

# COMPOSITION BOOK

## KSU Lifestyle's Student Survival Guide

KSU Student Media  
44 pages • ksusm.com

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# KSU Lifestyle

Student Lifestyle Magazine



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## FOR THE STUDENTS. BY THE STUDENTS.

KSU Lifestyle is Kennesaw State University's monthly student lifestyle magazine, and a part of KSU Student Media (KSUSM). As a student lifestyle publication we take the responsibility in engaging in conversations that build student engagement as part a community, and not just a university.

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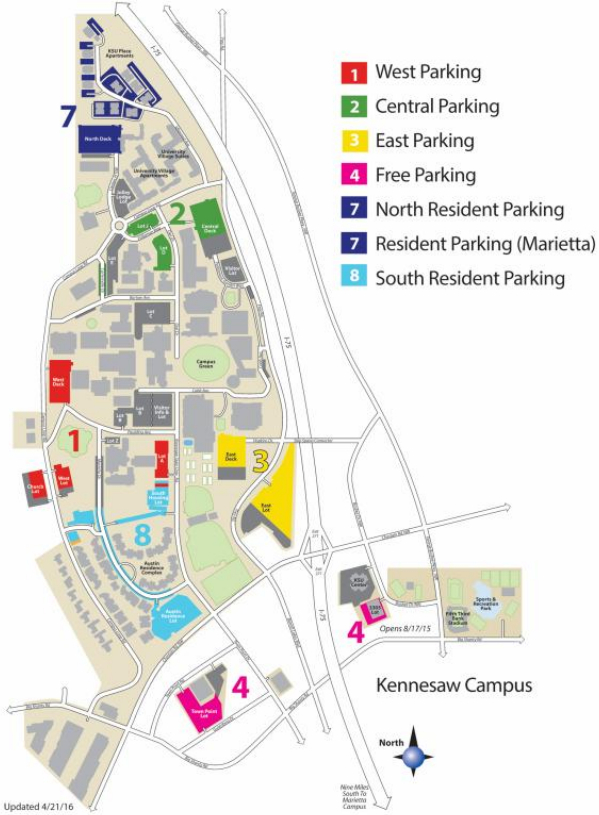
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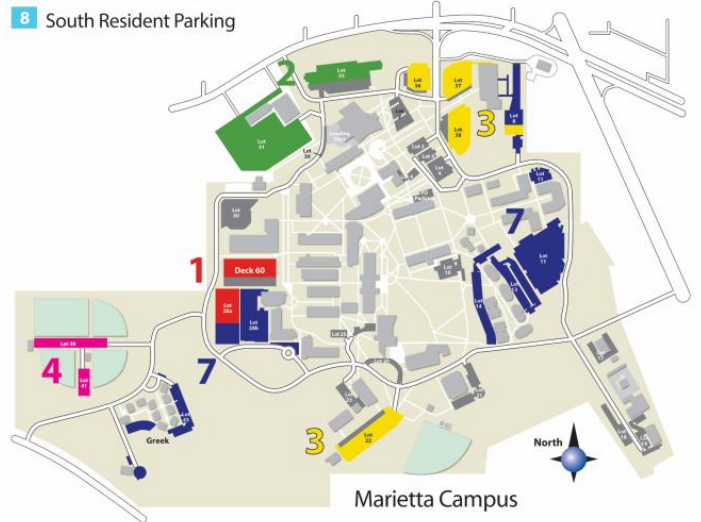
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# KSU Parking Maps



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For more information on parking, visit: <http://parking.kennesawstateauxiliary.com/>  
 For information on the B08 shuttle, visit: <http://parking.kennesawstateauxiliary.com/transportation/shuttle/>  
 For parking tips from students, see pages 8-9.



# Parking at KSU: Pros and Cons

by Millena Silva

**NOTE:** This information only applies to parking on the Kennesaw campus.

## East Deck

In-between the Convocation Center and the gym

### Pros

- You can always find parking near an elevator
- No crazy drivers
- It's right next to the gym, so you can work-out before class or before you go home

### Cons

- Far away from classes
- Sometimes you have to park on the 5th floor if you're arriving right before class at the same time as everyone else

## Central Deck

Behind Prillaman Hall

### Pros

- Right in the middle of campus, closest to classes
- Always have parking
- Biggest parking deck
- Two parking lots
- Easy to get around

### Cons

- Crazy drivers
- Very crowded, so you usually have to park on 7th and 8th floor
- Right elevator is always broken, and left is weird sometimes

## East Lot

Next to the Waffle House and Shell gas station on Frey Road

### Pros

- Always an available parking space
- Next to Waffle House, so you can get food 24/7

### Cons

- **VERY** far from anything
- You have to cross the street to get on campus

## Central Lot (Lot J)

In-between the Bailey Performance Center and the Central Deck

### Pros

- Easy access

### Cons

- Hard to find parking
- Not as close to everything

## West Deck

Next to the Social Science building and library

### Pros

- Close to Social Science building and library

### Cons

- Smallest deck
- Very hard to find parking

## North Deck

Behind student housing, next to the Central Deck

### Pros

- Right by student housing
- You can always find parking

### Cons

- Very far from classes

## West Lot and Church Lot

Behind the West Deck on Campus Loop Road

### Pros

- You can find parking there if you can't find one on the West Deck
- Easy access to Chastain Road

### Cons

- Very far from anything

## Stillwell Lot (Lot D)

Across from Prillaman Hall and the Commons

### Pros

- Close to theater department
- Close to Student Center
- Easy access

### Cons

- Very hard to find parking
- Not a lot of parking spaces

## Parking Tips

- Park near your classes
- Show up early so you're guaranteed a spot and you won't be late to class
- Don't hit-and-run in parking decks
- Students show up 20 minutes before class, so that's when parking gets busy



# Test Driving a Career

by The Sentinel Editor-in-Chief Sierra Hubbard

When you want to buy a new car, your heart may be set on one make and model in particular. You can do plenty of research online and memorize the gas mileage and horsepower. Visit a dealership and you can discuss the pros and cons of that vehicle with a professional, someone who has experience with the subject. It's the test drive, though, that really answers your questions. Until you are behind the wheel of the car you have learned everything about, you really can't know if it's the right one for you.

Careers should be treated in a similar way. College is the research portion, and your professors are there to "sell" you the field they are teaching. In my case, no journalism professor has taught me as much as I have learned from being a part of Student Media.

When I enrolled at Kennesaw State University back in the fall of 2013, I knew I wanted to write for the campus newspaper so I approached someone and became a staff writer as soon as I started classes. Now, almost three years later, I am heavily invested in The Sentinel with a leadership position.

Student Media as a whole is different from many other clubs and organizations on campus. We do not go on many outings, unless we plan the occasional staff dinner at Hudson Grille. We don't take trips anywhere or

hang out on vacation.

At The Sentinel, we work on a weekly basis to create a newspaper. We are a group of students who produce content and deliver it to the university regularly. Without input from the university or administration, we write articles, take photographs, and design the layout of a product that offers its readers news, entertainment, and information about both campuses. To me, that is amazing – though I may admittedly have an obvious bias.

KSU offers more than just a campus newspaper, though. The Sting, which publishes monthly, is the university's lifestyle magazine. Writers can work with longer deadlines to create more in-depth stories that are not restricted by the fast pace of a newspaper. For those who take interest in other forms of media, students can join Owl Radio and be the host of their very own radio show. The station plays music but also covers content like news, entertainment, and sports.

