

Bronson Hall elevator still out of order

Corey Drummond
PRINT EDITOR

Since November 11, the south elevator in Bronson Hall has been out-of-order for maintenance. After several months being unavailable, LSU Shreveport is finally getting the part it needs for repair.

Bruce Nelms, director of LSUS facility services, has been communicating with the company contracted to fix the elevators of LSUS. Steps are being taken with them to avoid extended outages in the future.

According to an email from Nelms to American Elevator Services, he says “Let’s make sure we discuss any potential elevator outages before they are out of service to ensure we have a plan that we can communicate to everyone on campus.”

Matt Thompson, office and sales manager of American Elevator Services, has informed the Almagest that the elevator is in need of new parts. The repair was delayed because the parts manufacturer was closed for the holidays.

“Over the past few days our techs have been testing different parts of the elevator, as well as staying on the phone with technical support of the elevator’s manufacturer to track down the cause of the loud noise and rough ride of the elevator,” said Thompson. “Unfortunately, our tests have all traced back to the pump we paid to have rebuilt... this is unfortunate in the fact that it’s a first for us on a rebuilt pump not working.”

Also part of the delay was AES attempting to identify the loud noise and slow movement the elevator has been making since it was last repaired.

“We have not [turned] the elevator over to the college because of the loud noise it was making after we initially turned the elevator over after replacing the motor and rebuilding the pump,” Thompson said.

AES has determined the solution to fixing the elevator is purchasing a brand new pump from Vertical Express for close to \$4,000 with additional shipping costs. Thankfully, the cost of the pump is covered under LSUS’s Full Maintenance Contract.

The order for the pump was placed on Thursday, January 22. Thompson was informed that the pump was in stock at Vertical Express, but could not be shipped by air. It will be received by Ground Freight.

“The pump will be installed by our team as soon as it arrives to our shop. In other words, we will pull off any other job we are on and head to LSUS to install the pump,” said Thompson.

The extensive outage has been unfortunate, but Thompson understands its effect on the students and fac-



Photo by Kaylynn Henry

The left elevator in Bronson Hall has been down since November 21

ulty.

“On behalf of the managing staff of (AES), I apologize for the delay that this has caused. But I assure you, the elevator will be up and running as soon as we get the new pump installed.”

Nelms and Thompson will continue to update the status of the elevator repairs.

Both AES and LSUS have been working hard to repair the elevator despite the setbacks. There is not yet an estimated time of completion.

Recycling remains important to LSUS

Carissa Bethea
SOCIAL MEDIA EDITOR

The efforts of a few have kept recycling alive at LSU Shreveport despite budget cuts and the lack of personnel.

There are blue containers with the recycling logo on them all through Bronson Hall designated for recyclables. Unfortunately, they are being used incorrectly by students who place unrecyclable items in the bins causing a lot of time and effort to be put into the process that is unneeded.

In 2012, the Almagest covered the effects on the budget cuts to our campus’ ability to recycle. Dan Bloxom, the director of facility services at the time, stated that with the budget cuts and the number of staff available it would prevent recycling from really being an option for the campus to officially be involved with.

“We’d love to do it [recycle], if we could come up with

the people and the money, mostly people,” Dan said.

Two years later we see that we do have a few people who care and are doing something about it. Dr. Linda Webster, Professor and Chair of the Department of Arts and Media, is taking the extra effort to recycle. She has provided the blue cans and empties them herself to sort and take home to her recycling can at her home. Many students have naturally started placing items into these bins, however there are some problems with their participation.

In an interview with Webster, she expressed her concern over the fact that students are often placing the wrong things in the recycling bins. She takes quite a lot of time sorting out what is unrecyclable.

“Recycling isn’t glamorous. It is dirty work,” Webster said. “But I believe in doing it [recycling].”

Things that are do not belong in the bins that are often found are food, candy wrappers, chip bags, pens, and gum.

These are items that Webster takes the time to pick out of the bins before putting the rest in her recycling can. Items that do belong are paper, bottles, cans, paper cups, and washable plastics.

There are many ways students can step up. When LSUS had a recycling program we filled the blue bins in the parking lot near the UC with 10 tons of paper a year. That saved 70,000 gallons of water and 33 cubic feet of landfill space. With the budget cuts, recycling is dependent upon individuals that wish to contribute their time and energy.

“The biggest thing that can help us is for the students to be aware of how much they throw away. It would be nice to see a change in culture towards more sensible consumption and disposal,” Webster said.

Webster said she would like to see more people and even organizations here at LSUS get more involved.



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International citizens of LSUS

Iris Maclean
GUEST WRITER

Picture towering skylines, yellow cars screeching as they swivel in and out of traffic like starved ants racing to a crumb fallen at a picnic, chatter all around, concerts in the park, plays and art exhibits everywhere, and people pushing through the tourists on crowded streets as they make their way to a nine-fiver. These are all characteristics of large cities like New York City, Chicago, Dallas, and internationally, places like Beijing, Rome, and Hyderabad in India where LSU Shreveport international student, Malvya Chintakindi, is from. Imagine the stark contrast she experienced as she entered Shreveport, Louisiana, a small and spread out city with less commotion and hustle, for the first time.

