse on the job. Around 19% of servers will abuse drugs and alcohol. I've personally witnessed multiple people lose their job because they came to work wasted or tried to buy weed from another employee. Still nothing is done to solve the issue... so what needs to change?

Let's Talk About Sex(ual harassment)

Sexual harassment, it is present, and it needs to be reversed! There are countless horror stories to be told about how women are victimized on the job by customers and even coworkers. Imagine walking into a freezer to grab a bottle of Ranch dressing and having a coworker follow you in, and stand in front of the door unwilling to let you pass. That was me. In that moment I froze, scared to think about what he would try to do, and how it would affect my job. Each shift male customers leave phone numbers and watch me bend over to pick up a napkin, because they think that it's fun to sexualize my job. All while judging my tip by the amount of "flirty" attention I give them. Would you be upset if you didn't get tipped because you weren't flirtatious enough? Or if your manager told you to unbutton your shirt more? It's tragic that women deal with these job requirements to enhance their income.

Cracking the Industry Code

I always ask myself, is the money worth it? Yeah, the job has its ups and downs, but I constantly brag about the amount of money I make. While making insane memories with coworkers who will become your second family, there will always be unavoidable drama, and the stress of juggling so many things at once while working such a demanding job. People need to have a voice; I deserve to have a voice. With such controversial subjects such as drugs and sexual harassment surrounding your job, how do you stand up for yourself and still say that the money is worth it? So many things can go south during a shift, when only one goes well. I think the money is worth it, especially for college students, but should it be a lifestyle? A career? What changes need to be made to make servers feel more secure?

"Oh my god, you're such a Scorpio."

"That's the most Aquarius thing I've ever heard."

"Ugh, you can never trust a Gemini."

In the last few years, millions of young people have turned to birth charts, new moon rituals, and crystal-healing powers to get through the day to day shuffle of life. Millennials and Gen Zs are gravitating towards the spiritual, and astrology has risen to its highest status in decades. This influx of interest has sparked a pressing question: Why? According to American Psychological Association survey data, since 2014, Millennials and Gen Zs are significantly more stressed than generations passed, but that's not all. Americans as a whole have seen an increase in stress levels following the political rollercoaster of the 2016 presidential election. In 2017, the APA found that 63% of citizens were significantly stressed about the current and future conditions of the country.

So everyone's stressed, we get it, but what does any of this have to do with astrology? In 1982, psychologist Graham Tyson conducted a study which concluded that people who sought out astrology consultations did so in response to a negative stimulus afflicting their lives—most of which were aggravated by stress. "Under conditions of high stress, the individual is prepared to use astrology as a coping device even though under low-stress conditions, he does not believe in it," Tyson wrote.

It would seem, then, that stress and astrology are like peanut butter and jelly, cereal and milk, chips and dip—you get the point. In the right environment, stress and astrology make the perfect pairing. Although, stress is a big factor playing into the role of why young people have gravitated toward astrology, it still doesn't necessarily explain how the industry has skyrocketed to its level of fame. Abigail Urena, a William Paterson University student and astrology enthusiast, has an idea. "I think that memes are what made astrology so popular," said Urena. "Memes are so popular on social media because anyone can relate to them and I think astrology found its fame in this generation of social media."

In the last few years, meme culture has also continued to grow and expand its horizons. It's not uncommon for people to break away from their stresses and dive head-first into Instagram or Twitter.

"Memes are a wholesome source of humor," according to Odyssey writer Sasha Urban. "There's a meme for everything, and while that does include the bad things, it also includes the scary things, the uncomfortable things, and the happy things. Memes take the seriousness out of everyday life."

Where stress explains why one might initially turn to astrology, social media illustrates how those stressful subjects digest astrology related content. It's evident that today's society has taken memes and launched

GENERATION OF STAR GAZERS

them onto a comedic relief pedestal. We seek humor to alleviate our unavoidable bouts of stress. At some point, two of our generation's main coping mechanisms collided to create the most neurotic and egocentric lovechild of all time: astrology memes.

Popular astrology-related Instagram accounts like @notallgeminis and @jakeastrology have over 400k followers combined. The two accounts are notorious for their hilariously relatable meme depictions of each sign, catching the attention of famous magazine publications like Cosmopolitan and Vice. The creators of these two accounts have now gone on to write astrology-related blogs and articles for numerous publications and certainly show no signs of slowing down on their cheeky content. Now, only one question remains: Is astrology another passing fad or will the stars and constellations be here to stay?

Only time will tell.

A Closer Look On The Rapid Popularity Of Astrology

By: Casaundra Pagan



Today's Special

Order up! On today's menu, try one of our five tips on how to survive a shift!

1. 10 minute naps in the bathroom... a two a.m. MUST!
2. Seriously spend the extra money and get shoe inserts, trust me.
3. Put on a little makeup, it will make you feel like a boss ass bitch, instead of a 10 year old girl.
4. Don't forget something to munch, and hide it from coworkers. "Joey doesn't share food"
5. One word. RedBull.

