



HONORS PROGRAM PUBLICATION

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Cleveland State University



Four Point O is a Winner!

Helen Lanning

That's right; you hold the golden ticket in your hands! Our very own Honors Program newsletter, Four Point O, has been awarded third prize by the National Collegiate Honors Council in its annual competition for student-published newsletters. There were a total of nine entries competing in the "Student Published" category. Winners were announced in early September and encouraged to participate in NCHC's "How to Create a Winning

Newsletter" panel on October 23, at the Kansas City conference. Congratulations to all students who worked on the newsletter last year! And congratulations to former Honors secretary Audrey Wiggins, and Newsletter advisers Jo Gibson and Jessica Schantz, for the support and direction they provided. A special thanks goes to Dale Csuri in duplicating, who graciously prints the newsletter every semester.

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A Refresher in All Things "Honors" at CSU

Rachel Schindler and Helen Lanning

Whether you are a current Honors students, or considering applying to the program, we thought you might appreciate reviewing a few program "statistics".

The Honors Program accepts both incoming freshmen and students at the junior level of their education. Approximately 40 freshmen and 25 juniors are accepted each year. Less than 2% of CSU's undergraduate class is a member of the Honors Program. Students in the Honors Program are required to maintain a 3.5 cumulative GPA, take a variety of Honors classes their first two years, sign up for more major-specific Honors courses their last two years, and write an Honors Thesis before graduation.

There are many benefits and privileges that come with being a part of the Honors

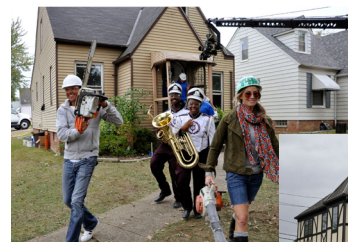
Program. Graduating with University Honors is more prestigious than simply graduating with cum laude honors. The most advertised benefit of the program is, of course, the scholarship. Honors students receive full tuition and a book scholarship as long as they continue to meet the requirements set forth by the program. Some study abroad programs are also included in the tuition scholarship. Students also receive priority registration, meaning they get to pick their classes before the rest of the general student population. In addition, Honors students get extended library borrowing privileges, access to the Honors Lounge, and the option to live in designated Honors floors in the residence halls.

Turn to page six for more information on navigating the Honors Program.

Extreme Makeover: Viking Edition

Christina Ebert

"Extreme Makeover: Home Edition", the show known for its positive impact on people's lives, visited Ohio recently. Andre and Jasmine Anderson, and their children Jaison and Jaihizio, were the Maple Heights family selected to be featured on an upcoming segment of the show. The couple suffers from diabetic retinopathy, which is a progressive eye disease that has caused Andre to lose his sight. His wife Jasmine is considered legally blind from the ailment. Their son Jaison is hearing-impaired. (continued on page 6)



Before
ABC/Mike Crouch



After
ABC/Mike Crouch

Fun and Memory go Hand-in-Hand

Carolina Parada & Christina Ebert

The human brain is the center of your nervous system: the reason you comprehend input, exert self-control, and process abstract thoughts. Why wouldn't you want to cater to the boss of your body?

Studies prove various metacognitive strategies boost your long-term memory. These activities are things you already do for fun. Your brain loves the arts, relaxation, vacations, long walks, and various challenging exercises. Before explaining how to please your brain, you must understand the basic mechanics of memory.

Knowing About Knowing.

Memory is a mental system that receives, stores, organizes, alters and recovers information from our sensory inputs. There are three types of memory: sensory, short-term and long-term. First, the information is perceived by sensory memory and then transferred to short-term memory. In short-term memory we become aware of information, but its occupancy is temporary. Eventually information is transferred to long-term memory or removed permanently. Long-term memory hoards all presorted, important information and has nearly limitless and lasting storage capabilities. The changeover between memories is made possible by the hippocampus, which also plays an important role in emotions and behavior. Researchers have found that stimulating this area by enticing emotions through various activities can improve your long-term memory.

Heightening Your Hippocampus:

Your brain likes music. Listening to music while studying can stimulate memory, though not necessarily listening to your favorite song you know all the words to, which could be distracting. Classical music is a favorite. Your brain is not concerned with seeming pretentious. Research reveals classical music stimulates many centers of your brain and can increase cognitive function. A study conducted at the University of California asserted that Alzheimer patients' scores on memory tests greatly improved when they listened to music, particularly music with a 60 beats-per-minute pattern such as Mozart and pieces from the Baroque era. When listening to music the participants' left and right sides of the brain were simultaneously stimulated, which increased attention and emotion. Patients could better recall shapes and patterns when listening to Mozart or Baroque music as opposed to silence. Another study conducted in Britain showed the recall function in dementia patients was also improved when exposed to music.

Your brain likes colors. They enliven your emotions and improve your memory. In 2002, a study published in the *Journal of Experimental Psychology* evaluated color memory. The study showed 120 participants multiple digital images of nature scenes both in color and grayscale. The participants were asked to rate the familiarity of the scenes as old or new. The results showed that color increased recognition. We are more attracted to things that have colors; they make things noticeable and easy for our brain to recognize. Incorporating colored diagrams, videos and pictures of information into our study routines, and also attending visual performances and museums, will aid in our level of retention.

Your brain craves exercise. A study published in *The European Journal of Neuroscience* found that aerobic exercise enhances memory. Aerobic activity augments cell proliferation in the hippocampus, increasing its volume and thus enhancing your memory's performance. The University of California measured the brain functions and physical activity level of 6,000 elderly women over an eight-year period. They found that for every extra mile walked per week there was a 13% less chance of cognitive decline. A study published in the journal *Neuropsychological Rehabilitation* analyzed activity levels of young adults between the ages of 17-29. Individuals were instructed to run for 30 minutes three times per week, and their concentration and memory performances improved. Your brain benefits from physical activity. Strive to run or

walk three times per week, play sports, dance, walk to school and take the stairs instead of the elevator. Be active! Your body and memory will prosper.