"Consider my city as New York or Vegas, Shreveport is that different," said Chintakindi, senior, public relations, "My city is large, hugely populated and one of the most happening places in the country. It is considered the cyber hub and it has the fastest growing economy. Beautiful monuments, shopping streets to die for, great nightlife, heavenly food and awesome people make my city a tourist destination not to be missed."

Chintakindi said she left the royal city of pearls, Hyderabad, in Andhra Pradesh, India with her family to land in America on November 9, 2012. Her father was transferred to a Shreveport branch of the pharmaceutical company he works for. Chintakindi described her city with exuberant passion, but it did not take away from her positivity towards Shreveport.

Rahim Sindhvani, another international student at LSUS, also moved from a large city in 2009. His thoughts about America consisted of tall buildings, clean streets, nice people, burgers and sodas, higher education, and strict rules.

"I was born and raised in Karachi, Pakistan," said Sindhvani, "Karachi is the largest city in Pakistan and it's one of the most populated cities in the world. It was fun growing up in such a surreal environment and I enjoyed every moment of it. Shreveport is a lot less populated than Karachi, and my first impression was 'Casinos! Lot's of them?'"

On the other hand, some international students consider their home country so different, they'd rather not ever return. Shahab Ghobadi is a sophomore majoring in political science. Ghobadi left an oppressive state in Iran in 2013 to continue his education at LSUS.

"Kurdistan, Iran is where I was born," said Ghobadi, "Kurdistan and Shreveport differ to the same degree that hell and heaven differ from each other. I left a hell in Iran to reach the heaven of Shreveport. The politeness of people and how ready they were to help me get accustomed to this place at first made me feel so welcome. I have never felt that I am living in a different place far away from my original hometown, and actually I feel Shreveport is more of my hometown."

While Sindhvani was under the impression that America was a generally good place, his Iranian classmate had been deceived by the government. Ghobadi said he wanted to come to LSUS because of Dr. Pederson, a professor at LSUS, who is among the best American Studies scholars of the country, to learn more about American government and Abraham Lincoln.

"I am afraid that the biased media and the malignant authorities in Iran have given a gloomy outlook to the people to see Americans as their enemies," said Ghobadi, "I am happy that such a false understanding vanished as soon as I learned



Photo courtesy of Dr. Mikaberidze

Dr. Alexander Mikaberidze, from the Republic of Georgia, advises many international students

about Lincoln, which is 3 years before putting my feet on the soil of America. I began to love this nation and decided to devote the rest of my life to serve them, and already began this promise by launching a translation endeavor that consists of translating the only epic book ever written on Lincoln and American values from Persian into English, under the supervision of Dr. Pederson."

LSUS, being the most prominent public university offered in the city, attracts many international students each year because of its affordability, welcoming environment, and academic standards, according to admissions staff. There are currently more than 100 international students enrolled at LSUS.

Chintakindi said coming to LSUS was really her own struggle and has been along the way. She received no help with the transition from admissions staff, but found help through a professor, like Ghobadi with Dr. Pederson.

"Mr. Trey Gibson made me feel like I belonged here; he gave me purpose, and he's my guiding light, too," Chintakindi said.

Chintakindi travelled here on a family visa, which means when her father's runs out, she must apply to extend her visa to finish her education. During her time here under a family visa she has experienced one major restriction. She is not able to earn money in this country. This poses a problem when her parents return to India. However, she plans to go to graduate school in America, and is currently exploring her options.

International students seeking enrollment at LSUS receive certain assistance from the Admissions and Records Office on campus. This office helps them by processing admissions documents,

issuing I-20 forms, obtaining Social Security numbers for on-campus employment, and processing any other forms related to LSUS. While LSUS maintains a rolling admissions system, international students must apply ninety days prior to registration due to the higher volume of forms and processing.

International students must provide information concerning their educational background, test scores, healthcare information and health history, and financial information. Part of the educational information includes a course-by-course evaluation from one of LSUS's approved evaluation service providers. While they are not required to attend orientation, the admission staff recommends it because it's helpful for any new student.

While the process for applying to colleges in other countries is tedious, that hasn't stopped students from going through it in order to attend school here. There are many different reasons why these students chose LSUS.

"When I was in high school in Shreveport, my teacher inspired me to go to college and pursue higher education. She convinced me to take ACT and apply for several scholarships. I was able to get a couple of scholarships that enabled me to go to LSUS," Sindhvani said.

Some students, like Sindhvani, chose LSUS because of affordability. Others chose LSUS for the same reason, but also because of location.

"I live 10 minutes away from campus and after having my freshmen year credits transfer, I started off at LSUS in the fall of 2013. It was an easy decision since I was new to the city and my

See INTERNATIONAL, pg. 3



VOLUME LXVI, ISSUE 1

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INTERNATIONAL cont.

apartments were close by," Chintakindi said.

