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# Student Debt Relief: What It Is and What It Means for Current Students

Gabrielle Bossart  
Dakota Student

Student loan debt is a common occurrence for those in higher education. College tuition rates are increasingly rising, and many families cannot afford to pay for their children's education. As a result, thousands of students take out loans each year to pay for rising tuition and other miscellaneous costs associated with attending college. According to Forbes.com, "there is currently \$1.75 trillion in student loan debt." This astronomical amount of debt is owed by around 43 million Americans and includes private as well as federal loans.

The nature of this debt has led many to define it as a crisis that is causing great financial strain for millions of Americans. Considering the increasing concern about this issue, the Biden-Harris Administration announced a plan to help combat the negative effects of student loan debt. According to the official Federal Student Aid website, "this plan includes a one-time debt forgiveness initiative that will provide up to \$20,000 in relief for individu-

al borrowers." The website outlines the criteria for receiving relief, stating that the borrower must have an annual income below \$125,000, or if the borrower is married, the couple's combined annual income can be no greater than \$250,000. If the borrower is listed as a dependent, the income requirement is based on parent income. If a borrower is eligible based on their income and they have received at least one Pell Grant, they will receive \$20,000 in debt forgiveness. If a borrower has never received a Pell Grant, they are still eligible for \$10,000 in relief provided they meet the income requirement.

Several types of student loan debt are eligible for relief, including undergraduate and graduate direct loans. It is important to note that only loans that are outstanding as of June 30, 2022 are eligible for relief. This means that if a borrower has taken out loans for the current fall semester, those loans are not eligible for relief. It is also significant that borrowers do not need to be currently repaying their loans to be eligible, meaning that current students are still able to receive relief from

any qualifying outstanding loans. To receive the relief, most borrowers will need to apply and submit their income data for review. The application for student loan debt is set to be available on the Federal Student Aid website sometime this October. Additionally, borrowers can opt out of the relief plan should they desire to do so.

What does this information mean for current students? The student loan relief program could potentially save current students several thousand dollars. Any student that is eligible based on the previously mentioned criteria can apply for and possibly receive relief for any currently owed student loan debts. While borrowers may be eligible for up to \$20,000 in relief, it is important to note that the amount of relief received will not exceed the amount of debt owed. In other words, no excess funds beyond what is owed will be dispersed. The debt relief plan likely sounds like good news to borrowers, but it is currently surrounded by controversy with many questioning its legitimacy and fairness. Some students who have recently paid their



PHOTO COURTESY OF ASPEN JEWKES

The Student Debt Relief plan will take place in the beginning of 2023.

student loans, along with those who never took them out, opting instead to pay by working or other means, are questioning the fairness of the relief plan. Others are worried about rising taxes as a result of the relief as there are currently no specifics on how the outstanding debt will be paid. The specific details of the

plan are likewise still unclear as tax implications and other legal matters continue to arise.

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## Taking Pride in Inclusivity

### There is a cultivating community for LGBTQ+ students at UND

Victoria Ledum  
Dakota Student

National Coming Out Day, observed October 11th, celebrates and supports those who identify as lesbian, gay, bisexual, or transgender in coming out. At the University of North Dakota, the Pride Center hosted several events, activities, and workshops to increase awareness and inclusivity on campus during the week of October 11th.

Pride Center Director, Jeff Ma-

liskey spoke on the history and importance of Coming Out Day. "It was first celebrated in the U.S. in 1988, a year after the 1987 March on Washington for Lesbian and Gay Rights," Maliskey said. "The act of coming out was viewed as a form of activism ... It was a means to break silence to start addressing hostility towards LGBTQ+ people."

Since 1988, the day has evolved to place "emphasis on visibility and raising awareness about LGBTQ+

During the week of October 11th, Coming Out Day, the University hosted the following events:

- Oct. 11 | Coming Out Day Cupcakes
- Oct. 11 | LGBTQ+ and Ally Forum
- Oct. 12 | Let's Talk: LGBTQIA+ Workshop
- Oct. 13 | Queering Sex Ed
- Oct. 14 | LGBTQ+ Ally Training

Next month, the following events will be hosted on campus as part of Transgender Awareness Week:

- Tuesday, Nov. 15 – Express Yourself Closet
- Wednesday, Nov. 16 – LGBTQ+ Ally Training Pt. II
- Thursday, Nov. 17 – Gender Exploration Workshop
- Friday, Nov. 18 – Beyond the Binary Forum

PHOTO COURTESY OF VICTORIA LEDUM

issues but also to celebrate and acknowledge the strength and courage it takes to come out," Maliskey said.

