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Wright State Student Body

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The Wright State GUARDIAN

MEDIA GROUP

The rise of Rowdy
Marissa Couch
May 3, 2021

Wright State University's mascot, Rowdy Raider, the familiar gray wolf, hasn't always been the fierce figure he is today.

According to the WSU Raiders' webpage, when the mascot of Rowdy was first introduced in 1986, the character was a Viking with red hair and a horned helmet.

Ten years later, the university decided to move toward a more gender-neutral mascot, introducing the wolf. This version of Rowdy was brown and more cartoon-like. The WSU Raiders' webpage states that it was 2007 when WSU upgraded Rowdy to the familiar wolf he is today.

Rowdy has become a staple at sporting events on campus and can also be booked for outside acts.

The Athletics department has dedicated a Twitter page to Rowdy, where game updates are tweeted. The account is not officially linked to the university.

"The big thing is that Rowdy has to be playful. The key part is to be fun and outgoing but we do not want to reveal the identity," said Marketing Program Manager Collton Daugherty. "Rowdy has to keep the mask on at all times and cannot talk. If these rules aren't followed, they're done."

Rowdy has a fact sheet on the WSU Raiders' webpage listing height, weight and some of his favorites to give more insight on his personality.

In the coming weeks, the Athletics Department will begin seeking out new candidates to become Rowdy.

"We'll have a few people who are currently Rowdy be the judges. There will be a face-to-face interview as well as performing acts with two different songs," said Daugherty.

There are currently four students rotating with the role of Rowdy at games and outside appearances. Only those in Athletics know who is under the mask.

Number of Suicides in US Military Increases in One-year Timespan

Nicolas Benvenuto

May 4, 2021

While the Pentagon has not released the final numbers on military suicides across all branches for 2020 as of yet, Ohio service members and those providing resources for service members on Wright State University's (WSU) campus are aware of an increased risk of suicidal ideations brought on by the coronavirus pandemic.

The data

156 deaths by suicide were recorded from Oct. 1, 2020 to Dec. 31, 2020 across all branches of the U.S. military. This is a 25% increase from the 125 deaths by suicide that were recorded in the same time frame just a year prior.

These numbers come from a report provided by the Defense Suicide Prevention Office, and though the report does not provide specific context as to why the increase in suicide deaths may have occurred, it does identify "the potential impact of the COVID-19 pandemic on the well-being of our service members and their families."

At this time, if the preliminary data provided in the report remains unchanged, the number of suicide deaths in all components of the military will have grown from 503 in 2019 to 571 in 2020.

This represents a 13.5% increase in death by suicide across all branches of the U.S. military.

Dr. Sarah Peters, a Staff Psychologist in WSU's Counseling and Wellness Services, said that a general increase in distress amongst both established and new clients has been identified at the university's Dayton campus.

"While COVID has impacted everyone differently, there have been some general trends," Peters said. "We have seen a lot of anxiety around health. In addition to students worrying about contracting the virus themselves, many were worried about its impact on family and friends. Grief is a common concern too. Folks have lost loved ones to COVID, seen experiences such as study abroad, internships, and graduations canceled, and missed out on what they imagined their college experience would be."

Peters acknowledged the problems that students and military personnel may face both on-campus and abroad and reiterated the resources available for those who may be struggling.

The Wright State GUARDIAN

MEDIA GROUP

“Wright State has many offices who are committed to helping students navigate barriers to success, including Academic Advising, the Culture and Identity Centers, and Student Advocacy and Wellness. Speaking specifically for Counseling and Wellness Services, we provide on-demand outreach programming to classrooms and student organizations on stress management, test anxiety, and other mental health topics,” Peters said.

WSU VMC

“If there were issues prior to Covid that were sensitive to Covid issues – like isolation, stress, feeling disconnected and/or overwhelmed – then an individual would likely be in double jeopardy because these mirror the challenges that many veterans face when trying to transition back to the civilian world,” WSU’s Director of the Veteran and Military Center (VMC) Dr. Seth Gordon said

According to the WSU [website](#), the VMC serves over 700 students each semester, offering educational benefits, processing GI Bill benefits, providing career and leadership development and facilitating academic support and advocacy.

Gordon stated that veterans are some of the most selfless individuals in the community when caring for others, yet the most stubborn when caring for themselves and this is something he would like to see change.

