

4.0



**CLEVELAND
STATE
UNIVERSITY**

Fall 2018

JACK, JOSEPH
AND MORTON
MANDEL
HONORS
COLLEGE
NEWSLETTER

4.0 Newsletter

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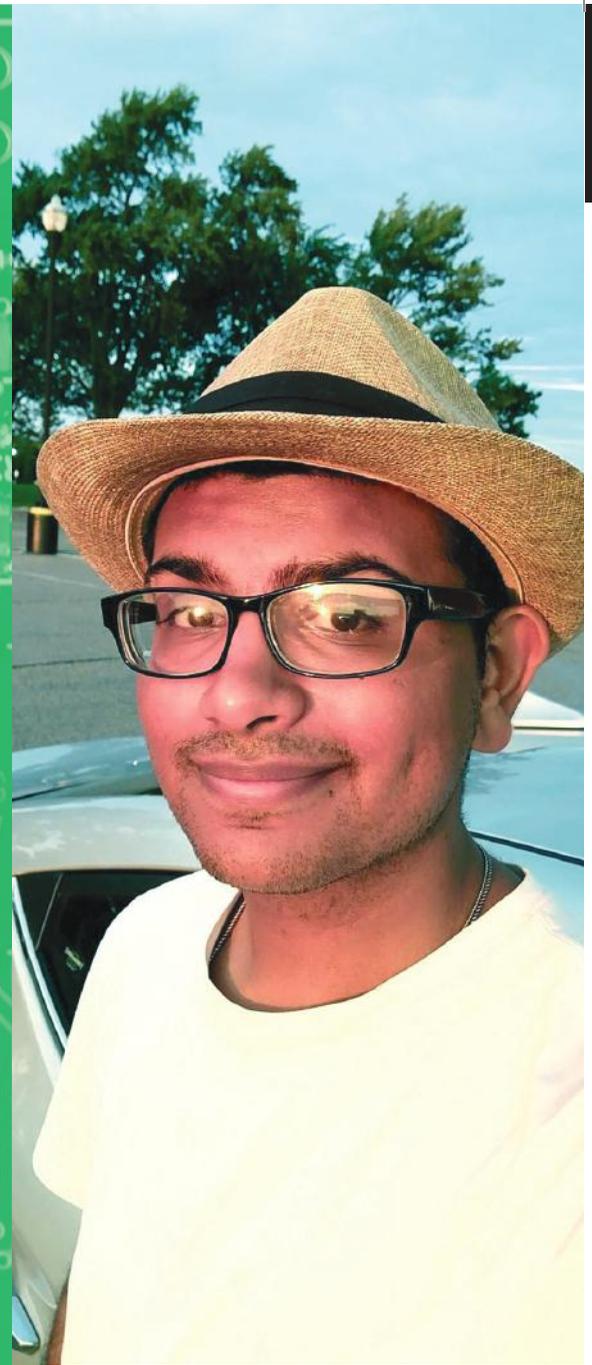


Abigail Stone - Section Editor

Rebecca Sullivan - Section Editor



Jacob Vitale - Staff Writer



**CONGRATULATIONS TO
Rushabh Patel
CSU Valedictorian
for Fall 2018.**

Rushabh, a staff writer for the 4.0 and a Health Sciences / Pre-med (Honors) major, was named valedictorian for the graduating class of Fall 2018. Congratulations to Rushabh for this outstanding achievement and honor.

FALL 2018

Jack, Joseph, & Morton Mandel Honors College

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by William Funk

Nearing the End of a Journey: A Special Thanks to the Mandel Foundation

My name is William Funk, and I am a linguistics major here at Cleveland State. I am currently in my final year working towards earning my bachelor's degree and hope to graduate in the Spring of 2019. My journey began in January of 2010 at Cuyahoga Community College, where I took up a technical program working on automobiles. At that time, I was working 40 hours per week on the nightshift from 10 p.m. to 6:30 a.m. as a custodian for Baldwin Wallace College. Every Friday, I would fight sleep deprivation from 9 a.m. when my class and lab started until it ended at noon. It all accumulated to a 24-hour day on my feet; it was harsh and life was rather difficult back then. Even my grades showed it, as I only achieved a C overall in the class. Like many on their journey through higher learning, I also found that I initially may not have taken a direction I truly wanted to go, and after taking remedial English by chance one day I overheard a Japanese language class in session.