Inclusivity and support for the LGBTQ+ community is not exclusive to one day. The UND Pride Center was opened in 2017 to provide support and serve the LGBTQ+ community on campus. The mission of the center "is all about providing support and advocating for LGBTQ+ students, faculty, and staff as a means to promote a safe, welcoming, and inclusivity community," Maliskey said. This mission is achieved through "creating intentional events and social opportuni-

ties to help build community and sense of belonging on campus".

The efforts and events hosted by the Pride Center have helped to make meaningful impacts on campus and in the Grand Forks community. Maliskey has worked with over 250 faculty and staff in LGBTQ+ Trainings to create more safe spaces for students on campus. The Pride Center has also worked with the Medical School, School of Law, Student Health Services and

Story continued  
on page 2

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# STEP OUT OF YOUR COMFORT ZONE



## Pride Inclusivity story continued

Residence Life in an effort to eliminate biases and increase inclusion. Students have expressed appreciation for “LGBTQ+ inclusive events, seeing pride flags around campus along with the LG-BTQ+ Ally placard, and having a space to gather and feel supported” according to Maliskey.

However, there is still significant room for growth. Students at UND often relay experiences of “being misgendered by instructors and students in the classroom, experiencing Queer and Trans hostility in the form of derogatory and hurtful comments, and not feeling included or accepted in various aspects of campus life,” Maliskey said. Maliskey sees several opportunities for change on campus that may help solve some of these issues. These changes include alterations to

course curriculum that “use outdated terminology or do not include current identities, experiences, research” and make “generalizations about an entire population,” Maliskey said. He also feels that including LGBTQ+ specific courses, especially in human services studies, is crucial to increasing inclusivity and creating effective change. Outside of the classroom, Maliskey expressed a need to increase LGBTQ+ specialists in the Counseling Center and Student Health Services. On

campus, Maliskey would like to see an increase in gender inclusive restrooms, support resources, scholarship opportunities for LGBTQ+ students, and an expansion of non-discrimination policies. The Pride Center works tirelessly to provide “resources, educational experiences, and intersectional programming to address the needs of the LGBTQ+ community at UND”. Maliskey serves as Director and works with students to “help navigate and support,” his door is always

open to students with questions or in need of resources. The Pride Center is located on the second floor of the Memorial Union in room 204. *Victoria Ledum is the Website Manager and a General Reporter for Dakota Student. She can be reached at victoria.ledum@und.edu*

# A Beautiful Day in the Neighborhood

## Discussions of improvements in safety, walkability, and community on University Avenue



PHOTO COURTESY OF VICTORIA LEDUM

Graduate Students go over the meeting agenda with residents.

### Victoria Ledum Dakota Student

GRAND FORKS – Minds were ablaze, and creativity displayed at the University Avenue neighborhood meeting on October 13th. The meeting focused on brainstorming ideas and receiving resident input about increased safety, community events, and walkability in the University neighborhood. The discussion was led by UND graduate students, Faith Petersen, Sanmi Odeyemi, Shaylee Miller, and a planner for the city of Grand Forks, Sierra Johnson. This meeting was a part of an initiative dating back to December 2021 to improve the overall safety and livability of the neighborhoods surrounding University Park. The intention of the meeting was to bring “the community itself together and begin to push the ideas forward be-

yond the foreseeable future” according to Odeyemi. Zoning and planning details were discussed first. The idea presented by Johnson was “to slow down traffic without actually altering infrastructure by bringing small businesses to the area.” Small businesses would increase pedestrian traffic and naturally slow down vehicular traffic, making the area more walkable thus healthier and safer. The process of creating a small business in the neighborhood would consist of creating a Micro PUD (Planned Unit Development), which would allow for a change in zoning in one small area. The business would have to be approved by nearby residents, Grand Forks Zoning & Planning, and City Council. The question among residents, however, lies within the nature of the business.

Residents expressed a desire for cafes, community spaces, ice cream parlors, sandwich shops, and coffee shops. One attendee expressed concern about the possible dangerous opportunities businesses could take advantage of. The attendee asked, “how can we prevent a shift from coffee shop to bar?” Renee Cardarelle, UND Faculty and Public Administrator, addressed the concern saying it will be the responsibility of the community to band together and ensure businesses in the area are meeting their needs and blending with the neighborhood. Cardarelle also posed the question of how residents would like to pursue the growth of small businesses. She asked, “does the neighborhood have the appetite to pursue marketing for potential retailers or does the

group want to let it happen naturally?” Most participants agreed that small businesses in the area would be beneficial and help provide and serve college students, elderly people, and young families, as well as bring new residents to the area. However, the question of how to attract business in the area is still up for debate. Some feel entrepreneurs would be ready to open new businesses while others feel data that expressed the community need and want for a business would be beneficial to attracting desirable businesses. The meeting then moved into a brainstorming session. Groups were formed and participants were asked to list any and all ideas to improve the neighborhood on large posters. Some ideas were far-fetched, like heated sidewalks, but most were

rooted and seem relatively achievable like increasing street lighting, forming walking groups, improving street maintenance, and designating bike paths. Participants were then asked to place stickers next to their favorite ideas. The two ideas with the most stickers were sidewalk improvements and the introduction of small businesses. Creative ideas and feedback are essential to forming safer, healthier, and better living environments. The meeting was a glimpse into the future of an improved neighborhood, when some of the ideas expressed come to fruition residents in the University Avenue area are certain to feel a better sense of community and lead safer, healthier, and better lives. *Victoria Ledum is the Website Manager and a General Reporter for Dakota Student. She can be reached at victoria.ledum@und.edu*