How to Kill Writer's Block



By: Jeffrey Ade

"I'm not built to be a writer," I thought. It takes me hours to develop a topic, days to write, and countless revisions that sometimes never end in a finished paper. Near the end of the 2018 Spring semester, I was failing a majority of my classes which put me at risk of not being able to attend school. I had left college for a semester after switching majors from Music to Creative Writing, and returned on an appeal that required specific academic success. I was scared there was no chance of turning my F's to C-'s. Luckily, that wasn't the case. Opportunities were still available—one of them happened to save my career.

William Paterson University and its Living Writers series was allowing students to hear renowned poet, Hadara Bar-Nadav, read from her published works. My creative writing teacher encouraged participation for anyone in need of making up assignments. I was hesitant considering a bad experience at this event my freshman year, but I needed help. Within an hour and 30 minutes, Bar-Nadav ran through finished and unfinished pieces, while also having time to speak about her process and personal life. The biggest lesson learned: she's human. Despite her status, she doesn't always have the answers. However, pulling from her story and applying it to my own, I managed to pass my spring semester as a continuing Creative Writing student at William Paterson University. I thought it'd be only right to team up with Bar-Nadav and head of the Writing Center, Sean Molloy, in dedicating an article to those suffering from writer's block, as well as advising on how to cure it.

Causes of Writer's Block

As a third year, Assistant Professor of English at William Paterson University, as well as the school's current director for the Writing Center, Sean Molloy has interacted with many students, faculty and staff dealing with the causes of writer's block. According to Dr. Molloy, writer's block starts in K-12 English courses, which focus on mistakes and fixing errors. "And all of that focus on errors and all of that focus on what's wrong can freeze up a lot of writers," he says. Molloy firmly believes writing is a creative, intellectual, and psychological activity. Therefore, being exposed to critical negative energy at the beginning of your writing process can be paralyzing.

Find Fuel

Develop a taste for new and exciting things. Use the people and community to stimulate new ways of thinking and writing. Don't be afraid to put the pen down. Some days, simply reading or indulging in other activities can help your writing later on. As someone who studied in both art and art history, Bar-Nadav not only learned the importance of reading, but also the role visual stimulation can play.

Put Down Whatever Comes to Mind

Don't overthink, and just write. The early stages of creating are supposed to be the easiest. It's the opportunity to let loose, free of judgment. For example, free writing is a useful method that helps brainstorming. As Bar-Nadav suggests, put down whatever comes to mind. Then, during the revision process, find the meat.

Try a Different Approach

Refrain from what "works." In fact, sometimes you may find your typical process unsuitable for every situation. A solution--find unconventional ways of creating. Being too comfortable in a process tends to keep us from pushing our knowledge and creativity. It could also be the cause for getting stuck, when projects may call for a different approach than we're used to. One method that has helped Bar-Nadav is finding a craft. For example, writing a poem in a particular formation, or creating a collage of words circled from other readings.

Do It to Survive

Don't look at writing as a chore or hobby. Instead, place it on the same pedestal as your basic needs such as food, shelter, and clothing. Changing your mentality to believe writing is a daily necessity, will keep you from letting a day go by without attending to it. After losing her father to Lyme disease, Bar-Nadav recalls that at one time seeing poetry as "stupid," and not something that would save her father. As a method of survival, she wrote, until one day realizing she had formed a book in the process.



EVENTS AT WPU

Not Commuter Friendly?

By: Allison Kenny



The daily schedule of a commuter student is jam packed with work, classes, and travelling. There also must be time to do homework, eat, and maybe sleep. Despite the hectic nature of commuting, 75.2% of undergraduate students at WPU do not live on campus, according to the Office of Institutional Effectiveness. Everyone's reasons for commuting are different. Most decide to commute to maintain a steady income and save money. Student Kary Ireland "...didn't feel the dorm life was all that great, in comparison to living at home..." with the benefit of free, nutritional food and other homey amenities. Nick Salvatoriello commutes because he works to "help Mom pay for college tuition."

Being a commuter takes up a lot of time and energy. It would make sense that the last thing on anyone's mind are the extracurricular events on campus. It becomes difficult to feel a part of the on-campus community when commuter schedules are too cramped for such events. In terms of money, those who drive have to worry about the associated costs, physically and financially. Fellow commuter Victoria Huizing says, "It's hard to get to campus for an event...and you have to think about factors like traffic and paying for gas."

Inconvenient Times

Most events or club meetings take place around 6:00-7:00 PM when they cannot meet for common hour. For a lot of commuters, this is not a feasible schedule. Most people have work, take night classes, or just don't feel like driving all the way back to campus after leaving their morning/afternoon classes. On the Commuter Resources page online, the only events listed that are specific to commuters are the NJ Transit "Free Ride" opportunity, which occurs once a semester, and the breakfasts/luncheons, which are once every two weeks. The main issue that commuters have with the breakfasts and luncheons is that they are at inconvenient times, or in inconvenient places. These two events could be beneficial, but proximity and timing often become the main issue that keeps commuters from partaking in these kinds of regular events.

