

Make this election season matter — go vote! | P. 3

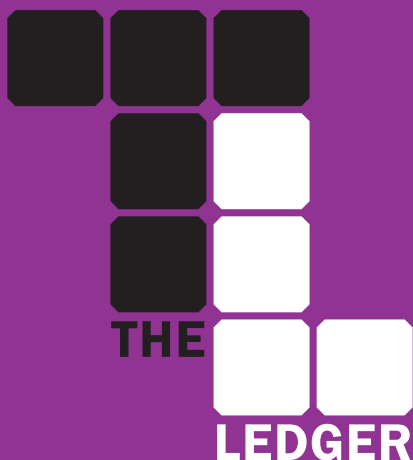
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UWT'S FREE WEEKLY PUBLICATION
November 5 2018 | Volume 23, Issue 7
thetacomaledger.com





The Ledger

UWT's weekly student publication
Nov. 5, 2018 | Vol. 23, Issue 7

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12:40–1:40 p.m. | 2:30–4:30 p.m.
Thursday: 10:15 a.m.–1:30 p.m.
Friday: 10:00 a.m.–5 p.m.

CORRECTION

• In the issue three, four and six, Mitchell Fermo should be listed as Distribution Manager

UWT faculty members awarded research funding

The Office of Research recognizes UWT faculty who have received funds for their research proposals.

By MITCHELL FERMO
NEWS REPORTER

At this quarter's Lightning Talks, hosted Nov. 1 by UW Tacoma's Office of Research, five UWT faculty members shared reports on their current research endeavors. The faculty members — Dr. Barb Toews, Dr. Marc Nahmani, Dr. Michelle Montgomery, Assistant Professor Michael Kula and Dr. Sarah Hampson — are all spring 2018 recipients of either UW's Royalty Research Fund or UWT's own pilot program, Alternative Royalty Research Fund.

Since 1992, the UW Royalty Research Fund has aimed to provide resources to faculty who typically have a harder time securing money for research due to minimal funding opportunities in their discipline or being of lower seniority

level. Funds from the RRF are highly competitive, with an average acceptance rate of only 25 percent.

Hampson, an assistant professor in politics, philosophy and public affairs, is one of three applicants from UWT to be awarded the UW RRF this year, out of more than 20 who have applied. The other two recipients, Dr. Jarek Sierschynski and Dr. Larry Knopp, received their awards in January. Hampson's research, titled "Mobilizing Title IX: Assessing Activist Goals and Institutional Responses," is a joint collaboration with Dr. Jamie Huff of Bridgewater State University in Massachusetts. This project looks to understand the strategies and goals of activists who mobilize around Title IX of the Education Amendment of 1972.

"Legal mobilization is the theoretical framework for this project," Hampson

"UWT Gives" to university students with holiday gift drive

Nothing makes the holidays better than giving and receiving gifts!

By LETICIA BENNETT
NEWS EDITOR

The UW Tacoma Gives: Holiday Gift Drive program has returned in preparation for the upcoming holiday season. The program, which aims to help ease the financial burden associated with the holiday season by allowing students, staff and faculty to anonymously donate gifts to needy student families, is made possible by collaboration between the Center for Service and Leadership, campus donors, the Childcare Assistance Program and the Registered Student Organization, Huskies & Pups.

The program — which started in 2012 — opened up its registration on

the Center for Service and Leadership website Oct. 29. Students receiving need-based financial aid or pell grants are eligible to apply to the program before the application window closes Nov. 20. Participating students' names will not be shared with anyone other than the Student Engagement and Financial Aid staff who are coordinating this year's program.

"UWT Gives is a way for our community members here — staff, faculty and students — to recognize those families who may not be able to celebrate the holiday season," Paul Prociw, civic engagement specialist for the CSL, said. "A lot of students on our campus have huge needs. They're going to school,

they got their families, kids, working jobs ... There's a lot of stresses and last thing that they're thinking about sometimes is the holidays."

Pledge tables with family and gift information will be set up around campus in locations yet to be determined Nov. 21–Dec. 10. Those who want to anonymously pledge to sponsor a family can go to these tables and get a tag with the gift suggestion information on it. These donations can then be dropped off in the University Y Student Center, the Dawg House or the Center for Service and Leadership located in MAT 107.

Last year, 14 student families were sponsored and more than 200 presents

were donated.

Jenny Janssen, vice president of Huskies & Pups, shared her experience with the program.

"Last year, my family and I participated in the UWT Gives program and I was completely blown away by the gifts each member of my family received," Janssen said. "It felt so amazing to have that moment unwrapping the gifts on Christmas morning with them and seeing how surprised and excited my spouse and daughter were. I felt truly loved and invested in by my fellow UWT students, staff and faculty who worked hard to put this program together, and the result was a holiday season like none I've ever had before."

Portfolium: A social network for students

Students now have free lifelong access to Portfolium — a social network that lets students show employers what they're made of.