Your brain likes vacations. Dr. Benno Roozendaal, professor of Neurobiology and Anatomy at the University of Groningen, Netherlands, claims enhancement of memory requires aroused emotions. Traveling refreshes our perspective and brings upon new experiences and emotions, all of which enliven the hippocampus. Our early ancestors' nomadic lifestyle stimulated their brains, improved their survival skills, and increased their inventiveness. Traveling to new places breaks routines and challenges your brain. Ideally, vacations can aid in relaxation. Chronic stress is clinically proven to cause damage to your brain and can make it more difficult to remember things. So relax and enjoy your trip. Your brain will thank you later.

Rethink How You Think About Thinking.

Flash cards and studying for short periods of time may boost your short-term memory, but retention four months later is not guaranteed. Mental stimulation and physical exercise improves brain function and protects against cognitive decline. Does this mean that jumping up and down while reading aloud and simultaneously projecting colors in-time with Mozart will make you a super Honors student? Probably not, but in systematic moderation the arts and exercise can improve your cognitive function.

“Your brain likes colors They enliven your emotions and improve your memory”



A Tuesday Outing in Cleveland

Brian Mitchell

Everyone has heard it, everyone has said it: there is nothing to do in Cleveland. That is the exact thought that entered my mind on a sunny Tuesday morning. I needed to get out of the house and have some fun, but I could not think of anywhere to go. That's when a thought occurred to me: I have a bus pass thanks to CSU, so I can go anywhere in Cleveland for free. With that idea in mind I jumped on the Euclid Healthline and headed east.

I was on the bus for 20 minutes when the sign for the Western Reserve Historical Society/Crawford Auto-Aviation Museum caught my eye. I jumped off the bus right away and headed for the front door. What I did not know was that I was entering one of the world's preeminent auto museums. To say that Crawford Museum is amazing would be an understatement; around every corner you find cars and airplanes that are the only remaining examples of their kind. From modern prototype vehicles, to the world's largest collection of 100-year-old cars, the museum truly documents early automobile history with its collection. Furthermore, the museum houses several cars that were built in Cleveland during the auto industry's infancy and a collection of some of the first automobiles ever built. But perhaps the most interesting pieces in the museum are the cars

that exhibit what we think of as modern technologies, such as the *all electric* cars built in the early 1900's. The Crawford Auto-Aviation Museum is one of the most interesting places you could visit in Cleveland, and it is free for CSU students.



I left the museum and walked to the other side of the Historical Society and entered the early 20th century mansion that houses the Society's collection. Once again I was amazed at what the museum had to offer. Just the stunning interiors of the mansion would be worth a visit, but it was the collection of Abraham Lincoln artifacts that really caught my attention. The Historical Society has a large display of Lincoln artifacts, including Presidential campaign flags, original letters written by Lincoln, and sections of the dress Mary Todd Lincoln was wearing on the night President Lincoln was assassinated. The Society also contains a library and a wing dedicated to

quilting, but the star of the show is definitely the car collection and the Lincoln artifacts.

After my long walk through the Historical Society, I was pretty hungry. As I made my way back to Euclid Avenue, I noticed the giant sign of the Euclid Tavern. The 101-year-old bar is a Cleveland landmark, and after a day of taking in Cleveland's history, this seemed like the perfect place to end my trip. The menu was your typical bar fare of burgers, wings and other fried delicacies, but it was the big sign on the back of the bar that got my attention: 75 cent taco Tuesday. For a college student on a tight budget, tacos became the obvious choice. They were nothing special, but for 75 cents apiece you really can't go wrong.

When I finished my meal, I made my way back to the bus stop and took the Euclid Healthline back to campus. On the bus ride home I had time to think, and I came to the conclusion that I have been wrong all these years: there are in fact things to do in Cleveland. The University Circle area is filled with museums that are free for CSU students. So when you find yourself saying, there is nothing to do in Cleveland, remember you have a bus pass, and you can go anywhere in Cleveland for free. My first recommendation is heading to University Circle.

Indoor Biking Adventure

Natalie Neiger

Cleveland isn't exactly known for its extreme sports, so having a place like Ray's Indoor Mountain Biking Park in our very own city might come as a shock to many. Located in a huge warehouse at Walford Industrial Park, Ray's is just a short 15 minute drive from downtown. As my boyfriend and I arrive at the loading dock of Ray's for our first visit, I see a bike hanging from part of the building and know we're in the right place. We head toward the building, and on the way in I notice the different license plates: Quebec, Pennsylvania, New Jersey. This place is truly the first of its kind.

Once up the ramp of the loading dock, I turn to the right to find the entrance—a door with a bike fork as the handle. I pull on the fork and enter into a different world.

Once inside, the first stop is registration and sign in. In addition to the \$19 entrance fee for weekdays or \$24 entrance fee on weekends, participants must sign a waiver. Although the price seems pretty steep, Ray's really has

a lot to offer, especially for avid riders. Open only from November to May, it keeps riders in shape when it's too cold to hit the forest trails.

Bikers of all ages are everywhere, with different sizes and kinds of bikes. As my boyfriend and I wait for a rental bike, I can't help but notice all of the sponsor signage everywhere: Red Bull, Trek, Chipotle, Dominos, Fox Racing, Troy Lee Designs. Also, at the front check-in area, there's a mini-shop. Ray's sells t-shirts, sweatshirts, bikes, bike parts, snacks, beverages, helmets, and more. Walking into this huge warehouse full of people, activity, and eye-catching signs is definitely a sensory overload, but in a great way.

With a bike finally in our possession, we head deeper into the building. On our way back to the numerous tracks, we pass two different lounges, one of which boasts a fireplace, multiple couches, a flat screen TV, and a foosball table. The other consists of another fireplace, and several outdoor table and chair sets with umbrellas.



We finally reach the start of the different tracks, and it's now time to decide which to ride first. There are over 5 separate sectioned tracks, with multiple mini-track choices within each. Some of the tracks even take riders up into the rafters of the warehouse for an extra challenge. I can't even imagine riding any of these with such skilled riders zooming around on them.

It's truly been a unique experience at Ray's. I already am looking forward to my next trip. Ray's is open Monday through Friday from noon until 10pm, and Saturday and Sunday from 9am until 10pm. If you need more information, or want to check out their upcoming events, visit www.raysmtb.com. Ride on.