Dr. Alexander Mikaberidze, Associate Professor of History, was the advisor for the International Club at LSUS before it went dormant after 2013. Mikaberidze, a native of the Republic of Georgia in Eastern Europe, has taught and advised many international students.

"I think that the opinions of Shreveport from my international students are really mostly good," said Mikaberidze, "Shreveport has plenty of things to offer that are enticing to foreigners."

Mikaberidze elaborated on Shreveport's cultural offerings by saying the Shreveport Opera is excellent and also provides discounted tickets to students. He also said there are great classical music offerings such as the international piano competition, the Wideman Competition, which is held annually at Centenary College with free admission to the public. He also noted the sports events, accessibility to the mountains in Arkansas for hiking, and other outdoor activities. Mikaberidze and his wife recently went to the Elton John concert in Shreveport, which he said is an example of the world-renowned entertainment that is made available a few times each year for reasonable prices.

"You must go out and try to find things to do in Shreveport because you cannot expect that if you just sit around they will come to you," said Mikaberidze.

The international population helps to show the locals what Shreveport really does have to offer. Two students from larger cities than Shreveport say they never get bored.

"A couple of weeks ago I volunteered at the Alzheimer's walk at Louisiana Boardwalk. Before that I volunteered at the Dragon Boat Race competition. I also love participating in 5K runs, which are very popular here," Sindhvani said, offering his favorite past times in Shreveport.

Chintakindi noted that her favorite activities here are going to the Louisiana Boardwalk, which is actually just across the river in Shreveport's twin city Bossier, and walking around the downtown area of Shreveport. She enjoys the music and shopping. The downtown area is currently undergoing a facelift of cultural development.

All of these things and more make this international destination a place that will be missed greatly. Chintakindi said once she got used to the smaller size of the city and made a solid group of friends from the Debate Team, she really fell in love with the city.

"I will miss Shreveport badly," said Chintakindi, "The LSUS debate team has become my family and I don't know how I would survive without seeing them anymore when I graduate. Of course, I can take a vacation to come here but it's not unknown that airfares are so expensive! The team taught me so much, just the thought of leaving all of it is so overwhelming."

Chintakindi is not alone in her feelings about leaving Shreveport. Other international students have reasons of their own for missing this city.

"If someone cuts off one of my hands, would I miss it? Of course yes. Food in the south is amazing. I love trying new food and going to different places," Sindhvani said.

While some people continue to discourage Shreveport's possibilities, others are doing all they can to do the opposite. Mikaberidze said, "A lot of people stay in a little cocoon; you must break out and try something new." This advice rings true for many foreigners as they try to enter a world that is completely new to them. Chintakindi described

how she thought it would be easy to make friends when she moved here. She was forced to break out of her own cocoon in order to do that.

"My perception of people has changed," said Chintakindi, "I thought that everybody is friendly and that it is easy to make friends in America. I was wrong. It has been extremely tough to socialize/mingle, but I have found ways. Joining the debate team was the best way for me to find friends."

Sindhvani joined a different kind of group in order to make friends. Both international students attribute their connection to these groups at LSUS as providing them with opportunities and things to do.

"I'm a part of TKE fraternity, AED honor society, and many other clubs. There's always something going on around campus," Sindhvani said.

Another international student, Emmy Gustavson, is from Sweden and moved to New Orleans for a foreign exchange program. She was able to travel to Shreveport for a few weeks over the summer, and her experience was positive. Gustavson, who is equally as personable and outgoing as Chintakindi, did not find it as difficult to make friends. She made some really strong connections that brought her to Shreveport.

"When I first came to Loyola University I found it very easy to make friends through international liaison programs," said Gustavson, "The college camaraderie was unparalleled, and before I knew it I made a good enough friend to travel with. He took me to his hometown of Shreveport and we had a blast. I really enjoyed eating at some of the local places like Herby-K's and Strawn's. I think Shreveport has a lot to offer and the people are very friendly."

Ghobadi wishes LSUS would have some more programs and activities like the liaison program at Loyola.

"Paving the way for more international academic, artistic, cultural, and sport events would enhance the lives of college students involved in the respective activities by helping them to know people from different backgrounds and add to their understanding of other cultures," Ghobadi said.

According to the United States Census Bureau, 2.4% of the Shreveport population is foreign born. According to Louisiana Folk Life, 250 families within that percentage are Indian. This population began taking roots here in the 1970s, and by 1979 the Indian Association of Shreveport-Bossier City (IAS) was born. According to their website, IAS "seeks to preserve, promote, and celebrate the multi-cultural aspect of India." This non-profit holds various community and religious holiday events to help bring people together.

"My family and I have joined the members of IAS for various events," said Chintakindi, "This group is an asset to Shreveport because they bring people together to celebrate the Indian culture with food and tradition."

While international students generally view Shreveport as a good place, they do have a few disappointments to be noted. Sindhvani thought the lack of an advanced public transportation system was his biggest disappointment about Shreveport. He is not alone in his opinion.