Of course, there are also opportunities for friendship within Student Media, just as there are at any job or within any organization. There are editors I have become close friends with over the semesters, and I have seen others do the same. We host an annual awards ceremony where the dedicated are recognized

Until you are behind the wheel of the car you have learned everything about, you really can't know if it's the right one for you. Careers should be treated in a similar way.

and staff members share funny stories about late nights or last-minute productions.

My point is that Student Media is more than just socializing. For me, it has been a chance to practice and hone my skills as a writer, as well as an opportunity to learn what it takes to work in a real newsroom as an editor. It has been a trove of trial-and-error to see what works and to learn from what doesn't. I have gained invaluable experience dealing with short deadlines and managing a staff of writers.

I recently interviewed for an internship, and the majority of the questions they asked me were about my "lessons learned" from working with The Sentinel. I was able to discuss how I changed my style of providing feedback to writers and how we changed the layout of the newspaper this semester. After talking about the school newspaper for 15 minutes, I landed a summer internship at the Atlanta Journal Constitution.

I didn't realize until I walked out of that interview just how valuable Student Media was to me. They didn't ask me about courses I had taken or what grades I received in my classes. I didn't discuss any school assignments or lectures from my professors. Everything I know about journalism, media, and communication has stemmed from and grown because of The Sentinel.

Now, think about that career you want after college. If you want to write stories, or take photos, or learn design, or be a radio host, what better way to give that career a test-run than to join Student Media?

I think anyone who has the time and the passion should join. To be clear, though, you should not join Student Media for the promise of a new social group. We have plenty of fraternities, sororities, and other clubs for that.

You should join because you will have the opportunity to use your skills to create something tangible. Walking on campus and watching a student read your article in the newspaper or the magazine you helped create gives you an unmatched sense of pride. You will experience what it is to produce content for an audience and to see that content in the hands of your peers.

College is important, but not necessarily for the degree or for the grades. Use this chapter of your life to fill your resume with internships and student organizations that have more to offer you than fun parties and Facebook friends. You can test drive every car on the lot before you buy, so go ahead and dabble in different career paths before you graduate.



# 10 Things Everyone Should Have in Their Dorm

by Carson Long

Dorms are a mixed blessing. The walls are thin, you don't have much room, and you might even share a bathroom, but, no matter what, it's your room. This will be the place you spend much of your time, so you need to make sure that it's comfy, useful, and contains everything you need to make sure you can relax after class. This becomes important when you have a dozen deadlines coming down at once. You might spend hours at a time locked up in your room, cramming for a test or trying to finish a paper before midnight. Here are some things that every dorm room needs so you can make the most of your new home.

## 1. Extra Storage

\$15

With small dorms, room for storage is a precious commodity. You will quickly run out of room for your things. Keep in mind, as the year progresses, you'll gather more and more stuff to go in your room. Plastic storage drawers and shelving units can nearly double your storage space without breaking the bank. A quick trip to Walmart will solve all your storage needs.

## 4. A Good Pair of Headphones

\$40

If you ask people, "good headphones" can come from many different price ranges. Some can get by with \$10 ear buds and be happy. Some more particular people might shoot for expensive Beats or Bose headphones. Whichever you choose, find headphones that are comfy and block out sound. These will serve you in two ways: your roommate and neighbors will love you because no one else can hear the music you're now blasting into your eardrums, and you'll love yourself because when other, more inconsiderate, people begin playing their music/movies for everyone on the floor to hear you'll be able to block it out.

## 7. Water Bottle

\$15

You'll be running all over campus during the semester so you need to keep hydrated! Having a nice water bottle, and not losing it, will save you money and time. Refill it at a water fountain and never suffer from cottonmouth in class again. Water helps regulate the temperature of the body and helps keep you awake and focused.

## 2. Fan

\$30

You might be lucky and have controllable air conditioning in your dorm. Great! But for everyone else, a fan can make a lot of difference. With laptops and phones charging in your room (or God forbid, a desktop), it can heat up pretty quickly. A fan will last you for years and pay for itself in comfort. This is a product that is underappreciated. You'll never know how much you need a fan until you're lying on top of your sheets at 3 in the morning.

## 5. Coffee Maker

\$15

If coffee is your thing, this is an absolute must. If you're absolutely serious about coffee, I recommend one of the Keurig machines that use the K-Cups. This is an easy way to cut down on clean up and can save you a lot of time in the morning ~~to sleep in~~ getting ready. Otherwise, grab a \$15 coffee maker from Walmart or off the internet, as well as some quality coffee grinds, and you'll be good to go. Just clean up after yourself.

## 8. White Board

\$30

White boards are extremely useful for college students. Use it to write yourself reminders, important dates, help work out problems, brainstorm, and just be creative. You can buy dry erase calendars at many stores to have a handy, reusable calendar each month. Tip: You can buy Thrifty White Tile Board at Home Depot and have it cut to any size you want. This is the same material as any other dry erase board, but is much cheaper at \$13 for 32 square feet.

## 10. Printer

\$50

A personal printer will change your college life. Even considering how digital classes are now, you will be required by many professors to print out documents. KSU offers printing at plenty of locations, but it costs you. Instead, invest in a personal printer that you can use in your room. It will help with time management (print at home, don't run to the computer lab before class only to find out that their printer is broken) and it might even save you money in the long run. I can't stress enough how valuable it is to have your own printer. You need this.

## 3. Power Strips

\$10

The outlet situation in your room might be less than ideal. Power strips are a portable solution to an extremely annoying problem. Use them to give yourself an extra few feet on your phone charger or to turn your desk into an all-in-one charging station. Carry it to classes with too-few outlets and become the savior of the semester. A power strip is a cheap item with a very valuable use.

## 6. Wall Décor

Varies

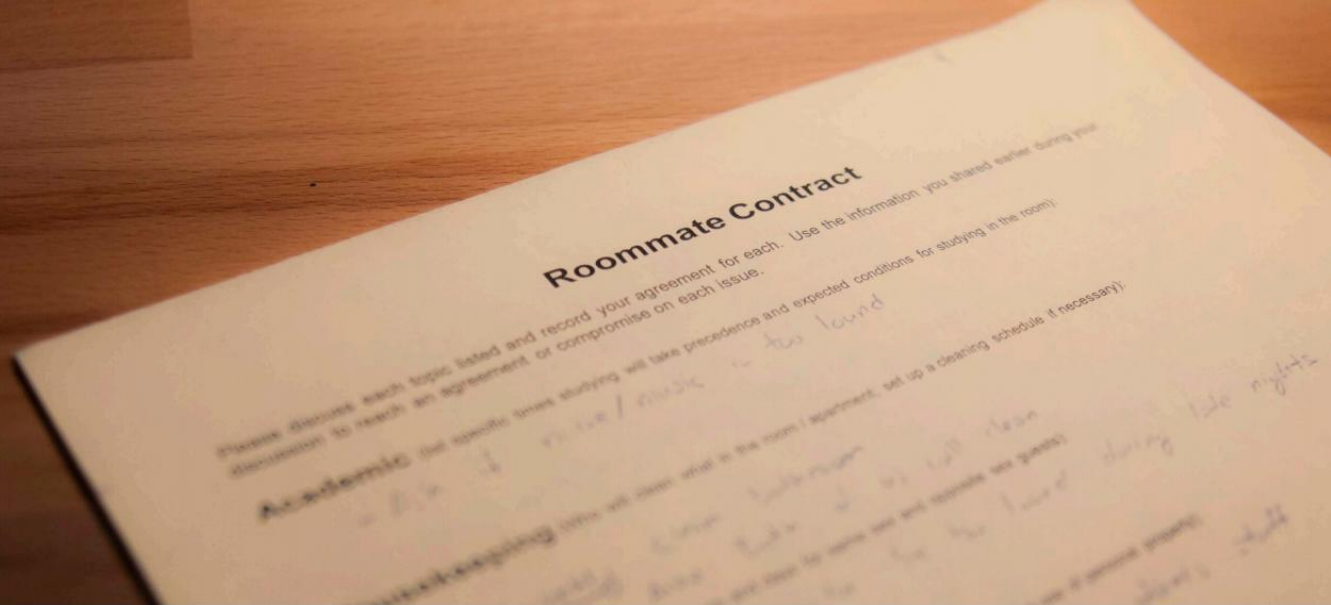
Your room will be bland as can be without anything on the walls. It won't cost much to change that, though! In fact, historically, there has been a group that comes to Marietta Campus with posters for nearly everything (movies, bands, pop culture, etc.). Personalizing your room will give it personality. Coming home to a room that's decorated feels a lot better than coming home to a pampered-up prison cell. Be sure to use tacky to hold up posters instead of putting holes in the wall!