“Military personnel come from an environment where they are used to fighting for the individual next to them. The VMC motto is ‘we are each other’s champion.’ So be that champion. And if you are really worried about someone, law enforcement can do a wellness check. This is a last resort. Again – if you really care about someone, make sure someone puts eyes on them if you think they are in a bad place. Start with family or friends and then consider alternatives,” Gordon said.

Soldier perspective

U.S. Army National Guard Specialist Joe Winner of Columbus, Ohio has served his country for seven years. In that time, he has experienced three deployments and acknowledges the increased stress and discomfort that has been perpetuated by the coronavirus pandemic.

“I’ve seen the biggest changes happening with those in the medical field,” Winner said. “In a deployment setting, not everyone has access to the N95 masks and the proper equipment to deal with this sort of thing. This definitely causes increased anxiety and panic amongst medical personnel.”

The Wright State GUARDIAN

MEDIA GROUP

Winner noted resources that are provided to soldiers who may be struggling with increased anxiety, depression and even suicidal ideations.

“Soldiers are encouraged to seek treatment and help through their Chaplain, behavioral health counseling and even just talking to a fellow soldier about what’s going on,” Winner said.

“Breaking the stigma around mental health issues is the first step. You have to realize it’s okay to have these issues and to seek the proper treatment.”

A colleague of Winner, Sgt. Nate Sanders, echoed the importance of taking care of your peers and recognizing when something isn’t normal.

Sanders has served his country for four years and said that exposure risks, lack of training and having to respond to coronavirus-related missions are amongst the top stressors causing an adverse effect on personnel within his unit.

“When you see someone acting out of character, or becoming less engaged in their daily tasks don’t be afraid to ask if something is wrong. Sometimes that one action can change that person’s life forever,” Sanders said.

If you or anyone you know is struggling with suicidal ideations, Call Raider Cares at 833-848-1765 or [click here](#).

Additionally, WSU’s Counseling and Wellness Services may be accessed by calling 937.775.3407 or visiting in person at 053 in the Student Union.

What is the Covid Vaccine Black Market?

Kaitlyn Chrosniak

May 5, 2021

Since the coronavirus vaccines have been released to the public, several darknet markets have surfaced selling both real and unverified vaccines. In addition, fake vaccination passports have also been found online despite only select states using them.

Vaccination dark web

Darknet marketplaces are e-commerce websites that are generally used to sell illicit products. The dark web has a history of being used for the sale of illegal drugs.

“The RAND Corporation reports that researchers at Carnegie Mellon University concluded that darknet markets accounted for \$100 million to \$180 million in total sales volume in 2015. Cannabis-, ecstasy- and cocaine-related products accounted for about 70% of those sales,” Investopedia writer Jake Frankenfield said in a recent article about Darknet markets.

Since the coronavirus vaccines were released to the public in Dec. 2020, advertisements for vaccinations have been found online ranging in price from \$250 to \$1,200 an average. While some listings have been for Pfizer, Moderna and AstraZeneca vaccines, advertisements have also been found for unverified vaccinations.

“Currently, three vaccines are authorized and recommended in the United States to prevent COVID-19: Pfizer-BioNTech, Moderna, and Johnson and Johnson (Janssen),” said the CDC in a recent update to the coronavirus vaccination website.

The CDC recently placed a pause on the Johnson and Johnson vaccination in response to multiple recipients developing severe blood clots; however, on April 23, the CDC lifted this pause and has now added additional warnings to the vaccine.

In addition, the CDC also states that the AstraZeneca and Novavax vaccines entered the third phase of clinical trials in the United States on Feb. 27, 2021. The AstraZeneca vaccine was granted emergency-use approval in the European Union (EU) in Jan. 2021.

Vaccination passports

The Wright State GUARDIAN

MEDIA GROUP

Vaccination passports are now surfacing on the dark web market. The idea behind a vaccination passport is that it could be used to provide proof of vaccination in order to allow people to travel or occupy public spaces as the United States fights to move towards a post-pandemic world.

“For a vaccine-passport program to work, the federal government needs to support the idea and for there to be a common technological standard that is secure no matter where used,” Seattle Times Staff Reporter Ryan Blethen said in a recent article. “The Biden administration is working on programs that could be used to show proof of vaccination but is not considering a federal vaccine passport.”

In the state of Texas, Governor Greg Abbott banned any state government mandated vaccination passports, citing that they infringe on personal freedom. The state of New York uses the Excelsior Pass app to provide proof of negative coronavirus tests and vaccinations in order to help the state create a plan to ease restrictions.