Past, Present, and Future of CSU

Leah Vandersluis, Andrew Pallotta, and Dan Barnes

Cleveland State University's campus is a freedom of expression, a collection of contemporary buildings that represent the diversity and creativity of its students, faculty and staff. From humble beginnings, campus rose to meet the demand for higher education. Today's students see the fruits of a rich and eventful history in new buildings like the Student Center and Julka Hall. CSU will continue its tradition of innovation as campus meets the demands of its future inhabitants.



CSU PAST

What we now know as Cleveland State University began as the Cleveland YMCA in the 1870s. The only classes offered were French and German. With an increase in popularity and funding in the 1880s, the YMCA began to offer night classes. In 1906 it was renamed the American Institute, and with this name change came more educational opportunities. The American Institute offered four different day schools: The School of Commerce and Finance, The Technical School, The Preparatory School, and the Special School, which was a special class for the instruction of foreign-born students. With declining male enrollment due to WWI, the first female students were admitted in 1918. In 1923 the Institute began offering its first college credit courses in engineering and business. The first four-year attendants to the American Institute graduated in 1927. This graduating class was just a small portion of the 2,606 total students attending.

Amidst an increasing student population, the American Institute became Fenn College in 1929. As a new private college, the class offerings and campus continued to grow. Fenn College offered a low-cost quality education which, due to the harsh economic times, was relatively unattainable for most students. The purchase of the National Town and Country Club Building in 1937 gave Fenn College a more prestigious Euclid Avenue address and a central downtown location. This building was later renamed Fenn Tower in 1939.

This acquisition marked the unification of the scattered Fenn College campus, which previously consisted of several small buildings and the YMCA building on Prospect Avenue. In the war efforts of the 1940s, Fenn College participated in several training programs for young men for WWII. The college continued to grow and prosper, but what is truly remarkable is that Fenn College never operated with a budget deficit. G. Brooks Earnest, one of Fenn College's presidents, was quoted as saying, "The development of the Fenn Campus is a tribute to the vision of Fenn's Trustees, who, even though funds were short, took advantage of every opportunity to acquire properties crucial to an institution planning to meet its share of the future educational needs in the community."

Despite Fenn College's success, it lasted for only 35 years. On December 18th, 1964, Governor James Rhodes (the same Rhodes

after whom Rhodes Tower was named) signed legislation creating Cleveland State University, Ohio's seventh state university. Rhodes campaigned for governor proposing that there should be a state university within a 30 mile radius of every citizen in the state of Ohio. At that time, Kent State University was the closest, 38.99 miles away. This marked the end of Fenn College and the beginning of Cleveland State University.

PRESENT DAY CSU

A walk around campus reveals the apparent present: buildings that include residence halls, cafés, restaurants and hubs for information and socializing. Some buildings loom, such as the Main Classroom, Stillwell Hall, and especially the Chester Building and Rhodes Tower. Other buildings, however, invite with their noticeably modern style (so modern that one would not be surprised to see a HealthLine bus run through them as out of a science-fiction city). The most noticeable of the buildings are the Student Center and Julka Hall, the youngest buildings on campus. Others bridge the gap between the two different architectural styles of the campus. These buildings include the Business Administration Building, the Law Building and Fenn Tower (itself an irony because it is one of the oldest on campus). This mixture of architectural styles may be frustrating to some due to the stark contrast between the block-building Rhodes Tower and the fluid Student Center, but surely there is some beauty in contrast. The contrast shows the University's age, provides a window into its past, and serves as a display of how far the University has come from its roots.

CSU's academic present is often overlooked. The University's reputation is steadily improving and has been since the term of its fifth president, Michael Schwartz. After all, the university has an Honors Program. This year the University reported an 18-year enrollment high, with 17,204 students. Furthermore, CSU was chosen as one of the best colleges in America by *U.S. News and World Report*. CSU was once—even very recently—thought to be a community college that called itself a University: a cheap and easy place to get an education. That may have once been the perception, but in 2002 CSU ceased open-enrollment and required that its incoming students have at least a 2.5 GPA. That is not to say that the University is less

accessible—the 18-year enrollment high says so. With the addition of the Stephanie Tubbs Jones Transit Center and the recent renovation of the Euclid corridor, it is easier for students to commute to campus, thus attracting those who do not wish to, or simply cannot, live in a dorm. The University is expanding rapidly. Since 2009 CSU has seen the formation of a K-12 Campus, an International School, a partnership set to bring NEOUCOM (North-Eastern Ohio Universities Colleges of Medicine and Pharmacy) to the campus, and more students coming with better credentials than ever before, setting the stage for an improved rate of graduation.

THE CAMPUS OF TOMORROW

The campus of tomorrow will be shaped by the imagination of Cleveland State University's planners and architects, which are in no short supply. If these past six years are any indicator, the next six will yield prolific construction. This isn't strictly orange barrels, hardhats, and chain-link fences, but buildings that students will actually see and use in their lifetime. Traffic will transform into Zipcars and residential neighborhoods will take root. New buildings will rise on spaces that haven't even been cleared of their former occupants. This is but a glimpse of what students can anticipate in a campus soon to come – the campus of tomorrow.

Edward Schmittgen, Executive Director of Capital Planning and University Architect, is obliged to share this vision with students. His office, neatly littered with blueprints, tells of approaching change at CSU. The first of these ciphered posters highlights the area North of campus, between Chester Avenue and Payne Avenue. Schmittgen confirmed that Cleveland State University has negotiated a 30-year lease with Polaris, a private land developer, for a 600-unit plot. Construction is slated to begin late summer 2011, with hopes that a residential neighborhood will draw in the traditional college student.

New apartments come as no surprise during the push to increase on-campus residency. Unlike other on-campus housing, the apartments will be privately owned and managed by Polaris in accordance with their lease. The apartments will reflect an urban

aesthetic, complete with half-level stoops and private street entrances. Businesses will flock to new commercial buildings located conveniently adjacent to student housing, and a night life for Cleveland State students on campus will be realized. Foot traffic will pour from this neighborhood as new students populate the area. This four-year project will provide the space and resources for students to fully appreciate city life.