"Lack of public transportation broke my heart," said Chintakindi, "I come from one of the largest metropolitan cities in the world and my state is known for its vast transportation system - buses, autos, cabs and what not. Though there is Sportran here, I learnt that not many routes are covered. Transportation is a big necessity, and the lack of it is a

huge disappointment. The socializing aspect was a huge disappointment as well. I wish I had more friends. The silence was deafening initially since I've always been a socializing person back at home."

Chintakindi has also experienced other problems while in Shreveport, like the lack of cultural understanding and racism from many Americans.

"Being in the U.S. has given me a new perspective on how people think here and it surprises me that though there are millions of people from different countries, especially India, living in the United States, Americans don't really know much about Indians," said Chintakindi, "most of them think of it as a third world country or a place where people don't know English. My country is English speaking. Sometimes people see me and hear my accent, and then they start talking to me very loudly and slowly as if I can't understand them. I think that's hilarious!"

There is currently no program or service set in place at LSUS dedicated to international students alone. However, the counseling services and academic support services staff strive to make college life easier for all students regardless of culture, race, gender, or identity. These offices provide personal counseling, mental health and wellness resources, mental health screenings, consultation and referral services, academic coaching, mentoring for first-time freshman, academic success workshops, and other learning tools and tips.

Chintakindi would like to see a stronger effort made at LSUS to help international students gain acceptance amongst their peers and make more friends. Other universities in Louisiana have made this effort, and it has been successful. Gustavson spoke about the successes of Loyola's program, the International Student Association.

"ISA made a huge difference in my experience," said Gustavson, "without this association I would not have made nearly as many friends. The program brings international students together with American students through activities, cultural fairs, and other on and off-campus programming."

According to loyno.edu, ISA at Loyola tries to foster cultural understanding, combat stereotypes, and promote diversity on Loyola's campus. The college implemented this program because it's a good way for American students to connect with those from different countries and also learn about their backgrounds through food, music, dance, art, and other cultural elements. ISA also works to educate students, faculty, and staff on international student issues by hosting open forums, film series, and special speakers.

"If LSUS had an organization like ISA, I think I would've had a completely different experience at this university," said Chintakindi, "This group has officers from other countries that work together to bring people together. There is nothing like that here, and there is nothing I wanted more. I am thankful for the debate team because they embraced me the way a group like this would have."

Sindhvani didn't have quite as much trouble with these aspects of college at LSUS. Because he moved here earlier in life, he was able to integrate more into the American culture prior to college. He participates in 5k runs frequently, volunteers for events like the Dragon Boat Races and the Alzheimer's Walk, and joined groups at LSUS to make friends. He believes Shreveport and LSUS are adequate for college students, but the lack of state and federal revenue are the only elements really choking the city.

Reducing stress for college students

Montana Davis
GUEST WRITER

Madison Holleran, a 19-year-old freshman track star at University of Pennsylvania, jumped off a parking garage in Philadelphia on Jan. 17 because of the pressure she felt at school. Paul Robertson, 26, a talented student at Oxford University was found dead in his dorm after a heroin overdose on September 2, which he took to "cope with the stress" of his studies. Stress and anxiety seem to be forcing today's students to take drastic measures just to handle it all.

Louisiana State University of Shreveport also lost a student due to suicide just two weeks shy of the fall semester. A former professor of the student, who wishes to remain anonymous, found herself asking the question everyone seemed to have on their minds, "What could I have done?"

Psychological stress among college students has been getting a lot of attention recently, thanks to articles by the New York Times, Huffington Post and Inside Higher Ed.

Although today the word "stress" is part of our everyday vocabulary, it has been in literature since the 1930's. The research on student stress itself goes back to at least half a century, to David Mechanic's 1962 book, *Students Under Stress*. But it was not until the late 1970's and early 1980's that stress became a popular topic of research.

University of Georgia's Health Center defines stress as

a response to a demand that is placed on you. Of course, without some stress, people not get a lot done. That extra burst of adrenaline can help you finish a paper, perform well in sports, or meet any challenge is known as positive stress.

Positive stress is a short-term physiological tension and added mental alertness that subsides when the challenge has been met, enabling you to relax and carry on with life.

Response to stress can be physical, such as a headache, or they can be emotional, like fear and sadness. Stress can even be mental, which includes anxiety.

The problem with stress is that if you cannot return to a relaxed state, the stress becomes negative. This pushes changes in your body, which start to take their toll and often lead to mental and physical exhaustion. Too much stress can cause problems and affect not only our health but productivity and relationships.

Dana Kreig of the College Student Journal points out that many students have unrealistically optimistic expectations of college, identified as the "Freshman Myth". These idealistic expectations can rarely be met and students who show higher discrepancies between expectations and actual college experiences may become disillusioned and more vulnerable to drop out.

"When you get to college, it's usually a fairly sizable life change," says J. David Forbes, MD, a Nashville, Tenn., physician specializing in stress management. "It's the first time you're off on your own. You're out from any kind of

adult jurisdiction. That can bring an overwhelming number of choices."