Despite the differential thinking by state on the idea of vaccination passports, several fake variations are surfacing online for sale as of March 2021.

“Check Point investigators found many sellers offering forged documents, including one supposedly from the UK, with a vaccination card for \$150 using the hard-to-trace cryptocurrency Bitcoin as the payment method,” Registered Nurse Danielle Reiter and Dr. Robert Carlson said in a recent article.

Along with vaccination cards, Reiter and Carlson said they also have seen evidence of Darknet vaccination sales and fake covid test results.

Alumni Spotlight: Amy Wendel
Roxanne Roessner
May 6, 2021

Wright State University (WSU) alumna Amy Wendel is originally from Fort Recovery, Ohio. Wendel received her paramedic certification from Sinclair Community College and then her Bachelor of Science in Nursing (BSN) in 1993 and her Master of Science (MS) as a family nurse practitioner (NP) in 1998 from WSU.

Educational history

Wendel attended WSU because they have a great reputation for their nursing program.

“There was actually quite a nursing shortage in the 80s and so there was a lot of recruiting going on at the time. I didn’t want to go to any other colleges because they only offered associate’s degrees,” Wendel said

Wendel joined WSU’s Nurse Practitioner program during its pilot course and would later start her own practice in Fort Recovery under the name of Amy Wendel Family Health.

After graduating, Wendel would continue to undergo postgraduate education that included wellness care, preventative care and female and male hormone interest.

Amy Wendel Family Health

Amy Wendel Family Health focuses on wellness, preventative care and family practice.

According to Wendel, the practice has been running since 2013 and has been a dream come true.

The practice started in a rental space in downtown Fort Recovery and was later moved to a 14,000 square foot warehouse. This new location houses mental health counseling, a physical therapy department and family care.

“I was really drawn to more independent roles as a nurse. I worked in some med-surge, but I mostly liked ER and ICU. I really enjoyed those different areas of nursing because they challenged me to make decisions on my own, not necessarily just following the doctor’s order,” Wendel said.

The Wright State
GUARDIAN
MEDIA GROUP

According to Wendel, her family was not exactly supportive of her decision to become an NP solely because it was something unheard of in the area.

“They couldn’t conceive of it; they just couldn’t conceive of a nurse being in a role like that. But I talked to my mom, who was also a nurse and she said, ‘Oh yeah, I’ve heard about that. Go for it, you’re going to be fine. You’re a trailblazer,’” Wendel said.

Dayton's Not Dead: Tik's Thai Express

Tracy Evatt

May 6, 2021

Tik's Thai Express, located at 2808 Colonel Glenn Hwy in Fairborn is a restaurant offering authentic Thai cuisine. Customers have a wide variety of choices from the classic Pad Thai to various Thai curries and fried rice.

Background

Coming to the United States was not something that Siriya 'Tik' Sripol envisioned for her life as a child. Growing up, she recalls laying on top of a water buffalo tired from the day's work on the farm. Sripol looked into the sky and saw an airplane. She remembered wanting to someday fly in the airplane, but that seemed like a distant dream.

"I didn't know what the United States [looked] like. I never [thought] I would come here," Sripol said.

Sripol made that journey to the United States and introduced Dayton to authentic Thai food. Having moved from Second Street Market, to Yummy Burger, among other restaurants, Sripol's journey has been one marked by hard work.

Her journey to the United States

Sripol grew up in rural Northern Thailand on a farm. They had no electricity and sustained themselves fully with their farm. Sripol said that medicine was the only thing her parents needed to buy as a child. As a child, she recalled fond times of riding buffalo with her siblings and playing games to pass the time. She called herself "the Buffalo Girl from North Thailand." At the age of fifteen, she headed to the city to learn things such as housework and cooking.

Her uncle took her in to stay with a friend while she received an education in the city. Following Sripol receiving an education, she got married. At the age of eighteen, she found herself at the airport in Bangkok flying to Dallas.

Restaurant business

After arriving, Sripol worked multiple jobs before finding her stride with the restaurant business. She opened up a stand selling Thai food at Second Street Market, a market located in

The Wright State GUARDIAN

MEDIA GROUP

Downtown Dayton with local vendors. She would drop her kids off at school and rush over to the market to prepare her food.

Sripol found that Thai food was a hit. Building off of that success, she opened more restaurants over the years, ultimately settling at Tik's Thai Express in Fairborn. Her hard work is not going unnoticed either. Customers and employees alike have enjoyed the restaurant and community that Sripol has built.