## 9. Alarm Clock

\$15

It's going to happen. You're going to oversleep a morning class. Everyone does it. Minimize the chance of this happening by using an actual alarm clock. Many of you (like me) might use your cell phone for an alarm clock: bite the bullet and purchase a legit alarm clock. Set it up across the room and never miss a morning class again. But please, for the sake of everyone, turn off the alarm when you plan on spending the night away from your room.





# How to Be a Good Roommate

by Gerron Green

So you're finally away from home, you've moved into your dorm, and have made a good

impression on your new roommate. That should be the end of it, right? Well, no. Unfortunately, it's only half the battle. Now comes the point where you have to get along with a complete stranger, someone who might have different views, values, or ideas than you do, for a full year. Fear not, *The Sting* is here to make this period of your life a little bit easier. Here's how to be a good roommate.

## Step 1. Get to know your roommate

Making a good first impression is important, but actually living together is more important. Try to get a good idea of your roommate's

schedule, when they wake up, when they shower, etc. Nothing's worse than being woken up for your first day of classes early and then being stuck out of the shower when you actually need to get somewhere. Make an agreement about each other's schedules early, which brings me to the next point.

## Step 2. Have a roommate agreement

It might seem a little lame to actually type up a document explaining ground rules, but it's pretty necessary. A roommate agreement should entail when you can have visitors over, how long they can stay, what times you

need the room quiet, etc. It might seem like things pop up after the fact if you aren't thorough enough in your agreement. You might not have explicitly said "dirty underwear shouldn't be left on the floor in the agreement," and then when it happens you'll have less recourse about it. Speaking of which, on to step 3.

## Step 3. Take care of yourself and your room

Look, you're an adult now, even though you might not feel like it. No one is going to tell you to clean up after yourself, wash your sheets, take a shower, etc., so you have to do it on your own. Your roommates

will appreciate it when you do. I really can't stress this enough, take a shower every day and do your laundry. If you're reading this and think that it's silly that I had to say it, then you're a step above some of your peers. Inevitably, someone won't keep up with their personal hygiene, and when that happens everyone involved loses.

## Step 4. Respect Others

Another thing you might not realize is that people are different and have different opinions. Though you might not agree with your roommate's ideas, you should tolerate them and not bring unnecessary animosity into dorm. First impressions can be deceiving here. You and your

roommate might bond over your love of both *Super Smash Bros* and the sitcom *The New Girl*, starring Zooey Deschanel, but then realize one of you thinks Wolf is overrated and that Megan Fox's run was just a little funnier than the rest of the season. Well, now you have conflict, and you want to avoid that. So respect each other in these precarious situations.

## Step 5. Have fun

If you've successfully navigated the minefield that is personal opinion and personal hygiene, then have fun. If you two can get along, you may have made a friend for the rest of your life. If not, well, room change fees haven't gone up that much, I hope.



# 7 Ways to Have Healthy Social Relationships

by Brittany Rosario

Our social life plays a huge factor in how we deal with situations on a day-to-day basis. For that reason, we should continue to strive for healthy relationships with our friends, family, and everything in-between. This article features 7 helpful tips for having more positive relationships with those you care about.

## 1. Become a great listener

Most people are too busy thinking of what they want to say next instead of really listening to what the other person is saying. When you notice yourself doing this, take a breath and change your reaction by listening instead of talking.

## 2. Ask the right questions

When others sense that we are making a sincere attempt to understand them, they tend to open up and share more with us. This deepens the relationship and places us in the category of people they want to seek out when they need someone to talk to about anything.

## 3. Pay attention to the whole person

When someone is speaking, focus not only on the tone of their words, but also on their facial expression and body language. Notice when someone's words don't match their facial expression or body language and ask them why there might be a difference. This will create more meaningful conversations that will develop trust.

## 6. Be open and share when the time is right

To build strong relationships we need to be able to pace ourselves and share when it's appropriate and at a level that is consistent with the depth of the relationship.

## 5. Be consistent and manage emotions

Regardless of how we are feeling, we need to be able to put our own feelings aside to fully listen and engage others that are important in our lives.

## 4. Remember things that are important to others

Remembering people's names is the first step to relationship building, and remembering other important aspects about them continues the building process.

## 7. Be genuine, confident, humble, trustworthy, positive, and fun

People who build great relationships feel good about who they are and always look for the positive in their world. They genuinely want the best for others and want to see them succeed.



# COLLEGE MYTHS



## It's Not Like the Movies

Written by Carson Long

Illustrated by Joseph Lorren

College is a milestone in life. Much like getting your first car and graduating high school, it carries a sense of freedom. Now, you're an adult. No one is telling you what to do. You could major in scuba diving and go to Cuba to be an instructor, or you could major in business and start your own company. This is a chance for you to decide what you want for your future.

You might be coming into college with a rough idea of what it will be like, from things you've seen in movies and heard from your friends, or from old stories told by your parents. Whatever idea you have of college, there are some persistent myths that are spread to each generation of students.

## Myth 1 – College is one big party

Yes, there are parties in college. Usually, it's a few friends in a dorm or a group in off-campus housing. Don't get too excited, though. Parties are not as prominent as you think they are. If you want to find a party, you probably can, but if you've seen movies or TV shows like *Blue Mountain State*, *Van Wilder*, or *Accepted* then you're going to be sorely disappointed.

You will spend most of your time in class, doing homework, studying, or (if you're like most students) working a job to support yourself. College in movies portrays the entire college experience as easy work and a lot of fun. There is a lot of work in college, but there are plenty of chances to have fun, too. You can go to parties, huge events thrown by the school that you can attend free of charge, or just hang out with friends on or around campus.



## Myth 2 – You don't have to attend class

You've probably heard of the huge lecture hall classes with over 100 students where attendance isn't mandatory. There's no way the professor can keep track of all those students. They won't notice if you're gone. If attendance isn't mandatory, why even go to class?

Well, first of all, these classes aren't as common as you think. Most classes you will take here will be like it was in high school, with around 20-30 students. Only a few classes will be larger than that, and these are normally subjects like history and humanities - General Education classes that everyone on campus has to take.

99% of your classes will be like the classrooms you grew up in. Your teacher noticed if you were absent then, and your professor will notice now.





## Myth 3 – The professors won't care about you

There will be times when you are stuck with a professor who might not get along with you. Choosing a professor that works for you is the responsibility of the student. Just like how there are times when you get stuck with a professor who doesn't work for you, you will certainly find teachers who do. There are tons of great teachers at our campus who want to see you succeed.

A great thing about college is that the professors can teach many different levels of their class, from the 1000 level to the 4000. When you find a teacher that works for you, it is entirely possible to take them over and over again for a different subject. If you are faced with an opportunity like this, take it. You will make a very valuable reference and, in some cases, a good friend.