"Stress during college has been a lot harder on me than it was in high school or anywhere else," said Clayton Steele, senior and Finance major at LSUS, "You have this overwhelming pressure that if you mess up here, you will be paying for it for the rest of your life. Even if you don't mess up, you still have to worry about how you're going to pay off loans after graduation so it's kind of a vicious cycle sort of thing at times"

Take a moment and consider what many college students go through: leaving the family home, intense pressure to obtain high grades in connection with career aspirations, taking final exams, trying to establish a romantic/social life, dealing with (often very high) costs of college and possibly working at a job during the school year. And what kind of jobs students get after college also remains tenuous, given the multi-year recession.

Not surprisingly, the workload of college is far more involved than a high school workload. It comes with less hand holding from parents and teachers, more challenging classes, scheduling issues and difficult exams.

The New York Times reported in 2010 that national findings from UCLA's Higher Education Research Institute, based on student's reflections on their senior year of

See STRESS, pg. 4

STRESS cont.



Photo by Corey Drummond

Chris Rebouche, after traveling the country, has returned to school to finally get his bachelor's degree

high school, showed record levels of poor emotional health among incoming first-year undergraduates.

This overloaded feeling affects all students, freshman to senior, as the newer students deal with missing home and the more seasoned students wonder if they're in the right major. Most students struggle with who they are and where they would like to be in life, at some point in their college career.

"As long as our available energy exceeds our tension level, then we're in an okay state," Dr. Forbes says. "But if energy is low and tensions are higher, then that can result in a state of anxiety, depression, and feeling overwhelmed."

LSUS Mass Communications student, Chris Rebouche, found himself so overwhelmed by college pressure that he decided to drop out and travel for a while. Although he does not regret his adventures, he does however, feel that there are some consequences.

"I couldn't really find my niche in any school I had tried, I just wasn't really feeling it so I decided to see the country instead. I loved doing that but now I'm back in school and I'm wishing I had gotten graduation over with already," said Rebouche, "If I would have found a better way to handle it all, instead of postponing graduation for a few years by dropping, well, I think that would have been a much better option."

Rebouche's case is not uncommon as according to U.S. Census figures, 50% of American students who enter college do not end up graduating. 6-10 high school seniors go on to college, but only 29% of adults, ages 25 and over, actually have a bachelor's degree.

Kreig also says in her research that just two decades ago, some estimates suggested 30-40% of college students could be expected to drop out before earning a degree. More recent data indicated this number increased as federal data showed that 46% of students who entered four-year colleges in 1997 failed to earn a degree six years later.

In addition, she also states that reported stress levels of students has increased as the number of first year students who report feeling 'overwhelmed' has almost doubled. Some colleges are even reporting that the use of counseling and psychological services has gone up by one third since 2007.

This overwhelming sensation is enough to drive students to not only drop out, but can also lead to drastic and sometimes permanent measures such as alcoholism, drugs, and suicide.

While everyone is different, most common signs of stress and anxiety are; memory problems, trouble concentrating, racing thoughts, irritability, anger, sadness, headaches, frequent colds and changes in sleep or appetite. It is very important to know your stress triggers, in order to learn to cope with stress in a healthier way.

According to EverydayHealth.com, there are other ways of preventing overwhelming feelings of anxiety and stress, ways that don't risk one's life in the process.

EveryDay Health states first off that the most important factor for avoiding stress is sleep. Studies have shown that those who are sleep deprived have far more trouble learning and remembering things, as well as poor performance in many areas.

It can be very tempting for a college student, with the parties and no parents around, to stay up until 4 a.m. and then attend an 8 a.m. class. But this shortchanging can cause a massive increase in stress levels.

"Winging it on not much sleep has a profound effect on how we experience the stressors of the day," Forbes says. "The more that our internal clock is closely aligned with the clock of the sun, the better it is."

Adults typically need seven to nine hours of sleep a night to be in the best of health, both mentally and physically. If you want your performance to be optimum and stress free, according to Forbes, you need to be well-rested.

Aside from sleep deprivation, Psychology Today says the majority of the blame for falling behind in classes is not being organized. Time can seem like a luxury in college, but there are various ways to manage it effectively.

The first thing they recommend is focusing on one task at a time, as multitasking rarely works. Jot down everything you need in a calendar or task management app, prioritize your list and break projects into single steps or actions.

Being organized can bring you the peace of mind that comes from knowing where everything is, remembering deadlines and test dates, and clearing one's mind of some of the mental clutter that disorganization brings. Just by keeping a calendar, a schedule, and/or a filing system for your school assignments, you will find it prevents a significant amount of stress.

But organization means little when you are trying to study in a dorm surrounded by people, noise, and other distractions. And when you can't focus and study correctly, grades start declining, and when that happens, anxiety and stress starts progressing says Everyday Health.

It's impossible to eliminate all negative stress from your life, but you can control the way you react to stress. It's important, according to Psychology Today, to remain realistic. Pulling yourself in different directions will only stress you out more.

