

THE METROPOLITAN

The Metropolitan State University Student Newspaper

Childcare at Metro?

BRAYDEN MANN
yb6938yy@metrostate.edu

No matter which way you look at it, Metropolitan State University has one of the most diverse student populations in the entire Minnesota State Colleges and Universities (MnSCU) system. The student population contains parents of all ages, and the difficulty of balancing school, work and childcare always remains constant. So why is it that Metro does not offer any level of childcare service?

In general, colleges that provide childcare will pursue one of three methods:

1. Hire employees to run an on-campus daycare.

2. Utilize an educational program, such as a Pre-K program, to provide on-campus daycare.

3. Contract an outside daycare and give students a discount or free access.

The latter two options tend to be the most viable options, and they are almost exclusively used through the MnSCU system. Kelly Charpentier-Berg, who is a student at Metro, a mother of three, and a member of the MnSCU Board of Trustees, believes that the first option isn't viable for Metro.

According to her and previous Student Senate meeting minutes, liability insurance rates are simply too high to have a school-run daycare with independent staff.

After exploring and rejecting the school-run daycare option, the Student Senate came up with a potential solution: They would create a fund devoted to providing students with daycare vouchers. According to Student Senate president Amber Hamm, this would give parents some financial relief and grant them flexibility to use their preferred daycare.

The Senate has tried to get in touch with Metro's Foundation Board in order to gain seed money for a fund, but according to Hamm, the board has not yet contacted the Senate to make plans to establish such a fund. While there are other potential options to pursue, Hamm said that creating a fund "would be the most effective solution."

When asked if we would see Metro-sponsored childcare within the year, Hamm simply replied, "We will work as hard as we possibly can trying to make it happen."

Student Orgs: Why You Should Get Involved

ANNA MASRUD
mc3014jt@metrostate.edu

It's September, which means a new semester at Metropolitan State University has been underway for a few weeks already. In a way, this is a relief. All the right books have been purchased, all the class syllabi have been reviewed, and all the first homework assignments have (hopefully) been completed.

As things start to settle into a routine, however, students might find they have more time during the school day than they expected. They might start to wonder, "What does Metro have to offer me besides simply the credits I'm taking?" The answer to that question might just be one of Metro's many wonderful and unique student organizations!

According to OrgSync, Metro's "Campus Engagement Network for Student Involvement," Metro has 49 registered student organizations that students of all ages, races, cultures and interests can get involved with. Metro students are welcome to create an account using their Metro email to access these organizations. Some student organizations are "invite only," while others are always available to join, but students should feel free to reach out to any student organization they're interested in joining, "invite only" or not.

There are many student organizations available at Metro, ranging anywhere from the Accounting Club to Lavender Bridge (for LGBTQ+ students and allies) to the Alcohol and Drug Counseling Student Association. Students who are new to Metro, as well as returning students who perhaps haven't yet found the time to get involved, should consider joining a student organization (or two) during their college career.

New Policy Will Allow Students and Staff to Use Preferred Name on MnSCU Documents

KEVIN MILLER
millke03@metrostate.edu

Due to a new policy, students and staff across the Minnesota State Colleges and Universities (MnSCU) system will be able to use a preferred name rather than their legal name on many of their documents. Metropolitan State University has not yet set an implementation date for this policy, according to Roberta Anderson, Director of Gateway Student Services.

To submit a preferred name proposal, students at Metro will need to fill out a single form at Gateway Student Services requesting the name change. Once the form is processed, both Metro and MnSCU will begin using this preferred name wherever it's technologically and legally possible to do so. That said, this cannot be done until Metro has implemented this policy.

What is a Preferred Name?

In a draft document created on June 12, MnSCU defined a preferred name as a "name that a person has chosen to identify him or herself within the MnSCU system that is different, in whole or in part, than his or her legal name." That is to say, an individual can change their first, middle, or last name on documents that do not require a legal name to be used.



Students at Metro will be able to change the name used on many of their documents.

KEVIN MILLER

Where is it Legally Possible to Use a Preferred Name?

Preferred names can be used on many of the documents and interfaces that students and staff use on a day-to-day basis. These include class rosters, D2L Brightspace, e-services, online directories, faculty advisee lists, alumni records, library records, student ID cards, student worker time-cards, diplomas, and food service cards.

A MnSCU supporting document said that in certain circumstances, only legal names can be used. Doc-

uments involving financial transactions like I-9s, financial aid documents, paychecks and paystubs will always use legal names. Official documents relating to international students, including federal immigration documents and Student and Exchange Visitor Information System (SEVIS) will also always feature a student's legal name.

Other Limitations

MnSCU said it "reserves the right to deny an inappropriate preferred name including, but not limited to those that: avoid legal obli-

gations, misrepresent or violate other system policies." Moreover, preferred names can't be used to promote a company.

According to MnSCU documents, it is not technologically feasible to include preferred names on some university documents or technology. Ramon Padilla, Vice Chancellor of Information Technology at MnSCU's system office, said third-party technology is an example of a place where these limitations exist. Since this technology is not part of MnSCU's Integrated Statewide Records System (ISRS), the University has no con-