Three years would pass after establishing a new-found determination in language studies, and by 2014 I found myself moving to Ontario, Canada to attend the University of Waterloo and to assist my grandmother who suffers from macular degeneration. While seeing the need in

assisting my grandmother and calculating the cost of attending the university as an international student, though I was accepted I eventually decided not to attend the university. My year in Canada was not wasted, as I narrated books for my grandmother, was taught the art of cooking, and made time to study language independently in review. And by January of 2015, I had resumed my studies online.

In my return to the community college and the U.S., I sought every opportunity available by applying for scholarships, eventually joining the Phi Theta Kappa Honors Society. Through the efforts in my studies, volunteering in the community and contributions to faith-based activities within the Soka Gakkai, my application to the inaugural class of the Mandel Scholars Academy was accepted in January of 2016. As a recipient of All-Ohio Academic Team honors and as a semi-finalist for the Jack Kent Cook Foundation's transfer scholarship, I felt I would not have to worry about the future over the next two years. However, upon earning my associate of liberal arts degree, I was notified that I did not earn the transfer scholarship.

At a time when I needed it most, the Mandel Foundation, the community college and Cleveland State University instituted the Continuing Scholars Agreement of which I am a beneficiary and eternally grateful for. Had it not been for the Mandel Foundation, I do not know if I would be here and I am thankful for the opportunity to continue the pursuit of my dreams, goals and determination. As a Mandel Scholar, I have come to know the humble beginnings of the foundation, starting with a very modest savings of three brothers (Jack, Joseph and Morton Mandel). Considering the importance of what the foundation has done for the revitalization of Public Square, its contributions to other area learning institutions in North Eastern Ohio and its work in Florida and Israel, we should all be grateful to be a part of the Mandel Foundation's continuing support of our personal endeavors. So from all of us here at the Honors College and in greater Cleveland, thank you so very much for all that the foundation does; we could not have done this without you.

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STAFF NEWS

by Amanda Laxganger

Welcome

Karenia Ferguson, M.S.Ed



Karenia joined the Honors College staff this year as the academic advisor for the Mandel Continuing Scholars. After receiving her BA in communications from the University of Toledo, she went on to earn her M.S.Ed in counseling from Old Dominion University. In her free time, Karenia enjoys visiting art museums and attending concerts.

Adrienne Pounds, Ph.D., M.B.A.



An alumna of Ohio University, Dr. Adrienne Pounds joined the Honors College this year as the program coordinator for the Mandel Continuing Scholars Program. She is passionate about helping others reach their goals and enjoys jazz music.

Ann Tushar



Ann is an administrative assistant and the newest member of our student staff. She anticipates earning her degree in 2020 with a major in pharmaceutical science and concentration in medicinal & biological chemistry. Ann has a passion for serving others and enjoys traveling with friends, hiking and learning new languages.

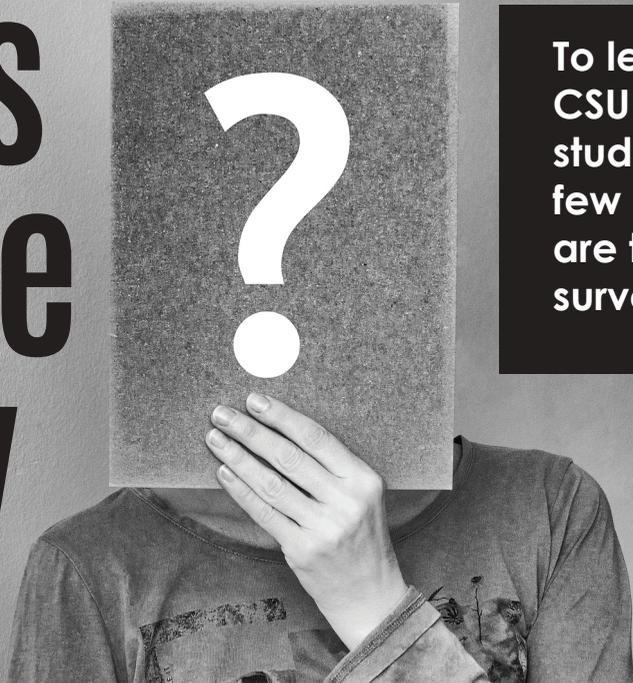
Congratulations
Lauren Baker, M.Ed



Earlier this year, our University Scholars advisor Lauren married the love of her life and they are now expecting! What an exciting year, double congratulations Lauren!