"This family-owned business truly makes you feel at home! We love the unique atmosphere of this beautiful restaurant!" John Baker said in an online review.

Cedric Leong, an employee at Tik's Thai Express and a Psychology major at Wright State University enjoys his time at the restaurant.

"I've worked at multiple restaurants before, but Tik's Thai Express is the first place I can say I fully stand by the food and the people. We've kind of fostered our own community here, from our customers to our friends and families," Leong said.

The Buffalo Girl

Syria "Tik" Sripol has raised two children, beat cancer and weathered the storm in a pandemic all while running her business. From being the Buffalo Girl dreaming of flying in an airplane to establishing herself as a successful businesswoman in Dayton, Sripol has shown that hard work truly does pay off.

5 Tips to Help You Read More For Fun

Ariel Parker

May 7, 2021

Reading is proven to have many health benefits, as well as give people the opportunity to escape into a different world. But reading for pleasure can be challenging when you're in school — especially if you have a job or a family that divides your attention.

It's important to take some time for yourself, and reading is like any other hobby that should be both relaxing and stimulating. Here are some helpful tips to help you read more!

Picking a book

The first step can sometimes be the hardest. Finding a book can be very overwhelming if you haven't read in a while and have no idea where to start. Don't feel ashamed! There are so many books out there that there is something for everyone.

A good place to start is fiction. If you like fantasy, browse the fantasy section! If you like romance, pick up a romance book! This also works for TV shows or movies you like; if you tend to watch a lot of thrillers or sci-fi movies, you can try to pick up a book in a genre you're already familiar with.

Take your time and browse the selection. If you are hesitant to drop a lot of money on books, libraries in the Dayton area have a huge selection and you can renew a book if you didn't finish it.

If you're feeling brave, you can ask the librarian or bookseller what they recommend. They're very knowledgeable about their catalogues and I promise they won't find it annoying. They would love nothing more than to talk about books with you— that's why they are there.

Don't force it

This may seem like an unnecessary tip, but it's important to not force yourself to read. Once you have the book, don't stress about starting it right away if you're busy.

Reading can be relaxing and fun, but just like anything else, forcing yourself to do it can make it stressful. Also, if you're not feeling the book you picked, you don't have to finish it.

The Wright State GUARDIAN

MEDIA GROUP

Reading just one book can take a lot of your time and if you force yourself to read something you're not enjoying, it will make it harder for you to pick up another book in the future.

Feel comfortable knowing that just because you picked up a book, that doesn't mean you're required to read it. The sooner you drop a book you don't like, the sooner you can move onto a book you will love.

Get into position

Finding a comfortable space to sit in can help you focus on what you're reading. Arm yourself with a snack or drink of your choice (PSL season just started!) and curl up in a comfortable, quiet place.

If you're having trouble finding a quiet spot, you can listen to some lo-fi or orchestral playlists found on Youtube. There are also several apps like Forest or SelfControl that can block your own access to distracting websites so you can focus.

Finding the time

Everybody's schedule is different, but you would be surprised how many pockets of time there are to pick up a book. Again, don't stress out by forcing yourself to read, but bringing your current read with you can help you pull out your book.

If you're listening to an audiobook, try listening to it on your commute to work or school. If you're reading a physical book, put it in your purse or backpack so that it's always with you when you have downtime. There are also apps like Kindle or Overdrive that you can use to read on your phone.

Don't give up

Just because these tips may not help you right now, that doesn't mean you'll never have the opportunity to read more. Wait a while and then try again. Schedules change, and while you may not have much time to read now, your books will be there waiting for you.

Organization Spotlight: Society of Women Engineers

Makenzie Hoeflerlin

May 7, 2021

The Society of Women Engineers (SWE) is all about empowering women and building them into the next generation of society's leaders.

Being a woman in a field typically dominated by men is no easy task. SWE provides a support system for women of all different majors and all different levels of education.

"I had somebody tell me during my first week of school, I think she was a senior in engineering, 'most women who are in engineering are going to quit before their second year because they either can't handle the stress, or they can't handle not getting good grades.' And that freaked me out a little bit. I was like 'why are you telling me this'" said Noel Fleeman, president of SWE. "But it's true. I think if you don't have somebody there who understands what you're going through, you're just gonna quit."

A safe space for women engineers

The SWE is a safe space for women to talk to other females about current struggles and shared experiences.

"It can be extremely intimidating to be one out of four females in a room full of 40 students," said Lauren Yeary, the organization's event coordinator. "SWE is a place for females to realize that they are not alone and that there are other strong women they can relate to."