Expectation:



Reality:



Got any other college myths that you aren't sure about?



What about rumors or urban legends?

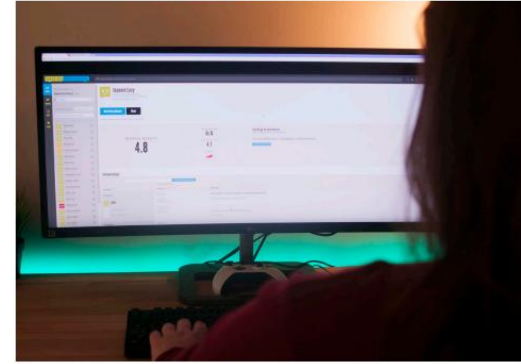
Ask about them on social media with #ksulifestyle and we'll show you the truth behind them!

# Professor, I Choose You!

► by Zachary North

When I started college, I had no idea what classes to take or what professors to take them with. I was in a new world, and everyone was a stranger. Thanks to my cluelessness, I picked Calculus II as a starting class and combined that with one of the worst professors I have ever encountered in my college life. He taught the class sort of okay, but when it came to the tests, the class suddenly required you to be a math graduate to pass them. Goodbye, HOPE scholarship and hello, Honors Program probation.

Luckily for you, I have the tips required to prevent you from making the same mistake.



### 1. Trial and Error

When it comes to college, you need to know that most of the time you do have some control over whose class you inevitably end up in. The key is figuring out if the professor is the right fit for you. I mean, you are paying them, so you might as well make sure you're going to benefit from them too.

Keep in mind that you can always sign up for a class to give a professor a small trial run and then withdraw before the Drop/Add period for classes ends to keep from spending money on a class you may regret being in later.

### 2. Professor Reviews

Another thing you can do is ask around about any professors you might be potentially wondering about. Students that have taken classes with the professor in question normally have good insight on how the professor teaches and how they organize their class.

What will make this search even easier is Rate My Professors, a website that's sole purpose is to collect student opinions on professors across the US, the UK, and Canada. All you have to do is find your university, search for the professor's name, and you will see their ratings based on their helpfulness, clarity, and easiness, as well as comments from the students and what class they are referring to.

### 3. The only option

Sometimes you don't have a choice in the matter and will have to deal with a professor you probably won't like. It sucks, but the important thing to remember is that even if the professor is difficult, unhelpful, or just generally terrible, you do have classmates who can help you through the semester. You'll just have to buckle down and make the most of it.

As cliché as it is, when life hands you lemons, make lemonade.

# Purchasing Textbooks

► by Carson Long

If you're tasked with purchasing your own textbooks this semester, be ready to spend up to \$200 or more. Textbooks are expensive and frustrating! Some classes require a textbook, but will not use it at all. Other classes require the newest (and usually most expensive) version of a textbook, which means that used books are unavailable and your only option is to buy the textbook new at \$120. Some classes are super frustrating because the professor is the author of the book for the class! Are you expected to pay the school for the class and the professor for the book? Regardless of what happens, buying textbooks are frustrating and unavoidable.

Here's a guide to help you worry less, and save more.

## 1. Consider Your Options

The university wants you to purchase your textbooks from the school bookstore. This is the perfect option if you have financial aid or a scholarship, as you can use that money here. If you don't have financial aid or a scholarship, don't buy from the bookstore without first considering all your options.

Other websites offer new books at a discounted price. Search around! Google is your friend. The Google Chrome extension, *Occupy The Bookstore*, is a great way to search for your textbooks. Install the extension to your Chrome browser and search for your books on your bookstore's website. *Occupy The Bookstore* will automatically search the Internet for better deals on that exact textbook. Follow the link to a better deal.

“ Don't buy from the bookstore without first considering all your options. ”

## 2. Renting Is Love, Renting Is Life

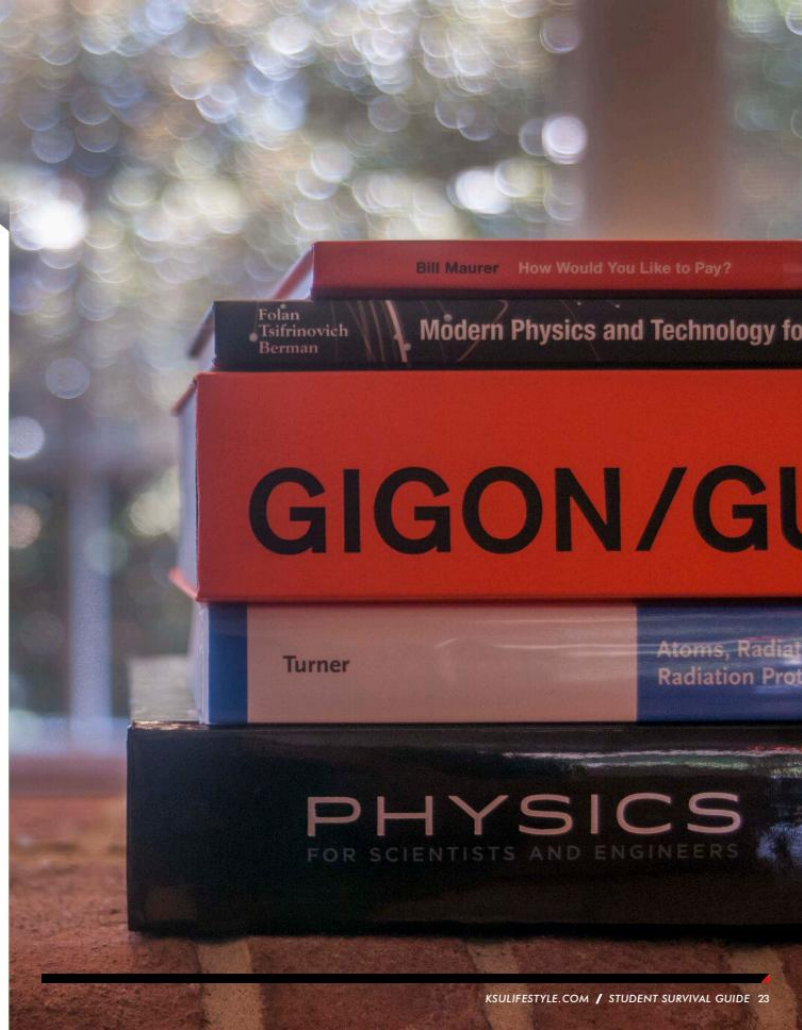
Personally, I haven't bought a textbook in years. Renting has saved me hundreds of dollars over my college career. If you find that a textbook you need is too expensive, consider renting the book. You can rent books from websites like Chegg.com and Amazon.com. Rented books come at a fraction of the cost of a new book. The only catch is that you need to take care of the book and send it back to the store (shipping is free) through the mail. If you fail to do so, you will be charged the full price of the book.

## 3. Are eBooks Worth It?

Personally, I have mixed feelings about eBooks. They can be handy, but it's hard to shell out such a hefty price for a book download. Sometimes, eBooks can still cost upwards of \$80, even if the physical copy of the book is only \$90.

There are positives associated with using eBooks, however. Using the `control+f` shortcut (command+f on the mac) can help you with vocabulary, quizzes, and assignments by saving you time finding information. You don't have to worry about lugging around a physical copy of the book in your backpack or taking care of it. You don't have to return it like a rented textbook.