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# Go to Guide for Campus Resources

## The What, Where, and Why for UND Resources

Claire Arneson  
Dakota Student

The University of North Dakota can be considered a small but mighty campus. They take strides towards catering to their students and making sure they have the resources they need to be a success. Our education is valued, and the money we pay should go towards ways to make college easier for students such as resources around campus. When I talk about resources, I am not just talking about our apparent amenities such as Student Health Services, advisors, and dining. There are so many resources on this campus that are for you, and only you to use! These resources may be hidden from the eye, but they are there, and you should use them to get your money’s worth at UND.

### University Counseling Center/CVIC

Did you know that the university offers free counseling? The University Counseling Center, located on the second floor of McCannel Hall, offers free counseling services to UND students. You can call and set up an appointment or set one up online. They have many counselors to choose from that can help with a variety of services. They offer counseling services for groups, workshops, individuals, and substance use. Having a bad day? You can give them a call and set up an emergency counseling session that same day. The people who work there want to help you, and they are a great set of staff to get to know.

Some of the groups and workshops they offer are Stress Less where you can talk about ways to manage the stress in your life. The other one being offered currently is CONNECT, which helps those of us just coming into college learn to com-

municate with others about this stressful transition. The UND Counseling Center even has an app for students to download. According to their website, Wellbeing “brings together a wide range of tools, resources, and strategies to help you implement healthy habits, improve your well-being, and monitor your progress.”

Right next to UCC is CVIC, Community Violence Intervention Center, at UND. Their focus is to “prevent violence, to promote safety, and to build hope,” according to their website. Like UCC, they offer a variety of services such as in-person appointments, advocacy, support for intimate partner violence, and other ways in assisting you. They also offer Prevention and Education Services to teach about ways we can help in such situations.

### Office of Student Rights and Responsibilities

The University’s Office of Student Rights and Responsibilities is a great resource to remember and understand. The office does not just enforce the student code of conduct and execute disciplinary services to students. If you have had a life changing event that has caused you to miss classes, they will communicate with your instructors on your behalf. They are your advocates, and they will fight so that your needs are met. They offer support through disability services, discrimination, sexual misconduct and more. If you need to report anything, they also have a live chat where you can talk to someone about what is going on.

### Wellness Center

The Wellness Center is not just for getting your workout on. The building also offers a lot of activities and things to do. For example, did you know they have



PHOTO COURTESY OF VICTORIA LEDUM

The University of North Dakota offers many on-campus resources for its students to succeed.

a Zen Den? This space of relaxation has a massage chair, CDs and DVDs, and a Zen garden. All you need to do to access this room is to ask for the key at the front desk with your student ID. On the first floor by the ping pong table, there is also a Resource Lounge where you can look at pamphlets and online resources about your well-being! This is also a great study space when hunkering down to study!

While you are at the welcome desk, you can ask to check out sports equipment to use! They have volleyballs, soccer balls, footballs, and more! While this equipment is available to check out for free, the Outpost offers more activities to check out for the day! They have tents, rollerblades, and even canoes and kayaks! As the dreaded winter rolls in, you can get snowboards, skis, and ice skates to stay active in the great outdoors.

Along with basic gym equipment, the Wellness Center offers a wide variety of classes. They have group exercises such as night cycling, Zumba, and kickboxing, but they offer cooking classes as well. Culinary

Corner is a cooking demonstration class that is offered many times throughout the year. The current in-person class they are offering is the Happy Healthy Harvest series where you can learn how to make healthy delicious food. The next date is November 4th where they will be making pumpkin ravioli. Cannot make it in person? Thats okay! They have a virtual class, Cheap, Fast, and Healthy with many more recipes for you to make.

### Chester Fritz Library

At the heart of UND’s Campus lies the Chester Fritz Library, a great place to do homework, study, and just hang out. The Library has study rooms, tons of books, artifacts, and more! On the first floor, you may notice the UIT desk. They can help you with Wi-Fi or computer problems while you are at school. Next to them is a 3-D printer, which you can learn more about in the 3-D printing workshop offered. On the second floor by the Knowledge Commons, you will find the PRC desk. Peer Research Consultants are catered towards undergraduate

students, and they help with research questions for classes or even just finding a good book to read. You can also access your subject librarian at the library who will help you with your major.