Honors College Survey

by Maria Ahmad



To learn more about CSU's Honors students, students answered a few questions. Here are the results from the survey.

Do you consider yourself a leader?

Yes- 76.67%
No- 23.33%

In one week, how many times do you go...

--to the Rec Center?
0.....44.83%
1.....10.34%
2.....31.03%
3 or more...13.79%

--to the Honor's Lounge?
0- 50.00%
1- 10.00%
2 or more- 40.00%

Which of these best describes you?

(Select all that apply.)

Transfer Student13.33%
First Generation
College Student.....43.33%
International Student.....3.33%
Married3.33%
Live on Campus46.67%
Commute From Home....53.33%
Work Part Time53.33%
Work Full Time6.67%
Practice Stress
Relieving Technique.....43.33%
Go to Professor's
Office Hour43.33%
Use Tutoring Services.....23.33%



What part of the world are you from?

Asia- 16.67%
US- 83.33%

Upon entering Cleveland State, was your major decided already?

Yes- 80.00%
No- 20.00%

What's your major?

Liberal Arts and Social Sciences- 16.67%
Sciences and Health Professions- 36.67%
Business- 13.33%
Engineering- 33.33%

What is your favorite thing about CSU?

Honors Lounge....13.33%
Friends.....23.33%
Classes.....16.67%
University Events...3.33%
Location.....36.67%
Other.....6.67%

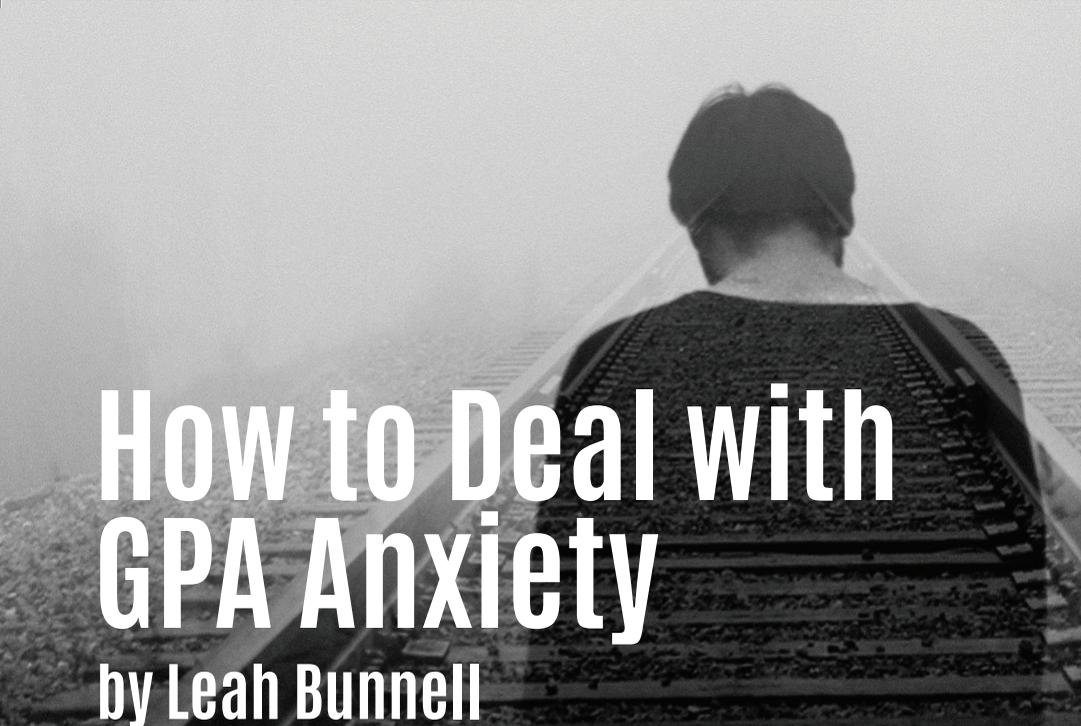
How many student organizations are you in?

0..... 10.00%
1..... 23.33%
2-3...46.67%
4 or more...20.00%

If you commute, what form of transportation do you use?