If you do use an eBook, you will be completely dependent on the laptop/computer/tablet that you access the book with. You are also spending a lot of money on a file to download. If you can justify that and want the ability to search your textbook for information, then choose the eBook over the physical copy.







## Survival Tips: Where to Sit in Class

► by Jordan Alexander

From the title, you may have just assumed I was going to talk about how you should sit in front of class. I think once you take a look at this article you'll think differently. I'm here to tell you the positives and negatives of certain spots in the classroom.

### The Doorman

This is the seat that is right by the entrance. In most college classes this seat is taken by the person who likes to stumble in late and leave early. I wouldn't recommend this seat because you'll be tempted to just "give up" and walk out of classes.

### The Leader

As assumed by most, this is the seat in the class that is front and center. This spot requires you to be focused for the duration of the class. The one negative about this spot in the classroom is that if you're off-task or disinterested, a professor can see this. Having favor with a professor is key to success in class.

### The Sleeper

This seat is in the back of the class. Most freshmen will have to suffer the unfortunate draw of an 8:00 a.m. class on a Friday morning. You will more than likely fall asleep in this class, and I can attest to that as I was a Sleeper as a freshman.

### The Middleman

Honestly, the seats in the middle of the room are your best bet. It's not too far back so you won't be tempted to sleep. You're not too close to the door, which means that you'll more likely stay in class. It's the perfect distance from your professor, and it's less intimidating than being right in front of your professor.

I've given you four positions in the classroom. It's just my opinion, but I've sat in all four positions and I've found that the Middleman seat has proven to give me the most success in classes.



## Classroom Etiquette

► by Gerron Green

“ Follow your professor's rules. I know they can seem silly sometimes, but it's important to remember that the person lecturing you has your future in their hands. ”

We've all been there: you're sitting in a high school classroom that you couldn't care less about and your teacher has a silly list on their desk of things you shouldn't do, like texting or talking out loud. Yet, for one reason or another, you break those rules anyway; maybe it's because the punishment is really lax, maybe you don't care, or maybe you just really need to check if Brad is asking you to prom this year. Either way, you let it slip.

Well, I'm here to tell you that you really don't want to do that in college, as the stakes are higher and your level of engagement could be the difference between getting the career you always wanted and flipping burgers for the rest of your life. So to help you, I'm here to tell you a little about classroom etiquette.

Follow your professor's rules. I know they can seem silly sometimes, but it's important to remember that the person lecturing you has your future in their hands. If they want cell phones put away in class, then only use it in an emergency - and no, seeing if the guy you

met at the welcome week party texted you back is not an emergency. If they want silence, then don't talk to the cute girl sitting next to you until after class. If they want class participation, then go ahead and belt out that question you know is wrong, because God knows you're trying.

Etiquette outside of the classroom can get a bit trickier, especially considering that that's where you'll learn the most. In these scenarios, still follow the rules the professor has laid out. That means that you shouldn't ambush them half an hour before your homework is due and expect them to help you. Be punctual and have your work done early so that you can ask questions with ample time to spare.

Basically, what I'm trying to say is that classroom etiquette is whatever your professor says it is in that class. You really should listen to them, because that'll be something they'll remember when you inevitably have to beg for extra credit to make a C in the class, or if you're an overachiever begging to keep your perfect 4.0.

# Songs and Playlists to Help You Study

by Matthew Dinoff

Are you a music hound? Someone who loves music and listens to it to help you focus and study? Here are a few suggestions on songs and playlists that will both increase your focus and help you stay focused.

## 1. Video Game Soundtracks

Video game soundtracks are designed and made to make the listener focus and keep their interest, even in the lulls of the story. The soundtracks are often instrumental, so your ears won't be distracted trying to follow vocals. An added bonus is that you'll feel epic as you finish your projects. These soundtracks can make even the most boring subject feel like an amazing adventure.



## 2. Classical Music

Classical music is another great genre of music that generally has a calming effect on listeners. It has been proven that Mozart's music, specifically, can increase mental performance.

## 3. No Lyrics, Low Volume

The lyrics in a song will take listeners away from their notes and studying to focus on the lyrics of the song. Listening to music at a high volume can also be distracting.

## 4. Spotify

Spotify has a great collection of playlists specifically for studying in their genres tab and 'Focus' section. I personally like the 'Deep Concentration' and 'Late Night Focus' playlists.

## 5. Pick Your Music Quickly

Don't take forever to decide what genre or specific songs you want to use in your playlist. That is valuable studying time you don't want to be wasting.



Come join us and have fun while gaining invaluable work experience

**KSU Lifestyle** has it all!



# Networking and Establishing Yourself Professionally

► by Eliza Jones

Going to college to become educated is all well and good, but what happens when you graduate and the real fun starts? Job hunting can be tricky when you start trying to get into the profession you're passionate about, and knowing people in your field of choice can go a long way into getting you a leg-up into a company.

Before you consider the future, however, you have to consider where you want to be in the future. This means focusing on what you're passionate about and what you want to do for a living. Take some time to evaluate this – explore different jobs (and don't be afraid to research obscure or unique ones, because there are some really neat jobs you probably have never heard of), maybe talk to one of KSU's career counselors, and don't be afraid to switch your major if you find out that you actually hate biology. Figuring out what you want to do early on in college will save you a lot of headache down the road.

Once you've decided what it is you can see yourself doing for years on end, you need to start getting involved locally. One of the best things you can do in college is join a student organization, and there are plenty of professionally-minded ones out there. The Society of Professional Journalists, Student Nurses Association, and the American Institute of Architecture Students are just some of the many that KSU offers.

Other student organizations can be found at <https://owlife.kennesaw.edu/organizations>.

These student organizations often offer events, both on- and off-campus, which will get you involved with local businesses that fit your profession. For instance, during my stint as a Communications major I was a part of the Society of Professional Journalists. We hosted events with people from the AJC, travelled to news conferences and conventions, and were presented with opportunities for internships. Even though I am no longer a Communications major, I still have contacts in that field that I'm saving for a rainy day.

Internships (or something in a similar vein) are your next step. Find a position somewhere that allows you to showcase what you're good at. For instance, I wanted to be an editor when I graduate college. I started building a portfolio for myself by showing initiative in things such as video games – I would find an indie game that had some grammatical or spelling errors and I would offer my editorial services to the developers. The work was usually unpaid, but I was so happy having something physical to show for what I was doing; it was also

something I could show to an employer down the road. This drive to be involved in my career field is what led to me becoming the Lead Copy Editor for The Sting, as well. I guarantee you that there is a job, internship, or opportunity for you out there somewhere – you just have to find it. Getting involved with groups on campus, as mentioned, is a great way to make that search easier for you.

Once you've gotten to know the people and groups in your community, and have built up a resume and/or a portfolio, you've shown potential employers that you're serious about your profession. They'll see your drive and initiative, and you'll have contacts in the field willing to vouch for your potential. Don't be afraid to take your time deciding what you really love, but you should also not wait too long either. The more time spent developing yourself and your contacts in college, the less time you'll have to spend out of college looking for work.

# How to Get Involved: Student Organization Edition

by Brittany Rosario

As a freshman, I spent a lot of time in my dorm (shout-out to HV200) watching YouTube videos and binge-watching Netflix series before there were actual Netflix series (I'm not that old, I swear). But as the year went on, I realized that I wasn't doing all the things I should have done to get involved and make a presence for myself on campus. So I attended a few student organization fairs, took all the information I could, sat down, and picked five organizations based on my personal interest. Now, I'll warn you, you don't have to get involved in everything because time management is crucial. You want to be able to succeed academically and keep those scholarships you worked so hard for in high school. However, I would say that you should make time for serious dedication towards two organizations. To help you get a head start, below is a list of what I believe to be the top five opportunities for ANY student to get involved in on campus. Check them out:

## 1. KSU Motorsports | Formula SAE Team

This is "an international engineering competition team that pushes motivated students to design and build a formula style racecar." This group of diverse and talented students won Student Organization of the Year for 2015-2016.

