

THE METROPOLITAN

The Metropolitan State University Student Newspaper

Metro's Psychology Research Colloquium Provides a Training Ground for Inquisitive Students

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Turning everyday questions into noteworthy research may seem far-fetched, but not for those in the field of psychology.

That's exactly what Megan Siedschlag and Katelyn Schwieters, two students in Metropolitan State University's applied psychology master's program, did when they presented their research at a national conference in late January. Their proposals to the Society of Personality and Social Psychology (the SPSP) were reviewed and accepted.

Siedschlag and Schwieters are in the University's applied social psychology master's program. Both majored in psychology as undergraduates, and the focus of Metropolitan State's program has been an eye-opening experience.

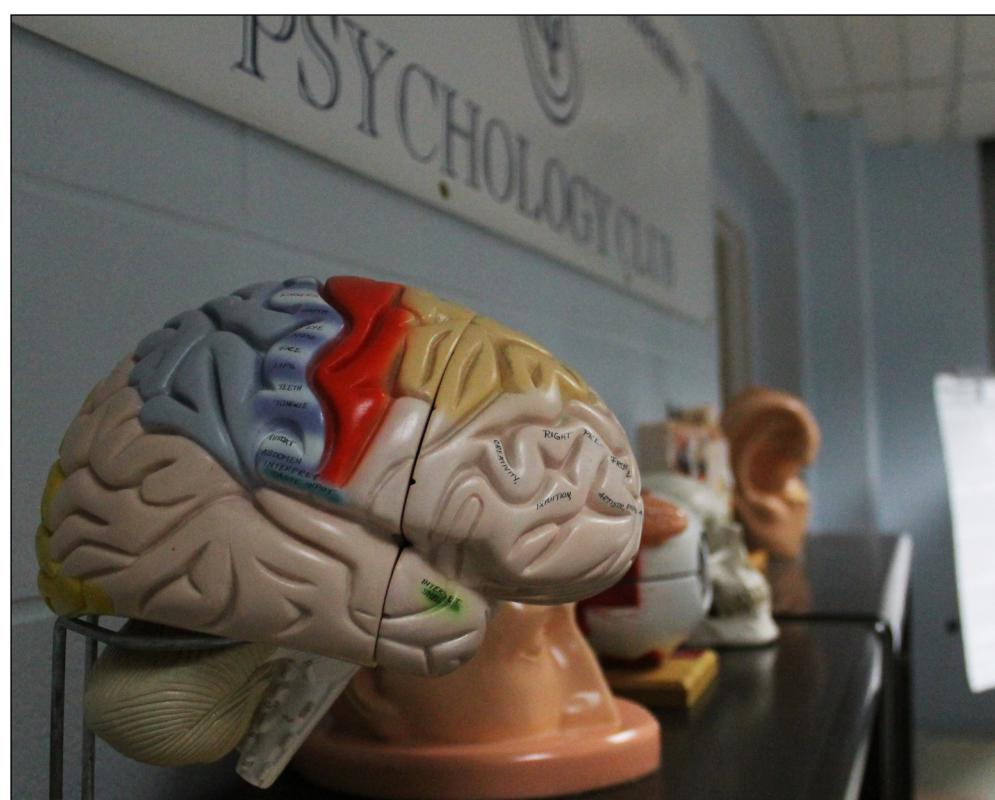
"It's totally rocked my world," Schwieters said. "The progress I've made here is enormous."

For Siedschlag, who earned her bachelor's at Metropolitan State, being a confederate in an experiment using human subjects as an undergraduate research assistant added a wow factor to the topic.

Applied social psychology involves using research in a community to answer questions in a specific area of human behavior including political psychology, gender studies and body image, marketing, and branding.

Both students had a chance to warm up for the national conference by conducting full presentations in front of about 50 people at the University's Fifth Annual Psychology Research Colloquium and Workshop last November.

The colloquium provides a forum for students to share research while also



A brain waits to be studied in the Psychology Lab. Metropolitan State students can earn bachelor's and master's degrees in applied psychology.

KEVIN MILLER

serving as an introduction to the field, says faculty coordinator Mark Stasson, who is also director of the University's Center for Psychological Research. According to Stasson, the most common misconception new students have is that psychological research is limited to library research and case studies. In fact, it is more dynamic and interactive than most people realize.

This year's colloquium had a new feature: it concluded with a workshop on applying to graduate programs, which both Siedschlag and Schwieters said is important for pursuing a career in the field. And attending events like

SPSP is a great way to network and generate new ideas.

The driving force in applied psychology will always be an interest in people and behavior.

Siedschlag's Research: Domestic Violence

Siedschlag's presentation on "The Role of Sexism in Perceptions of Domestic Violence" started when she realized that almost every notice for domestic abuse hotlines and shelters were all geared toward women.

"I'm really interested in gender

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A Student Reflects on His Past as a Refugee

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When I was a six year old standing behind the fence in the refugee camp, hungry, wearing tattered clothes, not knowing whether tomorrow would ever come, I had a dream.

The road to get here was long. It was tiring. The journey was filled with hardships, and my mind was always occupied with the possibility of dying.

I come from a Tanzanian refugee camp. Living in the camp taught me lessons that no man could teach. My dream is what pulled me over and drove me forward in my life. Our most defining moments are when we hit rock bottom because that is when we find hope. Hope is priceless. It does not matter so much where you are today. What matters is that you decide where you want to go and that you take action to get there.

Have you ever been so hungry that it kept you awake?

I lived in a refugee camp for ten years, in extreme poverty.