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THE METROPOLITAN

The Metropolitan State University campus newspaper

Editor
Kevin Miller

Copy Editor
Andrew Prater

Layout Editor
Anna Masrud

Business Manager
Danyale Green

Online Administrator
Levi King

Online Content Coordinator
Michael McDonald

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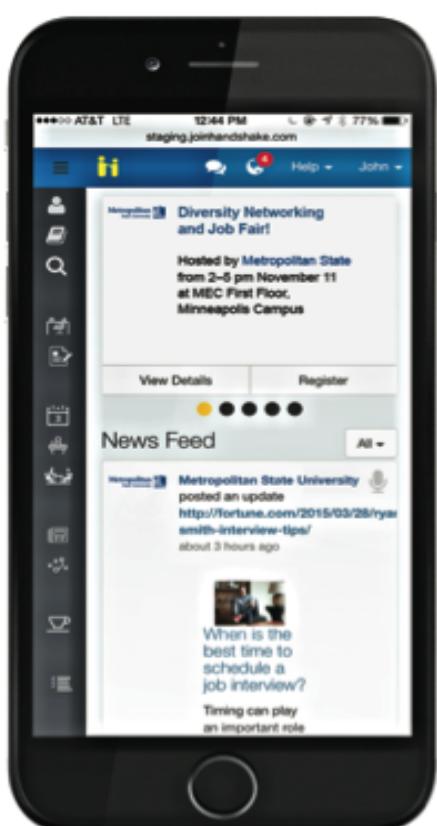
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to share your article ideas or to submit your article for publication consideration.

The submission deadline for the October issue is September 10.



PREFERRED NAME PAGE 1

trol over these third-party companies' name policies and records.

Who Does it Help?

Saby Labor is Metro's Women and LGBTQ Student Services Coordinator and Retention Specialist. She said the policy will help a variety of students at Metro. "In thinking about the audiences it impacts the most, we've identified [at least] four ... the first being transgender students and gender non-conforming students," said Labor. "They may or may not pass as their preferred gender, so having a preferred name policy is a way to celebrate their identity and validate it."

International students will also be impacted, according to Labor. She said some international students have a name from their native country and a western name, and it can be difficult to know which name the person would rather use. "Often they are sort of juggling two names and it's hard for them," she said.

Students that identify with a nickname will be able to use that name on their documentation.

Labor said there have been issues in the past with finding students in the directory if they use a nickname or shortened version of their name, so this should help alleviate those issues. This policy could also impact people with multiple last names as well. Labor said this can be common in Latino communities.

She said the switch for class rosters and D2L will positively impact students. "The piece about it being on D2L is going to be so crucial for our students because a large percentage of their interaction is in class. So, whether they're in an online class or in person, [their preferred] name [is what will be] printed on the class roster and the name their peers see on the class discussions."

Toyia K. Younger, Associate Vice Chancellor for Stu-

"The piece about it being on D2L is going to be so crucial for our students because a large percentage of their interaction is in class."

dent Affairs at MnSCU said that, to her knowledge, the policy was brought about by students and staff who wanted to express themselves in whatever fashion they choose to. "I think this policy also makes our campuses more welcoming," she said. "Having this preferred name policy is actually something that is pretty common at colleges and universities across the country."

Implementation

MnSCU's Chancellor Steven Rosenstone has approved this policy for immediate implementation, according to a system office memo. This memo informed all stakeholders about the change in policy. MnSCU intends to implement these measures in two parts.

Phase One pertains more to the system office than to individual institutions, although a few significant changes need to be made at the campus level. For instance, email accounts are controlled at the campus level. However, documents like class rosters and student D2L Brightspace pages can only be edited by the system office. Likewise,

ISRS is controlled by the system office.

Padilla said, from a strictly technological standpoint, ISRS is now capable of capturing preferred names. Once a preferred name request is processed through ISRS, the change to digital documents controlled by the MnSCU head office will be instant.

Likewise, Younger said that, from a policy perspective, MnSCU's system office is prepared to begin implementation. "The timing of it and rollout of it is really going to depend on the campuses and how quickly they're able to process the requests of individuals that come in."

Phase Two objectives, however, do not yet have set target dates for completion. These objectives (like access to diplomas and student ID cards) mainly pertain to individual institutions in MnSCU. Anderson said that Metro needs to ensure its information technology processes can handle the requests before setting a completion date.

Metro's information technology department could not be reached for comment.

Handshake: Job Hunting through Social Media

ALEXAVIER OJEDA
sr4184ca@metrostate.edu

Handshake is a new, user-friendly job search tool for students and alumni. Handshake, which launched this August, will be replacing CareerLink as Metropolitan State University's careers service management platform. With Handshake, students and alumni can connect with employers and organizations looking to hire personnel from the growing Metro-educated workforce.

Unlike CareerLink, Handshake has a user-friendly interface similar to that of common social media platforms such as Facebook and LinkedIn. But unlike said platforms, students do not receive unsolicited content from companies

A screenshot of the mobile version of Handshake, Metro's new job search tool for students and alumni.

MATTHEW SPILLUM

Through the Career Center, all companies registering for Handshake will be vetted and confirmed to be reputable and trustworthy.

or organizations that have not been verified by Metro's Career Center staff. Through the Career Center, all companies registering for Handshake will be vetted and confirmed to be reputable and trustworthy.

Handshake currently provides many features including:

1. A profile where you can save your resume, work history, external links (WordPress, Facebook, and others) and academic projects to be viewed by potential employers and recruiters.
2. Job Postings listed with both local and international businesses.
3. Internship postings for a variety of fields.
4. Notifications of local job

fairs and other career-enhancing events.

5. Informational articles and content recommended by the staff at Metro's Career Center.

6. Tailored Searches that students can use to refine search criteria to fit their interests, degree, location, employers, etc.

7. Messaging options that students can use to communicate with other users and be contacted directly by prospective employers.

8. The option to set up appointments with Career Center staff.

Currently, there are more than 330 employers on handshake. Employers will be able to search through student profiles for stu-

dents with qualifications that meet their job criteria. This makes it easier to find the candidates they need for any position.

Features like the planning tab allow students to keep track of their progress and provide counselors the information needed to give clearer recommendations for students' academic and post-graduate future. To build your profile and get started on your search, check out:

metrostate.joinhandshake.com.