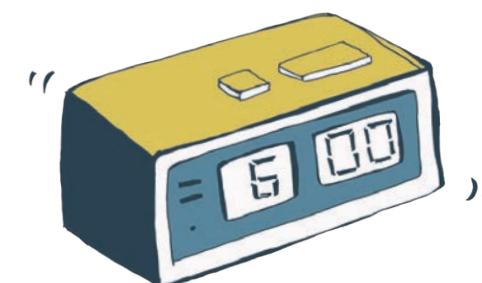
Lack of Advertisement

Each weekday, a "Daily Announcements" email is sent out to the wpunj email addresses. These

emails often get overlooked by students in their overflowing inboxes. Word of mouth only gets a message across to a small population, and is usually shared between resident students and their off-campus friends. Victoria Huizing, for example, only knows when events are going on through a friend or social media. Lack of online accessibility can also lead to frustration for any student looking for information. Nick Salvatoriello says he has to go out of his way to find out about events.

What Could Be Done About It?

Since WPU is a commuter school by nature, why is there not more priority placed on taking commuters into account in these ways? After several student attempts to contact the Office of Campus Activities, no response was received. It also seems as though it could be up to students to voice their opinions as to what they would like, instead of leaving it up to the administrative forces. If a large enough student-led group attempted to communicate their needs for better organization of events, perhaps a significant change could be made to benefit the majority of our student body.



Victoria Huizing believes that if events had free food and music where everyone could relax and talk, students would make more of an effort to attend. An area

for commuters could be created for in between classes, or after class while waiting for an event or club meeting to begin. Kary Ireland explains how staying on campus after classes is a hassle for her, mostly because she has nowhere to go to relax besides her car. Commuter students would be more willing to be on campus for more than just class if there was a place they felt comfortable.

Perhaps if the commuter breakfast was held during a wider window of time and in different spaces on campus, or if the "Free Ride" program was instead a voucher that could be used for whatever day the student chooses, these opportunities would be more beneficial. When taking the inadequacy of notifications into account, maybe professors could be more involved in bringing relevant events to the attention of their students during class. For example, some English professors offer extra credit or extra sick days to those in their writing or literature classes who attend Living Writers events. By effectively incorporating these events into the college experience students simultaneously feel connected to their curriculum and to the institution where they spend a majority of their time.

ARE YOU OFFENDED?

How we Approach Controversial Material at WPU

By: Nicole Conca

As an English major, I have been thinking about the novels I engage with, and questioning how we decide which novels are worth reading. During periods of political and social unrest, there is an emphasis on putting more care into the rhetoric we use, but should that influence the literature we read in the college classroom? As students are we too sensitive when it comes to reading about things that offend us and if so are we doing ourselves a disservice?

I asked two professors about their thoughts on how to engage with controversial literature, and their response to the tension and frustration felt by their students in academia. Over twenty years at William Paterson University, Professor Stephen Newton has noticed a shift in the atmosphere, attitude, and willingness on behalf of his students to engage with controversial novels. Frustrated by the limitations students are placing on themselves, Professor Newton believes the idea of restricting what we read in a college classroom could "weaken [the students] ability to think independently."

But as a student, should I be expected to read about a potentially traumatic experience or interact with rhetoric, themes, or ideas I disagree with? For me these experiences are important. But for some should their past trauma and feelings be taken into account when making the curriculum and if so to what extent? Professor Emma Heaney spoke to me about her experiences as an educator. When confronted with students who have had religious or personal objections to the reading material, they have been accommodated. But Professor Heaney also acknowledges that difficult narratives are and have been essential to the literature canon, "For so many of us to read any depiction of our experience... is to encounter violence being done to people who have experiences similar to ours. So much of the history of literature is traumatizing. It's rife and structured by

violence." Therefore, we can't ignore those parts of our history or experiences which are reflected in the novels we read.

Then are there any novels that we shouldn't read and if so how do I make that distinction? Professor Heaney advises her students to "investigate a work and say does this work reinforce existing structures of violence or does it investigate them." As readers we are determining whether the meaning behind the work is something of value, or if its promoting ideologies one personally does not subscribe to. If so we can opt out of engaging. Professor Newton is opposed to the idea of shying away from any novel because it may be triggering or conflict with the reader's personal views and opinions. "It used to be that college was a place you go to be challenged...your family, community, your church, your high school having shaped pretty much exclusively your view of the world and things you've been exposed to" but now students are rejecting opposing ideas.

Professor Newton believes we shouldn't be offended by opposing material, rather we should be thinking of novels as "a kind of time machine. If you go back 100 years, 200 years you're going to find most people have opinions about a lot of things that in 2019 we think are abhorrent." We could view these works as an opportunity to peek into the past. He believes we have become too critical in our readings when we apply a contemporary mindset which inevitably leads to disappointment.

Professor Heaney countered that notion with the following: "It's a very different process than saying bad things used to happen and so the depiction of bad things is a realistic depiction. Because the bad things that have happened in the world they didn't only happen, people also had critical responses to them."