No one could have ever convinced me that God loved me. No one could have

SEE REFUGEE ON PAGE 8

One Metro Student's Mission for Pit Bull Equality

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Many of Metropolitan State University's students pursue a career in service. Whether that service is in advocacy, education or journalism, the list goes on. If there is one broad cultural identity that we share, it's a sense of cautious optimism in the face of deep adversity.

Take Shannon Glenn for instance; she's been affiliated with a large number of nonprofit groups around the

metro area: collaborating with The League of Women Voters, being the president of Anoka-Ramsey Community College's student senate, becoming the vice president of the Minnesota State College Student Association. These are only a handful of examples from her extensive resume.

"I was tabling at Anoka-Ramsey when one of my senators came up to me and

introduced me to this non-profit group," Glenn said. That group was Save-a-Bull, a local pit bull adoption and foster shelter. "I was sold after that," Glenn said. She ended up fostering seven pit bulls before she met and adopted her dog, Wilbur. Afterwards, she joined the local advocacy group My Pit Bull is Family in 2014 and became the executive director shortly afterwards.



There is a real difference between fostering and adopting pit bulls. The former does not involve paying fees, but it allows the foster owners to improve a dog's living condition while the organi-

zation looks for a "forever home" for the dog. Adoption, on the other hand, is a long-term commitment and is more expensive. Sometimes, people start as foster owners and then decide to adopt the dogs they are housing. Whether someone chooses to foster or adopt, they are bettering living conditions for dogs.

Even though increased public education and advocacy

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The Metropolitan welcomes article submissions from all students. Please see submission guidelines on OrgSync.

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

The submission deadline for the March issue is February 10, 2016.

Correction:

In the December 2015/January 2016 issue, the article titled "Metro State: The Early Years," identified Susan Rydell as a former associate professor of education at the University of Minnesota. In fact, she was an assistant professor of education.

News Briefs: Student Activities Abound On and Off Campus

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Metro State Student Appointed to Serve on US Advisory Council on Human Trafficking

Bukola Oriola, student at Metropolitan State University and founder of Minneapolis-based non-profit organization, The Enitan Story, was appointed to serve on the US Advisory Council on Human Trafficking on Dec. 21, 2015.

"I am honored that these talented individuals have decided to serve our country," said President Barack Obama in a press release. "They bring their years of experience and expertise to this Administration, and I look forward to working with them."

"I will like to commend the United States government," said Oriola. "They took a great step to elevate those that have been trampled upon, beaten, battered and

hopeless, by giving them a historic platform to be part of the positive change in the community."

The Enitan Story provides services to victims and survivors of human trafficking. In September, Oriola and The Enitan Story spent ten days at Nigerian colleges during a tour dubbed "Bringing the Story Back Home." The tour reached 20 million viewers worldwide and provided information on human trafficking. Likewise, the organization offers services, support and advocacy for victims and survivors of human trafficking across the nation.

Interim CFO Appointed

Bruce Biser has been appointed interim Chief Financial Officer and Vice President of Administrative

Affairs. He will temporarily replace former CFO Murtuza Siddiqui until a permanent replacement is selected.

Biser began his role on Jan. 4 and will remain through Oct. 30, 2016, according to Metro's newsletter, The Catalyst. If needed, the new president can extend his appointment.

Student Center and Science Center Open

Metro's Student Center and Science Center are now open. A grand opening event for the Student Center was held on Jan. 22.

11 Metro Student Films to be Featured in Festival

The Frozen Film Festival at the St. Paul Carnival will feature 11 films written, directed and produced by students at Metropolitan

State University.

These short films address a range of topics. They will screen at 3:30 on Feb. 6, 2016, at the Landmark Center in St. Paul. Tickets are available for \$10 at the door.

The film creators selected for the Frozen Film Festival are Peder Aalgard, Timothy Clark, Ryan Wilke, Matt Becker, Kong Xiong, Mayank Kant, Jenna Jahner, Autumn Kisling, Charles Nolan, Tom Cunningham, Brian Jackson, Denny Yang and Ian Withey.

Jahner said creating and producing her film from scratch was a fun experience. "I even made my own tombstone," she said.

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has diminished the stigma of pit bull breeds, only 1 in 600 pit bulls in shelters get adopted. The rest are euthanized. It makes one wonder how, despite an increased awareness, such a lopsided statistic can exist.

Groups like My Pit Bull is Family and Save a Bull are fighting stereotypes by promoting acclaimed films such as "Beyond the Myth" and nonprofit projects like the annual "Pinups and Pit Bulls" calendar. These efforts are becoming widespread and consistently successful — My Pit Bull is Family's Facebook page recently crossed the 70,000 likes threshold and is still growing.

"It takes someone with a pit bull to give positive social interactions to

change minds," Glenn said. She noted a story from when she was walking Wilbur with a group of other dog owners and their pit bulls around Minneapolis — a regular occurrence — when another group walked up asking what breed of dogs were being walked. They fell in love with the dogs on sight.

It has taken a lot of work, but all the effort through advocacy groups and personal interaction will benefit dog owners as a whole. Between conversations on breed discrimination and further advocacy work, tolerance, even enthusiasm, towards pit bulls is growing. It's through the dedicated work of Shannon Glenn, My Pit Bull is Family, Save a Bull and numerous other organizations where

the movement has made headway. It's through normalization and inclusivity that the message of breed acceptance truly succeeds. "Ultimately," said Glenn, "it takes responsible ownership to know how dogs act ... Responsible interaction is key."

Want to learn more about pit bull advocacy? Like "My Pit Bull is Family," "Save a Bull," "Pinups and Pit Bulls," or "Tattooed and Bullied" on Facebook.

Want to watch the acclaimed film "Beyond the Myth"? It's available for streaming and purchase on YouTube and Amazon.

Got something to say?

