

THE VIEWER

MVNU'S STUDENT NEWS SOURCE



November 18, 2022

SHAKE UP YOUR HOLIDAY TRADITION & GIVE BLOOD!

THURSDAY
DEC 01 11 A - 5 P
IN UPPER ARIEL ARENA @ MVNU

Blood and Time Donated for MVNU Blood Drives

by Grant Hauger

This semester's blood drives are a meaningful way for students to get involved in ministry. Blood drives prove to be important as each donation can save up to three lives. While blood donation is a clear way for people to contribute to the drive, there are also other opportunities to volunteer to help for those who are unable to donate.

The blood drive coordinator on campus, Hannah Brandenstein, has partnered with the American Red Cross to be the contact person here at MVNU. She also leads the CoSMO group on campus called "Second," which helps the MVNU community encourage and recruit donors as well as help with check-in during the days of the drive.

Brandenstein said that, "Getting involved in Second can be beneficial to those who are either unable to give blood for different reasons or also those who are uncomfortable giving blood, as well as those who give blood regularly, because we still need volunteers for leading and coordinating, too!" She also advocates for blood donation to cultivate into a habit instead of just a one-and-done occurrence.

The mission of the group comes from Mark 12:31, which talks about loving others as ourselves. "You never know when you or someone you love is going to need blood, and we can be the ones to help fulfill that need," Brandenstein declared.

Blood can be donated by an individual every 56 days. There have been three blood drives so far this semester so that donors can give more than once. The fourth and last blood drive is Thursday, Dec. 1, which gives an opportunity for people to give blood and for students to volunteer to help.

Mental Health In College

by Zach Baur

Many college students struggle with mental health issues, including on the campus of MVNU. The task of juggling academic responsibilities, relationships and various other factors can cause heavy amounts of stress.

According to Dr. Eric Browning, director of counseling and wellness at MVNU, "By far, the biggest need/concern is anxiety. That is seen, not just in college students, but in the American population as a whole. Having said that, depression and anxiety often are seen together, and some estimates state that about 60 percent of those with anxiety will also show symptoms of depression. That is typical of what we see in the counseling office. There are a few other things we will see (ADHD, relational issues), but by far it is mostly anxiety or depression related."

As the semester is coming to a close, anxiety is often ramped up to higher levels than usual. Many students fear if their grades will be good, if they will be able to have enough time to spend with friends and build relationships or even if they'll be able to come back for the next semester. Dr. Browning said that "Estimates vary, but surveys of college students show that about 40 percent of college students meet the criteria for a mental health disorder currently, but others state that up to 73 percent face a mental health crisis at some point in college. Of those, only about one-quarter will seek treatment. We typically will see about 20 percent of the student population in a year at least once." Many students suffer in silence due to apprehension toward opening up about their struggles. This can be due to many factors, such as fear of being seen as an attention-seeker,

being judged for mental issues or believing that treatment such as therapy will not be able to sufficiently help them.

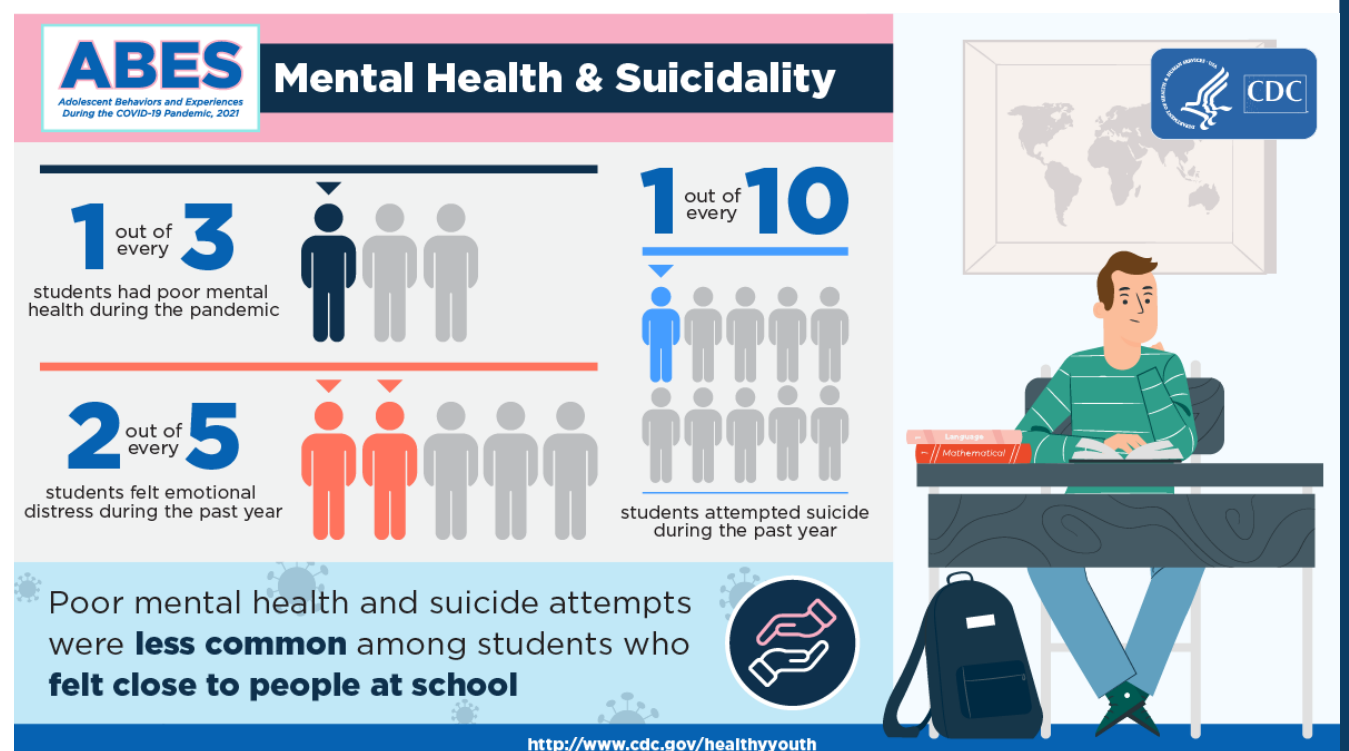
Dr. Browning advised that "People who get enough sleep, exercise and eat well (i.e. reduce caffeine, sugar) will have lower levels of anxiety and depression. However, just taking care of our basic physical needs doesn't eliminate all symptoms." Of course, these issues are mainly internal and usually require non-physical solutions. Sometimes this comes from just talking to people directly.