Join here: <https://owllife.kennesaw.edu/organization/KSUMotorsportFormulaSAETeam>

## 2. Office for Student Advocacy

In January 2016, this office was created in order to serve as a critical component in upholding the values of the institutional mission. The office is a space where students can come to share concerns and matters that are important to them and find resources available to them for making a change. If you are interested in getting involved with the CivOWLity groups on both campuses, the application deadline is September 2, 2016. ALL students are eligible to apply.

Join here: <https://owllife.kennesaw.edu/organization/studentadvocacy/availableforms>

## 3. Society of Women Engineers (SWE) / National Society of Black Engineers (NSBE)

Both of these student organizations are centered around the academic excellence and career achievement of engineers and leaders in minority groups. The signature events put on by SWE are their annual fundraisers:



"SWE Goes Pink" in October for Breast Cancer Awareness and "Pi a Professor" in March for Pi Day. NSBE has an annual talent show in the Fall and a dating game in Spring.

If you're interested in joining, contact the organization presidents using these emails:

SWE: [swe.kennesaw@gmail.com](mailto:swe.kennesaw@gmail.com)  
NSBE: [spbsbe.president@gmail.com](mailto:spbsbe.president@gmail.com)

## 4. Student Government Association (SGA)

Out of all the student organizations, SGA is one of the most important because they represent the students of KSU by serving as liaisons between students and members of the University community within the shared governance structure.

For more information on attending meetings and contacting SGA, visit their site: <http://ksusga.wix.com/ksusga>

## 5. Center for Student Leadership

This center offers various one-of-a-kind programs that help students discover and develop leadership skills for lifelong success in their communities and their careers.

Learn more here: <https://owllife.kennesaw.edu/organization/KSUCSL>

I hope this list has been helpful and that you have all the information you need to hit the ground running. Good luck out there!

Oh, and don't forget to get involved with KSU Lifestyle!



# Social Sports: Intramural and Casual

► by Jordan Alexander

Sports on the Kennesaw State University campuses have been a pivotal part of the culture here. Nearly every student on campus has, either previously or presently, been involved in sports in one way or another. This campus is perfect for those who are interested in sports and are interested in participating in new ones. I'm going to give, in my opinion, the best three sports to play, socially and casually, on the KSU campuses.

## Basketball

Basketball is a very popular sport on both campuses. With four courts in the rec. center on the Kennesaw campus, and two courts on the Marietta campus, this gives students plenty of opportunity to enjoy this sport with friends.

## Flag Football

Flag football is one of the most popular intramural sports on campus, with football being the most overall popular sport in the South. There's no doubt that the popularity of football rose as a result of KSU's inaugural year of NCAA Football. Intramural games usually take place on the Kennesaw green, and on the soccer fields on the Marietta campus.

## Soccer

Soccer is still somewhat of a niche sport, but it actually has a nice following on the KSU campus. With a well-developed club team and a nice volume of casual players, soccer can be an enjoyable experience for any Kennesaw State student. The Kennesaw campus has an indoor soccer field in the rec. center, and the Marietta campus has soccer fields and a Futsal court in the rec. center (which is converted from one of the basketball courts).

These are just three of the sports I chose from the many different sports offered on campus. Some other notable sports on campus are:

- Volleyball
- Beach Volleyball
- Disc Golf
- Ultimate Frisbee
- Racquetball
- Badminton
- Tennis

I encourage the incoming freshmen of KSU to get active and get social! The world of sports is a great way to connect with people, and you may even make meaningful and lifelong friendships through the heat of competition. It is also a great way to get exercise while having fun, because I find it boring to exercise if I'm not playing a sport. Hopefully through this article you will find a newfound love for a sport that you didn't expect to play.

# The Freshman 15

► by Jordan Alexander

The elephant in the room that no one wants to talk about is the "Freshman 15." All freshmen at Kennesaw State University are required to have a meal plan, and with the great power that comes with a meal plan comes great responsibility: that responsibility is weight. As we move towards adulthood, our metabolism naturally slows down and creates weight gain. I want to say that the Freshman 15 can be avoided but, like death and taxes, this too is a certainty. Of course I'm just exaggerating, but I can remember being a freshman at SPSU, having soccer practice twice a day, and still becoming a victim of weight gain: almost 25 pounds to be exact. I'm here to tell you, guys and girls alike, embrace the weight gain. Love yourself and who you are, because at the end of the day we're all just human beings and weight gain is a natural part of transitioning from adolescence to adulthood.

Well, it wouldn't be fair to just tell you about the Freshman 15 without giving tips on the ins and outs of how to avoid gaining that weight.

## Tip #1: Exercise, exercise, exercise

It's no secret that the key to maintaining a balanced and consistent weight is to exercise and burn the calories that we obtain from eating. Some people need more exercise than others, depending on your individual metabolism, so it would help to know yourself more thoroughly. Feel free to check out the Rec. and Wellness Center, as they have great facilities and equipment to assist in your health.

## Tip #2: Avoid binge-eating sweets

Candy, cake, cookies, and anything dessert-worthy should be eaten in moderation. This is the quickest way to get the Freshman 15, as this weight accumulates as fat, but it can also be combatted by exercise, which may negate weight gain from sweets.

## Tip #4: Abstain from alcohol

As all of you know, you must be 21 or older to buy and consume alcohol, and all alcohol is prohibited on campus per KSU's Drug and Alcohol Policy. That being said, beer is heavy on calories and can cause rapid weight gain in persons who drink regularly, or even binge-drink on weekends. I don't want to sound like your dad, but abstaining from alcohol will improve grades, overall health, and lead to a better quality of life.



## Tip #3: Eat fruit

Fruit is the MVP of healthy foods. Stingers and The Commons alike have a large selection of fruits and vegetables, so these places are your best bet if you're struggling to obtain a better diet. The Student Centers on both campuses also have a convenience store which sells a variety of fruit and medley cups.



Getting the Most Bang for Your Buck

# Best Food Deals On-Campus (1)

by Brittany Rosario

Oh my goodness, I'm so hungry but I don't know what I should eat. There are so many choices between both campuses. Let me consult with my wallet - \*dust flies out\*. Only \$10. What am I gonna do with that?