Calling all writers: The Metropolitan is looking for new contributors. Submissions must be approved by editor Kevin Miller, and be over 350 words long.

We pay \$45 per article. Original photos are appreciated. Please contact Miller at lg0074tj@metrostate.edu if you are interested.

Job Tips: Research Before the Interview

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Have you ever ignored red flags while interviewing for a job? I have, and it never works out well. It is just as important for you to evaluate your interviewer as it is to make a good impression.

One time, I interviewed at a law office. The job was low paying compared to my skill level, but I was desperate for any kind employment — that's probably the reason I stuck with the interview in spite of the weird things that happened. I arrived early to the office in downtown Minneapolis, and then had to wait until half-an-hour past the scheduled meeting time (red flag number one). I was invited in to the interviewer's swanky office and sat down.

Before I was even able to say anything, the interviewer closed her eyes and started humming (red flag number 2). Then she psychically read me, as I sat there in silence. She told me all about my glowing chakras and how, "You have a positive energy about you." Because I needed a job, I didn't leave, despite her blatantly unprofessional behavior. Eventually, she stopped humming and opened her eyes. I must have passed her chakra test.

Later, I was invited back for a second interview. My interviewer was inflexible with times and dates (third

red flag), and I was forced to leave class early. Once again, she ran late. During the second meeting, she expressed several strong political opinions, making me uncomfortable (red flag number four).

During my time at Metropolitan State, I've learned the importance of doing research before the interview. If I had known more about the company, I may not have agreed to the interview.

The amount of time wasted on failed interviews has inspired me to create this list to help Metro students interview their interviewers and get the job they want.

1. Go to Career Services to practice interviewing! Take advantage of being a student at Metro by using career services for mock interviews. In addition, you can receive help writing your resume. Set up an appointment at Career Services by calling 651-793-1528.

2. Copy and paste the job description in Wordle.com to see the keywords you should use. If you are a visual person, this is for you. Wordle.com creates a word map. The most frequently used words are the largest on the image it generates. I did this for a job I started a month ago. The job posting used the word "experienced"

five times. I decided to use that word in both my cover letter and resume, and it caught the hiring manager's attention.

3. Read what employees have to say about the company on Glassdoor.com. This website is one of the first places to go before you start working on a resume. Glassdoor.com is a place where previous and current employees review their work places. Company pay scales and culture can be analyzed through posted reviews.

4. Switch up the kind of resume you use depending on the work place. Don't sell yourself short by only using chronological resumes. You may have all the skills to start in a new industry, but your work history is in a different field. My background is in the beauty industry as a makeup artist. I have all the skills need to work at an engineering company thanks to Metro State. I used a functional resume to sell my strengths and got the job I wanted.

5. Use templates to customize cover letters and resumes based on the company. Even though you may not be a graphic designer, you can make resumes look styled and polished. Browse Hloom.com for hundreds of word templates.

6. Know your rights and illegal interview questions.

The Minnesota Human Rights Act is in place to protect you! Employers can legally only ask questions that are work-related (i.e. proving you are competent). You should never be asked about age, if you have children, birthplace, race, sex, disability, religion, national origin or genetic information. The only restriction is if you are not qualified to do the work. This is called the "bona fide occupational qualification" exception. Employers must make an effort to modify the work environment to accommodate for disabilities. Information from <http://mn.gov/mdhr/employers/hiring.html>.

7. After researching the company, figure out what questions you want to ask. Employers want you to ask questions. Review the company's website and ask about the products, or the inspiration behind the company. Come up with a list of experience that the interviewer may empathize with.

8. Look up company documents before the interview, know their language. This is a trick I learned from Fred Carpenter in Writing 280. Try doing a simple Google search of the company's name followed by the

words "PDF document." You will find a plethora of documents such as annual profit reports, press releases, product information, and all sorts of documents. This gives you a sneak peek into the company's language!

9. Learn how to use Lynda.com. If you don't feel confident using required software, go to Lynda.com. It's free for Metro students. Lynda has videos and exercises to help build your knowledge of computer programs. Set up your account by going to this site http://www.metrostate.edu/msweb/resources/academic_ss/lynda/

10. Use Handshake. Found on the Metropolitan State website under the Career Development Center. Type in this link for direction to the site https://www.metrostate.edu/msweb/pathway/career_development/. This social networking site can be accessed with your student email. Like LinkedIn, it hooks potential employees up with employers. This site allows you to build a relationship with the employer before an interview. An added benefit of using Handshake is the career planning steps. Using services like this will guide you to companies that fit you and will prepare you to do great in interviews.

Happy interviewing!

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differences and stereotypes," Siedschlag said.

Her research explores the differences of perceptions in same-sex relationships (both male-male and female-female) and male-female couples (including whether the gender of the victim makes a difference). Siedschlag polled 420 participants, asking survey questions, on a scale from "strongly disagree" to "strongly agree," regarding a variety of scenarios with a slap or a punch as the form of violence. The results of the survey are still pending, but Siedschlag has already noticed one strong trend.

Preliminary findings include discovering that violence perpetrated "in same-sex couples is not perceived as domestic violence."

She can build on this research to conduct future studies of domestic violence, as her findings could raise additional questions. Other

forms of physical violence can be analyzed as variables and branch off to verbal and emotional abuse, Siedschlag said.

Schwieters' Research: Smartphones and Stress

There's nothing like getting home from a hard day of work and unwinding by scrolling through your social media feed. Or so Katelyn Schwieters thought.

"I ended up feeling more stressed," Schwieters said, adding that it created "a state of constant chaos."

Not to mention a small bit of irony, as Schwieters works as a yoga instructor.