Bus 15.00%
Walk 5.00%
The Rapid 15.00%
Car-CSU
Parking Pass 45.00%
Car-Other 20.00%





How to Deal with GPA Anxiety

by Leah Bunnell

GPA anxiety is an epidemic in college campuses among students who are concerned about their grades. CSU has also fallen victim to this plague. Honors students have reported feeling anxious about maintaining a high GPA and fear of the repercussions a low GPA could ensue. The 4.0 reached out to a recent graduate from CSU's Honors College and asked how she dealt with GPA anxiety during her undergraduate years.

Charlotte Toledo, a 2018 CSU Honors College graduate, admitted to being caught in the throes of GPA anxiety. However, she overcame this adversity and was willing to share how she did so. GPA anxiety was always a part of who she was as a student, Charlotte states, but it was such an internalized feeling that she assumed the average person would never suspect that she had it. In fact, Charlotte's personal life has never been affected by her GPA anxiety; it only encompassed her life at college, which made it more difficult to recognize when she began experiencing it.

Charlotte admits to holding herself to very strict standards about her school work. She posits that perhaps she was "her own worst enemy" and caused her bout of GPA anxiety. Nevertheless, Charlotte soldiered through despite how difficult it was to cope with and achieved a BA in English and a minor in History. Charlotte was kind enough to share several tips about how she dealt with GPA anxiety. She emphasizes how important it is to engage in activities --other than schoolwork-- that help you relax, make you feel productive, and keep you healthy.

For example, Charlotte enjoyed going to the gym and reading a book while riding the stationary bikes. She also ensured to have adequate social interaction with friends and relatives, while maintaining a healthy diet and sleep schedule. Another tip she offers is to focus on the quality of the work you have done rather than obsessing about what grade you will receive. If you are truly satisfied with the work that you have done, then it is likely that your instructor will be as well. Even if you do not receive the grade that you desired, at least you can say that you did your work to the best of your current ability.

In addition to this, Charlotte recommends that students with GPA anxiety embrace it—after all, GPA anxiety is often the reason why certain students end up achieving in the academic world. So, the next time that you are freaking out about a test or obsessing over a research paper, try out some of these tips and be thankful for the amazing accomplishments your GPA anxiety has pushed you to achieve.

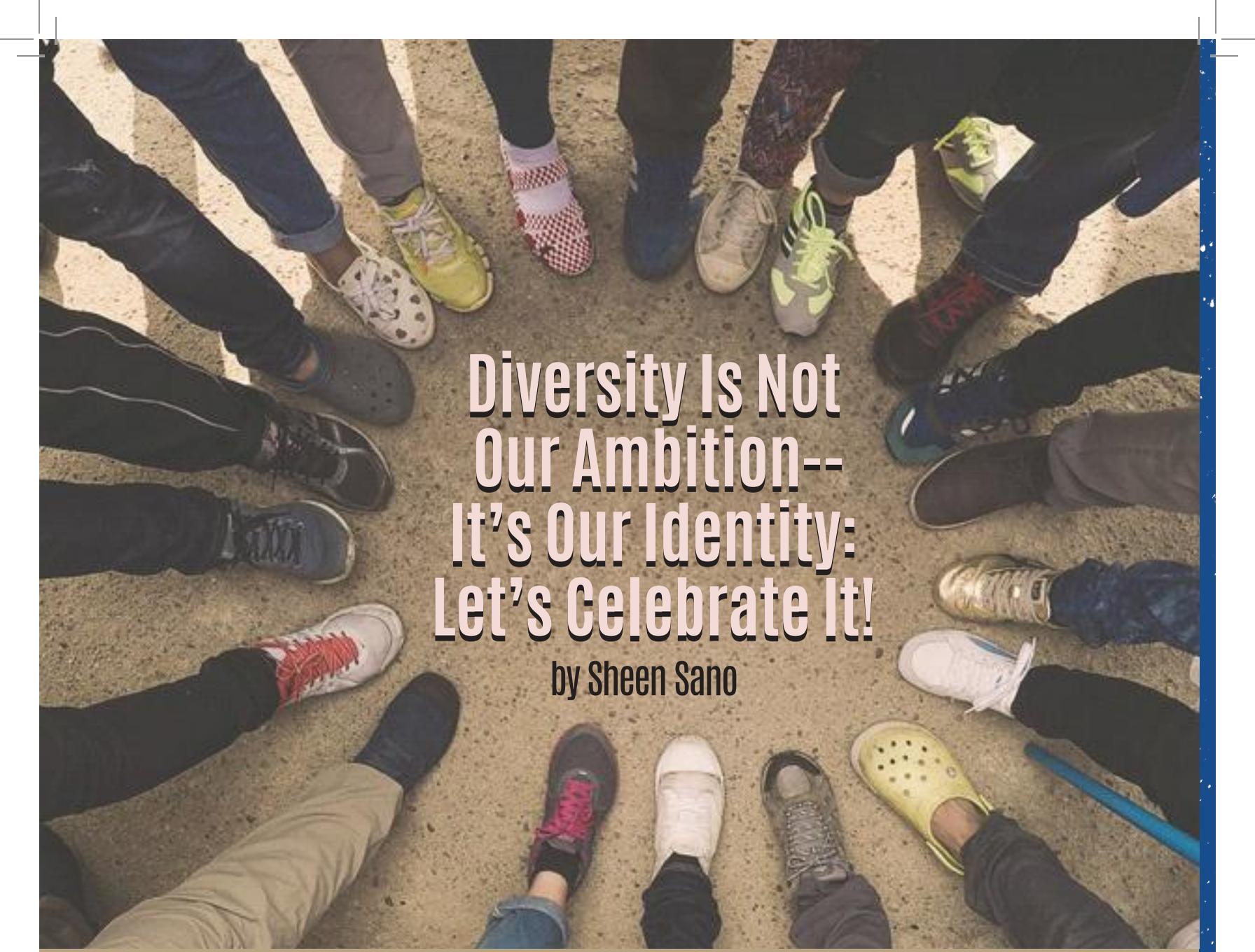
GPA Anxiety: What Is It?