But this is not all the campus of tomorrow holds for future students. Pedestrians passing by the stout grey walls of the recently vacated Viking Hall tread on the future site of a campus showpiece. Schmittgen alluded to more residential structures, but there is no certainty as to what will fill the lot. And what of the Chester Building? Though it hasn't been vacated, there is unspoken agreement that the building is due for renovations. The university has bigger plans for the space, hoping to demolish the building and introduce a new science facility. Both Viking Hall and the Chester Building have been scheduled for demolition, though the university will first exhaust grants to fund each operation.

When asked how these new structures will affect campus traffic, Schmittgen was prepared to discuss topics new and old. "We are exploring a concept called Zipcars," Schmittgen said. Imagine a fleet of rental cars on the streets of campus swapping owners every few hours. Need to shop for groceries or caravan to an area where buses seldom reach? Rent a Zipcar from the university for three hours and reap the benefits of personal transportation with significantly less upkeep. Zipcars will improve mobility while reducing the need for personally owned cars, a welcome relief for the commuters on campus.

The question nags for students who are graduating now, or students who will soon attend Cleveland State University: what will be the most apparent change? When asked, Schmittgen commented, "If someone asked me that question five years ago, it'd be really hard for me to envision the magnitude of change." Needless to say, several projects contend for the title. Whether it's North campus, the demolition of Viking Hall or the Chester Building, the speeding Zipcar, or a change unforeseen, the campus of tomorrow will be a sight for students to behold.

Tips!

Amanda Haley

Some days I'm on campus as long as 14 hours.

Yes, 14 hours. I arrive absurdly early not only to secure my precious parking spot but also to slave away on a seemingly unending slew of class work. But hey, we're college students, right? We knew what we were getting into. Obviously we're supposed to be working day and night to please our professors, get ahead on that extra Honors contract coursework, and plan out the rest of our academic and professional careers right here and now—all while working at a part-time job. Surely we're all so pro that we can do everything at once without it encroaching upon our already waning free time. There's always another hour of sleep to be sacrificed. It won't drive us slowly mad or anything.

At this point we might call campus our second home, but while the study carrels in the library can provide a decent nap, they're a bit too cramped to move in permanently. Sometimes I need someone to tell me that it's okay to calm down; that if something seems too easy, it doesn't mean I'm not thinking hard enough. Take a break and enjoy these tips from your fellow Honors students. Inside each bite-sized morsel of advice is a warm, helpful filling.

"Make sure to breathe and take some time to relax each day! Classes and studying can become very stressful, so it's important to take breaks throughout the day." *Kristen Mott*

"Never be afraid to go to a professor... 9 times out of 10 they will help you out whatever the problem." *Dan Jakubisin*

"Don't wait for someone to tell you what to do. Start early, ask a lot of questions, and don't take 'No' or 'I don't know' as an answer!"

Dan Hollowell

"College is short, as is life. Make the most of your time here at Cleveland State University, and remember to play hard just as much as you work!" *Helen Lanning*

"Passion in work is perfection." *Chris Renner*

"We've all been through this and there will be more that will go through it after you—after all, this too shall pass! . . . As a freshman, it may seem daunting when you think you have four more years left—but think about it, four years is a piece of cake compared to the 12 you've already completed!" *Anonymous*

Extreme Makeover: Viking Edition (cont.)

Christina Ebert



Despite their disabilities, the family strives to help others. Working out of their home, the Andersons have a service called the Disability Awareness Center, which supports and counsels the disabled by connecting them with resources to help them live more independently. The family's old home on Anthony Street had a roof with missing parts, broken windows, loose wiring, mold, holes in the floor, and cracked, uneven pavement. It was said to be so crowded there was hardly room for Andre's guide dog, Valentine.

The new "smart" home is equipped with technologies that support people with disabilities. The house features wide doors with locking mechanisms involving fingerprint readers. The house was built in an open scheme, and the entire first floor is accessible to the disabled.

It will be revealed on the show, set to air in early December, that Cleveland State University is providing Andre Anderson with a scholarship to complete his master's degree in social work, which he started this past May. Andre plans to create a counseling program upon his graduation in 2011, which will focus on the disabled and the impact on their families. Cleveland State will also provide full four-year scholarships for both his sons after they graduate from high school.

Willoughby's own Marous Brothers Construction was selected to take on the challenge of building an entire house in one week. Sue Marous of Marous Brothers said, "The theme of the show is to find heroes and

people who are reaching out to the community." In spite of their hardships, the Andersons are actively helping individuals struggling with disabilities, working to make Cleveland a more accommodating environment. Viking Expeditions, a student-led service-learning initiative at Cleveland State, had five volunteers assisting with the finishing touches on the Anderson's new home. Viking Expeditions seeks to create a culture of leadership and fosters global citizenship. To find out more about their local opportunities, as well as out-of-state services, visit their website at www.csuohio.edu/studentlife/vikingexpeditions.



Both photos courtesy of ABC/Mike Crouch

How to Stay on Track with Honors Requirements

Rachel Schindler and Helen Lanning

Now that you're more familiar with the Honors Program (or even if you were already an expert) we've compiled a list of "dos" from some of our experts. Please memorize and cherish the following gems of advice and Honors info.

Meet with your honors advisor (not to be confused with your regular advisor) at least once a semester. By keeping in touch with your advisor, you will usually have a good idea of what requirements you need to fulfill.

Each major has different Honors requirements. Find out what yours are by talking to your honors advisor, looking online at the individual major requirements, and talking to your major advisor.

Make friends with other people in the Honors Program and spend time in the Honors Lounge. Many times there will be someone there who can help if you are struggling with a difficult homework problem or concept.

Talk to other Honors students about requirements, but don't let them replace your

honors advisor. Many times students take the advice of a friend without checking with the program first and find out too late that they are misinformed.

“ Make friends with other people in the Honors Program and spend time in the Honors Lounge ”

If your major requires Honors Contract Courses (not all will, each major is different), learn how to fill out the form correctly before going to the professor. The Honors Program is fairly new, so many professors are unaware of the way contract courses work or even the nature of the program.