Along with this service, the Library offers a variety of workshops throughout the year. Whether it is for your ENGL 130 class or using citations, they have someone that can help! Other amenities at the Library are One Button Studio where students and faculty can record presentations or speeches in a professional space. On the second floor of the library, there is the writing center. There you can get help editing papers, and resumes, and assistance with writing in general.

### Career Center/One Stop

The Career Services on campus is located on the 3rd floor of the Memorial Union and offers a wide variety of helpful tips and tricks to students. They offer appointments with a career mentor to talk about resumes and curriculum vitae. They have career expos - both virtual and in-person- where students can network and make con-

nections before graduation. Along with this, they offer free headshots every once and a while for students and alumni. And they offer a variety of checklists and workshops for interviews, and preparing for a job as a whole.

Right next to the Career Center is One Stop Student Services. Here students can request help with financial aid understanding, scholarship applications, and more! This is also where you can get a new U-Card if yours is lost or stolen. They are the hub to being connected with other resources as well, such as career services and student employment.

As you can see, UND has many things to offer its students when it comes to their well-being, and education. These resources are for you to utilize, so get out there and get the bang for your buck here at UND!

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# OCTOBER 2022 - NOVEMBER 2022

If you want an event, meeting, or organization to be included in Dakota Student’s biweekly calendar, email [kelsie.hildebrand@und.edu](mailto:kelsie.hildebrand@und.edu) with the details.

| SUNDAY | MONDAY  | TUESDAY                               | WEDNESDAY                                | THURSDAY                                   | FRIDAY   | SATURDAY  |
|--------|---|---------------------------------------|--|--|--|---|
| 16     | 17  | 18<br>- McVey Hall Tours              | 19                                       | 20<br>- Fall Open House Begins             | 21<br>- Family Weekend Campus Tours and Ralph Tours Begin                        | 22<br>- Family Weekend Brunch<br>- Football vs. South Dakota State at 3 pm at the Alerus Center |
| 23     | 24  | 25<br>- Archives Coffee House voucher | 26                                       | 27   | 28<br>- Spring 2023 Course Registration Date/Time Available in Campus Connection | 29<br>- Football vs. Abilene Christian at 3 pm at the Alerus Center                             |
| 30     | 31<br>- Spring 2023 Early Registration Begins<br>- November Movie Vouchers Begins<br>- Happy Halloween! | 1                                     | 2<br>- Next issue of Dakota Student Out! | 3<br>- Fluff & Stuff at the Memorial Union | 4  | 5   |



# College Self-Care: A Realistic Guide to Taking Care of Yourself When You Want to Scream into the Void

**Gabrielle Bossart**  
**Dakota Student**

College is a great place to expand your horizons, meet new people, and learn to live independently. It can be incredibly fun and many look back on their college days as some of their best. However, college can also be some of the most intense and demanding days of your life. Stressful weeks filled with procrastination, constant studying, and an overwhelming sense of dread are not uncommon. By the time midterms or finals roll around, life can feel crazy busy. College moves fast, and it can often feel like classes went from zero to sixty with no warning. Suddenly, weeks are booked with tests, papers, and assignments, and everything seems to be happening all at once. Panic sets in as due dates creep up, and there does not seem to be enough time in the day to get everything done. Academic stress and anxiety are very real and can be soul crushing if left to their own devices. Do not let higher education get the better of you and fight back by taking care of yourself.

Many people have read the self-help articles that repeat the same benefits over and over again with the same reasonings and the same science, citing eat, sleep, and exercise as the big three of self-care. They may be right, but I personally often find myself thinking, “I know I should do this stuff, but it seems incredibly overwhelming right now as I am just trying to make it through the day.” Well, the solution I came up with is to

do all the things, even if you do them terribly. In my experience, doing something, anything really, to help yourself, is almost always better than doing nothing at all. With that in mind, here is a guide to taking care of yourself that includes realistic and practical methods for busy college students.

A simple, although seemingly impossible, way to reduce stress and care for your health is to just sleep more. Now I know you have heard this one. You probably sighed after reading that because, of course, that is the obvious answer. However, when you are in the trenches of your schoolwork, sleep can sometimes slip down the list of priorities, and it is not unusual to see it disappear altogether. It is easy enough to push rest to the side when due dates are looming like a black shadow of death, but seriously, it is never worth it to skip it. There comes a point when the brain and body are so tired that your capacity for producing worthwhile work pretty much evaporates. Do not fall into the trap of trying to just “push through” and get it done because you do not want to do it later. Have you ever gotten to that point where you are so tired that everything seems hopeless and hilarious at the same time, and you feel like you might start crying and then suddenly you are, and then words stop looking like words and more like meaningless scribbles? Yeah, go to bed. Everything will look much less horrible in the morning, and you will

curiously find that half your crises no longer exist. If you truly cannot get those precious eight hours, opt for as much as you can, even if it is just a cat nap. Sleep in your car between classes or hole up in a study room for a quick nap. Taking time to rest is crucial for you to stay on your A-game and smash those classes.