For more information contact Metro Career Center at 651-793-1528 or career.center@metrostate.edu.

STUDENT ORGS: GET INVOLVED PAGE 1

Get involved in your school community

Joining a student organization is a great way to get active in Metro's community and become immersed in its culture. Student organizations often hold many activities year-round, including informative meetings on various topics, resources about workshops and festivals, and engaging community events (all depending on which student organization you want to join). Metro's Annual Leadership Retreat, hosted by Student Life and Leadership Development, and FallFest, hosted by the University Activities Board, are only two examples of the

variety of activities provided by student organizations for students.

Meet new people and make new connections

Students can also use Metro's various student organizations to learn more about what's happening on and around campus. Is there an issue Metro students are currently facing? You'll learn what it is. Are Metro students coming together to fight for a specific cause (such as Project SAVE, a Sexual Assault Prevention initiative)? If you talk to someone from a student organization, they can probably fill you in on the details specific to their organization.

Networking like this is a great asset, and one reason why joining a student organization is a smart move. Students who are a part of a student organization have the opportunity to meet and converse with a lot of fascinating people, including Metro professors and students who come from all sorts of different backgrounds and interests. Meeting new people around campus can help students get involved at Metro beyond sitting in class and meeting up with classmates for a group assignment. Not only might you expand your worldview, but you'll also build solid, professional connections that will last far beyond graduation.

Gain life experience that you can put on your resume

Several organizations at Metro give students the opportunity to grow into leadership or volunteer roles. At The Metropolitan, for example, you can work as a student writer, or you can work as an editor, which builds relevant experience that you can apply to a career after graduation. Other organizations, like the Student Senate, let students apply for roles that allow them to speak out in Metro's community and vote on important issues. And some organizations are always looking for volunteers to help set up and

run events. No matter which opportunity you choose to go for, these experiences will help you build and add extracurricular activity to your resume and cover letters, showing potential employers that you were involved and active in your school's community.

So if you find yourself with extra time this semester, consider checking out Orgsync for any student organizations that you might be interested in joining. There's something out there for every type of student. You may just find yourself getting involved in your community, meeting new people and building life experience!

Metropolitan State University Student Resources

ELIZABETH TODD
elizabeth.todd@metrostate.edu

As Metropolitan State University grows, it endeavors to provide support to its diverse and ambitious student body and their equally diverse needs. Because of this, Metro continuously works to develop new departments and services for students to utilize. The list below highlights a few of the services that the university offers.

Center for Academic Excellence

The Center for Academic Excellence is a free tutoring service "devoted to cultivating student success and helping students achieve their academic goals." Peer, graduate and faculty tutors work one-on-one or in small groups to provide sessions on math, writing, Java, science, logic and resume writing. Tutoring is available on the St. Paul, Midway, Minneapolis and Brooklyn Park campuses. For more information, students can contact the Center via email at

centerfolk@metrostate.edu
by calling 651-793-1460 or by visiting the Center for Academic Excellence's website at:

metrostate.edu/msweb/resources/academic_ss/cae/

Reference Librarian

The reference librarian is a great resource for any research project. No matter your level of Internet savvy, the reference librarians are skilled at everything from narrowing search results by using Boolean terms to retrieving hard-to-find information in various databases.

Any student interested in learning more can visit the reference desk on the first floor of the St. Paul Campus library or visit the library's website, where you can chat live with librarians, at:

metrostate.edu/msweb/resources/library/services/students.html

Student Counseling

Life can be stressful, especially when you're in college. Metropolitan State offers students free counseling services. Staff members strive to "provide opportunities to increase self-knowledge and develop greater self-awareness, self-understanding, independence, and self-direction in many areas" through confidential individual, group and workshop sessions. Students can learn more and even take a free, private mental health screening inventory at the Student Counseling Services website at:

metrostate.edu/msweb/pathway/counseling_services/

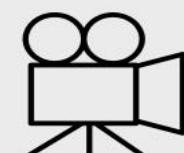
Other Resources

This is just a short list of resources provided to Metro students, there are many more services available, including the Career Development Center, the Student Parent Center, Lynda tutorials, Disability Services and Trio Student Support Services. One of the best ways to learn about what services are available to you is to talk to your academic advisor, so schedule an appointment today to find support services for your needs.

FallFest 2015

The Road to a Week of FUN!

Metropolitan State University
University Activities Board



September 8

BBQ at
Minneapolis/Brooklyn
Park/Midway

September 9

BBQ at
Minneapolis/Brooklyn
Park/Midway
Metro State's Got Talent
Semi Finals

September 10

Movie Night
"Sylvia" Theatre
Underground



September 11

Day of Service
Dinner with Leaders
"Sylvia" Theatre
Underground

September 12

Campus Festival
Metro State's Got Talent
Finals
"Sylvia" Theatre
Underground

September 13

Metro Family
Outdoor Day

"The BIG Day" ~9.12.15~ will include many activities, food, prizes, & live entertainment. It's an event you DON'T wanna miss!

For more information go to: <https://orgsync.com/43493/chapter>
<https://www.facebook.com/metrostateuab>

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University Activities Board

Metropolitan State University

On Campus

Metro's Theater Underground Presents "Sylvia"

KEVIN MILLER
millke03@metrostate.edu

Students at Metropolitan State University aren't known for their deep pockets. However, quality entertainment doesn't have to be expensive; students can see Theater Underground's presentation of "Sylvia" for free during FallFest.