Turn in contract forms before the deadline; if you turn them in late, you may still get credit for Honors, but the class will not show up on your transcript as an Honors class.

Make an academic plan, get it checked by both your faculty advisor and honors advisor, and then stick to it. Include your Honors requirements, such as contract courses and Universal Honors Experience courses.

Don't procrastinate! Try to stay ahead with your coursework. If your GPA drops one semester, it can be extremely hard to bring it back up to the 3.5 that the Honors Program requires.

Be aware of how many HON 200 and HON 201 courses (Universal Honors Experience courses) are required. You can take more than one a semester if your schedule allows, so plan ahead when you may have extra time in order to skip taking a Universal Honors Experience course during a busy semester.

Find out when graduation applications are due and see your Honors advisor. Your advisor must sign off on your application before you can submit it to the Registrar's office.

Visit www.csuohio.edu/honors/ for more information, including specific major requirements.

Take a Trip Overseas By Studying Abroad

Kristen Mott

The chance to study abroad is a once in a lifetime opportunity. By studying abroad, students are able to experience a new culture and meet a wide range of diverse individuals. Studying abroad is an incredible way to receive credit while at the same time learning about different backgrounds and experiencing the world. Luckily for students, Cleveland State University offers numerous options to make this opportunity a reality.

Each year, the Center for International Services and Programs develops several program options for students who wish to study abroad. Students who are interested should begin by researching their options. Information about study abroad programs is available in the Center for International Services and Programs office, the resource area on the first floor of the Michael Schwartz library, and at the study abroad fairs that are held throughout the year. It is important to consider where you'd like to study, how long you'd like to stay and how much the trip will cost.

Once you have the basics decided, the next step is to learn about the options CSU has to offer. CSU hosts faculty-led short programs, which can last from ten days to five weeks. This year's Spring programs will take place in Italy, Japan and Germany. The summer semester programs will be in England, Mexico, Spain and India.

Direct exchange programs are available in which students pay CSU tuition but study in a foreign country. These programs can last from one semester up to a year. Some of the countries included in this program are England, China, France and South Korea.

Likewise, students may directly enroll in a foreign university or study abroad on non-CSU programs. Certain foreign universities

offer Honors courses to students. These programs can either last a semester or the entire summer. Schools in Guatemala, Sweden and Germany are a few of the countries involved with the program.

In addition to studying abroad, internship possibilities are available. Internships help students gain work experience and are beneficial on resumes. Students may also volunteer abroad and complete service work instead of receiving academic credit.

Once the location is decided, there are several options for financing the trip. The cost of studying abroad usually starts around \$2,000 and increases based on location and the specifics of the trip; however, financial aid can be used toward the cost of studying abroad. There are a variety of scholarships available to students through CSU, Ohio, or the U.S. government. These scholarships can often cover a majority of the costs.

Hannah Sandham, a study abroad specialist, commented that the Honors scholarship will not transfer to cover the cost of the trip. However, she added that since the faculty-led short programs are part of a class here at CSU, the cost of taking the class will be covered by the scholarship. Honors students will then be responsible for paying the travel costs.

Students who are interested in studying abroad are required to have a minimum overall GPA of 2.0 and must have spent at least two semesters studying at Cleveland State. Students must fill out a study abroad application three to four months prior to the start of the program, which will then be screened by a CSU judicial officer for approval.

The Center for International Services and Programs is located at MC106, and its coordinator can be reached at (216)-687-3910.



CSU Honors Program Welcomes Jami Derry

Dan Hollowel

Jami Derry was hired as the Administrative Coordinator of the Honors Program this past July. We thought it would be nice to give her a proper welcome to the program, and simultaneously offer students insight as to why they should know her! Jami promised me that her top priority is to help Honors Students with any and all problems they may encounter. Humbly, she admits she does not have *all* the answers, but if she cannot directly solve your problem, she can provide you with the resources you need to do so. She is also in charge of managing the daily office operations.

Jami originally moved to Cleveland to pursue a law degree at Cleveland Marshall but fell in love with higher education and the idea of helping people pursue their dreams. She earned her Masters in Public Administration while working for International Services. Her recent marriage and office change has made "Jami Cozza from International Services" into "Jami Derry from the Honors Program."

Want to know more? Jami Derry can be reached by calling 216-687-5433 or by e-mailing j.derry@csuohio.edu.



Reserve Square Apartments

Rent starts at \$660/month and select units have balconies with beautiful views of downtown Cleveland. **Located** at E. 12th and Chester Ave., it is a 10 minute walk from campus and has an indoor pool, rooftop tennis court, and a grocery store.

Statler Arms

Rent starts at about \$650/month and its entrance is conveniently **located** off of Euclid Avenue at E. 12th near an E-line trolley stop. It is a short walk from campus and has a rooftop patio and a fitness center. The management has been deemed especially friendly as well.

Walker and Weeks Apartments

Rent starts at about \$800/month and is only a two minute walk to class as it is **located** directly behind Euclid Commons on Prospect Ave. On top of its close proximity to campus, these units also feature hard wood floors, exposed brick, and high ceilings.

University Lofts

Rent starts at about \$1100/month and these new lofts are **located** on Euclid Ave. across from the CSU Law Building. In addition to its prime location, the building was renovated in 2009 and installed with energy efficient appliances and sound-proof concrete walls.

We, the writers of Four Point O, are a seasoned group. Having been Honors students at CSU from the start as freshmen, or transferring from a different college into the upper-level division, we've lived on campus, off campus in apartments or houses, and at home with Mom and Dad. Commuting can save you money, but if you must move to reside in Cleveland during your college career, you need to ask yourself: on campus or off campus? Choices like these can be overwhelming, but we are here to help you make an informed decision when it comes to living options.

Cleveland State has arguably the best dorms of most public college campuses. There is Fenn Tower, the renovated retro-style dormitory that has apartment style units and the option to live on a designated Honors floor. We must also highlight Euclid Commons, CSU's brand new dormitory, boasting quad-style apartments with private or double rooms, full kitchens, and hardwood floors. We do recommend living on campus, if only for a year, to experience the college dorm camaraderie. But the luxury of these dorms is paired with a steep price tag that can wane your enthusiasm. Therefore, students are destined to look elsewhere to live, especially those who will be here for a few years or more.