Those responses we are seeing now with the "MeToo" movement. Professor Heaney feels significant social events can change how we read literature. "It changed something about us about what we felt we can demand from the world and that is going to change our pedagogy." It's going to influence and alter how we engage with certain material, and how or what's being presented. Each professor held different convictions on the idea of how to engage with controversial material. However, one point of commonality stuck out between them. Literature has always given us upsetting and difficult narratives. When I read these works I can be comforted with experiences that mirror my own and yet there's something incredibly valuable in that.



The (R)EVOLUTION OF QUEER SEX ED

Where We Went, Where We're Headed

By: Christin Rodriguez

"What the hell is a dental dam?"

To settle this burning question, my girlfriend at the time had told me to look it up on the "girl on girl culture" website Autostraddle. I was immediately captivated by the plethora of articles that had been written by queer women for queer women- the tagline of the site. It was like nothing I had ever encountered in my nineteen years. I continued to scroll through endless articles, one of which detailed this mysterious object's use. A dental dam is the handy dandy item that, during intercourse, one may use to protect themselves while going down on someone. My eyes were glued to the screen as I read through the rest of the columns, absorbing things I had never seen or heard of before.

I was yet again confused: why hadn't I known about this sort of thing sooner? When asked about her knowledge of uncommon prophylactics, William Paterson sophomore Lupe Dragon stated "I didn't even know what a dental dam was until a year ago." It is not uncommon for sex ed courses in schools to omit inclusive teaching practices. Lupe made it clear that her public school education "didn't even touch on it." "It" refers to LGBTQ+ relationships and safe sex practices. I too was void of a healthy understanding of queer sex in high school, along with a few other William Paterson students. Juliet Schneider said that her school did not cover queer sex ed at all, while Olivia Scucci said that the very little they did cover was only because "someone was talking about AIDS." Olivia also went on to say that she "felt like the little amount that we discussed only reinforced incorrect stereotypes about queer sex."

This unfortunately is the case for many young queer students. The Guttmacher Institute claims that only twelve states currently require the discussion of sexual orientation. Nine of these require that the discussion be inclusive, whereas the other three "require only negative information on sexual orientation". In those three states, there are laws prohibiting the "promotion" of non-heterosexual orientations. The negative tone surrounding or the total lack of queer sex ed representation had personally left me feeling isolated. In class I was too afraid to ask the questions that ran through my mind because of my fervent fear of being outed or called weird. Juliet also recalls feeling "very insecure in health class and... very out of place, like the class wasn't for me." These feelings of frustration and insecurity regarding sex ed classes are not uncommon for the LGBTQ+ community.

However, there are ways to find a safe place to discuss these thoughts, emotions, and feelings. The queer community has seemingly always been talented at cultivating spaces for themselves. I've found that YouTube has proved an invaluable source for queer people. When talking with William Paterson students and queer friends, YouTube is where most of them have truly learned about how to have great sex and do so safely. Dr. Lindsey Doe and her YouTube channel, sexplanations, has been making waves with over six hundred thousand subscribers, featuring videos ranging from "guided masturbation" to

"butthole maintenance." Stevie Boebi has also had success in her Lesbian 101 series, in which she discusses how to have lesbian sex, and no it's not just one video about scissoring. Spaces like these have done what systematically heterosexual education courses have failed to do, which is create a safe environment to discuss all types of sex and safe sex practices.

Two years ago I would have never even considered writing a single sentence about my sex life. However, seeing so many queer Youtubers talk about their awkward sex experiences, and seeing the vulnerable comments of other queer people my age has given me a space to grow more comfortable with my sexuality. And although there's a long way to go from only twelve states requiring the mention of same sex relationships and safe sex practices, we as a country are getting there. Undereducated young queer people of my generation, myself included, were able to figure out how to "do it" safely and might I say well! I have hope that in the future young queer or questioning people will be able to have the resources readily given to them in their high school health courses, instead of having to rely on their own luck to find what they need.

WHAT TO EXPECT

When Expecting Graduate School

*How do you make the leap from undergraduate to graduate school?
Here's what to expect during the transition within higher education.*

By: Taylor Douglas

The transition from undergraduate to graduate school can seem like a daunting task even for the most prepared student. Often times the transition is filled with uncertainty about whether the student will be accepted into their program of choice. How do you improve your chances of getting accepted? A student near graduation at Stockton University, Brittany Holmes, says that having a good application is key to improving your chances.

What is the application process like?

Graduate programs vary in topic, time, and application credentials but there are a few common characteristics in the journey to graduate studies. The graduate school application process starts months before an undergraduate student's graduation date. Students usually begin with researching graduate programs and universities that have the credentials they are looking for. In Brittany Holmes's case, she hopes to become an occupational therapist, which means she has to find "accredited programs by the American Occupational Therapy Association." To ensure the best program for graduate studies, it is important to research the programs and their requirements for entry.

The next step in this process is the actual application, which can consist of essays, personal statements, lists of completed courses, grades, recommendations, and interviews. Holmes said this took a few months to complete since all schools have different applications processes. Required test results and interviews must be scheduled in advance so it is key for students to research their desired programs. All of the necessary elements of a graduate school application can make the process considerably overwhelming as a student when you are juggling undergraduate course work and other extra curricular activities.