"Sylvia" is a comedy written by A.R. Gurney. The plot focuses on a pair of Manhattan empty nesters named Greg and Kate. They are new to the city, having raised their children in the suburbs. Greg finds a dog named Sylvia in a park and brings it home with him. Sylvia begins to create issues between the couple, and their marriage begins to suffer as a result. A series of comedic upturns brings all three to a newfound closeness.

Metro student Charlie Colman will be directing the production. The Metropolitan's editor caught up with Colman to discuss the play.

Miller: How did you get involved with Theater Underground?

Colman: I became involved in Theater Underground before I graduated from Minneapolis Community and Technical College (MCTC) as part of our shared theater program. I knew several past members, and being part of a student-run theater company was a major attraction. Metro has been very supportive of us, and as a result, we're able to put on several quality shows every season. I have been an officer at Theater Underground for my entire college career, and the experience I have gained has been invaluable to me.

Miller: Have you directed other plays, or is this your first?

Colman: Sylvia will be my directorial debut. I have worked in nearly every other capacity in previous shows with MCTC/Theater Underground, from acting to set building and board operations, but directing is something that needs to be built up to. A director is responsible for every aspect of a show, from lighting and set, to how an actor moves onstage. I wanted to challenge myself to complete this degree, and I decided that the best way to demonstrate to myself, faculty and



Malcom (left) rehearsing as Sylvia, who has just spotted a cat. Rooney (right), playing Greg, looks on.

KEVIN MILLER

peers that I was capable of becoming a professional was to take the reins of a full production. Gail Smogard, the program advisor, and Scott Rubsam have been very supportive of me and pushed me to do the best I could.

Miller: How many people are involved in the production of Sylvia?

Colman: It's a fairly small cast. We have six people in the cast: Metro State students Kurt Rooney and Mark Stewart will be playing Greg and Tom, alumni Pepper Branstner is in the role of Kate, Heather Raiter as Leslie, and we are all extremely fortunate to have professional actor Drue Malcolm filling out the role of Sylvia. I have brought in a professional theater electrician Jeremy Ellarby to design the lighting, and longtime theater professional Kirby Moore will be my set builder. Kyle Anderson, another Metro student, will be front of house and stagehand.

I am delighted to be able to have such a wonderful mix of people from all over the Twin Cities come help me bring this show to Metro State.

Miller: Without giving away too many spoilers, do you have a favorite scene?

Colman: Well... that's a very difficult question to answer. Every scene has a different "flavor", if you will. The comedy is definitely on the forefront in most scenes, but the drama has brought tears to

the eyes of myself and cast more than once. But I believe my favorite has to be at the end of first act, with Kate and Sylvia squaring off on all fours and Greg dropping in, completely unaware of the situation unfolding in his living room.

Miller: How or why was this play selected for production?

Colman: I was stuck on selecting a script for this project for quite a while. A good friend of mine introduced me to "Sylvia," and it was a no-brainer from there. It stresses simplicity in set and technical aspects, and focuses on the characters. It's very surreal, but at the same time familiar to a wide audience. The themes are universal, and a broad spectrum of people will find great enjoyment, and even

a bit of food for thought as they watch the story unfold. Challenging, yet simple.

It's very surreal, but at the same time familiar to a wide audience.

Miller: I understand that in this play, one character is a dog played by a human. Is that correct? Can you talk a little about the dynamics of asking an actor to play an animal? How does that affect the narrative?

Colman: That is absolutely correct. Drue Malcolm is in the role of Sylvia, and she fits it wonderfully. As most dog owners will tell you, dogs have very dis-

tinct personalities from one another, just like us humans. We describe them and their actions using human terms and emotions: smiling, sad, excited ... they're not terribly different from us in that aspect. An actor has to know how to portray all these emotions, and viewing them from the perspective of a dog is a very challenging part of this script. Drue is doing an exemplary job of it. However, do not expect someone in a dog costume (this has been asked of me far more than once already). The physicality is what gives her "dogness." Movements, tempo and facial expressions are what key people into her particular narrative in this show, as opposed to the lines she has.

Miller: Do you have anything else you would like to tell students about Sylvia?

Colman: You will enjoy yourself. This is a beautiful, simple and heartwarming script that is watchable and entertaining. At the same time, it has a lot to say about how we feel about each other as human beings, and how much we hide from each other. As simple as the script seems on the surface, the cast and I are discovering new ideas and themes every day of rehearsal. Simplicity often belies depth, but you're not being hit over the head with it. The trip to Minneapolis is a long one, yes, but it will be entirely worth it. That, I can promise you. Also, it will be free of charge, although we will be taking non-perishable food donations for students in need.

There are four showings of Sylvia: Thursday, September 10 at 7 p.m., Friday, September 11 at 7 p.m., Saturday, September 12 at 2 p.m., and Saturday, September 12 at 7 p.m.

All showings are at the Stagedoor Theater in the Whitney Fine Arts Center on the MCTC Campus in Minneapolis.



Drue Malcom (left) and Kurt Rooney (right) practicing their roles as Sylvia and Greg.

KEVIN MILLER

Student Science Association Provides Community for Future Scientists

ANDREW PRATER
sy7378bx@metrostate.edu

Last Tuesday night, room L216 in Metropolitan State University's New Main building became home to a meeting of the minds. From the hallway, occasional bursts of laughter could be heard, followed by excited chatter. A large banner just outside the door proclaimed that this was the weekly meeting of the Student Science Association (SSA), a student organization dedicated to enriching the science education of Metro students.

Visitors who entered the classroom were greeted with the sight of students discussing the events of the previous week and whether Batman could beat Superman in a fight. There was a table in the back with snacks, including chips, bottled water and test tubes full of Nerds candy. After a few minutes of chatting, Kelly Potz walked to the front of the room to begin the meeting. Potz is the president of the SSA, and has been ever since the organization was established in January. Or rather, it was reestablished in January, when Potz and other interested students rebuilt the organization, which had been dormant for a year. Since then, the group has met at 4:30 p.m. every Tuesday, even during the summer.