By STEVEN LEBEAU
NEWS REPORTER

The Department of Information Technology and the Student Technology Fee Committee have partnered to give UW Tacoma students access to Portfolium, a learning and career readiness social networking website. Portfolium allows students to showcase all the work they have done during their time at UWT, from essays and PowerPoint presentations to videos and materials from extracurricular activities. Projects can be tagged with a variety of "skills" so that students and

alumni can demonstrate their capabilities to employers.

"The way we see it is as a live resume," Chris Fuentes, IT project manager at UWT, said. "This allows companies to dig deeper and see what students have done and see their creativity."

The IT department chose Portfolium for its usability, unlimited storage and permanent access for students who have expressed interest in having an electronic portfolio system. Even if UWT decides to sever ties with Portfolium in the future, students will not lose access to the service.

Portfolium is currently used in over

3,600 schools by 4 million students in 18 different countries. Companies such as Microsoft, Amazon, Lockheed Martin and Disney have Portfolium profiles that students can "follow," which contain job listings and basic information about the company. In turn, employers can search for profiles by using a variety of filters, such as searching only for students from UWT.

The site has several features that also benefit academic departments on campus. Teachers and administrators can look at which tags students add to their projects, and at what frequency, to see how well those skills are being

taught and whether what students report actually matches the skills listed in a course's learning objectives. Fuentes hopes departments will make use of this information to improve the quality of classes. Portfolium can also be integrated with Canvas, although this has not yet been implemented by the IT department.

According to Fuentes, as students upload more projects to Portfolium, departments will get more valuable data for improving learning outcomes.

"[Portfolium] will become a stronger tool as more students jump on," Fuentes said.



PHOTO BY LEDGER

(Left to right) Dr. Marc Nahmani, Michael Kula, Dr. Sarah Hampson, Dr. Michelle Montgomery and Dr. Barb Toews (not pictured) gave a quick description of their research and its implications.

Opinion: Make this election season matter — go vote!

Don't let yesterday make its way into tomorrow.

By Haiden VanDerLaske
Opinion Columnist

Midterms are here, and I don't just mean the middle of the quarter — our political midterms. It is time for our generation, the people of tomorrow, to go out there and vote. Why vote? It matters because *we* will be living with the consequences of this election.

We vote for lawmakers and representatives to represent who we are and what we want. If we don't like what is going on or who is in office, we have the power to vote for people who have similar views and can create the change in what we don't like about the world we live in.

The time to vote is now. We have seen what has happened in our country, and we have witnessed the path of destruction our government has set us on. We, the millennials, the people who have been taunted with avocado toast and the “your generation is rude and entitled” comments, must take the time to create the change that we all know we need.

There are 29 million people aged 19–25 in the United States — and only 41 percent of “young voters” aged 18–29 actually vote. On the other end of the scale, 71 percent of

We must vote to create change. If there is a policy we don't like, we can vote to change it.

the elderly vote. Why is the generation who is on its way out the only ones voting? Their generation has had their chance — now, it's ours. Your parents, grandparents and great-grandparents have had their chance. You wouldn't have your parents and grandparents choose what you wear, who your friends are or what you do with your life. Why let them choose how your country is going to be?

We must vote to create change. If there is a policy we don't like, we can vote to change it. Our representatives are supposed to be there for the people, to hear us out and make things happen for us, so if they aren't doing what we want or what they promised, we can vote them out. We live in a country where, at least I hope, democracy matters. Our way of life should not be ruled by one person's ideal set. Our country is for the people, not just for the one person.

We have been creating change



PHOTO BY SARAH SMITH

Voting should be on top of your to-do list.

since we were born. Our generation has evolved and molded what we use and do every day. We have created today. Why let yesterday continue to rule? Yesterday still calls you to ask how to log onto Facebook.

As a person of our country, your

future is at stake, and so is your little siblings' future, your children's future — do something now to change it. What we do at the polls on Nov. 6 matters, even if it is small — it takes a small spark to light a fire. Be that spark, and start the change. Your one

vote does matter, your voice matters and, most importantly, you matter. Don't be pushed aside by the majority — stand loud and tall. Vote and be proud of it — your one vote could very well be the one to change everything. So why chance that?

Huskies in the hallway: How do you celebrate after finishing a stressful week of midterms?

COMPILED AND PHOTOS BY ALEX ALDERMAN



Tuyen Tran
Sophomore
Business Administration

“I workout — gotta stay fit!”



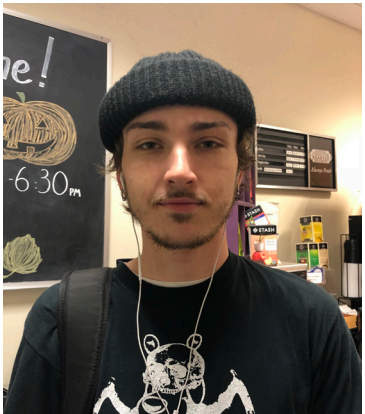
Nicolas Luna
Junior
Marketing

“Eat and sleep.”