Another fun way to stay on top of your self-care is to eat regularly. Your body needs fuel to keep working hard for you. Imagine for a moment that your body is an employee of your brain. If you were an employee and your boss told you to work for no pay, you would not be thrilled, would you? You probably would not try super hard to produce quality work. You might even give up and start taking an unauthorized nap. You would probably quit. Well, your body is the same way. Give it favorable working conditions and you will not be disappointed. Even if all you can manage is a stale granola bar and a banana, something is better than nothing. The other day I bought frozen grilled cheese sandwiches at Costco that you can just throw in the toaster. Did that feel like giving up in some ways? Absolutely yes, but it is also incredibly practical, fast, and delicious. Anything you can do to make your life easier while eating regular meals is great. While you are at it, do not forget to drink water. The easiest way that I have found to stay hydrated is to just have water around. If it

is in front of me, I will likely just drink it out of habit. If you are bad at it, try setting a reminder that goes off every couple of hours or so (or more frequently if needed) to check in and remind you that hydration is power.

Now that you have slept and you are eating and hydrating, it is time to get that exercise in. I will bet you rolled your eyes at this one, and I will bet the “I do not have the time or the energy” excuse materialized in your thoughts out of thin air. I get it. Amid the nightmare of navigating classes and homework, the gym can seem about as appealing as eating grass. We have all been there. Unfortunately, science is right on this one. Exercise can produce endorphins, those happy brain chemicals that make you feel good, and can reduce pain. You know this already but finding time to hit the gym can still feel like an impossible task, one that is easy to cast off. The good news is that all movement counts as exercise in my book. You do not have to do scary gym things if that is not your vibe. The key to fitting in regular exercise is to find something that you do not hate doing. If that is walking outside in this lovely autumn weather, go for it. If it is playing ‘Just Dance’ on the Wii, good for you. Maybe you like to do yoga or Pilates. Perhaps riding a bike is more your style. The brave may favor the stair steppers. The strong will remember the Wii balance board. Whatever works for you that gets you

moving around and out of the customary hunched-over-a-computer position is just fine.

My next suggestion is to schedule in time for low-effort activities that you enjoy. The key here is to intentionally set aside time. At the beginning of your week or even your day, think to yourself, when can I take a few moments to attempt relaxation? Even if you only have fifteen minutes here or there, something is better than nothing at all. Take the time to write it in your agenda or set up an event in your calendar and stick to it. Having it scheduled in when you know it will not conflict with anything else will help to alleviate some of the guilt you may or may not feel over taking a break.

The next crucial element is to keep it low effort. It is hard enough to stay motivated to do your necessary tasks during busy weeks, do not make it harder on yourself by trying to fit in a ton of high energy activities. Take it easy and slow down with something simple like listening to your favorite music intentionally for a few minutes or watching an episode of a long loved tv show. Let go of any expectations you may have of feeling relaxed. Trying to force yourself to relax can often lead to more anxiety about not being able to do so. Instead of thinking that you must feel relaxed or calm during this set aside time, shift your expectation to just existing. If you are there, and you are not actively doing anything, then hey, you are

existing. That is all that really matters. Letting go of expectations can help you to relax and get that crucial rest in.

During stressful times at college, it is important to remember that you know yourself and your body better than anyone else. What you need may be different from what other people need and that is okay. Do not be afraid to do weird things to maintain your sanity. Want to watch your favorite movie but do not have time? Just skip to your favorite parts. Who is going to stop you? Need to go out in public but want to feel comfortable? Just wear your classiest pajamas. Who cares, this is not Europe, it is North Dakota, and it is cold. Have to eat but do not have the time or energy to make a healthy dinner? Spice up some ramen by adding an egg and calling it a day. No one will arrest you. You are allowed to do things that bring you joy, and whatever you have to do to take care of yourself is quite frankly no one else’s business. That guy that gives you a weird look on the street as you prance around in your jammies does not know you or what you need. Own your vibe, get out there, and do what you have to do. Remember that one day you will graduate, and you will never have to take another midterm or write another essay. Hold onto that precious thought as you go forth to ace your classes!

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PHOTO COURTESY OF ASPEN JEWKES

Finding ways to manage stress is important for one’s well-being.