An example of a graduate application process can be found on the William Paterson University website under Admissions, Graduate Admissions, and Apply Now. This leads to the application that includes a questionnaire and links to upload required documents. If you are a student at William Paterson and are interested in their graduate program, the university offers a waiver for the fifty-dollar application fee and does not require an official transcript. Another bonus for WPU students is that they can take required exams such as GRE and GMAT on our campus. There are many components to the applications making it is important to gather all required documentation and test results so you can submit the best application possible.

What to consider when you are accepted into graduate school

There are many opportunities and decisions when it comes to graduate school and one of those is whether you should be a full-time or part-time student. This often depends on the student and whether or not they are employed or have other obligations. If work or other obligations get in the way of a student's graduate studies, distance learning programs can solve that problem. Distance learning programs usually involve the student not being physically at class and can include hybrid or online courses. It is so popular that more than one-third of total post baccalaureate students (1.1 million) participated in distance education in 2016.

An alternative option for graduate students at William Paterson who wish to be enrolled full-time is a Graduate Assistantship. It is a job opportunity on campus and consists of twenty-hour work week from September to June. The assistantship requires the average time it takes to complete a graduate degree which is two years.

Another opportunity for prospective graduate students is the BS-MA program which is a joint bachelor's and master's degree. In this program, undergraduate students can take graduate level courses while finishing their undergraduate studies. At William Paterson, students are able to apply to this program during their sophomore year but must maintain a certain GPA. More information about graduate admission, programs, and assistantships can be found at the Graduate Admissions office in Morrison Hall.

The leap from undergraduate to graduate studies can be long and arduous but higher education has provided students with great experiences and opportunities. There are many factors to consider when transitioning to higher education yet with plenty of research a student can find the best path for them. If a student is dedicated enough, the entire process will be worthwhile.

Application Tips:

Don't rely on your grades for acceptance
Include all extracurricular activities
Choose recommendations from those who will speak highly of you
Be thorough in your applications
Triple check your applications before officially submitting them

EMPOWERMENT

Supporting Your Sisters In The Workplace **By: Kayla Perez**

Empowerment. It's a word that all women have become familiar with. But what does it actually mean to empower? In today's world, women are still fighting for their equal rights, feeling as if there's a glass ceiling above their heads. It is easy for women to become victims to misogyny in their workplace because it is not always so visible to the naked eye. For example, have you ever been told to do a secretarial task even though you are not the secretary? Or been told that you wouldn't be able to handle the position because you would be "too emotional?" This is misogyny, and whether you are straight out of college or ready to retire, there are a variety of ways to fight back and empower your female coworkers.

How to detect misogynist acts, report them, and empower each other:

- 1. Detect:** Crude remarks, homophobic and racist comments, sexist "jokes" and obviously, any form of sexual harassment are all behavioral signs of workplace misogyny.
- 2. Report:** For this important step, Dr. Scala recommends keeping a log about all instances, dates included. They may be needed if a formal complaint is made.
- 3. Empower:** It is important to remember that many women struggle with this on a day-to-day basis. Discuss these behaviors with other women at your job because chances are, they can relate. Stick together with your work girls and get yourself and them some justice.

According to a study done by Pew Research Center in 2017, four out of ten working women (42%) state they have experienced some form of gender discrimination while on the job. This statistic also varies depending on the career field you are in. Although 42% of women may not seem like a lot, this percentage should be drastically lower because come on, it's 2019.

After speaking with expert Dr. Arlene Scala, the head of the Women and Gender Studies department at William Paterson, it's clear that there is a multitude of resources you can use to combat this, starting with yourself. Here is an easy guide to help you if you witness one of your female coworkers experience an uncomfortable situation:

Talk to Her

There is a chance that your coworker may try to brush the situation under the rug, but it's important to let her know that you are there for her no matter what her decision is. Together and with your support, she can construct a game plan to stop the monster in his tracks. Also, encourage her to talk to other women in the office because there is a chance that they've had similar experiences.

Believe Her

You may not always be present to see what is happening to your female coworkers, so if she confides in you about the situation, listen and believe her. It takes a lot of courage to come out about an uncomfortable incident that happens in the workplace because there are many fears that come with coming forward. When she comes to you, you must show all of your support. "Support and solidarity are important," says Dr. Scala and it couldn't be truer.

Stand Up for Her

Sometimes, all women need is a little bit of backup, but that's what we are here for. There are many misogynist micro-aggressions that women deal with on a daily basis and if you see a female peer dealing with this is, it easy to stand up for her. For example, if you are in a meeting and she is being spoken over by a man, interrupt and say, "I don't think [name] was finished with her thought and I would like to hear it." As long as your female coworkers know that you are there for them, they will be there for you, gaining the courage to stand up to their own aggressors.

After all is said and done, it is time to grab your coffee and sit at your desk. A majority of your time at work will be focused on your work and only that, but it's important to be aware and to know how to protect and empower your girls if something was to happen. After all, you will be spending most of time in your office, so you want to be comfortable! And remember: we empower ALL women! Of all races, sexualities and differences because women's rights are human rights!