The meetings was run by Potz and Nina Suvorova, the Marketing and Events Coordinator of the club. Suvorova has been a member of the SSA since its rebirth in January. In that time, she and Potz have developed a unique presentation style that incorporates

colorful Power Point slides, jokes and involvement from everyone in the room.

When questioned later about her presentation style, Suvorova said, "I have a lot of experience with clubs and I've learned that people always come back

"I've learned that people always come back when they feel like they are part of a group."

when they feel like they are part of a group. And that's something that I really try to establish. I try to make



Farkash Elihad and Ryan Fitzgerald demonstrating a nucleation reaction at Student Science Association's Mad Science event in June.

NINA SUVOROVA

every member feel really important, give everybody a job, even if it's a small one, and just make sure that we continuously meet with each other on a weekly basis ... I think that really helps strengthen the friendships that we build here."

On the docket were such items as "Science in the

News," "In the Zone: A Discussion of Plate Tectonics," "Interesting Journal Article of the Week," "Snacks for the Meetings" and "What Are We Going to Do for Fall Fest?"

As it turns out, the team had already made plans for Fall Fest. They had enlisted several professors from the science department to sit in a dunk tank for an attraction that will, quite appropriately, be called "Dunk Your Science Professor." From the back of the room, a student pointed out, "Yeah, if you fail that first quiz, you can get revenge."

Another interesting agenda item was the "Test Prep Question of the Week." As Potz noted, most students in

- a.) Donald the Duck
- b.) Allie the Alligator
- c.) Mickey the Mouse
- d.) Paulie the Platypus

Apparently, monotremes are mammals that lay eggs, which means that "d" is the correct answer. Aside from having duck bills and webbed feet, platypuses also reproduce by laying eggs.

The meeting ended with a reminder that the group would be attending an event at the Science Museum later in the week.

Between the weekly meetings, members get the chance to participate in science-related events and volunteer opportunities. Earlier this year, students from SSA helped build the TapeScape exhibit at the Science Museum of Minnesota. The exhibit was made from a metal frame covered in packing tape to form elaborate tunnels for visitors to explore.

Members of SSA often volunteer with younger students. "Steve Campo [from Veterans Affairs] asked us to judge a middle school science fair near here," said Potz. "So a few of us got to go be a part of that. We got to engage the middle schoolers and question their scientific methods, which was fun ... and we'll have that opportunity again next year."

Suvorova pointed out that volunteering is a great way to build a resume. "We have a whole binder full of volunteer opportunities," she said. "If you're an environmental major or if you want to go to med school ... we can find resources and contact information so you

can get involved in your discipline of choice ... You can get connected with things like the Science Museum. Those are really helpful resources that can build your resume and your character. They make you stand out."

Aside from volunteer opportunities, the SSA pro-

"We can find resources and contact information so you can get involved in your discipline of choice."

vides access to test prep supplies and networking events. "We have a lot of valuable resources to offer the students," said Potz. "They join because they're like 'Oh, I don't have to spend \$200 on a test-prep book, I can just borrow it.' And also, there is the fun, social aspect of it. We try to engage people socially, academically, and then with the volunteer stuff."

Interested students can drop in on a meeting or e-mail the group at SSA.metrostate@gmail.com. The group also has OrgSync and Facebook pages with information on upcoming events, which are worth checking out. "This is a really great community," said SSA member Scott Hanggi. "We can interact with fellow science students outside of our classroom. I feel like we can help each other a lot more by being in this club. It provides support and a greater sense of community."

Got something to say? Want to voice your opinion?

Submit a letter to the editor, Kevin Miller, at lg0074tj@metrostate.edu or TheMetropolitan@metrostate.edu. Letters will be printed at the editor's discretion.

Our Thoughts

Ten Ways to Guarantee You'll Be the Least Popular Student in Your Online Class

MICHAEL MCDONALD
km1136co@metrostate.edu

Have you taken any online classes? Most Metropolitan State University students will have the pleasure of taking at least some of their degree's coursework online. In my own experience, I have found etiquette to be a prerequisite that some students need serious remedial work in. Here are a few situations that left me questioning my classmates' grip on their virtual reality.

Each week, your class discussion ends with the exact same classmate explaining his unparalleled understanding of that week's topic thanks to his "totally intense" life experiences. His first couple of posts received a range of responses from seemingly sincere admiration to gushing jealousy. Nine weeks into the semester, his post marks the unofficial end of all further discussion as the class collectively closes their browsers.

You're responsible for assembling and submitting your group's final project. With two weeks to go, you email your group a working schedule and casually mention your hope of being finished soon. Three

The tropes and travails of online education can be avoided. Here are 10 ways to guarantee you'll be the least popular student in your online class.

hours before deadline you receive an email from the last member of your group to turn in her work. Copied to your professor, she says she's been keeping it real in the face of your constant nagging.

The two other members of your team project are fighting via group email. They've each used the term "deadweight" to describe the other and one has already threatened to notify your professor he can't possibly work with someone so disrespectful. The disagreement seems to stem from whom was slower to respond to the ice breaker message you sent an hour ago.

The tropes and travails of online education can be avoided. Here are 10 ways to guarantee you'll be the least popular student in your online class.

1. Dominate your class discussions. Make sure your online classmates know you know what you know (and that you've known it longer than them). Every weekly discussion post is a chance to show that you've got it all figured out (and they don't).

2. Keep it real. Online classes tend to get boring if everyone is the most polite version of themselves all the time. Let your personal politics be known. Don't shy away from disagreements or profanity. If your classmates are offended, that's their problem—you're the one who's keeping it real.