“Affordable monthly rates at addresses such as Lakewood Ohio City and Tremont”

As veteran upperclassmen, we can give you guidance on making the switch from on-campus to off-campus, or on bypassing the dorms completely. By doing a simple search online for apartments and houses within a given proximity of CSU, you can find many affordable monthly rates in cities such as Lakewood, Ohio City, and Tremont—all starting at approximately \$450/month. If you choose to live farther than walking distance from campus, you would just have to drive

a few minutes to school if you own a car, or make good use of your RTA pass by finding a public transportation route that fits into your schedule.

Check out the apartment complexes listed on the side—several others

online—that are within your desired distance from campus, contact the management, and set up appointments to view the vacant units that are available to lease. If you live on campus now, do the math to see how much per month you are paying for the unit. You will then have a price to compare to when viewing apartments and a solid idea of what rates you can afford. Also, if you plan to have a roommate or two, be sure to account for the decrease in rent per month. Happy hunting!



Dining

Ben Fondale

When it comes to restaurants, CSU and its surrounding neighborhood are a gold mine! There is a huge variety of choices when it comes to getting your “grub on”. At Four Point O, we have done some research to help you explore the eating options around you.

From pizza at Rascal House across the street to a bacon cheeseburger from the Hard Rock Café at Tower City, the options are virtually limitless. Sometimes it is difficult to find some down-time in between a college student’s busy schedule, so going off campus to grab a bite to eat is out of the question. Fortunately for you, places to eat on or near campus do not disappoint.

Perhaps one of the most surprising options resides in the newly constructed student center. Within its walls lie such alternatives such as the all-you-can-eat “buffet style” Viking Marketplace, as well as Bar Uno’s vibrant sports “grill and bar feel”.

“Huge variety of choices”

We know that college students are busy as they bustle from class to class. However, there will be days that a college student has some time to go for a walk or bus ride to give those taste buds something out of the ordinary.

If you and your friends are up for it, take a trip down Euclid Avenue or maybe even to West 6th to enjoy the vast number of eats at a distance. Tons of exclusive dining experiences come in the form of locally owned restaurants as well as large restaurant chains for Cleveland’s more conservative customers. To the side is a list of some off-campus dining places that we thought deserved highlighting.



Fat Fish Blue

Featuring live performances five nights a week from nationally touring artists, this “blues themed” restaurant has captured the hearts of three other large cities besides Cleveland. A cooking style from the gulf coast/Louisiana introduces **seafood, beef, poultry, and vegetarian** choices that may even be more satisfying than the on-stage performance. You can find Fat Fish Blue on the corner of Ontario and Prospect.

Cadillac Ranch

A well-deserved mention goes out to this **recently opened**, all-American bar and grill that is just a ten minute walk down Euclid Avenue. This is a great place to **grab a cocktail, a steak, or a burger**. Nightlife shines at the Cadillac Ranch as this restaurant features a night club in the back. Also, there have been rumors of a **mechanical bull** that has been known to throw off thrill-seeking customers like rag dolls. Challenge the bull if you dare, preferably before your meal.

The Chocolate Bar

An exquisite dining experience awaits all those that travel inside the Hyatt Arcade on Euclid Avenue. Going by the motto “**Where everything is better with Chocolate**”™, the specialties of the Chocolate Bar are great **food, martinis, and desserts**. The chocolate theme is sure to indulge anybody seeking a fresh environment. It’s definitely worth a night out with close friends.

Tools and Resources

Amanda Haley

With more and more students working while attending school, it's becoming more important than ever to maximize time and efficiency. The following are a few helpful resources to consider exploring.

CSC321: Employment Strategies

This one-credit, pass/fail course focuses on interview skills and resume writing and is recommended for juniors and seniors. The required assignments typically include a mock cover letter, a resume draft, a mock interview, and a brief paper about your desired career field. Detailed feedback is provided on both the resume and the mock interview, and the course introduces you to CSUcareerline, where internships and job opportunities are posted.

Skillport

Skillport is an online training portal available free to CSU students, faculty, and staff. Offered courses include content about Microsoft Office, Windows 7, Adobe programs, various programming languages, and more. Though the majority of Skillport's offerings are focused on IT, there are also courses that involve business skills such as project management, leadership, and team building. If you need something extra for your resume, taking a Skillport course would be worth your while. (<https://wapps.csuohio.edu:10002/SkillSoft/index.jsp>)

AJATT.com

Though focused on effective language learning methods, AJATT hosts many motivational articles about self-development, time management, and learning theory.

SRS

SRS, or Spaced Repetition Software, is one of the best study tools you've probably never heard of. It takes something many students already do—studying with paper flashcards—and makes it more efficient. In a nutshell, SRS-based programs allow you to make flashcards to study on a computer or cell phone. Most users get these programs to help them efficiently learn foreign languages, but anything you can put on a notecard (and more!) you can study using SRS. SRS cuts down on studying time by asking you to grade how well you feel you know the material on each card. Based on the grade you give yourself, the program schedules each card to reappear after a certain time period. If you know the contents of a particular card well, it will take longer to reappear; likewise, if you don't remember a card, it will appear much sooner and more often. You can change program settings to suit your learning speed, view graphs of your progress, add graphics or sound to your cards, and even find pre-made card decks on the internet.

Popular free SRS programs include Anki (<http://ichi2.net/anki/>) and Mnemosyne (<http://mnemosyne-proj.org/>), as well as browser-based learning portals such as Smart.fm (<http://smart.fm/>).

Honors Students' Senior Projects

Chris Renner



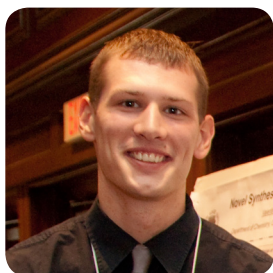
Brittany Bate is a sociology-psychology major whose project is a part of a larger study on gaining employment in today's tough job market. She is looking at how job strategies and motivation differ between ex-offenders and non-offenders. She believes that ex-offenders are more likely to use self-promotional strategies like direct application, job fairs, and networking websites. Conversely, she conjectures that non-offenders will be more inclined to indirectly contact whoever is hiring through newspaper ads and internet job boards. Brittany feels that the project is not only applicable to many unemployed throughout the country; it can help employers tailor their own search for employees. She also hopes to find that her inclinations are indeed correct by the end of her senior project.