According to Sarah Stacklin, vice president of SWE, the organization is a great place for freshmen to find guidance, support or more information about their major.

"It gets you involved and gives you connections on campus. It helps you make friends and builds your resume as well," said Stacklin.

Building a community

SWE helps their members in a variety of ways.

The organization takes part in donation events, resume critiques and brings in successful women engineers to speak to the club.

The Wright State GUARDIAN

MEDIA GROUP

“It was that moment during the week where I could just go and get my mind off of everything,” said Fleeman.

Members of the organization will have access to resources to help them improve their chances of being successful women engineers.

SWE has many upcoming goals for this semester, including being more service-oriented, recruiting freshman and giving back to the community.

“We also want to be more social,” said Fleeman. “It’s a very stressful major.”

To participate in the SWE donation drive for Domestic Violence Awareness Month, there will be various boxes around campus.

Look for them in the lobbies of **Rike** and several other buildings as well as the **Student Union**.

SWE has weekly meetings and all are welcome to attend.

The Wright State GUARDIAN

MEDIA GROUP

Organization Spotlight: EcoWarriors

Shaddia Qasem

May 10, 2021

The inspiration to start such an organization stemmed from an assignment in a research writing class.

“We were challenged to write a research-based paper that proposed how one problem may be a solution to another,” said Rachel Moorman, EcoWarriors’ treasurer.

In the making since March of 2018, one of Wright State University’s newest organizations, EcoWarriors and its 15 dedicated members, became official on Oct. 24.

“I chose the problem of wastefulness to solve poverty and ended up putting together a model for how we can redirect some of Dayton’s waste to people who really need it through a donation pick-up service,” said Moorman. While collecting my research, I fell in love with the zero-waste movement and began to rethink the way I was living.”

Impacted by her research, Moorman made a lifestyle change and got friends and family to join her initiative of going green and becoming more eco-friendly.

“I started this group with the hopes of inspiring others to do the same and have been met with an undeniable force of passionate friends and supporters. Together, we hope to change the whole city of Dayton, but for now, we’re content to focus on how we can influence WSU,” said Moorman.

EcoWarriors hopes to impart its crucial influence statewide and beyond through the students they impact.

“I would love to see [EcoWarriors’] impact reach beyond the implementation of programs. I think the greatest impact EcoWarriors could have is instilling the drive to be environmentally conscious in WSU students wherever they happen to be,” said Katie Jones, website coordinator for the organization.

“One of our planned initiatives is to restore the Garden of the Senses near the dorms. I would love to see this happen; the garden is one of my go-to places on campus and to see it restored would be a great sign of EcoWarriors’ impact,” said Jones.

The Wright State GUARDIAN

MEDIA GROUP

Britas, reusable water bottles that the members of EcoWarriors use, recycling and composting are just a few eco-friendly initiatives that students can implement in their everyday lives.

“There are methods to cut down on waste as well as food waste. Choosing fresh foods, filling glass jars instead of plastic packaging, refillable deodorants [and more]. If they have any questions, they can contact us and we can help them come up with different ways to be more eco-friendly,” said Cassandra Poeppelman, president of EcoWarriors.

For those interested in joining, look for EcoWarriors on Engage or follow their Instagram @wsuecowarriors or Twitter @eco_wsu, as well as their group [website](#).

Five Easy Things to Improve Your Mental Health Right Now

Alexis Wisler

May 12, 2021

Right now students are dealing with normal stress preparing for finals as well as stress from the coronavirus as cases rise once again. Here are five easy and small things to take care of your mental health that can be done right from home.

Open a window

Just because we are spending more time in the house now doesn't mean we can't still enjoy the gentle breeze of autumn. Next time you're working on homework or studying, try opening a window and sitting by it. The sun and the fresh air are sure to lift your spirits and bring a new perspective to your day.

Call a loved one

Now more than ever it is important to stay in touch with loved ones, even if it has to be remote. Giving a loved one a quick phone call to check in with them and chat for a couple of minutes can make everything seem better. It's easy to feel alone right now, but a great conversation with people who care about you is never more than a phone call away.

Journaling

With online school, days are starting to blend together and feel the same. Journaling can be a great way to not only keep track of your days but to get out any emotions you might be feeling. Journaling can be deep and emotional or a simple check-in with yourself. Either way, taking the time to have a conversation with yourself is a sure way to feel better.