Sparked by this experience from her own life, Schwieters' research was a matter of looking at the issue on a broader scale and asking "Why are people plugged in all the time?"

Her study identifies three aspects of being plugged in:



Spectators Katelyn Schwieters and Megan Siedschlag discuss their research and upcoming presentation in the Metropolitan State Psychology Lab.

KEVIN MILLER

addiction, feeling a rush from being plugged in; dependency, the behavior of checking notices; and obsessive passion, the cognitive aspect of constantly wondering what is happening on social media even if your phone is not with you.

Because social media is new, Schwieters had to construct a method of measurement. After examining about 10 other scales, she developed her own by taking relevant queries from the others and adding specific questions of

her own.

The short answer to her research is "yes." People who are plugged in all the time are more stressed than they would be otherwise.

The 1,000 people in the study were broken down into three general groups: Generation X, Millennials and the next generation — the group that doesn't know a world without smartphones and social media at all.

As initial research, the findings are a little general, but exploring the differences among those three groups with distinct life experiences regarding their relationship with social media is important work.

And it could possibly be a topic for next year's SPSP conference.

History

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In the early days of Metropolitan State University, when it was still known by its original name: Minnesota Metropolitan State College, President David Sweet's innovative thinking led him and others to write Prospectus I and II. These documents, which would guide the institution's early years, included the following principles:

- The college would be adult-focused.
- Admission would be limited to those with the equivalent of two years of college (either through credit transfer or learning gained through prior experience).
- Each student would partner with faculty in writing contracts for what they would learn.
- Education would be competence-based, recognizing learning outside the classroom.
- The college would not have its own campus, but would use space and learning resources throughout the Twin Cities.
- Most of the faculty would be "community faculty," working professionals with practical experience in their field.

From these principles, Sweet and the faculty developed five tenets that would be the basis for the university's educational processes. A modified version of these tenets can still be found in the yearly undergraduate catalog.

1. Students had responsibility and authority over their own education.

2. The college was urban focused.

3. Education was based on competencies, not credits.

4. Five competency areas provided the framework for student learning: basic learning, civic, vocational, cultural-recreational and personal development.

5. Students should be life-long, self-directed learners.

There was a strong emphasis on the fifth tenet. Susan Rydell is currently a Professor of Psychology at Metro State, but at the time she was a faculty advisor. According to Rydell, students were encouraged to "internalize what life-long learning meant. It's not just about passing a test or reading a textbook, but to continue learning after Metro State." To which she added, "Why wait? Teach them that mindset while still in school."

The school utilized these tenets into the 1980s. During this time, there were considerable changes to the school. In 1977, Dr. Reatha Clark King was appointed as Metro State's second president.

During King's tenure, other changes were also in the making. With a continued increase in enrollment, the practice of advisors working intensively with individual students became less feasible. Moreover, in areas such as business, human services and accounting, it became redundant to give the same advice to a large number of students.

Coupled with pressure from external forces such as accrediting organizations

and other universities, the expanding student population pushed Metro State toward offering more structured, traditional majors. The first major, in nursing, was approved in 1980 and implemented in 1981. The first graduate program was

ing grades, was adopted in 1994.

One interesting aspect of this shift involved President King. In 1985, she went before the State University Board and requested that Metro State become a comprehensive four-year in-

ovations were being done to St. John's Hall. Recalling those days, Rydell said that "it even smelled like an old hospital," adding that "some patient bathrooms were converted to file rooms." In fact, the tunnel system in place today is left over from



1988, former St. John's Hospital site selected as Metropolitan State's headquarters.

Photo courtesy of Metropolitan State University.

approved in 1983, offering a Masters in Management and Administration (MMA). More majors were added in 1986, in fields such as accounting, human services, professional communications and computer science.

This adjustment brought about changes in other processes at Metro State. According to Rydell, what were once called "Group Learning Opportunities (or GLOs) became known as the traditional class or course." Rydell added, "More structured degrees came into play, and the faculty's role evolved from facilitating student learning to teaching courses in the classroom." Moreover, ten-week quarters were eventually replaced with longer semesters.

Another change involved valuing credit over competency. In Metro State's early years, there were no letter grades or credits awarded. Any sort of grading system, Rydell says, was "outcome-based, built on competency. Sometimes students had already acquired this, and other times they had to achieve it to attain their desired competency." All student learning was recorded in a narrative transcript. This remained in place until a letter grading policy, including fail-

stitution. The request was denied. Just six years later, in 1991, a Minnesota educational-needs study called for Metro State to become a comprehensive four-year university. This time, the State University Board supported the initiative.

The late 1980s brought with them an enduring transition. With the progression toward becoming a four-year university and enrollment reaching 4,000 in 1985, it became evident that Metro State would need a permanent location. So, in 1988, the former St. John's hospital was selected as the site for Metro State's headquarters.

The site, located just east of downtown St. Paul, was chosen by the Minnesota State University Board of Directors, and the state Legislature providing \$1.3 million for the land purchase. To mark the beginning of construction at the new Dayton's Bluff campus, soil was brought in from the seven metropolitan counties for a special "soil-mixing" ceremony.

The building originally on the current New Main site was torn down and rebuilt. Meanwhile, Metro State staff set up shop in the building that became Founders Hall while ren-

the hospital, which provided medical staff a way to transfer patients without exposing them to the harsh Minnesota winters.

Tobin Barrozo was appointed as the third president of Metro State in 1989. In that same year, there were also revisions to the university's vision and mission, helping to guide it as a four-year institution. In keeping with the continued development of permanent facilities, Metro State's 1990 Annual Report called for two major campus locations. The Dayton's Bluff site and another in downtown Minneapolis would serve as core classroom and resource sites. That same year, and after eleven years at the Hennepin Center for the Arts, the Minneapolis campus relocated to Eighth and Hennepin.