LIFE WITHOUT COFFEE

The Issues Involving Sustainability and How Students Can Get Involved

By: Mathew Whipple

For many students, drinking a cup of coffee is the first step after getting out of bed in the morning. It fuels late night studies, and coffee shops act as social spaces for meetings with friends. However, many have no idea where their coffee comes from, let alone the risk it could be at in the near future.

Laura Perry is a coffee industry veteran and the owner of Enjoy Lūna Coffee, a roasting company based in Vancouver. In terms of its impact in the world, Perry says, "Coffee is a particularly relevant crop to look at when looking at the socioeconomic conditions of the world at large, and also when looking at the environment." As global warming continues, Perry describes the implications it could have on the coffee industry. "Specialty coffee . . . is sensitive to any changes in average temperature between the tropics, and when the temperature goes up, there is less land area and fewer places to successfully grow coffee."

While the environmental issues are serious, Perry believes, "the more immediate and urgent issue affecting coffee is people." Many coffee consumers do not realize the amount of labor that goes into coffee production. In many countries, coffee is picked very selectively by hand. Perry shared insight about the current market, saying, "The current commodity market is volatile . . . and as of right now, the price sits at around 100cts/lb of exportable green coffee at the export level."

Many coffee buyers in the specialty market make trips to "origin," or coffee-producing countries to gain insight as to how the industry is structured and to communicate fluidly. Perry's colleague, who recently visited Guatemala found out the minimum wage was a mere \$11.85 USD per day. Perry explains the volatility of this after factoring in labor costs. "If you assume a typical coffee picker can harvest around 100lbs of coffee fruit per day . . . the cost to a farmer to pay her picker is 70cts/lb. So a farmer is left with 30cts/lb to maintain their farm, pay for their lives and their family's lives. The math simply doesn't add up. You are guaranteed to lose money if you grow coffee for the commodity market today."

As students and coffee consumers, these issues may seem a bit distant to us. However, in terms of its future effect, Perry says, "If there is no market correction action taken for the commodity market, then it is very possible we could see the complete collapse of the coffee market in a surprisingly short period of time." Over time, prices of coffee will go up as more farmers abandon growing coffee for other work that will make them more money. It is hard to say how consumers could respond to this over time. On one hand, many are moving towards specialty coffee. Amia Melian, an NYU student, is among these consumers. "In general, I drink sustainable coffee because I like how it tastes," she says. "I've noticed that a lot of big coffee chains tend to sell drinks that taste super sweet, and I rarely can taste the actual flavors of the coffee itself." While costs could potentially rise, Perry thinks it is deserved, "This is more of a price correction from something deeply unfair to a more sustainable price, than simply a price increase."

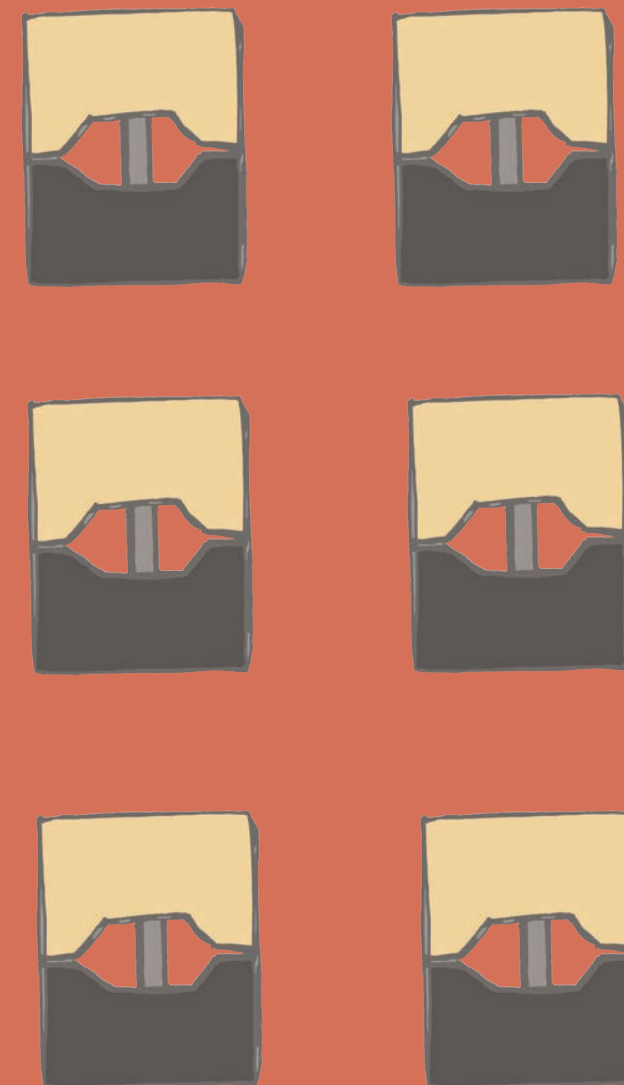
What can students do to make a difference? Well, Melian believes that paying higher prices is reasonable. "The higher cost is for a reason, the extra money goes towards paying all the individuals involved in the process of getting your cup of coffee to you." However, for WPU students who only have access to commodity coffee sold at Starbucks or Dunkin' Donuts, Perry thinks a more DIY-approach can be taken. "If ethically purchased coffee isn't available where you are, you might have to order online and have a pour over or Aeropress setup in your dorm room. There are price breaks typically for roasters who offer coffee subscriptions online, so shipping is often covered, and making your own coffee means you have more agency over where that coffee came from."



is it cool to JUUL?