3. Remember to use sarcasm. In an online setting, you really need to help people understand how funny and smart you are because nobody can see you smirking or hear you snickering online. (Puns and onomatopoeia are encouraged.)

4. ALL CAPS YOUR FEELINGS. Make sure your online classmates understand the depth of your emotions. You might think you're effectively communicating how stressed out you are about next week's project deadline and how helpful it would be if your group members finished their work faster, but you'd be amazed by the results you'd get just by capitalizing the same sentiments—how badly you REALLY, REALLY, REALLY NEED ALL FINAL DRAFTS

RIGHT NOW!!!!!!

5. Buy class materials when you think it's necessary. Sure, the reading assignments have been coming in steadily for three weeks—but the exam isn't for two months and the paper is a group project. What are online classmates for? Let your classmates know you "totally skimmed" the reading, but you want their opinions on the big ideas. Buying textbooks is lame and expensive.

6. Share your personal information. Help give your online classmates a clearer picture of you. Sharing your family's recent health history, griping about your commute to work, or detailing just what exactly made your lunch so horrible can give a stranger a window into your daily life and lead to better understanding the intricacies that add up to make "you" so special.

7. Let the dummies ask the questions. Is something in your course's syllabus misspelled or unclear? Let your classmates cry for help—clarification is for the weak. If you want to seem less intelligent and independent, go right

ahead, but know you're annoying everybody else who "gets it."

8. Quit the cheerleading before you start. Encouragement is for sports and baby steps. Never say "atta-boy" or "great job" to an online classmate—you didn't just hit a home run and we're not in the locker room after the game. Motivational speeches are embarrassing for everyone.

9. Respond to emails when you feel like it. Your online classmates don't know how important you are or how stressful your life is. "Please confirm you received my email" is not a question, so don't worry about answering it. Your thoughts can be shared when you're ready to share them.

10. Own your outdated tools. Why should you have to update your browser just because your course's D2L Brightspace discussion posts can only be fully accessed in the latest version of Firefox? Internet Explorer works best with your Hotmail account, and the University is just going to update the interface again, anyway.

Five Study Tips for the Fall 2015 Semester

DANYALE GREEN
uf3700eu@metrostate.edu

It's the beginning of the semester and the first month back in class after an absolutely gorgeous summer. Chances are, you're having a less-than-easy time getting back into the swing of things. Unfortunately for you, your homework won't wait and, believe it or not, mid-terms are just around the corner. Don't panic! The staff at the Metropolitan have got your back. We're about to divulge our top five study tips to give you the back-to-school boost you need.

1. Review your class notes DAILY. This might seem like a lot of work, but when done effectively it only takes 30 minutes to review each day. And research has shown that reviewing material within 24 hours of learning it increases your retention significantly. Of course, detailed, concise notes make for the most helpful review.

2. Pay attention to instructor cues. Your instructors will typically give hints as to what's important to take down. Some of the more common cues include:

- a. Material written on the classroom blackboard
- b. Repeated information
- c. Emphasis, which can be judged by tone of voice, gesture and the amount of time an instructor spends on certain points
- d. Summaries given at the end of class
- e. Reviews given at the beginning of class

3. Make your notes brief. Never use a sentence where you can use a phrase. Never use a phrase where you can use a word. Use outline form and/or a numbering system. Indention helps you distinguish major from minor points. Use abbreviations but be consistent. Put most notes in your own words. However,

formulas, definitions and specific facts should be noted exactly.

4. Take full advantage of your textbook. While some professors may give detailed, page-by-page assignments, many do not. Take the initiative. At a minimum, skim the relevant chapters before a lecture. How can you properly skim a chapter, you ask?

Scan the chapter quickly, taking note of the chapter objectives (normally found at the beginning of the chapter), headings, subheadings and illustrations. Also, be sure to read any vocabulary terms you find.

When you've finished your initial scan, go back to the beginning and read in more detail. This time around, concentrate on understanding the core concepts. If you own the book and intend to keep it, you may want to take notes in the margins to help you remember the concepts and, by all means, take similar notes in your notebook.

5. Get at least seven hours of sleep every day! We've heard all the excuses, "Oh, I only need 3 hours a night," or "Sleeping more than 5 hours a night just makes me groggy all day." Save it! We don't want to hear it. Just ask any Metro psychology professor, and they'll tell you that you need your sleep to be the best student you can be. Granted, every now and then, we all find ourselves in a jam that requires the dreaded "all-nighter," but you're doing yourself a major disservice when you don't regularly make time to get enough of sleep. You may think you're operating optimally, but you aren't. So do yourself a favor, and get the sleep you need.

Well, there you have it. Our top 5 study tips for Fall 2015. Just follow these suggestions and we guarantee your "A" at the end of the semester ... Just kidding. We can't actually guarantee that, but we hope these tips help and wish you a very successful semester.

Student Voices

Editor's note: The Student Voice section features articles from students who attended conferences earlier this year. Here, they provide their thoughts, reflections, and opinions about their experiences. Their opinions are not necessarily those of *The Metropolitan* staff.

NCORE Conference: Five Days of Education

ASIAN STUDENT ORGANIZATION MEMBERS
aso.metrostate.mn@gmail.com

Between May 25 and May 30, eight students from Metropolitan State University attended the National Conference on Race and Ethnicity in American Higher Education (NCORE) in Washington DC. There, they learned about race and ethnicity, as well as leadership through workshops, lectures and networking. There were over 100 workshops and lectures, plus keynote speakers.