by Jacob Vitale

According to the Anxiety and Depression Association of America, 85% of college students have felt overwhelmed by everything that they have had to do at one point in the past year. This high workload accompanied with the goal of getting a good GPA is enough to stress any student out, however, students in the honors college have it even tougher. The University Scholars and University Honors Programs have minimum GPA requirements of 3.25 and 3.5, respectively, along with more rigorous schedules and other requirements that regular students don't have. This means that a high GPA is no longer just a goal, it is a necessity. While a minor amount of stress is helpful, large, overwhelming, and recurring stress that stops you from getting your work done must be dealt with. That type of stress is known as anxiety and it can bring on a multitude of adverse health effects. Some of these symptoms include: increased heart rate, difficulty concentrating, trouble sleeping and stomach pain. Listed below are some methods for managing and decreasing anxiety on your own, however if these symptoms are extreme or last for long periods of time, you should talk to your physician for help.

Methods for managing anxiety:

- Increase your physical activity. Even taking a walk is beneficial
- Understand the things you can and cannot control, then focus on those you can change.
- Talk to a friend or family member. Talking about stress helps to put thing into perspective.
- Take a break from your work and focus on something you enjoy.
- Eat healthier foods and snacks This will help to increase both, your energy, and mood.



Diversity Is Not Our Ambition-- It's Our Identity: Let's Celebrate It!

by Sheen Sano

Cleveland State University is an institution with growing enrollment and diversity. According to CSU's Office of Institutional Research and Analysis' Book of Trends 2017, the total 2016 school year enrollment was 16,954 students, consisting of 61.4% (White), 16.4% (Black/African American), 8.8% (Non-Resident Alien), 4.8% (Hispanic/Latino), 3.4% (Asian), 2.7% (Two or more races), 2.2% (Unknown), 0.2% (American Indian/Alaska Native), and 0.1% (Native Hawaiian or Other Pacific Islander).

At a glance, these numbers may not be that impressive but if we look at the fellow students around us, we can start to see-- and further appreciate-- the diversity that our campus has to offer.

With this growth, the university has implemented a plan to accommodate and foster the diversity of our campus. The Office of Inclusion and Multicultural Engagement has conceptualized three areas of focus: advance the goals of the University's Diversity Action Plan, assist students from diverse backgrounds to more effectively connect and utilize resources to ensure academic success, and promote coordination of multicultural programs through collaboration of various student organizations.