In 1991, the State Legislature passed the bill that allowed Metro State to establish the School of Law Enforcement and Criminal Justice. Two years later, Metro State and Minneapolis Community and Technical College collaborated to offer law enforcement degrees. 1993 was also the year that Susan Cole was appointed as Metro State's fourth president.



1977, Dr. Reatha Clark King named second president, serving until 1988.

WING YOUNG HUIE

Focus on Faculty

Video Games, Feminism and Blogging: An Interview with Alex Layne

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Alex Layne loves video games. She loves playing games, talking about them and writing about them. She also loves teaching about them. As an assistant professor in the Communication, Writing and the Arts department at Metropolitan State University, Layne has helped to pioneer the Gaming Studies minor at Metro. She has recently become the first director of Metro's Center for Game Design and New Media Studies. This spring, she is teaching a new course: Video Game Culture.

Layne is a co-founder and regular contributor to the blog Not Your Mama's Gamer. I recently met with her to discuss the mission and perils of feminist video game blogging.

So you write for Not Your Mama's Gamer?

Yes, Not Your Mama's Gamer [is] a blog and podcast. The goal was to do a feminist but academic perspective into the video gaming world. We started about four and a half years ago. We do a podcast every two weeks and we write daily content.

What do you write about?

We all have our different niches. Mine is talking about the video game industry. My theory is that a lot of the problems with Gamergate [A controversy that began in August 2014, involving video game reporting and the treatment of female gamers] and the harassment of women and things like that stem from inequality in the industry itself. So if you think about [it], a lot of these game companies started as two buddies in a garage who were like, "We've been playing Donkey Kong forever, let's make our own game." So they make this game. And then the game all-of-a-sudden blows up. Candy Crush Saga, makes \$800,000 a day.

And so their game blows up, they make all this money, they hire a bunch of people. And I don't think any of the companies set out to disparage women or be misogynistic, but they maybe haven't considered the implications of things. For example, many video game companies don't have sexual harassment policies. They don't have family pay. They expect 13 to 16 hours a day during crunch time, when women are still responsible for a majority of the household of things. That's a big barrier.

So there's all these procedural and policy things in place that bar women from entry into the industry. And I think that's where a lot of the problems in the industry start. So it's not that "Oh, games don't even have women that you can play" or "They have women, but they're in chain mail bikinis." That, to me, is a symptom of the problem in the industry itself. So that's my theme that I usually write on.

Do you get negative reactions get from readers?

I personally haven't received the worst of the worst that other people in my field have. For example, another professor who talks about this stuff has been swatted [a type of prank where someone falsely reports an emergency situation so that emergency services, including SWAT teams, will be unnecessarily called to the victim's residence]. So that's happened to a few women in my field. The big thing that we get at Not Your Mama's Gamer are sort of vague threats. For example, "I'm going to ruin your career." But we, because of that, moderate comments on the site. We want to create a forum where people can have healthy discussions and share their experiences. So, while it's not the



Alex Layne

Photo courtesy of ALEX LAYNE.

policy of everybody's site to moderate comments, we do.

Did you get a huge spike at the time of Gamergate?

Oh yeah, definitely. Whenever we have a Gamergate article or we get brought up in someone else's article saying "Oh, these crazy feminists over at Not Your Mama's Gamer said this," we'll get a big spike. Almost every time.

When we've gotten brought up in Gamergate-specific threads on Reddit, some people will be like, "Let's bring them down, oh my gosh. They're terrible, these awful people." And then some people will say, "No, they said they have a feminist site that does a feminist perspective on games and they're a blog, not a news site. So, why are we so mad?" But that will be one voice in 200.

Do you have a feel for why? Why do people oppose what you have to say so harshly?

Yeah, we talk a lot about something that is really controversial, which is critique. We critique games and we say, "Oh, this game, this is really problematic the way they represented race in this game or gender in this game." And we talk about

most Gamergaters did. And I now I'm like, "Hey, I want to be the default sometimes."

So do you feel there's a way to reach out to people who may have an emotional reaction to what you say? Or is that just something that's always going to happen?

I hope there's a way to reach out. I think one of the [good] things that Gamergate did, even though it's overwhelmingly horrible. It gave people a voice to their concerns. So the hate and the threats and things like that had always been there, but it gave women and people who had been abused in these online situations a thing to point to. Finally, a way to name the things that had been happening to them.

Being able to say "Gamergate, that's the type of stuff that's happening to me," is really powerful, but I think on the reverse side, it gave people, mostly men I would say, a thing to point to and say, "Yes, I don't want these feminists coming and PCing our games up. Games are supposed to be about the freedom of exploration and identity and things like that, and they're ruining it and trying to whitewash it."

I think we have a better chance of reaching people now because they've come to terms with their own view of games and the way that they want change to happen. So I would hope that they would be more open to listening to our message. I worry that people that would be pro-Gamergate and against us aren't ever going to come to Not Your Mama's Gamer and read our stuff. But I guess just putting out rational arguments and trying to get to the source of the problem, which I think is in the industry itself, not in the community, I think that is one way to go about it.

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.

Like us on Facebook at bit.ly/TheMetropolitan-MetroStateUniversity

Tech Check

2FA: When Passwords Aren't Enough

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There are many ways to steal a password. Some are simple, like "shoulder surfing" while you type; others are complex, like attacking a database. Passwords, these short strings of letters, numbers and symbols aren't so safe in and of themselves, which is why we shouldn't depend on them alone. For better security, we need more than one factor on our side.

What's a factor? In computer security, it's anything that can be used to verify your identity. Passwords are just one factor we use to prove we are who we claim to be. But they shouldn't be the only one.