## Impactful Instructors at UND

Ava Stockstad  
Dakota Student

Here at UND, there are over 800 instructional faculty members. During your academic career at the University of North Dakota, you may only come across just a small fraction of these teachers and professors. However, one faculty member is enough to change a student's life.

College professors can make or break a student's experience at their university. Especially with new students, college can be a vulnerable place and having a positive experience in the classroom with a kind and understanding professor is vital to feeling secure on campus.

When asked about a faculty member who made an impact on her life, sophomore Leah Johnson had a name that quickly came to mind; Gabe Kilzer. "He was the only professor I had who was completely understanding during Covid-19 when it came to being sick," Johnson said. She described how responsive he was when she was unable to come to class for health reasons amidst the pandemic. "He was always flexible with assignments and absences," Johnson said. It is no surprise that students during the pandemic faced the struggle of being chronically absent. It has been reported that the majority of students across the country during Covid-19 missed approximately 10% of their classes caused by sickness or quarantine restrictions. Without consideration and flexibility from teachers, these absences can be extremely detrimental towards students' academic performance even if their absence was something they could not control. For Johnson, Professor Kilzer's understanding allowed her to succeed in his class despite dealing with extremely hindering obstacles.

Another kind faculty member at UND was recognized by senior Brooke Rossow. Rossow recalled associate professor, Tristan Darland as having a positive impact on her simply from one small act of kindness. "I had a question about a class, and he went and found the specific professor for that



PHOTO COURTESY OF VICTORIA LEDUM

Pictured above is Merrifield Hall where many English professors hold lectures and office hours for UND students.

class so I could talk to her," Rossow said. While it may seem like a small favor, this was a memorable moment for Rossow, as it showed Professor Darland's willingness to help students succeed. While Professor Darland was not teaching any of Rossow's classes at the time, he still found a way to make her feel recognized as a student, which is a valuable thing.

Sophomore Rylee Metz named her past chemistry professor, Shaina Mattingly, as being a positive influence on her academic career at UND. "I was falling behind with my grades for a while, and chemistry was a difficult class for me. I started meeting with Professor Mattingly to get help with homework, and she met with me for an hour two to three times a week just to sit with me and help me with my assignments," Metz said. "She was a great professor especially because she chose to set aside time to help me." While being in large classroom settings can be beneficial for some, there are many students who seek individual help when their class's curriculum is not easily comprehensible. Getting one-on-one help from a tutor or professor has a plethora of benefits. For example, it allows students

to have personalized learning where their individual needs can be met. Additionally, it allows students to ask questions and receive direct answers. It is also important to note that this sort of communication between student and professor allows for a much healthier classroom dynamic. Professors taking time to assist students personally and work with their learning needs is not only extremely compassionate, but it also helps promise students better comprehension and understanding in their classes. For Metz, this act of kindness from her professor made her feel much more confident in what she was learning, and her professor's graciousness was not forgotten.

Junior Haley Curry recalls Professor Melanie Popejoy as being one of the most influential faculty members she had ever come across. After Curry was admitted to the hospital, Popejoy visited her showing that she was not only a supportive professor in the classroom, but also supportive outside of it. "She would always call me the sunshine in the room," Curry said. She would never forget the love and generosity Professor Popejoy extended to her. When faculty

and students choose to extend gratitude and respect to one another, they are directly fostering these positive relationships and mentorships. While school may seem like a place where only temporary connections will be made, students have the opportunity to meet people like Professor Popejoy who can make an impact on their students that will last a lifetime.

These ideas about the importance of professor and student connections are not just theories but facts. The American Psychological Association states that "...those students who have close, positive, and supportive relationships with their teachers will attain higher levels of achievement than those students with more conflict in their relationships." Not only is this because personal connections between professors and students often correlate with students having more individual teaching and tutoring, but it is also supported by the fact that students with positive professor relationships are often more motivated and inspired in class. Waterford.org reports that "positive professor interactions encourage less absences and better overall grades." Because students who think

positively of their instructors feel an obligation to meet their expectations, students are consequentially more likely to display academically sufficient performances in their classes.

It is also reported by Waterford.org that "a teacher's impact on their students can last long after the end of the school year. After a student has a meaningful connection with their teacher, they are more likely to form similar relationships in the future." While college may seem like the end of the road for making these faculty and student connections, there are numerous other opportunities past college where these sorts of mentorship connections can be made whether in a future workplace or when making friends throughout adulthood. Recognizing that these impactful interactions with professors can encourage similar connections in the future is a promising thought for many, and it is yet another reason why students and faculty should be encouraged to seek these positive interactions with one another.

One more thing that students should recognize is that their instructors are human too. Nearly one-third of students report having

a professor who they have noticed is stressed or disoriented according to an Inside Higher Ed Survey (2022). According to a 2022 Gallup Poll, "nearly 40% of teachers report feeling overworked and overwhelmed." Teaching is not an easy profession, and many instructors may find themselves feeling unable to express these feelings. By simply extending a hand of compassion and kindness to an instructor, students can help their professor's day take a turn for the better. While it is no secret that students are prone to facing vulnerability and tough obstacles throughout school, professors are not typically recognized for persevering through these same struggles.

