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Wright State Student Body

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The Wright State GUARDIAN

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Weekly Horoscopes
Star Signer
January 3, 2022

Ring in the new year always comes with talk of new year's resolutions. Here are some resolution ideas for you based on your zodiac sign.

ARIES

Aries, it's easy to catch yourself being a negative nancy, especially with the year we had in 2021. Use 2022 to focus on positivity. You'll be surprised how much this can change your outlook on life.

TAURUS

Taurus, you spent so much of last year putting things off. But if you put things off, when will they ever get done? Use 2022 to check everything off that to-do list of yours. But first things first, you need to make that to-do list.

GEMINI

Gemini, 2022 is the year to stop letting your fears get the best of you. There are so many amazing opportunities in the world for you right now, you just have to take a leap of faith and see where you end up.

CANCER

Cancer, staying young forever could certainly be fun. It's definitely tempting, but at some point you need to grow up and take responsibility for actually being an adult. 2022 is the year you are going to take things into your own hands and prove to yourself that you are capable of bigger and better things.

LEO

Leo, you let a lot of relationships fall through last year. The quarantine made it tough to socialize and you probably didn't try as hard to take care of all of your relationships as you should have. Use 2022 to rebuild old relationships and foster new ones.

VIRGO

Virgo, you've tried resolutions in the past and it's time that you realize they really don't work for you. Let go of the resolutions, stop being so hard on yourself and just live life. You will be much happier this way.

LIBRA

Libra, there are many resolutions you could make this year that have to do with self improvement or change, but the best resolution you can make for the year of 2022, is learning to love yourself and all of your imperfections. You are perfect just the way you are.

SCORPIO

Scorpio, you have a long to do list of things that you HAVE to do, but it's time to put that aside and work on your to do list of things that you WANT to do. You've worked really hard and you need to set more time aside in 2022 to reward yourself for all of that hard work.

SAGITTARIUS

Sagittarius, you are very intellectual and often give great advice to others. In 2022, take the initiative to learn more and listen more. There may be some things that you could learn from others that you missed before.

CAPRICORN

Capricorn, 2021 was filled with a lot of worry, concern, and stress for you. You really need to take 2022 as a year to relax and leave your worries at the door. Everything happens for a reason and you need to trust that everything will turn out okay.

AQUARIUS

Aquarius, you've been holding back, for whatever reason. You need to give 2022 your all. All your focus, all your effort, and all your knowledge. You will be surprised where it will take you.

PISCES

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Pisces, despite everything that happened in 2021, you came out relatively unscathed. Take this, learn from it, and share it with others. Use 2022 to share your knowledge and to help those around you overcome their struggles.

Book Club Finds New Leadership, Lays Burden on Students

Katie Jones

January 3, 2022

Junior Alexis Hagerman never thought her love for books would lead to the stress of being leader of Wright State University's English club.

Losing the club advisor

After club advisor and professor Carolyn Stoermer announced she was being retrenched, the English Club had to find new leadership. Hagerman found herself stepping up as the club's leader and now struggles to keep the club alive through meetings and recruiting members.

"I have been feeling a ton of pressure to keep the club like it is and not let it change just because my advisor is gone. So now I feel really helpless. I feel like I'm emailing all these people and doing all this work that I didn't really sign up for. I'm worried that it might die if we don't do enough recruiting, if we don't do enough of this and that," Hagerman said.

Hagerman began as a regular member of the English Club in 2018 as a freshman. Now, three years later, she's taken on the role and responsibilities of club leader. She sends out emails, recruits members and plans events, something she does not have prior experience in and did not initially want to do.

The position was unexpectedly stressful for Hagerman, who joined because she wanted to share her love for books and liked the easygoing nature of the club.

"I think I was just so... so spoiled, not having to worry about the pressure because Carolyn just took care of everything. And so now it's like I really have to work to make that passion still a reality," Hagerman said.

Hagerman isn't working alone. The English Club has a new advisor, Angela Johnson, professor and program director of Integrated Language Arts, who is happy to help.

Team effort

Due to the English Club's unofficial status, there are no roles like president and all members contribute to the club.

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One such member is Ariel Parker, a senior majoring in English Literature.

Parker thinks highly of Hagerman's leadership, calling it president level work. Hagerman takes on many responsibilities, and Parker assists where she can.

"I want to make sure that I'm there for Alexis and therefore the club to make sure we can do things," Parker said.