"NCORE strengthened my understanding of the dynamics of oppression at the individual, group, cultural and system levels," said Abdou Manjang. "I am able to examine the impact of oppression in a global level ... The experience made me focus on learning and developing my multicultural competencies [as] a social justice change agent."

Shen Yang said leadership skills were on the curriculum at NCORE. "One of the workshops I attended was called, 'Not My Race, Not My Problem.' It was about how to be an ally and how to organize over social media using cross cultural networks."

According to Yang, the seminars had varying attendance based on the topic being discussed. "Some seminars were half filled, some were packed, with people trying to listen from the hallway," Yang said. "One such workshop, 'Under the Affluence: Shaming the Poor, Praising the Rich and Jeopardizing the Future of America' was like that. It was about how the poor get scapegoated as if we're living in a survival of the fittest type of society and those who are poor are not the fittest."

NCORE provided attendees with



ASO members pose at the NCORE conference.

COURTESY OF ASO

a look at cultures outside of their own. Lee Vang attended one such workshop. "I attended a workshop on how to help and better understand Pacific Islanders," Vang said. "I went to school with a few [Pacific Islanders] in high school, but always thought that they had a similar culture to mine. We do have similarities yet have our differences and their culture is very unique."

Vang also learned about the ties bonding Pacific Islanders to their family. "They are the most family-oriented people that I know of. Their family is their priority and they will drop everything just to help out their family ... Their stories were very inspiring because they were able to take care of family business and graduate with their PhDs."

While students were able to learn about other cultures, NCORE also provided one student with the opportunity to teach others about their

culture and ethnicity. "I'm glad that I attended this meeting because when I attended one of the workshops I was asked if I was Chinese, Vietnamese or Cambodian," Valias Chang said. "I had to explain what Hmong people were and what my culture was like. I was happy to tell and explain the story of how Hmong citizens were brought over to the States and why."

Keynote speakers can provide interesting perspective at conferences. "There were ... keynote speakers in the main hall every day," said Camellia Kalra. "One that I went to was with Adrienne Keene, the blogger behind, NativeAppropriations.com, speaking along with Suzan Harjo, a Native American activist who fought to get rid of a few racist sports mascots."

This conference gave students the opportunity to interact with students from different universities. It helped provide opportunities for networking and building new

friendships. "My first evening was spent attending the Student Scholars Reception which was hosted by Georgetown University," said Lisa Garcia. "The event was facilitated by the Southwest Center for Human Relations Studies executive committee members, honored their student scholars, provided an opportunity to network and discuss issues affecting students in higher education. The conference provided tour bus transportation to the University. During the ride I had the opportunity to get to know a little bit about Wisdom, a young black man from California. I later found out, during the award ceremony, that Wisdom was one of the student scholars and was helping to educate other young black men on his campus."

Many students who attended the conference said they would recommend this conference because of its exceptional workshops, speakers, leadership and ideas. "I would definitely recommend this conference to anyone and everyone, especially to those who want to change the world for the better," said Pang Cha Moua. "The sessions are very professional and you learn a variety of information from the amount of sessions the conference offer. I look forward to attending the National Conference of Race and Ethnicity again in the future so I can build on my knowledge and perspective even further, as well as meet more people and make more friends from a diversity of backgrounds."

The Minnesota American Indian Institute for Alcohol and Drug Studies Conference

ROBERT McNAMARA
in1626gj@gmail.com

The genocide committed against the original inhabitants of North America is often glossed over when discussing our country's origin. Despite attempts to destroy their culture, these people are gathering and returning to their original spiritual and cultural practices. The 2015 Minnesota American Indian Institute for Alcohol and Drug Studies (MAIIADS) conference was held at the Fond Du Lac Tribal and Community College. The mission of the conference is to "provide education on alcohol and drug abuse that addresses the total well-being of the American Indian individual, family and community that is sensitive to cultural healing traditions," according to its website.

At the conference, I learned that slowly the original stewards of Turtle Island [editor's note: Turtle Island is the name some American Indian groups use to refer to North America] are gathering and return-

ing to their spiritual and cultural practices and that they are a beautiful people with a rich 10,000 year history. Some of the most important distinctions of their culture stood out at the conference.

Many American Indian cultures refer to lesbian, gay, bisexual and transgender members of the community as "two-spirited." These people are honored community members. They possess both female and male spiritual ideals. There are over 150 scholarly reports and articles documenting ancient and modern histories that attest to the way of the two-spirited.

Another important fact of the culture is that the role and stature of the female is revered, as the female possess the gift of creation and brings stability and consistency to the community.

American Indians have commonly

adopted others into their families, much like the people of Latin and African cultures.

Lastly, of great importance, the American Indian people historically have embraced people that are different than they are. Additionally, they are talented in learning and implementing new healing methods; a recent example is the practice of the ancient art of Reiki adapted to the American Indian way of life.

As a soon-to-be licensed alcohol and drug counselor, it is vital to be diverse in my methods. It is even more important to be willing to learn the multiple facets of other cultures. In healing a person that is living in addiction it is vital to meet that person where they are in life. As a future clinician, I must meet American Indian patients at the real cross roads of their addiction, and that means I must face the realities of Ameri-

can history. We killed off millions of American Indians to build our empire. We spiritually tortured them, denied them dignity and respect, and abused their trust and kindness. That is fact.

While I was at the conference, privilege was not discussed at all; however, it was obvious that I benefit from an easy go at life. It is time that the impact of the everyday white American life be recognized as what it is, an exercise of privilege, whether known or not. It's time that those of us who are enlightened to the facts of privilege teach by example. It is going to be increasingly important, as the truth of our nation's past needs to be known by its entire people.

Justice can only be served in the presence of truth; hopefully that American dream can be attained through new friendships with the true stewards of our land.