Today, show your professors some extra appreciation, and remember that your future at UND holds dozens of opportunities to foster positive relationships. You never know what could happen when you reach out to the faculty around you. Impactful mentorships with wonderful instructors are just around the corner.

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## Classifieds

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# Brunch at Bernie’s Food Network’s, Molly Yeh, opened a restaurant in Grand Forks

Claire Arneson  
Dakota Student

Grand Forks is home to multiple kinds of cuisine. Whether its homestyle comfort food or food to push you out of your comfort zone, we have got it all. Recently, across the river in East Grand Forks, a new brunch spot called Bernie’s opened up. The owner, who is none other than Food Network’s Molly Yeh, opened the restaurant on October 1st, and it quickly became an attraction. The new Scandanavian brunch spot has seen lines wrapped around the building at all times of the day. From their website, Bernie’s is described as the “... cozy Mid-western farm town is filled with Scandinavian flavor and Church cookbook recipes that are all you want to eat during its long, snowy winters and short, hot summers, and we are here to showcase that.” Bernie’s is named after her daughter Bernadette as well as her husband’s - Nick Hagen- great great grandpa Bernt.

The restaurant offers all day breakfast and baked goods to costumers, as well

as a little market area where you can buy local goods. The restaurant is aesthetically pleasing with a modern and homey feel. The light blue logo and the open scenery of the bakery gives the diner an instagram-esque feel. Reviews have begun to pour in, and the majority are very positive. With 4.5 stars on google reviews, I would say the opening weekend was a success. The online photos of the food look delicious, so of course, I needed to go there.

As stated before, everyday there is a huge line wrapped around the building. Like waiting to get on Space Mountain at Disney World kind of line, and I possibly may be cursed and just show up at the wrong time, but me being an impatient college student – and just being a busy college student in general- have not gotten the chance to go in there quite yet. Along with the lines, the food is also pretty pricey. I cannot say I was expecting this from a Food Network restaurant, but as a broke college student, I do not think this would be my weekly go to brunch with the girls. For instance, for a yogurt parfait



PHOTO COURTESY OF VICTORIA LEDUM

Bernie’s is located on Demers Ave in East Grand Forks, MN.

with regular, plain yogurt and pistachio granola, it is \$9. It is most likely a fancy parfait, and I am sure it tasted delicious, but I cannot justify spending that much money on yogurt at this time.

As the hype dies down, I am sure it will be easier to get into this restaurant. I still have not tried it, but I hope

to after my next paycheck comes in. This new food with a Scandanavian flavor and a classy feel will bring great prospects to the GF and EGF area. As of now, the restaurant is open from 8am-3pm Tuesday-Sunday. They hope to offer dinner service sometime soon where customers can reserve a table and en-

joy a delicious dinner. The restaurant is also currently hiring a variety of positions such as management, wait-staff, bartenders, hosts, and more. You can reach them at jobs@bernieseastgrandforks.com.

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# Picking a Major: Advice for students from students

Ava Stockstad  
Dakota Student

When coming to college, the obvious question a new student will be asked is: “What is your major?” For many, this question can be easily answered. However, there are a handful of students who are unsure of what degree they would like to pursue. Many students in college will feel pressure to pick a major, but the truth is, picking a major is a complicated thing. In case you are struggling

with figuring out your academic path, some upper-classmen have advice for any students seeking some guidance.

Commonly, students will struggle with finding a major that they feel suits their values, skills, and interests. University of North Dakota sophomore Rylee Metz advises undecided students to “focus on what makes them happy.” Metz says students should consider “finding a job they will be happy to wake up to

and to pick a major that will lead into that.” When reflecting on her personal experience with finding a major she enjoyed Metz said, “I picked a major I was not excited about at first.” “Since then, I have made the decision to reconsider my major, so I can find something that makes me happy and excited for my future.”

It is important to note that students do not need to shy away from changing their major if they feel an-

other field might better suit them. Over 80% of students going to college will change their major at least once. If you find yourself questioning the major you have decided on, do not be afraid to consider other fields of study that might better suit you. With over 250 available academic programs at the University of North Dakota, there are many different programs to explore before you decide on what you want to pursue.

For many, finding a major

that makes them happy might seem easier said than done, but the secret behind discovering one’s interests does not have to be very complicated. Another sophomore, Liz Jacoby, reflects on the best way to find a major you will be content with. “Take classes you are interested in and then decide from there whether you can see yourself in that field,” Jacoby said. “Find your interests and align them with a major.” A fellow classmate of Liz’s - Kalynn Bohrer - put this concept into action. “I was a CNA for a while, and that experience is what helped me recognize I wanted to pursue nursing,” Bohrer said.