The Dangers of Electronic Cigarettes

By: Nicholas Turchiano



Everywhere you go, whether to the mall or a grocery store, there is a good chance you'll see teens vaping. The rise of electronic cigarettes, specifically JUULs, is an issue currently plaguing our society. What exactly are JUULs? JUULs are small, thin, rectangular devices that look almost like USBs. JUULs were invented to give cigarette smokers a healthier alternative to smoking. However, their popularity is growing among minors who get their hands on JUULs and become addicted to nicotine.

The way JUULs are marketed pushes a dangerous and false narrative. Advertisements for JUULs often have people laughing and enjoying themselves. They are marketed to make it seem like smoking is cool. The design of JUULs is also an issue because they are sleek and easy to hide. They appeal to minors because of the different fruity flavors and nicotine percentages. Their marketing has led to people who have never smoked to pick one up and develop a nicotine habit. Daniel, a high school junior who had never smoked in his life said, "I never smoked before, but I thought JUULs looked cool in design and fun to take a few puffs off of every now and then." When I asked Daniel if he was becoming addicted, he replied, "Yes, and I never envisioned myself becoming addicted to a JUUL." Daniel gets anxious if he forgets his JUUL at home as the nicotine has become a habit.

An issue minors are facing is how JUULs are sold online, in convenience stores and at most gas stations. Once a minor discovers a location that will sell to underage buyers, a habit begins to take shape. A study published by Truth Initiative, a nonprofit tobacco control organization, shows that among those aged 15-17 who used a JUUL in the past 30 days, 56 % used the device on three or more days per week. Having an addiction to nicotine in a developing brain can cause issues. This became increasingly clear to me after I interviewed Amanda, a medical student at Rutgers in her final year. Amanda stated, "When you become addicted to nicotine your cognitive behavior may become impaired, and your decision making skills can be affected. This can lead to adolescents becoming more impulse prone to trying other drugs." This is a huge issue with JUULs, and it has gotten to the point where manufacturers have been forced to remove their fruity flavors from stores so vaping is less appealing to minors. JUULs also affect a minor's education. When they become addicted, they can't focus in class because they want to take a break and smoke.

The health implications of electronic cigarettes are not well known yet, as they are still relatively new. The public is unsure of the long term effects of nicotine on the developing brain. Amanda reaffirmed that point: "We do not have enough information on them yet to know the long term effects." However, this does not mean that we should continue to promote the use of them. We should be forcing these items out of convenience stores and making them only available online, where it would be harder for a minor to get their hands on them. Why continue to watch as our youth keeps pumping nicotine and other chemicals into their developing bodies when we should be putting harsher restrictions on the purchase of electronic cigarettes? Below are some tips for individuals struggling with vaping.

Tips for quitting JUULs

Research what you're putting in your body and you'll never want to use one again anyway

Throw it away

Do things that take your mind off it, such as exercise

Use things like nicotine gum or nicotine patches to wean off of nicotine

Stay away from people who regularly use them

I have been working as a server at my current job for six months, and it already feels like an eternity. Day in and day out I serve screaming kids, entitled professionals, picky eaters, and everyone in between. It has not all been terrible though. During this short period, I have made several new friends and learned their stories. There's Sam, a lover of sixties music who has a degree in history. Then we have Alex, a musical theater graduate whose hobby is performing stand-up comedy. His good friend (also Alex) has a degree in political science and loves to travel. Russo, our best food runner, recently graduated with a degree in social work, but has yet to graduate from his college partying phase. What do all of my new friends have in common, you might ask? All of these young hopefuls are attempting to seek out jobs in fields of study they have invested thousands of dollars in, and have yet to have succeed. Sam has been looking for a job in the history field for almost five years, has an open schedule of availability, but has no experience. The others have graduated over the past year, and consistently apply for any available jobs that require a bachelor's degree while having no serious offenses that would make them unworthy candidates for work. Usually, they do not even get an interview for the position.

Uh-oh. This is when I begin to worry. What am I even in college for? To continue working the same job that I am trying to escape, but now with the added stress of paying loans!

Our next question becomes, "who is to blame?" Is it the lazy millennial: the favorite scapegoat of our elder generations whose hobby it is to criticize? Or, rather, is the job marketplace truly becoming as narrow as it feels, with degrees in certain fields becoming practically obsolete? Enter Anthony Viattolo, a 23-year-old financial advisor who graduated Farleigh Dickinson University in 2018 with a 3.6 GPA. He managed to snag a well-paying job in his chosen career path within a year of his graduation. Anthony's advice has given us some do's and don'ts on how to avoid your own "uh-oh moment".