## Marietta Campus\*

### Atrium Building (J)

#### Starbucks

Open Monday - Thursday,  
7:30 a.m. - 8:00 p.m.  
Friday,  
7:30 a.m. - 3:00 p.m.  
\*Closed on Weekends\*

Fresh fruit cups: \$1.89  
Yogurt parfait: \$2.89

#### Starbucks' best and cheapest drinks

	Tall	Grande	Venti
Iced Caffe Latte	\$2.75	\$3.55	\$4.05
Iced Brewed Coffee	\$1.95	\$2.45	\$2.95
Iced Peachy Green Tea	\$2.00	\$2.75	\$3.25
Coffee of the Day	\$1.50	\$1.95	\$2.25
Tazo Hot Tea	\$1.95	\$2.45	\$2.95
Caffe Americano	\$1.95	\$2.55	\$3.05

#### Subway

Open Monday - Thursday,  
10:00 a.m. - 8:00 p.m.  
Friday,  
10:00 a.m. - 3:00 p.m.  
\*Closed on Weekends\*

Soup: \$2.50  
Flatbreads: \$4.00



### Spork, near the Housing Office

#### Papa John's

Open Monday - Thursday,  
8:00 p.m. - 12:00 a.m.  
\*Closed on Fridays and Weekends\*

## Student Center: Ground Floor

### Olo Sushi

Open Monday - Thursday,  
10:30 a.m. - 4:00 p.m.  
Friday,  
10:30 a.m. - 2:00 p.m.  
\*Closed on Weekends\*

\$6 bowls: filling and delicious flavors  
Cali sushi roll: \$6.49

### Bookstore

Open Monday - Thursday,  
8:00 a.m. - 6:00 p.m.  
Friday,  
8:00 a.m. - 4:00 p.m.  
\*Closed on Weekends\*

#### Bookstore Combo Deals

Bag of chips with 20oz. Coca-Cola: \$2.99  
King Size candy bar with 16oz. Monster: \$3.99  
Bag of chips, hamburger, & 20oz. Coca-Cola: \$5.99

### Coming soon

Chick-fil-A in the Student Center



## Stingers: Dining Hall

Open Monday - Thursday,  
7:30 a.m. - 8:00 p.m.  
Friday,  
7:30 a.m. - 6:30 p.m.  
Saturday,  
10:30 a.m. - 6:30 p.m.  
Sunday,  
10:30 a.m. - 8:00 p.m.

Remember that you can also just use your meal plan swipes at Commons and Stingers dining halls and dining dollars at any entries, instead of spending your actual money.

To check how many dining dollars, KCash, and/or swipes you have, go to: <https://eacct-kennesaw-sp.blackboard.com/eaccounts/AnonymousHome.aspx>



Getting the Most Bang for Your Buck

# Best Food Deals On-Campus (2)

by Brittany Rosario

Oh my goodness, I'm so hungry but I don't know what I should eat. There are so many choices between both campuses. Let me consult with my wallet - \*dust flies out\*. Only \$10. What am I gonna do with that?

## Kennesaw Campus\*

### Student Center: First Floor

#### Burrito Bowl

Mexican grill  
 Open Monday - Thursday,  
 11:00 a.m. - 7:00 p.m.  
 \*Closed on Fridays and Weekends\*  
 Burrito bowl with chicken, pork, or veggie: \$6.49  
 Burrito bowl with beef: \$6.99  
 Quesadillas: \$5.99 - \$6.59  
 Salads: \$5.49 - \$6.49  
 \*Also serves Freshen smoothies

#### ZAYA

Mediterranean grill  
 Open Monday - Thursday,  
 10:30 a.m. - 4:00 p.m.  
 \*Closed on Fridays and Weekends\*  
 Hummus: \$4.69  
 Baklava: \$1.99  
 Falafel: \$4.29  
 Make your own wrap: \$7.29

#### Hissho Sushi

Open Monday - Thursday,  
 11:00 a.m. - 7:00 p.m.  
 Friday,  
 11:00 a.m. - 2:00 p.m.  
 \*Closed on Weekends\*  
 All starters are \$3.99: Edamame, seaweed salad, 4-piece spring roll  
 California Roll & Veggie Roll: \$5.99  
 Tokyo Fantasy, Philadelphia Roll, Boston Roll, & Blazing California Roll: \$6.49

#### Chick-fil-A

Open Monday - Thursday,  
 7:30 a.m. - 8:00 p.m.  
 Friday,  
 7:30 a.m. - 2:00 p.m.  
 \*Closed on Weekends\*

#### Other

SWEET READS has bulk candy and food for \$0.53/ounce  
 \*they also sell cookbooks

#### The Market

Open Monday - Thursday,  
 7:30 a.m. - 8:00 p.m.  
 Friday,  
 7:30 a.m. - 5:00 p.m.  
 Saturday,  
 10:00 a.m. - 5:00 p.m.  
 \*Closed on Sundays\*  
 Pasta salad: \$3.90  
 Caesar pasta salad: \$4.50  
 Pesto pasta: \$4.15  
 Regular salad: \$4.25  
 Sandwiches: \$4.95  
 Iced: 16oz \$1.59 / 24oz \$1.79  
 Coke: 24oz \$1.79 / 32oz \$1.99  
 Nescafe: 12oz \$1.99 / 16oz \$2.59  
 International Delight: 16oz \$1.99 / 24oz \$2.59

## Burruss Building: First Floor

### Freshens

Fresh food studio and Starbucks  
 Open Monday - Friday,  
 7:30 a.m. - 2:00 p.m.  
 \*Closed on Weekends\*

Crepes: \$4.49 - \$6.49  
 Stuffed Baguettes: \$6.99  
 Rice Bowls: \$5.99 - \$6.49  
 Salads: \$6.49 - \$7.49  
 Specialty Mac & Cheese: \$6.99  
 Smoothies:  
 Small: \$3.99 Medium: \$4.69  
 Large: \$5.89



Photo by: Matt Boggs



Source: KSU Culinary Services

### Commons: Dining Hall

Open Monday - Thursday,  
 7:00 a.m. - 9:00 p.m.  
 Friday,  
 7:00 a.m. - 7:00 p.m.  
 Saturday,  
 10:30 a.m. - 7:00 p.m.  
 Sunday,  
 10:30 a.m. - 9:00 p.m.

Remember that you can also just use your meal plan swipes at Commons and Stingers dining halls and dining dollars at any entries, instead of spending your actual money.

To check how many dining dollars, KCash, and/or swipes you have, go to: <https://eacct-kennesaw-sp.blackboard.com/eaccounts/AnonymousHome.aspx>

Get the most for your dolla' to make you holla'

# Best Food Deals Off-Campus

by Brittany Rosario

## 1. Cook Out

The best thing to get here is the Cook Out Tray for \$4.25. You have the option to pick a main item, two sides or double up, and a drink. These meals are filling and satisfying. Some of the best burgers, wraps, and quesadillas you'll ever have!

## 2. Wendy's

We are all familiar with Wendy's, probably more than we want to be, but it's really because they have the best deals and some of the crispiest bacon. Right now, they are running a 4 for \$4 deal where you can get a Jr. Bacon Cheeseburger, chicken nuggets, fries, and a drink.

## 3. KFC

Do you smell what the Colonel's cooking? I do! \$5 Fill-Ups are the bomb.com. There are so many options for what you can eat for only 5 bucks.

- Famous Bowl, Cookie, Medium Drink
- Chicken Breast, Mashed Potatoes, Biscuit, Cookie, Medium Drink
- Pot Pie, Cookie, Medium Drink
- 2pc. Drumstick & Thigh, Mashed Potatoes, Biscuit, Cookie, Medium Drink

## 4. Arby's

Everyone loves coupons, right? Thanks to The Sentinel, KSU's newspaper, students are able to enjoy Arby's sandwiches at a cheaper rate by using special coupons and deals offered in the paper every month. Check out your local campus newsstand to read The Sentinel for coupon clippings.

## 10. Jimmy John's

The best in gourmet sandwiches. Order online today for delivery to your dorm. My favorite thing to get is a #4: Turkey Tom, with no tomato, add cucumber & vinaigrette with bacon, a side of Jalapeno chips, and a sweet tea to drink, all for \$12.

## 9. Pizza Hut

Order online for special deals. \$11 for any size, any toppings pizza; \$11 for a dinner box; \$14 for two medium pizzas, any toppings.

## 8. Three Colors Asian Kitchen

This has been my go-to Chinese takeout spot since I was a freshman. I have successfully placed phone orders with this place for 3 years. They have a special offered to Marietta Campus students which features a main entree, white or brown rice, soup (wonton, egg drop, or hot & sour), and an eggroll for \$6.29.