Despite this, there are some tasks Hagerman alone takes on, such as emailing and setting up meetings.

Used to the club's laid-back nature, the unexpected amount of responsibility took its toll on Hagerman, who initially joined because she loved reading and wanted a low-commitment club.

Where it started

From Defiance, Ohio, a two hour drive away, Hagerman came to WSU in 2018. Along with her classes, she was looking for a club to join.

Since high school, Hagerman's parents and teachers encouraged her to be involved with clubs and organizations. Following the idea that the more she was a part of, the better her resume looked, Hagerman visited a variety of clubs.

However, many clubs were too expensive or required too much commitment for her. They also lacked the sense of community she was looking for.

Then she found the English Club.

An unofficial club, Hagerman resonated with the English Club's mission statement, to support a love of reading and literacy in communities both on campus and off campus through volunteering, donating and fundraising.

"I'm an English major, I was like this is a good fit," Hagerman said. "I really liked the laid back atmosphere, the community, and Carolyn was such an easygoing advisor. She really encouraged us to pursue what we wanted to pursue and not worry about the rest."

Community feel

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Hagerman found the community she was looking for with the English Club. The members had similar views and goals, with a shared passion for books and literature.

One of Hagerman's favorite aspects about the club is its group chat, where members post book recommendations, about their day, and different hang out events.

The close knit, community feeling was a draw for Parker as well. As an English literature major, Parker was first drawn by how book oriented the club was.

As she became more involved with the club, she became closer to the other members and more attached to the community they provided.

"It's really the people that help me stay," said Parker. "I want to see it through to the end and I want to be able to say yes, I was involved in a new English club and I care about it."

Part of what keeps the club members close are their shared values. They all share a desire to learn through books. For the English Club, diversity, inclusion and social justice are important.

"We want to diversify our reading, because sometimes when you think of English Club, you think British and American literature," said Parker. "But it's very male and so a lot of the books we're choosing are ones that aren't what we're used to, to read different perspectives and stuff like that."

During quarantine they stayed connected and worked on diversifying their bookshelves by reading books like *When They Call You a Terrorist* by Patrisse Khan-Cullors.

After quarantine, the English Club began in-person meetings again. They also began to think of recruitment.

Because the English Club isn't an official organization, members relied heavily on word of mouth and Stoermer's assistance in finding new members. Now they have to think of more ways to find members, something both Parker and Hagerman are concerned about.

Currently, Hagerman is planning events with other members, including an upcoming book drive and possibly a poetry night to make English Club more well-known on campus.

As part of the club since she was a freshman, the club and its community are dear to Hagerman, and she worries the club may die if there aren't enough new members.

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Despite her worries about recruitment and the stress of being English Club's unofficial leader, Hagerman is still deeply invested in the club and hopes to ensure it continues after she graduates in 2023.

"I do have those moments where I'm like, I'm done, I just want to quit. But then, you know, this club is so special. And we have a meeting, and we get together, and I see all these people who have a passion and kind hearts. So then I can't just give up on it," said Hagerman.

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Campus Events Week of Jan. 3

Alexis Wisler

January 3, 2022

Events for the week of Jan. 3 include Men's Basketball against UIC and Women's Basketball against Youngstown State as well as two other games.

Monday, Jan. 3

No events are currently scheduled.

Tuesday, Jan. 4

No events are currently scheduled.

Wednesday, Jan. 5

No events are currently scheduled.

Thursday, Jan. 6

7 p.m. | Men's Basketball vs. UIC | The Nutter Center

Friday, Jan. 7

6 p.m. | Women's Basketball vs. Youngstown State | The Nutter Center

Saturday, Jan. 8

2 p.m. | Men's Basketball vs. IUPUI | The Nutter Center

Sunday, Jan. 9

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2 p.m. | Women's Basketball vs. Robert Morris | The Nutter Center

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Men's Basketball Overcomes COVID Adversity, Turns Season Around

Noah Kindig

January 4, 2022

Wright State University (WSU) Men's Basketball has turned its season around in recent weeks, taking big wins off of power five school North Carolina State (NCSU) as well as conference opponents in the Milwaukee Panthers (MKE) and the Green Bay Phoenix (GB).

With head coach Scott Nagy and multiple players placed in COVID-19 protocols, the conference wins were not only without several important players but also with associate head coach Clint Sargent forced to act as a head coach for the first time in his career.