The Second Line of Defense

Two-Factor Authentication (Often abbreviated as 2FA), is an old idea, patented in 1984, that's finally becoming a common standard. To secure your accounts, you

pick two factors to prove who you are, making it twice as difficult for attackers to steal from you. These factors can consist of something you know, something you have or something you are.

Passwords are still a perfectly good first line of defense, as long as you follow a few simple rules.

The first factor is, of course, something you know: a password. They can be stolen, yes. But if we ditched passwords entirely, we would be throwing a factor away, which is silly. Passwords are still a perfectly good first line of defense, as long as you follow a few simple rules: don't

make them easy to guess, don't share them, and don't reuse them for multiple accounts. If you find these things difficult, I suggest using a password manager to create and remember completely random passwords for you — though that's a topic for another column.

The second factor usually depends on something you have, like your phone. After you enter your password, the website you are logging into will use your phone to send a code that only works once, whether by text message or an app. This is a one-time password, or OTP, and they change constantly. That means they're impossible for a hacker to steal from a database. They would need to steal your phone in order to get access.

The second factor doesn't have to be an OTP. It might be a different form of physical ID, like a card with a chip.

The third factor is based on something you are. If you have a new smartphone, it might have a fingerprint reader. Scanners that can read your fingerprint, retina or other unique details of your body are called biometrics, but they're not widely used because the hardware is still rare.

How Do I Get 2FA?

First, find out which accounts support it. Big companies like Amazon and Google already do. Here's a good, simple website to help you get started: www.TurnOn2FA.com

Once you've found a site with 2FA support, there's usually a choice. On Amazon, you can have OTPs texted to you when you log in. If you're worried about not having phone signal, you can use an authenticator app instead, which generates codes even when your phone has no internet.

Sensitive financial accounts might have another option: PayPal lets you use a physical security key generator instead of your phone. These small devices do nothing but make random numbers all day long, and when you need to log in, you just check what the current random number is. However, these may be less convenient than an app on your phone, and it's up to you to purchase and keep track of these tokens.

In the end, using 2FA is very simple, but it's not universal. Your StarID doesn't have any 2FA options yet, though it might in the future. The peace of mind that comes along with 2FA is invaluable. I feel better knowing attackers can't steal my identity through some random website database breach, and so will you. Don't wait until it's too late to set it up.

Dr. Kev's Love Advice

KEVIN MILLER
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Dr. Kev:

Why don't girls like nice guys?

Sincerely,

Nice Guys Finish Last

Nice Guys Finish Last,

While you didn't describe your particular situation, I have a vaguely Sherlockian hunch that you consider yourself a "nice guy" who has ran into a dating slump. These things happen.

So, I need to respond to your question with a question. First, how exactly do you define the term "nice guy"? I don't think one blanket definition works in all situations. Plus, it's difficult to pin down your niceness (or lack thereof) as the exact reason you're striking out. Finally, your question assumes that

half the population feels exactly the same about their dating preferences — we'll address that later.

I'm going to run a few scenarios up the flag pole and see if you salute one.

Not So Nice

When you say "nice guy," what exactly do you picture? Extra cab-fare on the night stand? Sunday morning breakfast at Perkins (it's just a sit-down McDonalds) followed by a long string of unanswered text messages? Post-coitus bliss cut short by a sandwich order?

None of these things are particularly nice (Tremendous Twelves included). If this sounds like you, then you're not a "nice guy," you're an asshole. Make sure the "nice" things you are doing are in fact nice, and not

things you are doing out of self-interest. Pro tip: if someone on Jersey Shore would do it, it's probably not nice.

Not Being You

Does your unique brand of niceness include a certain change in personality? Or, do you have a "nice guy" routine that you put on when you see a pretty girl?

Quit doing that. If you have to put on an act or change your behavior to maintain someone's attention, then I'd give that relationship about 15 minutes before both of you have had enough.

Instead of putting on another mask, I think you'd do better by acting like, well, you.

Not the Right Crowd

Maybe you are a genuinely nice person. We've never met, so I can't offer an opin-

ion on that. However, for the sake of this column, let's assume your compliment game is on a Mr. Rogers level.

Who has been turning you down? Is it a small group of people you've known for a while?

If you've been striking out with a certain crowd, branch out. There's plenty of ladies out there who are tired of standing outside Ubers crying. Hit the bars with some homies and see what happens.

C'mon Bro

On another note, women aren't restaurant franchises: they're people. Saying that all women don't like nice guys is like saying that all restaurants are Taco Bell. It's dehumanizing and inaccurate. Likewise, since the entire world isn't collectively

sitting on the toilet moaning, I'd say there are quite a few restaurants other than Taco Bell. Get back on the horse and try again; there's a lot of women out there.

Until next time, I remain:

Your Friend,

Dr. Kev

Need love advice?

Ask Dr. Kev! He has an advanced degree in love-ology. Email him at:

TheMetropolitan@metrostate.edu.

Editor's Quote of the Month

"Probably for every man there is at least one city that sooner or later turns into a girl. How well or how badly the man actually knew the girl doesn't necessarily affect the transformation. She was there, and she was the whole city, and that's that."

—J.D. Salinger, "A Girl I Knew"

Student Voices

Editor's note: Student activity fees at Metropolitan State University are allocated by the Student Activity Fee Allocation Committee (SAFAC). Through SAFAC, recognized student groups can use student activity fees to fund student organization operations and attend conferences. As a condition for receiving funds for conferences, students are asked to write about what they have learned for The Metropolitan. These are the reflections of two students who attended one such conference.