Tech Check

Windows 10: Ready or Not?

LEVI KING
kingle@metrostate.edu

Many have joked that every other version of Windows is a good one—people liked XP but not Vista, 7 but not 8. Now, Microsoft has leapfrogged 9 and gone straight to 10. You probably see a pop-up asking you to upgrade every time you turn on your computer, but is it worth making the jump right away?

First, you should know that upgrading now may cause problems on campus. Metropolitan State University's Wi-Fi network isn't playing nice with Windows 10 yet, so early adopters will need to use StarLAN, which requires a new login every four hours, to get online. With that in mind, the official Information Technology Services (ITS) recommendation is "please wait a bit."

And remember, ITS can't provide tech support on your personal devices.

If you're OK with that, the changes aren't too shocking. Windows 10 feels a lot like Windows 7, with design inspiration taken from Windows 8. The Start menu has returned to the bottom-left corner. You can resize and rearrange programs easily, without the constant pressure to go full-screen. Some good ideas are borrowed from competitors: managing multiple desktops in Task View is basically how Mission Control works on Mac, and the notification center is the same thing you see when swiping down from the top on an Android or iPhone.

Some additions are more gimmicky. Like to play video games? The Xbox integration lets you stream and record video as you play. Need a

personal assistant? Cortana can be pretty helpful. Want sports scores on demand? Get live updates in your Start menu.

These gimmicks have additional implications: privacy conscious users may find the data reporting built in to Windows 10 worrying. Most of it is tied to Cortana, because she needs to talk to Bing servers in order to retrieve information like weather reports when you ask for them. More personal details like calendar appointments and names may also be recorded, allowing for convenience features; you might dictate an email, or get a reminder to leave early and beat traffic.

If the idea of a computer learning your life to anticipate your needs creeps you out, you can disable most of these options. However, it appears that no mat-

ter how many switches you flip to off, there's no way to completely stop data collection. Technology blog Ars Technica did a thorough sweep for every possible connection to Microsoft's servers and found that some are simply impossible to disable. This is a concerning change from previous versions.

All that aside, Windows 10 is still a bit buggy. Some apps don't display notifications correctly, and file search may not bring up all results. If you're an average user who doesn't need anything more complicated than a web browser and some Office programs, you're probably fine. (Expect another article when we find out if Office 2016 will be free for students.) If you're a power user with a suite of technical programs installed, like Adobe Creative Cloud or the various Autodesk programs,

you might want to hold off.

On any previous Windows version, the obvious advice would be "wait for the Service Pack," the big update that fixes most problems. But Windows 10 won't have one; it's getting upgraded a little bit at a time, forever. That's the promise of being "the last Windows." Microsoft doesn't want to deal with the problem of having hundreds of millions of users split between different versions anymore. They want Windows 10 on every computer; the question is, do you want it on yours?

Fortunately, you have plenty of time to mull it over. Windows 10 will remain free to upgrade until July 29th, 2016. With eleven months to decide, I'll be giving it a little more time to mature before upgrading my own machine.

Event Report

FallFest is Metro's Homecoming

KEVIN MILLER
millke03@metrostate.edu

While Metropolitan State University doesn't have sports teams to welcome back for their first home game, that hasn't stopped students from hosting nearly a week's worth of events to celebrate the beginning of another semester.

"We kind of look at FallFest as our homecoming," said Amber Hamm, President of Student Senate and a University Activities Board (UAB) employee. FallFest is organized by UAB and Student Life and Leadership Development. It runs from September 8 through September 13.

"We kind of look at FallFest as our homecoming."

FallFest has been a long-standing tradition at Metro, and 2015 will be a year of firsts. For the first time, UAB has invited alumni from as far back as 1985 to attend the festivities. Likewise, this year has an

Outdoor Family Day, where students can get free tickets to Como Town for themselves and two guests.

The Campus Festival, which is intended to be the event's climax, is scheduled for September 12. Metro's student organizations will have events and activities for everyone to participate in. These groups have come up with a variety of entertainment options to draw students in. These include henna tattoos, caricatures, a dunk tank, a talent show and a bike-powered smoothie blender. DJs will provide the soundtrack, and food will be free and plentiful.

Metro's atypical student population will have an opportunity to showcase their unique skills in a talent show. The semifinals will be on Wednesday, September 9, and the finals will be during the Campus Festival on September 12. Winners will get more than just bragging rights: first place wins \$750, second earns \$350, and third gets \$150. UAB will judge the semifinals, and the audience will decide who wins the finals.

Students attending FallFest will never be far from food; there will be on-campus barbeques on September 8, 9 and 10. Also, the "Dinner with the Leaders" event on September 11 will have food and a keynote speaker, Mohammad Zafar.

The Campus Festival, which is intended to be the event's climax, is scheduled for September 12.

For FallFest, Metro in conjunction with Minneapolis Community and Technical College (MCTC), is hosting three days' worth of live theater performances. Theater Underground will be performing the play "Sylvia" at MCTC's Stagedoor Theater. Performances will be held from September 10 through 12, with the shows starting at 7 p.m. There will also be a matinee on September 12 at 2 p.m.

Fans of film will not be left

out. On September 8 at 5 p.m. in the Founders Hall Auditorium, there will be a free showing of the movie Larry Crowne, starring Tom Hanks and Julia Roberts. Popcorn will be provided.

Students interested in community service will have the opportunity to volunteer with Habitat for Human-

ity ReStore on September 11. This aptly titled Day of Service is the result of a partnership between Metro's Institute of Community Engagement and Scholarships and Student Senate. "It's kind of like a Goodwill, but they only do home furnishings," said Hamm.



In 2012, FallFest featured a climbing wall, among other activities and offerings.

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