Jeff Swiers, a health sciences major, is working with Dr. Ann Reinthal on his project both in the fall and the spring of this year. He is doing research on computer gaming systems, such as the Wii, as a tool during outpatient stroke rehabilitation. The project is another new idea for physical therapists to use in order to make sure patients are safely coming back to good health. He must also design a research study with Cleveland Clinic patients in order to test whether or not the Wii is effective for stroke rehabilitation. He says that the study must be approved by the Clinic, which takes just as much time as the actual time with the patients.



Carla Cain's project is a culmination of many different fields that she has been studying at Cleveland State. She is a Spanish and religious studies major who also seeks a political science minor. Her project started last summer when she visited Costa Rica to explore relations between Protestants and Catholics. She says that the project is of interest because Central America has recently seen a rise in Evangelicalism in a historically Catholic-dominated society. While she was in Costa Rica, she interviewed numerous locals on each side of the schism. She asked each how they felt about the opposing religious faction and compared their answers. Now, she hopes that she can visit Guatemala in the winter in order to do a comparative study of the people in both countries. She also would like to mention that she welcomes anyone who would like to help fund the trip to Guatemala or has any contacts in Guatemala to help with this extensive project.



Ross VerHeul is a biology major and chemistry minor who has been thinking about his project for much more than a year. His project deals with the effects of free radicals in the body on a common pancreatic enzyme used for many other studies. He was first introduced to the idea in an Honors chemistry lab, then continued with the idea in an independent chemistry lab. His experimental design employs in vitro testing of the free radicals and the pancreatic enzymes while using a control of just the pancreatic enzymes under normal conditions. Ross hopes to see the effects of the free radicals first-hand. He plans to complete the project fall semester and intern at the Cleveland Clinic in the spring.

Career Options for Students Interested in Business

Tim Beres

If you're a business major, or you are considering going to graduate school and are interested in pursuing a career in business, then you should consider the CFA program and the Student Managed Investment course at CSU. These courses can be an excellent learning experience for all business majors who are interested in investments and portfolio management. In addition, the Student Managed Investment Fund gives students real-world experience, which is great for business majors. Even some law students have benefitted from this course.

You might be wondering what the CFA and SMIF are? The CFA is a designation that denotes the holder as a Chartered Financial Analyst. This designation can help someone advance their career in the investment field, perhaps as a portfolio manager, equity researcher or even a stock analyst. These jobs are competitive, and a CFA designation can help give someone a leg up on the competition.

To get a CFA, a person needs to pass three different exams and also have four years of relevant work experience. This can be daunting as the exams are rigorous. Only 34% passed the level one exam last year. Fortunately, CSU does offer some help to students who are pursuing a CFA. A student can take the CFA level one review course, which goes through the extensive CFA curriculum. Many students who have taken the review course have successfully passed the CFA level one exam.

The Student Managed Investment Fund allows students to manage a portfolio of stocks. This course does not trade these stocks on paper, but it uses real money. SMIF was funded by Key Bank and the Cleveland State Foundation, and is designed to allow students to build a portfolio of S&P 500 stocks and make investment decisions based on current economic trends.

“ the Student Managed Investment Fund gives students real-world experience ,”

Whether you're a business major or not, these courses and opportunities can help you gain a greater understanding of investments. They can also help someone who goes to graduate school and wants to change their career path. Both of these courses can be taken as an undergraduate or graduate student. For someone considering a career in investments, these courses are imperative!

Options for Life After Graduation for Honors Students

Helen Lanning

Diploma? Check. Shook hands with President Berkman? Check. Walked across the stage and threw up the MySpace peace sign for cheesy “I've made it!” photo for parents? Check. So graduation is over; what is a college kid to do? Options include beginning a career, joining the Peace Corps, or, for Honors students at Cleveland State University, possibly starting graduate school or law school.

Few Honors students know the opportunities that await them over at Cleveland Marshall. Graduates of the Honors Program at CSU are automatically admitted to the law school if they complete the application their sophomore or junior year as well as attempt the LSATs. The LSAT score is merely a requirement; for Honors students there is no minimum score required.

So, are you ready to take the next step? Take the next step in your career—or prepare for a new one—at Cleveland State University. There are more than 80 master's and doctoral programs, plus licensure, certificate and dual degree programs. Examples of graduate degrees include: Physical Therapy, Accounting, Public Administration, Regulatory Biology, and many more. CSU's extensive range of graduate programs is the largest in Northeast Ohio, taught by top professors who

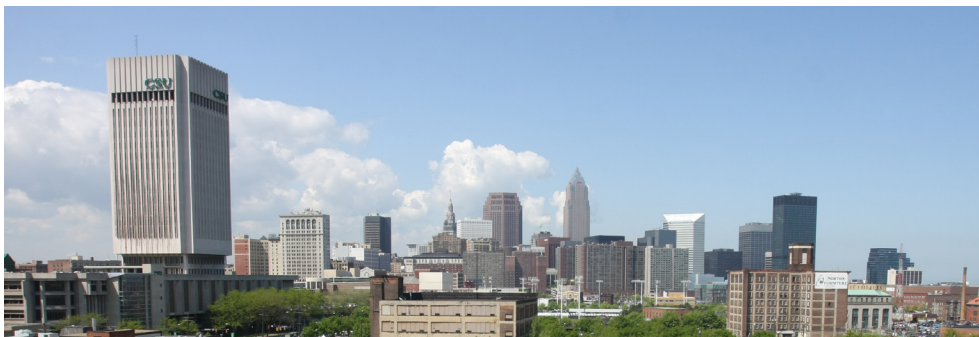
are authors, researchers, and highly respected practitioners in their field.