The NAADAC Conference: Reflections

ABBY COOPER
AND DAVID STARKS
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Abby:

My name is Abby Cooper, and I am one of the students who attend the annual National Association for Addiction Professionals (NAADAC) conference. NAADAC used to stand for "National Association for Alcoholism and Drug Abuse Counselors," but the association made some changes in order to include all addiction professionals.

NAADAC represents more than 85,000 addiction professionals. NAADAC and its state affiliates "work to create healthier individu-

als, families and communities through prevention, intervention, quality treatment and recovery support." NAADAC offers education, conferences, advocacy, workplace development and resources for its members. Members can network and obtain continuing education credits to maintain their licensure and attend conferences.

I am a member of the Metropolitan State University Alcohol and Drug Counseling Student Association. First I want to say "thank you" to SAFAC and Metro State for allowing me this opportunity. Not only was I afforded wonderful hotel accommodations, meals and a conference with great speaker presentations, I also

was able to meet and network with many professionals from across the United States. I feel as though the most memorable event was the awards luncheon. I was greatly impacted by watching people who have been in the field for decades accept their well-deserved awards and encourage the future counselors and other addiction professionals. I also enjoyed the trip because I was able to get to know three of my fellow students very well! We had a blast, and shared many laughs. I have no doubt Shannon, David and Maurice are the exact people the award winners were encouraging to make a difference in this field.

David:

By attending NAADAC, I did, in fact, get a broader understanding of the field. But what was most important for me was learning about people in the field that make a significant difference in the lives of clients. Although my experience during NAADAC mirrors Abby's, I want to speak to the intangibles of the trip: the valuable experience away from the conference.

Make no mistake, the primary goal of addiction counselors is to be able to treat clients effectively. In my time as a student: completing coursework, participating in advocacy and attending conferences, I've learned to identify one com-

mon trait that successful providers share in effectively treating clients: empathy.

Regardless of whose definition I choose to use, empathy is a key ingredient in the treatment process. And as we navigated through D.C. on our way to and from the conference, we observed homelessness in a form more intense than what I'm used to here in Minnesota. Along with discussing the history with tour guides at the Washington monument and all the other experiences we had, this trip improved our ability to empathize with others. The magnitude of this trip's educational component exceeded any and all expectations.

Danyale's Corner

Orgsync: A Great Resource You're Probably Not Using

DANYALE GREEN
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Danyale Green is The Metropolitan's business manager. This is the third installment of her opinion column, Danyale's Corner.

Each year we, the students, pay hundreds of dollars in tuition fees designated for student life. Decisions about how the revenue from these fees is allocated are made through a variety of process. A few years back, it was decided that inter-organizational communication about student life at Metro should be done through Orgsync, an expensive social media hub where all student organizations have a place to promote themselves to other students, request their annual budgets, and catalog their forms and files.

It really is a good resource for students and a great place to get a closer look at student organizations on campus and see how your money is being spent. However, despite the

school having recently renewed a three-year, \$41,450 contract for the software in 2014, student use of the service remains stagnant. Perhaps that's because student organizations aren't using it to its full potential.

At present, student training for the platform is done on an individual basis when requested or in large groups, but I would venture to guess that most students don't know that this training is something they should request, much less which faculty members to talk to. A well-structured promotional plan would go a long way toward raising awareness and increasing student use of OrgSync.

Events like Fall Fest, an annual

week-long event designed to help acclimate new and returning students to the university, are a great space for vigorously promoting the site. Promoting one or two extra optional training sessions throughout the year might not be a bad idea either.

I can't speak for every Metro student, but after being charged per credit per semester, I, for one, am beside myself that I was not encouraged to join Orgsync until my third year at the university, and then it was only after joining the newspaper and getting the suggestion from a fellow student. It seems to me that the administration at large could do a lot more to foster involvement when such lofty purchases are made on my (and your) behalf.

Don't get me wrong, I'm not saying that Orgsync isn't a worthy investment. I'm merely asking you, the student, to take a closer look at where your money is being spent. And to urge the faculty members that represent your interests to go the extra mile to ensure that you benefit from the investments they make. If you're unsatisfied with what you find after taking a look, then do something about it. ... I know The Metropolitan's always looking for article contributions.

THEATER FROM PAGE 8

make us vulnerable, which Stewart believes Paul would use to his advantage.

"Without any way to prove who you are, you are nothing," said Stewart.

The increase in identity theft in recent years supports that notion, according to Vogt.

However, more than the

convergence of race and class issues, Paul's motivation, the need to belong, is timeless.

"I can relate to him, in terms of finding myself," said Dorian Lucas, the MCTC student playing Paul. "I don't think he's a bad person."

More than anything, Paul is just lost at sea. According to Lucas, Ouisa is the mother

figure he lacks in his life, and his victims are a type of surrogate family.

New media has increased the quantity and speed of our connections, but not necessarily the quality. And, like it or not, at some point everyone is an outsider.

"Everyone must feel accepted somewhere," Lucas said.

What: Six Degrees of Separation by John Guare

Where: Whitney Fine Arts Center Main Stage, 1424 Yale Place on the MCTC Minneapolis Campus

When: 7 pm Feb. 17–20 and 1 pm Feb. 20

Admission: Free, though audience members are asked to bring nonperishable food

items to be donated to the MCTC food pantry.

For further information: Visit the Theater Underground Facebook page, <https://www.facebook.com/theaterunderground>

Six Degrees of Separation: An MCTC, Metro Collaboration

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You don't have to know who Sidney Poitier is to realize that the issues of inclusion and exclusion, and class and race in "Six Degrees of Separation" remain relevant today.