These goals ultimately focus in making sure that we embrace and celebrate inclusion and diversity around our campus.

Diversity is not a concept that we can refuse to acknowledge-- it is and has become a timely matter. We may not understand each other, but we can strive and persist to learn and embrace each other's similarities and differences. In order for us to do that, we need to look upon ourselves first, assess our biases and prejudices. Only after, then can we learn and appreciate other cultures other than our own by celebrating the diversity that we have on campus, we can discover each other. Most importantly, we can discover and celebrate the Cleveland State's identity that we know now and aspire for the future.

Welcome to Mandel Vikes

by Rebecca Sullivan

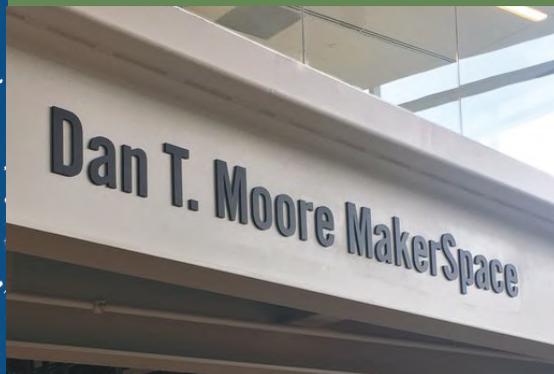


Focusing on the pillars of academics, adventure, events, fundraising and service, Mandel Vikes is a club where all students in the Honors College can find a place to learn, grow and have fun at Cleveland State. While in only their second year of existence, Mandel Vikes is already making their mark on the university with monthly activities that range from decorating the lounge, trips to local attractions and service events.

Whether you are looking for new Honors College friends, new opportunities to be involved in the area or just an adventure, Mandel Vikes is the place for you. The organization meets every other Tuesday at 11:30 am in MC 105. Questions and further information about events can be answered by contacting Mandel Vikes President Christine Campbell.

Turn Your Ideas into Reality

by Rushabh Patel



Have you visited the new engineering building? Walk the interlink towards the rec center and you can't miss it. Check out the beautiful new glass classrooms. Furthermore, walk to the basement of this building and you will find a hidden gem, the brand new Dan T. Moore Makerspace.

The space houses high-resolution 3D printers and scanners, Computer Aided Manufacturing (CAM) equipment, digital fabrication tools, laser engraving and cutting machines, and tools for testing and designing electronic devices. The space is free for CSU students and the space also provides free training for all the equipment. You can learn how to use the equipment and the respective safety protocols. Discover the amazing space in the basement of the new engineering building.

The Road Less Traveled: Ever Heard of These Classes?

by Sumaiya Ahmed

Looking for something different than the classes related to your major? Check out these unique courses offered at CSU!

Anthropology of Religion, Magic, Witchcraft (ANT 320-3 credits)

Humans have always been fascinated with the concept (and chance of communication) with the supernatural and unseen beings, powers, and force. This course focuses on the evolution of religious practices including magic and witchcraft while examining the commonalities and variations across numerous cultures' superstitions and beliefs. Furthermore, the interaction with supernatural entities and social, economic, political, artistic and symbolic expressions will be explored.

Bodies, Burials, Bones: Forensic Anthropology (ANT 367-3 credits)

This course will explore basic human osteology (the study of structure and function of skeleton), skeletal examination and documentation, skeletal trauma, personal identification and the process of decomposition. Archaeology and scene processing, sex, age, stature, and ancestry examination, and, contemporary issues and limitations of the field will also be examined. Furthermore, applications to police and international human rights will be discussed.

Communicating in Personal Relationships (COM 211-3 credits)

This course will examine the role of communication in establishing and

maintaining personal relationships will be discussed. Students will analyze how individuals enter into, maintain, and terminate relationships. Communicative competence, relational development, interaction processes, codes and context will be covered as well.

Philosophy of Happiness (PHL 175-3 credits)

This course will examine the views regarding whether life has meaning, conceptions of happiness, and the role that happiness plays in creating a meaningful life. This course counts in the General Education Category as Arts and Humanities.

Bowling, Table Tennis, Orienteering, Boccie Ball, Croquet (PED 212-1 credit)

Prerequisite for this course is fundamental skill in each sport covered. This may be attained by taking the PES equivalent of each sport. This course will develop intermediate skills and knowledge of rules, skill techniques, and strategies of the game. It is offered every spring.