An abundance of research opportunities awaits you with doctoral programs, including partnerships with the world-famous Cleveland Clinic. CSU has won awards from such prestigious organizations as the National Institutes of Health, the National Science Foundation, NASA Glenn Research Center, the March of Dimes and the National Endowment for the Humanities. Cleveland State also has biomedical and healthcare partnerships, which began in 1973 with the Cleveland Clinic. These partnerships now include University Hospitals Health System, MetroHealth Medical Center, and St. Vincent Charity Hospital. Graduate students can focus on new avenues of research, patient care, and

education. Cleveland State's three Centers of Excellence – the Center for Gene Regulation in Health and Disease, the Center for 21st Century Health Professions, and the Next Generation Economy Center – provide further opportunities for research that have a direct impact on the region's economic health.

Depending on your program, you may choose day, evening, or weekend classes. You may also stay closer to home or work. In addition to the downtown campus, CSU offers programs at the West Center in Westlake, the East Center in Solon, the Cleveland Clinic, and corporate sites.

Thinking about the future can be a bit frightening, but Honors students do have many exciting options waiting!



Behind the Scenes - Meet the Authors: HON201, Sec 2 - Fall 2010

Dan Hollowell, Chris Renner

Call us self-centered, but we feel that, since we did all of this research and writing, we deserve a little recognition. So here's an inside look at the lives of the CSU Honors students who spent a part of their Fall 2010 semester compiling and creating the product you hold in your hands. The list of students follows the picture left to right, back row to front:

Not to label her, but **Carolina Parada** (get it?) has exquisite taste. From classy films and novels like *Chocolat* and *Gone With The Wind*, to her dream vacation to Barcelona to explore architecture, it's safe to say that this Colombian bio major sees a bright future ahead of her. Hopefully it will include a private practice in San Diego with a view of the beach!

Chances are, if you have read any of CSU's *The Cauldron*, then you are familiar with the name **Kristen Mott**. The sophomore journalism major is working toward a position with the *New York Times*, and enjoys the work of The Beatles and author Alexandre Dumas (*The Count of Monte Cristo*).

Depending on the amount of homework she has, senior English major **Amanda Haley** spends a fair amount of time on Hulu and Facebook. That's not to say the Medina, OH native is a slacker by any means; she is always looking for new books to read and new phrases to learn in Japanese for her future career.

Rachel Schindler has one goal for her future beyond Cleveland State's electrical engineering program: world domination. Hailing from Euclid, OH, she spends most of her time in search of a sturdy castle where she can comfortably rule the world and spend countless hours on Farmville.

She has rebelled against the social (networking) norms and deleted her Facebook profile. She wishes Ellen DeGeneres would run for president. Not enough to convince you she's too cool for school? Well then check out future novel editor **Natalie Neiger's** necessities list, which includes the stellar sounds of MGMT and the pop-culture film-phenom, *Twilight*.

Dan "#1" Barnes is a senior speech and hearing sciences major from Perry, OH working toward a career in research and collegiate instruction. He spends a minimal amount of time on social networking sites, and would much rather be caught reading books, like his favorite, *Alice in Wonderland – Through the Looking Glass*.

If you're an Honors student reading this right now, then future middle school teacher **Helen Lanning** would like you to get out and mingle with your fellow Honors comrades. The Bay



Village, OH local finds solace in Radiohead's "OK Computer" and youthful favorites like *Fievel Goes West*.

Journey and *Anchorman* enthusiast **Ben Fondale** has spent the better part of his last four years working hard toward his license to teach high-school mathematics. The Junction City, OH local looks forward to building a family and living life to the fullest thanks to his motivational guide, Napoleon Hill's *Think and Grow Rich*.

Dr. Pepper aficionado and procrastinator extraordinaire are just two of the many ways to define the senior psych major **Leah Vandersluis**. The wonders of Spain have inspired her, and she wishes to pursue a career in family therapy and counseling.

3rd year English student **Brian Mitchell** likes to keep things simple; one might say he is a man of few words (irony?). Indigenous of Avon Lake, Brian would like to one day visit Rome and, in the mean time, land job that will pay him to quit smoking.

The humble and comedic **Christina Ebert** has an ambitious goal: to make a positive influence on the city of Cleveland by any means necessary. The urban studies major has already begun, as she supports the Cleveland music scene, and sets the bar high as far as Honors student GPA's go.

Senior finance major **Tim Beres** hails from Lyndhurst, OH and cherishes classics, like the film *Remember the Titans*, *The Great Gatsby*, and AC/DC. He would like to one day own his own business and find time to visit the historically significant parts of Europe.

Daniel Hollowell also hails from Perry and also has spent his time at CSU pursuing a mathematics degree to teach high school students (Apparently, there's nothing original about him!). He worships cult film faves like

Fight Club but is also a sucker for popcorn blockbusters like *The Dark Knight*.

Attica, OH native **Brittany Elmlinger** is a biology major who enjoys the soothing sounds of Matt & Kim, the heart-wrenching scenes from *Titanic*, and the bloody-romantic pages of the Twilight series' *Breaking Dawn*. When she's not busy running for CSU's cross country team, she daydreams about the beautiful waterfalls of Angel Falls, Venezuela.

When he isn't busy dreaming up irrelevant, oddball questions for class surveys, junior mathematics enthusiast **Chris Renner** rocks out to Killswitch Engage and System of A Down. The Parma, OH native would like to develop his speech habits and speaking voice to be the best possible math teacher and football coach that CSU can offer the world!

Get a *Clue*: Junior **Andrew Pallotta** is preparing himself to fully embrace the stereotypically "lame" profession of high-school science educator. He would like to one day visit author Lewis Carroll's birthplace, Daresbury, Cheshire, England. His favorite quote comes from American architect Frank Lloyd Wright: "The truth is more important than the facts."

Double-major **Dan Jakubisin** (not pictured) is a junior at CSU who would like to enter into the business-owning world. In the future, he would like to find time to visit the captivating Emerald Isle, a long way from his Fairview, OH home. Personal Anthem: "September" by Earth Wind & Fire.

Jessica Schantz, adjunct faculty in the CSU English department, is honored (pun intended) to have served as advisor to three Four Point O's. She is especially impressed with the one in your hand.