The play, which premiered in 1990, is about a charming young con man named Paul who worms his way into the lives of a wealthy New York couple, Ouisa and Flan, by telling a convincing sob story and claiming to be the son of the famous actor Poitier. But as clues about Paul's true identity unfold, the foibles of upper-class society — the greed, self-importance and insular nature — are exposed as the couple tries to reconcile the new information with their initial impression.

"Paul is accepted because he is witty and articulate and dresses smartly," said director Gail Smogard, who is also director of the Metropolitan Theater Program, adding that the hint of celebrity also elevated Paul's status in their minds.

Anna Vogt, a Metropolitan State University student who plays Elizabeth, suggests that another societal nuance entered the equation. The con man's targets are "quick



The cast of "Six Degrees of Separation" during an early rehearsal in January at the Whitney Fine Arts Main Stage in Minneapolis. Because this is the first co-production between the school's respective programs, both Metro State and MCTC students are represented in the cast and crew. In this particular scene, the character Flan has an epiphany: "It's not a conspiracy, it's a family."

PAULINO BRENER

to believe him because they don't want to appear racist."

The racial component weighed more heavily during the play's original run and is one reason the performances take place during Black History Month. (The play is scheduled to run Feb. 17 to Feb. 20). However, Smogard thinks that today, the play is

more about class.

"We're all excluded from some aspects of society," Smogard said, noting social signifiers such as education level, religion, race and birthplace play a big role in first impressions that can define one's role in life. "But it doesn't make you any less capable," said Smogard.

In today's hyper-connected world of smartphones and social media, Paul's gambit would fall apart pretty quickly. However, the lasting themes and strong characters ensure that the impact of "Six Degrees of Separation" is not lost.

"He'd just have to do his research a little more," said

Elyse Evans, a Metropolitan State student who plays Ouisa. "Paul is very smart."

Paul is a social chameleon, according to actor Mark Stewart, a senior theater major. Only his methods would change. The vast amount of online information that allows you "to know [people] before you meet them" can

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REFUGEE FROM PAGE 1

made me see my life as a gift. And no one could have made me believe that I am powerful beyond measure.

When I was in high school, I was an at-risk student with saggy pants — I was referred to as a misguided youth. People did not think I'd ever become anything in my life, and I almost believed them. But little did they know that even when it seemed like I had no sense of direction, I still had a dream.

I am proud to admit it: I am a product of Dr. Martin Luther King.

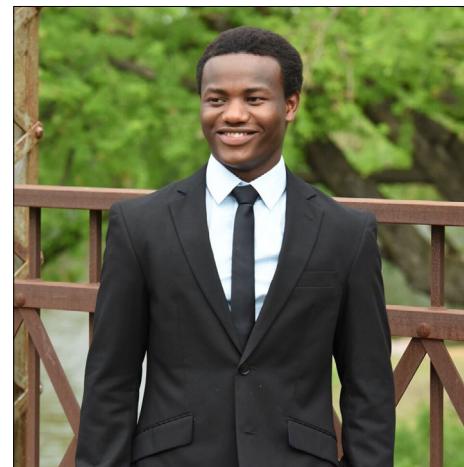
It is through hearing Dr. King's speech, "I Have a Dream" that I was inspired to have my own dream. A dream to live my life to my fullest potential, a dream to walk on the road of obtaining character.

Growing up in tattered clothes, I had to walk with no shoes. There were no lights, no electricity and no indoor plumbing. As refugees, my family was fortunate to come to the United States. It was a priceless opportunity: we knew we were in the land of freedom and the American dream had much to offer us.

But as a teenager, I took it for granted. I found myself in the streets, getting into fights, being sent to detention after detention, misbehaving, and running around with the wrong crowd.

I was bullied in school and had to

act like nothing ever happened. I was discriminated against and was removed from a computer class because of the color of my skin. The words of Dr. King rang true with me then and ring true with me now, "I have a dream that my four little children will one day live in a nation where they will not be judged by the



Wilson Kubwayo
Photo courtesy of Wilson Kubwayo

color of their skin, but by the content of their character."

I always remember the honor festival event that took place at the end of my freshman year of high school where fifty or more students were recognized, but I had never seen

those students or heard of them before. It was in that moment in time when my eyes were opened and I realized that I was not living to my life to my fullest potential.

I knew the person I wanted to be. I knew I wanted to be on that stage. I knew I wanted people clapping for me too and I knew very well that would require hard work to accomplish. It was then and there that I made the decision to give it all I had, because I wanted to follow my dream. That decision led me to where I am today.

It is not about what people might judge you to be that define who you are; it is about what you are capable of becoming that makes you who you were created to be. When you live out your dream, you will never realize all the people that you will impact and touch. You can make an impact in the lives of thousands of people around you. Even if your dream only touches one person, that one person may reach out and touch millions.

I am so appreciative of Dr. Martin Luther King, because his speech has made a huge difference in me and has also left an indelible mark not only in this country, but the rest of the world.

At the end of my senior year of high school, the honor festival came back around.

Now sitting in the senior section, I waited as the recognition list began. Within ten minutes, I heard "Now announcing the activity leader of the year, Wilson Kubwayo!" This was the best moment in my life. I do not remember how I got to the stage, I must have walked fast!

As I received this award, people clapped for me, students chanted my name, and I came to believe that there is nothing more to life than to live life to one's fullest potential. To walk on the road of obtaining character.

Ten minutes after my first award, I heard my name being called again, this time for an excellence achievement award.

Today, I am so thankful. It wasn't long ago that I was standing behind a fence looking out at a world I did not know. That fence could have defined me. It could have held me back. It could have made me angry, bitter and hopeless. It could have prevented me from reaching my fullest potential. I chose instead to define my own character. I chose to make my future. I chose to make a difference. I am the captain of my soul.