Your body's natural fight or flight response is what takes a toll. When you're faced with a stressful situation, your mind perceives it as a threat. This sends various chemicals like adrenaline and cortisol throughout your body resulting in faster heart rate, breathing speeds and slower digestion, all tiring out the body.

By creating a soothing environment, a student can greatly reduce stress and help his or her learning process. LSUS has many places a student can study.

There is the University Center Mall, the library, labs in every building designated for each field of study, and also a secluded outdoor garden next to the library. If studying on campus is not an option than there are other ways of enriching your own environment at home.

Did you know that we don't all learn things in the same way? Do you retain information better when you hear it, see it, or write it down? It's very important to know early on whether you're a visual, kinesthetic or auditory learner.

Knowing your learning style will help you tailor your study practices around your particular learning style and make success easier to attain. Professors at LSUS are always willing to let students record lectures, meet up after class or draw out examples, so never be afraid to ask.

Don't let studying take over your day though. Forbes also emphasizes that study breaks can be just as important as the actual studying itself.

Studies have shown that the best way to study is to focus for between 40 and 90 minutes, then take a 10 minute break where you do some kind of exercise, like a walk around campus or just some light stretches.

No one works out their body all day; it's unhealthy and will cause cramps, muscle fatigue and injury. So why should we do it to our brains? Your brain needs a breather just like muscles do, so as much as it may go against everything you were told before, put down the pencil and take a break.

Adjusting to college can be a very difficult thing, and venting your frustrations to a trusted friend can go a long way in fighting stress.

"It's a way to empty out tensions and make them lower," Forbes says.

Kate Ryan who wrote "How Problem Focused and Emotion Focused Coping Affects College Students' Perceived Stress and Life Satisfaction" says that we choose a coping strategy in order to deal with stress. Some people choose to get upset about the situation, or turn to family and friends for social support whereas others choose to act

directly against the source of the stress in order to reduce or eliminate its effects by asking people for help and so forth.

Choose a friend or family member who won't be judgmental or try to give lots of advice. Or seek the help of a professional counselor or psychologist. LSUS offers not only numerous student groups but also FREE counseling to any students.

You may also find your schedule filled up with lectures and study groups, but try to find at least a couple of hours each week to pursue a hobby or other activity that you really enjoy. Photography, tennis, basketball, volunteering, anything you have a passion for will do wonders in keeping your mental health in check with reality.

"Do something that feeds the peace of your soul in some way and stay connected with it," Forbes says. "It promotes the anti-stress physiology of your body."

So many students get caught up in the "hussle and bussle" of school that they forget the things they once enjoyed. Step back, close the books for a few hours, and have fun.

Diet and exercise also play an important role in preventing stress and anxiety. Many students gain 10-20 pounds around their first year, known as the infamous "Freshman 15", and others may lose weight unintentionally, or struggle with an eating disorder.

It can be very easy to slip into a steady diet of pizza, vending-machine fare, and beer while in school. But according to Forbes, eating nothing but junk can decrease energy levels in the body, leading to a lower threshold for stress.

"You end up feeling very tired and looking for the same [junk food] to kick you back up," Forbes says. "It's a lousy cycle of hunting for short-term comfort food or sugar highs that actually keep you feeling worse."

Stress can also weaken the immune system and increase the body's need for certain nutrients, according to UGA's Health Center.

You should follow a diet rich in vegetables, fruits, and whole grains which may sound unrealistic but is completely obtainable. There are many ways to budget, save and cook actual healthy meals if you actually reach out for advice.

Curbing not only your junk food intake, but your caffeine intake as well is crucial. Psychology Today states that caffeine might help you study in the short term run, but it not only interrupts sleep routines but also makes you more anxious, jittery and tense, which obviously ups your stress level.

Also, having three or four beers to unwind after a hard day of studying may seem perfectly logical, but many know that unresolved stress that you have will just come flooding back after your buzz subsides. Plus, if you overindulge, you may have to deal with unpleasant side effects such as nausea and hangovers, which will affect your performance in class if you decide to drink the night before.

When you're stressed and feeling overwhelmed from school, moving around may be the last thing you feel like doing. But as little as 20 minutes a day of physical activity can greatly reduce stress levels.

According to a study held by the American Journal of Health, students who met physical activity recommendations were less likely to report poor mental health.

Forbes says just three or four half-hour sessions can lighten stress considerably, plus you will feel better overall. As for what type of exercise you should do, try something that you enjoy doing.

"You're not going to continue something you don't like," Forbes notes.

LSUS has not only a gym, but also a weight room, boxing area, track, and Olympic sized pool. The university also offers many group exercise programs such as Zumba and Couch to 5K, to help you get started.

Stress and anxiety may not sound like a big deal; much less a life or death situation, but both can really take a toll on anyone, especially students. According to Suicide.org, the second leading cause of death among young adults in college is suicide caused by depression, while the first is drunk driving. Both of these seem to be caused by students trying to escape their responsibilities, just like many adults do in the real world.