DO:

- Write your goals down. Make a one-year plan, a three-year plan, and a five-year plan. Looking at your goals helps keep focus.
- Get an internship while in school. Many entry level employers expect experience, but do not provide the outlets to obtain it.
- Follow up on your applications and make your presence known after you submit them online. Call back, or better yet show up in person in professional attire.

DO NOT:

- Allow yourself to be intimidated during any interview processes. Consider an interview an opportunity to show off your versatility and life experiences.
- Listen to irrelevant people who often feel they can predict your success based on your field of study. You know what you thrive at more than anyone else.
- Discredit your degree because it is not proactive. Even if career success is not immediate, recognize that things do not always happen overnight.

Viattolo is both charismatic and friendly, and his conversation is intelligent. He admits that exuding this confident energy likely has a lot to do with his success and that the "job market is a challenge for many because of our system." Not everyone possesses ease of conversation or confidence in moments of pressure, but developing these qualities has substantial benefits for those with specialized degrees or who are seeking specific career paths. Viattolo presented a response to career pressure saying, "You have a choice to lose yourself in this dynamic of feeling like what you have to offer is not enough, but that is a self-fulfilling prophecy. If you put your best foot forward and engage you certainly have a better opportunity."

Some may say that Viattolo's ideas are overly optimistic in a modern world where technology and automation are rapidly replacing humans in many fields. It is difficult to predict the turns that the job market may take in our very near future, affecting our careers and our lives. Careers may be a difficult thing to come by, but there are ways that you can stand out like Anthony Viattolo and put your best foot forward professionally. The best that we can do is give it the old college try.

Avoiding The "UH-OH MOMENT"



Tips On Landing The Career Of Your Dreams After You Graduate

By: Paulette Morganti

LOVE IN THE STARS

By: Nizae Rosa

"You know, I don't think we are fit to be together," she said with a tone filled with regret. "What? Why not?" he asked, demanding an explanation. "Don't you understand? I am a Gemini, and you're a Virgo. It would be impossible for us to meet each other's expectations."

Why does someone reject another based on the assumption they are not compatible? Does having a particular astrological sign suggest that love could never work? Janet Booth, an astrologer, says that, "Everyone has all the signs in the makeup to one degree or another. Compatibility is not a matter of two people's Sun signs."

What is Astrology?

Astrology is defined as the divination of the influences of the stars and planets on human affairs and terrestrial events by their positions and aspects. The origins of astrology are often accredited to Greece but there is evidence that it originated with the Babylonians then was introduced to the Greeks. Astrology means "science of the stars." There are two opposite signs in astrological language: The Sun and the Moon. A sun sign determines your zodiac personality. Your moon sign represents your emotions, your inner mood. But is Astrology a science? According to Booth, "It's a big controversy since there is not 'scientific proof' - which is kind of a fallacy since science is a philosophy that believes everything is provable and repeatable."

Astrology on the rise

Millennials have grown up in the age of information. According to Vivian Diller, a psychologist, there is a reason why millennials are turning to astrology for assistance: "When you're in a world with the unknown... or if there is no guiding star, that creates an anxiety and sense of being lost and feeling like you're not going to survive." This suggests that for us, it is in our human nature to look for something that will give one a sense of comfort. This is most likely why people have become so intertwined with their signs. No one wants to feel a sense of loneliness, therefore they look for their "best match" in the stars.

People in their early 20s to mid-30s have gravitated towards astrology over the last couple of decades. Janet Booth believes astrology is on the rise because "People that are in a hurry seek quick answers and some think Sun sign astrology offers answers." She claims that true astrology is more complex than that.

The Fallacy of Astrology

I am a Capricorn, and the horoscope concludes that I am incompatible with Aries and Libra. Why is that? Supposedly because the stars say so, as they affect one's personality traits.

But consider the following: you are a Libra dating two Capricorns. The first one's birthday is in December while the other is in January. Your time with the January partner was considered an easy and loving relationship. According to your signs, you have common interests, such as music and art. They are social, which is contrary to their "homebody reputation." In the second scenario, you have the other side of the coin: a January Capricorn. This relationship may start off as great, but the person is cold. Not only is there a lack of communication, but you have to deal with that Capricorn's obnoxiousness and rudeness. This is an example of incompatibility.

Other Elements to consider

The problem with Millennials is that we excessively rely on Astrology instead of considering other factors. Do not misunderstand, there is nothing wrong with using Astrology. The problem arises when someone becomes narrow-minded and rejects someone if their Sun sign is not "well suited." One must not obsess on the a person's negatives. There are many factors one must consider when they make judgments. Besides their sun signs, there is also their backgrounds, the environment from which they came, etc. Just like the Libra and the two Capricorns (which are least compatible), there are other circumstances where different Zodiac signs can correlate. Instead of assuming, see where the proverbial stars take you and make your own romantic destiny.



We would like to thank the English Department and its chair Phoebe Jackson for the continued financial support that makes this magazine possible. We are also grateful to the Department of Art for supporting the collaborative venture.

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