There are many available opportunities to help expose college students to different career fields. For students considering the medical field, CNA jobs, medical internships, and part-time jobs at retirement homes and hospitals are common ways to delve deeper into the realities of a medical career. For something less time-consuming, there are dozens of clubs and organizations at UND that students can look into. Accounting Club is a great way for accounting majors to further confirm their interest in the subject. There is an An-

esthesiology Interest Group students can join or even a Military Medicine Interest Group. Contrastingly, Future Educators of UND are open to anyone who wants to be involved in volunteer opportunities with kids. Exploring the UND Student Involvement website, students with all kinds of interests and hobbies – whether academic, cultural, or social – can find a club or organization that will fit them.

Picking a major may seem like a daunting decision, but it is important for students to know that the choice does not have to be final. There are simple ways to approach it. By exposing yourself to possible interests in clubs, classes, and jobs, students can find a career field that gives them satisfaction. However, if you have decided on a major that you are not yet sure of, do not be afraid to reconsider. College is meant to be an experience of growth and learning, so do not feel inclined to drive yourself away from change.

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PHOTO COURTESY OF VICTORIA LEDUM

The Memorial Union is a great resource for students to interact with fellow UND students.



# UND vs. Quinnipiac in the Series Opener

**Kelsie Hildebrand**  
**Dakota Student**

This past weekend was quite the faceoff between No. 3 University of North Dakota and No. 8 Quinnipiac University. The events were unimaginable with Friday night ending in a tie and Saturday night ending in a loss for UND in the series finale of their top-10 battle in the Ralph Engelstad Arena.

Friday night had the crowd pumped up for yet another weekend in Grand Forks, and the game was electric. During the first period, Joey Cipollone of Quinnipiac scored the first goal, and shortly after, Christophe Tellier of Quinnipiac scored on UND again for his second goal of the season. The first period had UND fans nervous when Jacob Quillan of Quinnipiac picked the corner of the net ending the period 3-0 with UND 3 down.

UND starts the second period off right when Freshman Forward Dylan James spun off Quinnipiac defender, passed to Sophomore Forward Nick Portz who then rebounds back to James putting away his first-career goal. T.J. Friedmann of Quinnipiac

faces off with UND forward resulting in a goal for Friedmann putting the score at 4-1, back to UND being 3 down. To end the second period, Freshman Forward Owen McLaughlin makes a remarkable pass to Junior Forward Reis Gaber who is parked out front putting away his second goal of the year.

With Quinnipiac up 4-2, UND had a lot of catch up to do during the third period. Freshman Forward Jackson Blake scored on Quinnipiac defender with a spin move. Not long after, Graduate Defender Chris Jandric tied up the score off a rebound from Blake during a five-on-three power play. UND took the lead during the final period of the game when Fifth year Forward Gavin Hain scored just as the power play expired. C.J. McGee of Quinnipiac tied the score again, making it 5-5 when the buzzer sounded. The Friday night game went into overtime with a shootout where UND won, but unfortunately, will not count in the Pairwise Rankings, therefore, the game is put down as a tie.

Saturday night was not what UND fans had hoped for to round off the weekend. Starting off the first pe-



PHOTO COURTESY OF VICTORIA LEDUM

Photo from Friday, October 14, 2022 when Junior Defender Tyler Kleven goes head to head against a Quinnipiac Defender.

riod, Skyler Brind'Amour of Quinnipiac scores on UND. Coming back right away, Blake secures the puck after Sophomore Defender Brent Johnson shoots the puck down the ice. Blake scored his second goal and third point of the weekend. Blake assisted Gaber in his second goal and third point of the weekend as well near the end of the first period. At first intermission, UND was up one on Quinnipiac, but that ex-

citement did not last long for the Fighting Hawks fans.

Quite the time had passed in the second period before a goal was scored, but that time came when Friedmann, assisted by Jayden Lee of Quinnipiac, scored the first goal of the period. Within 19 seconds, Desi Burgart of Quinnipiac scored in a quick transition play. To follow, Ethan de Jong receives a pass from Tellier putting away yet another goal for Quinnipiac.

With UND fans anxious and on the edge of their seats hoping for a turn around like the previous night's game, the third period did not fulfill their wishes. Quinnipiac's de Jong puts another one away resulting in a three-point lead for the University. Towards the final minutes of the weekend, UND pulls their goalie for an extra player on the ice, but Iivari Rasanen of Quinnipiac scored an empty netter from the defensive zone.

Saturday night's final score was 6-2, and it was a devastating loss for UND. The weekend was captivating and intense, making both nights a great game to watch.

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