Ancient Mysteries (ANT 275-3 credits)

This course explores claims such as the ancient astronauts' assertions and early civilizations founded by alien visitors from outer space. These claims will be disproven and the historical, social, economic, political, religious, racist and psychological motives behind them are explored. Easter Island, Machu Picchu, Stonehenge, and Great Zimbabwe are surveyed. Students

also learn the basic scientific concepts and approaches of anthropology and archaeology. This course is in the General Education Category of Social Sciences ALAAME. It is also offered every fall.

Astronomy: Stars and Galaxies (PHY 201-3 credits)

Prerequisite for this course is one unit of high-school algebra. An introduction to astronomy including stars, stellar evolution, origin of elements, galaxies, and cosmology will be discussed. This course is in the General Education Category of Natural Sciences. It is offered every fall and spring.

World Language I (WLC 101- 3 to 4 credits)

In this class, students will develop proficiency in speaking, understanding, reading, and writing a foreign language not offered by the department such as Portuguese, Russian, Quechua. Course can be repeated with a different language.

Non-Western Popular Music (MUS 262-3 credits)

This course uses postcolonial popular music in Africa, Latin America, the Middle East, and India to examine the effect of independence, urbanization, technology, and political, social, religious, and gender issues on their popular culture and media. This course is in the General Education Category of Arts and Humanities ALAAME.





COFFEE 216

by Malavika Patel

Whether you're looking for a coffee fix or you're just a coffee enthusiast, Cleveland has a fine selection of lesser known cafes and restaurants that offer everything from a rich cup of coffee to entire coffee ceremonies and great ambiance.

One of my favorite places is The Big Egg, located in Ohio City, not far from Cleveland State University. This is a classic American breakfast place, but their coffee is just perfect. Nothing overly special, just regular American coffee, but well-made and you can certainly tell the difference. What's more, their breakfast skillet are delicious too and the portions are large.

Not far from it on W 29th and Church Avenue, is Rising Star Coffee Roasters, famous for its "artisan coffee." While this location is in the Hingetown area of Ohio City, there are several other outlets throughout the greater Cleveland area, including Lakewood and Little Italy. This particular spot, though, is perfect for some quite work/study time or even a date! Needless to say, their coffee is truly artistic with the menu comprising of such items as "The Promised Land Latte." The online reviews for Rising Star speak for themselves and their website sells coffee and related items, delivered to your doorstep.

Moving over to the East Side, there is an unusual restaurant called 'Empress Taytu' off St. Clair Avenue. Empress Taytu is an Ethiopian themed restaurant offering a traditional coffee ceremony where customers get a whiff of freshly roasted Ethiopian coffee beans, which are later brewed and served in traditional clay pots with bread. This makes for a perfect evening when combined with the quiet ambience. In addition, they offer small bites as well as traditional Ethiopian dinners.

Speaking of culturally diverse coffee, another amazing restaurant is Anatolia Cafe (Cleveland Heights), a Mediterranean place serving authentic Turkish coffee. This is, by far, my most favorite coffee place for a variety of reasons. If you've never had Turkish coffee, I recommend you try one at Anatolia, preferably during morning hours because it is strong enough to keep you wired for a long time (perfect during exams!). Their food is fresh and flavorful, they serve the softest Pita bread and the music adds to the traditional Mediterranean atmosphere. The only thing missing from their menu is Turkish delight, although Turkish coffee with baklava is just as good a combination.

Finally, I want to recommend Dewey's Coffee House to anyone looking for a warm hangout place throughout the year. Dewey's is in Shaker Square, a cute little vintage area, especially as one moves towards Shaker Lake. Dewey's coffee is consistently great, and they sell a wide variety of popcorn, ice-cream and other small bites. It's a good place to work or relax. Also, it is not more than 5 minutes from Larchmere Boulevard, which is remarkable for its antique stores, art and collectibles, and some wonderful restaurants. In winters, Dewey's has the fireplace on which makes for a cozy atmosphere.

While those are all interesting coffee whereabouts to discover, I'm certain that CLE has many more such places waiting to be explored. Cleveland seems to be booming with new restaurants and coffee bars with out-of-the box concepts, so, we've got our caffeine fix covered.



DISCOVERY