After these wins, the Raiders have jumped from a 3-7 mark on the season to 6-7 and have won four straight games. With this newfound momentum behind them, WSU looks in top form to take on conference matchups Thursday and Saturday this week and return to a winning record.

"The adversity this team has faced has been tremendous," junior forward Grant Basile said.

"We're just starting to come together."

Make it when it matters

In both of WSU's conference games last week, it came down to a big 3-pointer in the final minute to decide who would come out on top.

In Thursday's victory over the Panthers, the Raiders were up three with a minute to play. Sophomore guard Andrew Welage brought three defenders to him with a drive to the paint and dished it out to junior guard Tim Finke.

Finke, an expert shooter from behind the arc, drilled a 3-pointer with 35 seconds to play, securing the win for the Raiders 80-75 and lighting up the crowd in the Nutter Center.

"To make that three... The kid works so hard, he doesn't take a day off of practice." Sargent said. "As a coach, to see that moment go right for him, those are the kind of moments you love to see."

Just two days later, WSU found themselves tied 69-69 against the Phoenix, with only 27 seconds to play.

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This time, fellow junior guard Trey Calvin secured a win for the Raiders, completely losing his defender with a quick move, and sinking a 3-pointer to win WSU the game 72-69.

“I was going crazy when he hit that, we all were,” Finke said. “There’s never any doubt with him. Every time he shoots it, it looks like it’s going in.”

Stepping up

For Sargent’s first career games as a head coach, very close victories over MKE by five and over GB by three were about as emotional as they could have been.

With support from the rest of the coaching staff keeping him steady and with the belief of his players, Sargent was able to lead the Raiders to big wins in league play.

“They did such a great job of steadying me,” Sargent said. “In these games, there were so many highs and lows of emotions, and they were rock solid.”

While a shift to a new position is never completely smooth, the freedom Nagy has given Sargent and other coaches in the past allowed the transition to be possible.

“In terms of our transition, it was easier than I thought it would have been in a different situation,” Sargent said. “We have a lot of freedom as a staff on how we operate... It allows you to grow so much quicker than a guy who doesn’t do that.”

Review: Six Language Learning Apps for the New Year

Emily Mancuso

January 4, 2022

A common new year's resolution is to learn a new language, and these apps can be a perfect start to doing so.

Duolingo

When it comes to language learning apps, Duolingo is probably the first you think of. Duolingo offers over 103 language options, including Klingon from *Star Trek* and Dothraki from *Game of Thrones*. Duolingo is offered for free but the paid version of the app offers more features. However, translations are not always high quality and are better with Latin-based languages.

Rosetta Stone

Rosetta Stone is often hailed as one of the best for language learning both on the app and the computer. Rosetta Stone is a veteran of providing language lessons, starting over 25 years ago. Whether you get the software or app version, it is very user-friendly. Rosetta Stone will however cost more than Duolingo with a 12-month subscription of 96 dollars.

Memrise

Memrise is a flashcard-based app for not only language learning but other subjects as well. This app is ideal for beginners in a language whether you use the free or pro version, the pro version costing 56 dollars a year. Memrise's technology adapts to your experience to teach you what you need to know but is not the best for experienced learners and is vocab-focused.

Lingodeer

Lingodeer is a good choice for any language offered through the app, but especially with Asian languages that other apps struggle with teaching. It is the same price as Memrise for a 12-month subscription (\$56), which is more affordable than many language apps. The only areas this app lacks are developing talking skills and languages available to learn.

iTalki

The iTalki app is different from others on this list in that it actually connects learners with native speakers of their target language. You will be connected with a language teacher or tutor in one of over 40 languages that can range from one dollar trial lessons to over 20 dollars sessions over Skype. This unfortunately means that the quality of teachers can vary greatly.

Babbel

Babbel offers many different ways to get you started in learning that focus on almost all aspects of a language. The price is middle-range for this list, coming to about 83 dollars for 12 months which you can test with a free trial. While Babbel does offer 13 languages, the amount of content between them varies.

Opinion: Why You Should Still Use Tumblr

Kristina Shue

January 5, 2022

The dark horse of social media, Tumblr, is still going strong and is the only platform not constantly taking advantage of you to make a dollar; its primary focus is still just providing a service.

Tumblr is still generating star content

We all know from experience how commodified the social media realm has become. It seems like everyone is trying to sell you something; every content creator is now a brand. Even when the content itself is innocuous, it is used by the hosting site as a vehicle for advertisements.