"It does take a toll on you," says Ricco Williams, LSUS graduate. "At the time, I was trying to juggle two jobs to support my mom and me, earn good enough grades to enter medical school and still try to enjoy my college years cause people say these are the best years of your life."

Luckily support groups, counselors, and other means of help surround students, which makes them a statistic we can change. If students learn to prevent the early stages of stress and learn how to manage it, then they will grow into adults who do the same, says Everyday Health.

LSUS has many options to help its students with stress and anxiety problems, making the first steps towards a stress free semester as reassuring as the process itself. The main thing is for students to remember that college is meant to be enjoyed, not endured.

New administration for new year

Crystal Vandegriff
FORMER EXECUTIVE EDITOR

Note: This article was published on August 21, 2012. At the start of this new year, Dr. John Vassar was named Provost and Vice Chancellor of Academic Affairs. Earlier in 2014, Larry Clark was made Chancellor of LSUS. This article features Dr. Paul Sisson discussing himself being chosen to be Interim Chancellor in 2012.

Students returning to LSU Shreveport for the fall semester will notice some familiar faces in new places due to recent administrative staff reassignments.

Perhaps the most notable change is Dr. Paul Sisson stepping in as Interim Chancellor, in wake of Dr. Vincent Marsala's retirement after seventeen years of serving as LSUS's Chancellor. Two other major changes are Dr. Randy Butterbaugh filling the position of Interim Vice Chancellor for Student Affairs and Darlenna Atkins filling the position of Interim Registrar.

Sisson is beginning his twentieth year at LSUS, beginning as an Assistant Professor of Mathematics eventually

working his way up to serving as Provost and Vice Chancellor for the college, positions which he will continue to hold while serving as Interim Chancellor.

"The size and sense of community were really attractive," said Sisson about what originally drew him to LSUS. "That welcoming atmosphere extends to a general sense that LSUS as a whole - faculty, staff, and students - is a close-knit community. We look out for each other, and the aspect of that that is most important right now is that faculty and staff alike are all committed to our students and their futures. That's our mission."

Sisson also has high hopes for LSUS in the future, as well as a few goals he would like to accomplish while serving as Interim Chancellor.

"I've always been immensely proud of everything we do at LSUS," said Sisson. "We are top quality, and can't be beat in terms of how we prepare students for the rest of their lives, for the opportunities we provide undergraduates beginning in their very first semester, and for our value. But what we haven't yet achieved is breadth. There are many

degree programs and career paths that we haven't yet been able to bring to campus, and I want to add them."

Dr. Butterbaugh has served at LSUS since 2004 as Dean of Students. Butterbaugh graduated with a doctorate in higher education administration from Mississippi State University. Butterbaugh was drawn to LSUS by the potential he says he saw at the school.

"I'm interested in the quality of life issues for students," said Butterbaugh of his goals for his new position. His main goal, though, is to foster a sense of unity among students and faculty at LSUS. "It is not faculty and staff and students - labels are labels. Promoting a sense of community is very important. Particularly in a community that is somewhat compartmentalized - we have a residential population, as well as designations by college, by academic programs, etc. My aim is to establish a sense of community on campus."

The LSUS Foundation has had an administrative change of its own; Susie Stinson was recently named as the Foundation's new Executive Director. Stinson received a Doctor of Jurisprudence and a Bachelor of Civil Law from

Campus fines promote safety

Rebecca Randklev
STAFF WRITER

Note: This article was published on October 25, 2012. After the campus-wide PSA about keeping under the correct speed limits on the LSUS campus and parking lots, this article was brought back from the archives to remind students of traffic penalties.

LSU Shreveport students who do not abide by campus parking and book rental regulations will be required to pay fines.

Students receive a parking brochure when they obtain their LSUS parking sticker. The brochure consists of all of the parking and traffic violations, but some students continue to disregard these regulations.

A fine of \$25 is charged for the improper display of or altered parking decal, lack of a parking decal, a car backed into a parking space, a vehicle parked facing the flow of traffic, a car that is not parked within the confines of a designated parking space or a student who parks in a faculty/staff reserved spot.

A fine of \$75 is charged for students who park in a designated fire lane or handicapped area.

Students can also receive moving violations on campus if they do not abide to traffic control signs or the maximum speed limit of 25 MPH where posted and 5 MPH in parking lots.

Students who fail to yield to a pedestrian in the crosswalk will be charged \$100.

"It doesn't happen often, but it's too often really," Rebecca Chiles, director of the university police department, said. "When someone is in a crosswalk they have no protection against the vehicle that's barreling through not paying attention."

Students who receive parking or traffic violation fines have 10 calendar days from the date they received the ticket to avoid a late payment penalty of \$10. Tickets can be paid at the cashier's desk in Admin 129.

Ticket appeal forms, available at the LSUS Switchboard, must be filed within 10 days as well. The appeals are heard at the Parking and Traffic Safety Committee of the University, which meets the third Tuesday of each month. The committee is comprised of two students, two faculty and two staff.