Dr. Browning said to "Be open with others. When we don't feel good, we can tend to withdraw from others, but we are better off if we engage with others and are honest. That gets us out of our own head where things are often worse than they really are. Other people can speak into things we think about ourselves that aren't true and can be exacerbating the issue. For example, people who are depressed tend to see things more negatively, so they will

think of themselves in negative ways. If other people have the opportunity to speak into that, they can help counteract those negative thoughts."

Browning also advised that one sets realistic expectations, limits social media use and gets both mental and physical rest. When it comes to social media, he points out that it often leads us to compare ourselves to others, which can be detrimental and damaging to our self-esteem.

The last bit of advice that Dr. Browning gives on the subject of mental health is to not hesitate getting help. "Far too many people wait too long to ask for help because they either don't want to believe things are too hard or have an expectation that they 'should' be able to handle things themselves, but we are not designed to live life alone. Asking for help is a sign of strength, not weakness; and there are a lot of people on campus that want to help anyone who may be struggling."



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Academic Fair Introduces Students To New Career Paths

Grant Hauger

This year's academic fair opened students' eyes to new possible futures. On Oct. 27, MVNU students had the chance to connect with all of the different programs that the university offers. Undeclared students were able to explore career paths that may interest them. Plus, students already with majors had the opportunity to discover areas of study that they were previously unfamiliar with.

Gary Swisher, director of career development at MVNU, organized the event by coordinating with chairs and deans of the programs on campus. A high amount of college students change their majors several times, and that is why Swisher emphasizes the importance of the event, saying "... it helps for them to be able to connect with all the MVNU programs at one event, to learn about possibilities they were not aware of and to understand more about the careers connected to each major." The academic fair importantly provided students with a chance to encounter their options from a more informed position.

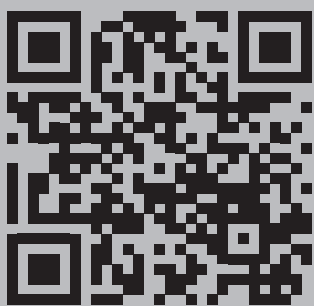
It is also a rewarding event for professors who can help match a student with a desirable new career path. Jayme McMillian, instructor of visual media, who was present at the fair, said, "It was good to talk to undeclared students and introduce them to a possible future with the communication major."

Swisher felt similarly. "It's always nice to hear when a student goes to the Academic Fair, investigates a major they were not that familiar with and finds a spark of excitement about a new field."

No majors or minors were noticeably more popular than any other at the fair. The fair saw a good turnout of students overall. Additionally, the fair let students seek possible travel opportunities, and a few lucky students even won raffle prizes.

Swisher seeks to make improvements to the fair for next year, including making timing more convenient for student planning purposes. For any students that could not make this year's academic fair, they can still connect with the Career Development Center.

Check out our website for more stories!



- The Adventures of Sherlock Holmes
- MVNU Sports Recruits: Many Athletes, Many Homes, One Goal
- Honoring the Singletary Legacy



Teachers in Progress

Morgan Mills

Teachers in Progress is a podcast created by five Mount Vernon Nazarene University education majors. Annikah White is a junior and a Middle Childhood Education major. Her role is brainstorming many ideas for episodes and guests. Noelle Morris is a junior who is both an Education major as well as an Intervention Specialist major. She is in charge of their Facebook page. Ryan Vettters is a junior who is an Integrated Social Studies major. He had the initial idea for the podcast and is in charge of managing the podcast. Rebecca Bash is a junior and a Middle Childhood major. Her role is supervising their Instagram account.



The podcast is about student teaching and all of the responsibilities that come with it. A driving force that keeps the podcast alive is the love that they all have for their major. While they bring a fresh perspective and have great chemistry, they also bring awareness to major problems facing education today in America.

"I really just wanted to make a difference and be a positive male role model because a lot of kids don't get that," Vettters offered as he shared about past teachers that have inspired him to teach. Through working in their classes and talking with experienced professors, they are learning more about themselves and their passions as they continue their education.

The hosts fell in love with teaching immediately and hope that they can keep that love for it alive through this podcast. For those interested, they are available on Spotify, YouTube, Apple Podcasts and many other platforms. Check them out on their website at <https://www.podpage.com/teachers-in-progress/>.