Tumblr has remained the odd one out in this capitalism game. There are no “influencers” on Tumblr. There are no “verified” celebrity accounts. There are no in-video ads. There is just content, and good content at that. How many times have you seen screenshots of Tumblr posts on other social media sites? There’s even a Facebook page called “Best of Tumblr” that has over 400,000 likes. Why not skip the middleman—and the ads—and go straight to the source?

No pay-to-play

How many times in the past year has one of your social media platforms asked you if you want to try some of their new paid features? It seems like everyone is doing it. For a price, you can access exclusive content or add an admission fee to your potential views to see your own content. Many people are extremely frustrated by these innovations, but Tumblr remains free of these types of gimmicks. You can post freely and access anything on the site for the simple price of your time.

Still glitches

Nothing is perfect, and Tumblr has a few of its own issues to contend with. Bots remain rampant, despite efforts to deter them by banning “adult content.” Apple just announced that it will be heavily censoring the iOS Tumblr experience by banning certain tags. You have to weigh the pros and cons, and for many, Tumblr’s good qualities continue to outweigh the bad.

Top blogs to follow

Tumblr has seen the rise and fall of many blogs over its history, but there are some that you can rely on to put out great content on the regular. Here are three to get you started:

[Biggest Gaudiest Patronuses](#)

[Bad Jokes By Jeff](#)

[Today's Bird](#)

Five Apps to Help You Organize Your Life

Alexis Wisler

January 5, 2022

A new year and a new semester is a great time to become organized and set goals. Staying motivated can be hard, but these five apps make becoming a better version of oneself easy and fun.

Notion

Notion is a customizable app that allows users to create lists, notes, schedules and so much more. The possibilities are almost endless when it comes to Notion, which gives students the ability to plan out and organize almost every part of their life. Webpages can also be saved into notion for easy access later. After first downloading the app, Notion provides several video tutorials to help navigate and use their platform.

While it is great to have everything all in one place, Notion can be somewhat overwhelming. Below are four more apps that students can use to stay organized that may be more user-friendly.

Google Calendar

Google Calendar is great for scheduling and planning out days. Users can add an event to their calendars such as class, a meeting or work and visualize it. This is a great way to schedule in time for going to the gym, studying, hanging out with friends or anything else around things like class and work.

Each event can be a different color, a great way to visually separate work and school life from personal life. Google Calendar can even give a reminder when an event is coming up.

Owaves

Owaves is a great app for those who need to visualize their day in order to stay organized and on schedule. Essentially, Owaves is a ring, like a clock, that users can add different time segments to like sleeping, eating, working out and working so that they can make sure they set aside enough time for everything and that it all fits into one day.

HabitMinder

HabitMinder is an app to track habits and goals. The app has a range of habits to choose from such as walk, read, take medicine, hydrate and call friends. Users can even create custom habits if the app doesn't already have the one they want.

Once users select what habit they want to focus on, they can decide the frequency. The app will send reminders for completing the habits. The only downside to this app is that the free version only allows three habits.

Google Keep

Google Keep, like Notion, is a great place to store to-do lists and notes. Each note users make is pinned to a dashboard, meaning they are all visible from the home screen. This is great for students as they can quickly open the app and see what notes and to-do lists they currently have. Users can create to-do lists, notes, audio notes, and even handwritten notes for those who might use this app on a tablet.

2021's Most Popular Slang Words

Jamie Naylor

January 5, 2022

The rise in social media usage and popularity in 2021 also brought a rise in new slang words and phrases. Here are some popular slang terms used throughout the year.

Definition of slang

Slang terms have always been a staple in complex languages and dialects, with each culture and generation producing and using their own terms.

According to Merriam-Webster Dictionary, slang is an informal vocabulary with changed words and extravagant figures of speech. Slang is popularly used on social media platforms like TikTok.

'Yeet'

Yeet is a slang term that can be used as a verb meaning to throw or push aside an object aggressively or quickly.

Used in a sentence: She yeeted her air-pods across the room.

This term can also be used to express joy and excitement; yeet, I completed my project!

'Bet'

Bet is a slang term used as a verbal form of agreement, especially when the activity is unusual, or adventurous.

Used in a sentence: Let's go ziplining in the mountains. Bet!

'You're done'

This slang phrase originated as a popular sound on the social media platform TikTok and has quickly spread to everyday vocabulary.