To-do lists

There is so much going on in the world today that it can be easy to feel overwhelmed and get off track. Making a daily to-do list can be a great way to keep yourself organized and bring some peace of mind. Try not to make your lists too long or you might feel even more overwhelmed. Just note down the important things for the day and feel the weight lift off your shoulders as you check them off one by one.

Watch a familiar movie/tv show

The Wright State GUARDIAN

MEDIA GROUP

Right now is a great time to rewatch a favorite tv show or movie, or even reread a favorite book, and feel the comfort that it brings you. Everyone has at least one comfort movie/tv show/ book. Find yours, grab a healthy (or not-so-healthy) snack, and let your mind forget about the real world for an hour or two. This can be the perfect brain break when you're feeling especially overwhelmed.

Dayton's Not Dead: Penny Lane Art Gallery and Cafe
Marissa Couch
May 13, 2021

Penny Lane Art Gallery and Cafe's target market reaches beyond coffee lovers. The walls of the cafe are lined with art for sale to the public.

Art & coffee, a duo

"The owner also owns another company called Penny Lane Publishing which is why we have all this artwork," said Manager Ally Fourman. "They didn't even start this place to even be a cafe originally. They were just going to sell art and then it sort of snowballed into this."

Fourman has worked at the cafe for over four years, starting off as a part-time employee.

"People don't realize how much art we actually have in here and how many prints we have. Usually, people are coming here to meet a friend or for lunch and they see how much we have in here," said Fourman.

The atmosphere in the cafe offers a relaxed ambiance, proving a peaceful place to admire the art or enjoy a cup of coffee.

"Most of our business is from regulars. We pretty much know everyone who comes here," said Fourman.

According to Fourman, all of the art is printed by Penny Lane Publishing from artists from all over the country, including local talent.

A meal inspired by artists

Penny Lane's menu is inspired by art as well – the menu items are named after famous artists.

"A lot of the menu is based around trying to use fresh ingredients and bringing a different kind of cuisine to the area. We try to use a lot of local ingredients," said Fourman. "Just bringing a fresher alternative to this area as well as creative stuff and utilizing artists' names."

Popular menu items include sandwiches named after Van Gogh and Georgia O'Keeffe, according to Fourman.

The Wright State GUARDIAN

MEDIA GROUP

According to the menu, the Van Gogh is a smoked turkey and swiss sandwich with strawberry, honey-dill mayo and lettuce on multigrain bread. The Georgia O’Keeffe is a smoked turkey with pepper jack cheese sandwich with avocado and chipotle mayo, making it a spicier option.

“Everyone in management as well as our owner, they’re very concerned with us. They’re very personable,” said employee Abbey Perkins.

Perkins is a senior at Wittenberg University and has worked at Penny Lane for over a year.

“It’s really great because everyone on staff here is really awesome and really easy to work with. The commute is long but this job is worth it to me,” said Perkins.

Want to go?

Penny Lane Art Gallery and Cafe is located at 109 S Main Street, New Carlisle, Ohio.

Career Corner: Acing the Interview

Sruthi Tenkayala

May 14, 2021

After you've sent a carefully-worded resume and cover letter out, you have another obstacle to deal with: the interview. Just like with the resume and cover letter, the resources you use are important.

"There's some really good information when you go to the Career Center on interviewing," said Wayne Stark, director of Workforce Development. "There are some podcasts, slideshows that can help students with mock interviewing and information on researching companies."

Researching the companies you are applying to is a key aspect of looking for a job.

It's important to know as much as you can about the organization and how you connect with it. Not knowing anything apart from the mission statement shows a lack of interest on your part.

OhioMeansJobs is a lesser known but extremely helpful resource. There's an entire section for college students, which include resources like career exploration sources and practice interview tips.

"There's even mock interviews you can do here with live people who will work with you to help you with your interview," said Stark.

The most important thing is understanding what the employer is looking for so you know how to describe yourself as a good fit for the job.

For Wright State students, a career advisor can walk you through the basics like keeping a positive attitude, making sure you are prepared and different types of interviews you might encounter; screening, telephone and on-sight interviews are a few examples.

"Bottom line, employers want to know how valuable you're going to be," said Stark.

Truth is, you can do all the interview prep you can, rehearse all your answers until your friends are sick of hearing them and still be anxious. First impressions can't be changed, after all. So,

The Wright State
GUARDIAN
MEDIA GROUP

take a moment to remind yourself that you deserve the opportunity, and give yourself a boost of confidence.