Kirsten Howard, public relations, sophomore, said her friend received a parking violation for failing to park within



Photo by Rebecca Randklev

Students are required to stop for pedestrians at any university crosswalk; students who fail to yield to pedestrians in a crosswalk will receive a \$100 fine. Additionally, students parking in a designated fire lane or handicapped area will be charged \$75.

the confines of a designated area.

"He didn't pull up all the way to the curb when he parked," Howard said. "He was really upset when he was fined."

Many students park in handicap or faculty/staff spots because they cannot find a close space to the building. However, Chiles said there is no lack of parking on campus, as there are more spaces than there are students.

"I've been here almost 6 years and I've never seen every space taken, not even close," she said. "People just need to get here a little earlier."

The library charges 20 cents per day, per item, with a maximum over due fine of \$10 for late books. Interlibrary loan books are \$1 per day, per item, with no maximum fine.

Library and parking violations account for \$10,000 annually.

"The money comes into the general fund of the institution and helps to defray cost," said Michael T. Ferrell, vice chancellor for business affairs.

Students who fail to pay their fines will have all academic services withheld. This includes not being able to receive a diploma upon graduation or being able to register for the next semester until fines are paid.

"We'd actually like to have no fines, because if everyone did what they were supposed to, then no one would have a fine," Ferrell said.

BPCC comes to LSUS, works to assist students

Frank Johnson
STAFF WRITER

Note: This article was published on September 4, 2013. As the BPCC@LSUS program continues to expand, students from both schools have more opportunities to get their degrees. With this article, we wanted to take a look back when the program started and reflect on how it has grown.

Due to overwhelming demand, LSU Shreveport and Bossier Parish Community College are collaborating to provide a higher standard of education for recent high school graduates and college transfers.

BPCC at LSUS is a new program implemented for students who do not meet state requirements but want to begin their collegiate career at LSUS.

"For someone who knows they want a four year degree at LSUS, why don't we just start here?" said Becky Tur-

beville, director of the BPCC at LSUS program.

LSUS and BPCC students will share campus facilities equally because BPCC students are paying the same fees as LSUS students. However, they will be paying BPCC tuition prices since they are technically BPCC students.

This collaboration is expected to be good for both institutions and LSUS has welcomed BPCC faculty to the campus. Students enrolling in the program can handle all of their admissions and financial aid needs in the LSUS administration building.

"We're really excited to be here," Turbeville said. "We're a one stop shop."

The teachers are, for the most part, employees of BPCC, but some LSUS faculty are involved as well.

The program was tried before with little success. However, Dr. John Vassar, interim provost and vice chancellor for

academic affairs, said it has seen good results this semester.

"We had an excellent response," Vassar said. "I think it's a win for BPCC, I think it's a win for LSUS, but more than either of the two institutions, I think it's a win for these students who are getting to come where they want to come, they're getting to experience the student life that they want to experience, and there's a pathway toward them becoming LSUS students. I think that's BPCC's goal, that's our goal, that these students who want a four year degree are working toward it."

Students will be able to experience all the benefits of life at LSUS.

"We're creating a steady stream of future student's right here on the campus," Turbeville said.



LSUS | Student Activities & Recreational Sports

January 2015

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 New Year's Day	2	3
4	5	6	7	8	9 Student Organization window painting begins	10
11	12 <i>Classes Begin</i> Welcome Back Commemorative Hour 11 a.m. UC Lobby	13 Student Organization window painting ends Gift Card Bingo 4:30 p.m. UC Park	14 Grab-N-Go Breakfast 7:30 a.m. - 10 a.m. UC Lobby Karaoke Commemorative Hour 11 a.m. UC Park	15 Welcome Back Bonfire 6 p.m. SPE Fields	16 New Student Mixer 11 a.m. UC Art Gallery	17
18	19 <i>Martin Luther King, Jr. Day</i>	20 Duesetime Party 5 p.m. UC Park	21 Join SAA Party 11 a.m. UC Westover Room Intramural Softball Captain's Meeting 5 p.m. UC Pilot's Room Events and lounge/fitness agencies close	22	23 Healthy Pilot Challenge Sign-Up Deadline 4 p.m. UC Office	24
25	26 <i>Spring Break</i> 11 a.m. UC Lobby Intramural Softball Basketball Begins	27	28 Be Well Seminar: New Year's Resolutions 11 a.m. UC Red Blazer Room	29	30 Video Game Friday 11 a.m. UC Art Gallery	31

Calendar is subject to change. Unless otherwise noted, all events are FREE to LSUS students with valid ID. Questions? Email studentact@lsus.edu or call 707-5393. *Register online at www.lsus.edu/recsports for Rec Sports events or sign-up in the UC Office.

Have a strong opinion?
Got an itch that needs to be scratched?

Get your message out to the student body by emailing us with your rants and raves at almagest@lsus.edu

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The Almagest would like to extend an opportunity to students to write news and feature stories about the LSUS campus, professors, and student life. We would like to work alongside students to generate more content for the student body and to inform them of important events, issues, and legislative decisions that will affect them. Email us at almagest@lsus.edu to work with the editors on new content.