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'You're done' is used to either tell someone to stop doing an activity or to stop talking: You have been speaking for over an hour, you're done!

It is also used to express disbelief or exasperation in a situation: I can't believe my grades are so bad! You're done!

'Sketch/Sus'

Sketch and Sus are used as adjectives to describe someone or something that is suspicious.

Used in a sentence: y'all are acting sus!

Y'all is another slang term that combines the words you and all.

'Gatekeep'

This term is used when a person or group of people hold back information or are being very selective of who is in a group.

Used in a sentence: Why are you gatekeeping?

This term also found its popularity on TikTok and is a part of the longer manta 'girl boss, gaslight, gatekeep'. This term normally has a negative connotation.

From the Past: Three Biggest TikTok Trends of 2021

Brendan Blankenship

January 6, 2022

TikTok, a video-sharing app, started to gain popularity in 2020 and 2021 and quickly became part of today's culture. Here are the three biggest TikTok trends of 2021.

“Bones” or “no bones”

TikTok user Jon Graz would try to place his pug named Noodle on his feet every morning. Noodle would either have a “bones” day where he would stay standing or a “no bones” day where he would flop back down.

This was meant to predict whether or not the day would be a good one or a bad one with people often saying they are having a “bones” or “no bones” day depending on their mood.

Salmon bowl

Nowadays, getting recipes from social media is a way to find something new to cook. A certain trend showed ways you can utilize what is leftover from the night before.

TikTok user Emily Maruko made a creative salmon bowl that was made from leftovers. This recipe from leftovers went viral and it shows how you can easily save food from the night before.

Joyful fox

A heartwarming TikTok went viral with 4.8M likes. User Save A Fox Rescue showed off a laughing fox.

This video showed the happiest fox anyone has seen that would literally laugh every time it was pet.

This was the number one animal video in the U.S. on TikTok, according to their website.

Best Local Restaurants to Try Around WSU

Erika Jones

January 6, 2022

There are several local restaurants to choose from and enjoy around the Beavercreek and Fairborn areas, yet finding them can be difficult. Listed below are some of the best local places around.

Tickets

This restaurant, local to Fairborn, sits right next to USBank on Main Street and is home to Greek-style food. Their gyros are some of the best and after the main course, they have some authentic baklava and a small ice cream parlor.

Tickets even has a small bar where everyone can enjoy some drinks while watching the next game. They are only open for dinner hours during this time.

They can be found [here](#).

Lefty's Café

Lefty's is a small cafe/bistro type of restaurant right across the street from USBank on Main Street in Fairborn. They not only have coffee and some baked goods, but they have sandwiches, soup and salads and pasta that can be chosen from amongst their menu.

They are available with Doordash and ordering online through their [website](#) if time to visit is not on the calendar.

Cherry House

Cherry House is a little cafe with not only a large menu to choose from, but a large number of baked goods to devour. They are famous for pies, cookies and pastries.

Their location is next to Papa John's pizza and just a walk away from Beavercreek Kroger. To find them and their menu, click [here](#).



Beavercreek Pizza Dive

For good pizza and large cookies for dessert, this pizza dive is a great option. They also have a gluten-less option for those that cannot have gluten in their diets.

Right now they are only a pick-up and delivery pizza place and online ordering is available [here](#).

Marion's Pizza

Local to the Dayton area, Marion's pizza has some of the best thin crust around and can be found at nine different locations. They not only have pizza, but they have sandwiches and pasta to choose from too.

To find their menu, locations and enjoy some amazing thin-crust pizza, click [here](#).

“Gifted Kid Burnout” and Barriers to Success

Nick Wood

January 7, 2022

Being smart was not just a part of Michaela Banville’s identity. It was her identity.

“It was one of the only ways that I could ever mask the way that I felt, being called accelerated or advanced,” Banville said. “Anything could be taken away from me based off of the way I presented myself in a social situation—except my intelligence...and I really clung to that.”

Gifted kid label

Many people have been taking to social media to discuss the negative impact being labeled gifted at a young age has had on them. One “former gifted kid” struggles with how that label shaped them and how they broke free of its pressures to define her own self-worth in their passions.

Michaela Banville is a senior at Wright State University studying public health. She is a recipient of WSU’s Valedictorian Scholarship for graduating top of her class at Berne High School in 2018.

Early on, graduating with this status seemed to be her fate as from a young age she was separated from her classmates, labeled ‘gifted,’ and encouraged to pursue an advanced academic curriculum.