## 7. McDonald's

Cash money! Dolla' dolla' bills ya'll! Just about anyone can go to McD's with the spare change in their car. Even though The Dollar Menu may be smaller than it once was, you can still get the classic McChicken, McDouble, and two apple pies for only a buck.



Photo by: Jud McCranie



Source: iStock.com



Photo by: Steve Snodgrass

## 5. Waffle House

Known as "Awful House" by some, and the "best place to get drunk-food" by others, Waffle House has some of the best meals for a great deal. The All Star Special features a flavored waffle, toast, grits, eggs, and your choice of sausage, ham, or bacon for only \$6.84.

## 6. Taco Bell

Every few months, Taco Bell changes the specialty flavors for their \$5 boxes, which usually features a burrito, two tacos, and a drink.



Source: iStockTheMenu.com



# Parks and Relaxation

► by Zachary North

So you're on campus in your dorm working on that project that's due on Friday, or maybe you're studying for a test you have tomorrow in the library. At some point you start to think, "Gee, I should take a break since I've been working so hard. I wonder if there's somewhere I can go off-campus so I can get my mind off of school for a bit." Of course, since you are probably playing the role of a broke college student, you probably don't want to spend a bunch of money on things. With that in mind, here's a list of places around each campus that you can check out and explore that are relatively easy on your wallet.

Understand that this isn't a comprehensive list of everything that is around both campuses, but it is a start to help you get more accustomed to the surrounding areas of the cities of Kennesaw and Marietta.

## Kennesaw Campus

### 1. Kennesaw Mountain National Battlefield Park

5 miles away

Kennesaw Mountain Park is a great place for anyone interested in hiking, as it has many different trails that cross over and around the main mountain and Little Kennesaw Mountain. As a Civil War historical site, there are also many placards dedicated to informing visitors of major events that happened in the past, as well as a Visitor Center at the base of the mountain where you can learn more information.

### 2. Swift-Cantrell Park

5 miles away

This is the largest community park in Kennesaw and covers over 40 acres of land. There are a few paved and natural trails, playgrounds, a dog park, a skate park, and numerous pavilions to have a picnic in. They also have free Wi-Fi!

### 3. Town Center Mall

3 miles away

You don't have to spend money here just because it's a mall. Town Center is a nice place to go window shopping, as well as a good indoor place to hang-out with friends.

Honorable mention

### 4. Smith-Gilbert Garden

5 miles away

While this place does have an admission fee of \$7 for adults, Smith-Gilbert Garden is a beautiful place to visit. It houses over 3,000 different kinds of plants, and they offer programs in things such as beekeeping.

## Marietta Campus

### 1. Marietta Square

2.5 miles away

A cultural center in Marietta that always has numerous events happening year-round, Marietta Square is a nice area that is always a hive of activity. You could peruse the combination antique shop and record store, relax around the fountain in the center of the square, or listen to some of the many street musicians that tend to appear.

### 2. East Cobb Park

5.5 miles away

This is a 20 acre park that has walking trails, many open grassy fields, a playground, an outdoor classroom, an outdoor stage, and picnic pavilions. There's also a stream that goes through parts of the park.

### 3. A. L. Burruss Nature Park

2.5 miles away

This nature park is mainly a bunch of trails, so it is a nice place to go if you just want to walk amongst the trees and unwind.

### 4. Cumberland Mall

5.5 miles away

Another window shopper's paradise, Cumberland Mall is another great place to hang out with friends if you are in Marietta.

Honorable mention

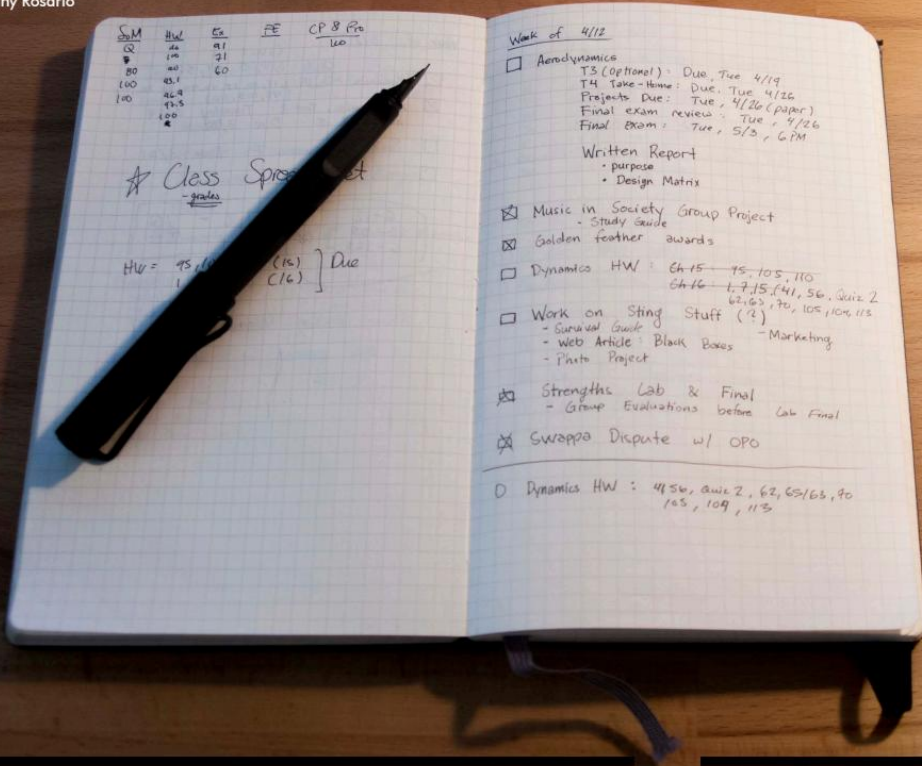
### 5. Six Flags White Water

1.5 miles away

Even though you will have to spend some money, White Water is a nice amusement park to go to if you want to beat the heat during the warmer parts of the year.

# Best Ways to Manage Your Time: How to Balance It All

by Brittany Rosario



Going away to college is one of the biggest transitions of your life. Because it's all new to you, I'd like to give you some tips on how to manage your time successfully between certain aspects of life.

Let's start with school. This is the most important thing on your 'to do list' and must be prioritized as number one at all times; getting an education is the reason you're even here at KSU to begin with. Now, I'll be real with you. There will be times where you want to procrastinate. However, you should really do your assignments. Keep an agenda with your assignments, and schedule time every day to chip away at different assignments until the deadline. Edit and revise the night before, then print or submit them online the morning they're due so you don't waste time with potential printer issues. Make sure to take advantage of the resources on campus like meeting with your professors during their office hours, tutoring schedules for different departments, and making friends with your peers for study groups.

As far as it goes for having a job while being a student, my biggest suggestion is to plan, plan, PLAN!

When your professors give out their syllabuses at the beginning of the semester, make sure to mark important test dates and project deadlines on your calendar, whether it's on the wall in your room or on Google, and set reminders on your phone or laptop. Also, check your schedule for availability between taking day classes to work at night or taking night classes to work during the day, and plan ahead for that when registering for classes each semester. Whatever works for you, be sure to get enough sleep and do your best.

Lastly, the fun part of why you're here: having a social life. Sometimes we have to stop and smell the roses. Remember to limit time on social media (yes: that includes Snapchat and Yik Yak) and go to housing events; they're awesome for making friends, networking, and FREE stuff. If you start to feel pressure, then communicate with the ones who need to know how you feel and take some space to refocus and reenergize.

My biggest advice overall is to not stop at touching the sky. Continue to be great by shooting for the stars. You're worth it. Good luck and shine on!



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