“I was 5 years old...there were three other students with me and we were reading separate material from the rest of the class,” Banville said. “It made me feel seen, made me feel recognized. Being labeled in that way made me feel that I had to always maintain it.”

And maintain it she did. From middle school through high school her GPA never dropped below a 4.0. At the same time, Banville also participated in numerous extracurricular activities and sports and held multiple leadership positions at her high school. All of this was in an effort to continuously appear well-rounded, put together and like she was exceeding expectations.

Small fish in a big pond

However, when she continued her education at WSU, she quickly realized she was a small fish in a big pond. Faced with the reality of her status in the “real world,” Banville found herself in the midst of an identity crisis.

“You get to this point where you’ve worked so hard, and you feel like you’re on the edge of being something...that doesn’t mean anything when you get into your biochem gen ed’s, and you encounter people that have already created a type of IV bag,” Banville said. “I was just like, why can’t I be them? I’m supposed to be them. I’ve been labeled as if I’m them my entire life.”

Confused and discouraged, she was forced to re-think everything she once thought about herself. But she is not the only gifted person facing this problem.

Trending on social media

In recent months, a trend focussing on the phenomenon of “gifted kid burnout” has popped up on the social media app TikTok, spurring hundreds to share their perspectives on the topic.

So-called “former gifted kids” are sharing videos of themselves reflecting on the negative influence being labeled gifted from a young age has had on them. The effects they report run from an intense fear of failure, to hyper-fixation, to general anxiety disorders, but the most common sentiment is a lack of understanding of their identity separate from their perceived intelligence.

Gifted and talented programs in public schools are supposed to provide a more in-depth education to students who present a higher level of performance abilities than their peers, according to the [National Association for Gifted Children](#). Gifted students are separated from their classmates and encouraged to challenge themselves with more advanced learning materials, in some cases as early as pre-k.

While the intentions behind these programs are aimed at student support, they often inadvertently place excess pressure on young students to always be achieving at a high standard. This pressure can, in effect, lead to intense burnout, among other mental health issues, according to the [Davidson Institute for gifted children](#).

The Gifted Identity

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Rachel Decker is a senior health studies major at the University of Richmond (UR) in Richmond, Va. From a young age, she was identified as a gifted child and often found herself clinging to that identity as a means of coping with depression.

“I remember everyone always called me smart,” Decker said. “Even though I was depressed, I still got some fleeting moments of happiness when someone would call me smart...it was like a reward and I liked getting those rewards.”

Decker adopted her perception as a gifted child and internalized it, making it an extremely prevalent aspect of her identity. When she and others began primarily defining her by her intelligence, it caused her to tie that aspect of herself to her self-worth. This cycle is not uncommon among gifted children, according to [Counseling the Gifted](#).

Initially, Decker saw herself on the medical school track with plans to be a doctor. She began her studies at UR as a biochemistry and molecular biology major, feeling empowered by all of those who believed in her from her hometown of South Point, Ohio.

However, the highly competitive collegiate environment proved to be more intense than she anticipated and she eventually had to make the decision to switch majors.

“Switching from [biochemistry and molecular biology] to health studies...I kind of refused to at first,” Decker said. “I felt like a failure for not being able to complete biochemistry, UR’s hardest, most intensive major, and I didn’t really want to. But, after I switched, I felt a lot more relieved.”

Part of this relief came from letting go of the expectations others set for her and embracing what she was truly passionate about. Now, Decker plans on using her degree in health studies to become a physician’s assistant (PA) and work for outreach programs aimed at assisting those in her community with limited access to healthcare.

“A nonprofit might be in the cards for me,” said Decker. “PA school would provide me with more opportunities and more time to explore different avenues, like nonprofits and volunteering with cities and...health departments, starting health initiatives and pursuing other passion projects.”

Decker’s story reflects how the built-up pressure from the expectations placed on many gifted kids early on in their life can often block them from truly understanding their purpose and their passion. It took her some time, but she was eventually able to break through the mental barriers preventing her from fully understanding who she was. She can now move forward with confidence knowing that she’s found where she is meant to be.

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Banville has also come to embrace the many facets of her identity, seeing her value beyond her intelligence.

“These days, I see myself as someone who has earned my place at the table,” said Banville, “but it took time for me to learn that, no matter what, if one little thing goes wrong, it’s selling myself short to believe that I’m tanked.”