Tamera
Junior
Marketing

“I go out with friends to drink.”



Joshua Hannah
Senior
Psychology

“Probably smoke and play Xbox.”



Veronica Gross
Senior
Computer Science

“I go home and watch YouTube videos.”

Did you know **Midterms** are more important than Presidential elections?

VOTE

TUESDAY, NOVEMBER 6

Problems voting? Call the Election Protection Hotline at (866) OUR-VOTE • (866) 687-8683

Meet Dr. Carolyn West

Dr. West is more than just a psychology professor — she is an inspiration to students.

TEACHER SPOTLIGHT

By **ELLA LUCENTE**
Opinion & A&E Editor

Dr. Carolyn West — psychology professor and Student, Behavioral and Human Services division chair — is an inspiration to many, and a student-favorite on campus. With courses such as Human Sexuality and Sex Crimes and Sexual Violence, this chairwoman teaches some of the most intriguing and life applicable classes that students can take here at UW Tacoma. While she stays busy, Dr. West sat down with The Ledger to talk about how she became interested in psychology and some other facts that you may not know about her.

Q WHAT IS YOUR AREA OF EXPERTISE?

A I am a clinical psychologist with an area of expertise is domestic violence and sexual assault.

Q WHERE DID YOU ATTEND COLLEGE AS AN UNDERGRAD AND WHERE DID YOU ATTEND GRADUATE SCHOOL?

A I got my bachelor's in psychology and master's in clinical psychology from the University of Missouri in St. Louis. I did my predoctoral internship at the University of Notre Dame in Indiana. I finished up my Ph.D. at the University of Missouri, St. Louis, and after, I did a teaching in a clinical postdoctoral in Illinois State University and did a second postdoctoral at the University of New Hampshire.

Q HOW DID YOU BECOME INTERESTED IN PSYCHOLOGY?

A How I got to where I am at now is probably by the first book that I checked out in the eighth grade, and it was a book on domestic violence. When I turned 12, I got my first adult library card, and the first book I checked out was called "Scream Quietly or the Neighbors Will Hear" [by Erin Pizzey], and it was one of the first early research books on domestic violence. From there, I got super interested in the topic, and I read about it in the New World Encyclopedia, which was an entry to psychology.

Q SO YOU NEVER CHANGED YOUR MAJOR? YOU ALWAYS KNEW YOU WOULD STUDY IN PSYCHOLOGY?

A I always knew it was going to be psychol-

ogy. However, I thought I was going to be like a clinician and practice and talk to people, but I got into graduate school and learned I didn't really like that. So I started teaching, and I knew that that was where I needed to be.

Q DID YOU KNOW YOU WANTED TO BE A PROFESSOR WHEN YOU STARTED GRADUATE SCHOOL?

A I think so. Once I started teaching, as a graduate teaching assistant, that's when I knew at that point I wanted to teach. I really like teaching and research more than clinical work.

Q WHAT DO YOU LIKE BEST ABOUT TEACHING HERE AT UWT?

A When I saw the ad like 21 years ago, it was like the ad was specifically written for me. It (sic) wasn't a psychology program when I came here, so it was an opportunity to build something from nothing. There were a couple classes, and it gave me a chance to develop courses that I wouldn't otherwise be able to teach that are uniquely mine, such as my Family Violence course. I love that students are immersive in these classes and are actually doing stuff — and that is more fun.

Q DO YOU THINK TV BEAUTIFIES OR NORMALIZES DOMESTIC VIOLENCE?

A With TV, I don't think that people get the full impact of what it is and what it does to people. I think there's still a lot of stereotypes around what domestic violence is, and that's why I conduct [the] activity Walk in her Shoes [where students walk in the shoes of a domestic abuse victim and must figure a way to get out of the relationship] — so students can see more critically about how and why victims get out of a domestic violence situation. It's all about providing empathy.

Q WHAT IS THE HARDEST PART ABOUT BEING A PROFESSOR?

A I don't spend a whole lot of time thinking about it because so much of it is positive, obviously I've been doing it for 30 years. I always say teaching sort of chose me in some ways, and this is what I was sort of built to do. I guess there's sad parts, like when I see potential in students and you want them to succeed, but in

Fun Facts About

Professor Ellen Bayer:

- Dr. West has over 60 published works.
- She likes to jump out of a "perfectly good plane" and her skydiving video is on her website: drcarolynwest.com
- One summer, she hiked four canyons in the South West.
- She went to visit eight concentration camps in three weeks to study the Holocaust.
- She also works on domestic homicide cases as an advocate to women who killed their perpetrators.

some ways, you can't want more for people than they want for themselves. Teaching just is one of those things you can't really complain about because I love what I do. It just doesn't get better than that!

Q OUTSIDE OF TEACHING, WHAT ARE SOME OF YOUR HOBBIES?

A I like skydiving, but I don't jump out of planes much anymore. I like to travel a lot, and a lot of outdoor activities, particularly just being in the outdoor world. This summer, I was in Alaska just hiking around, and [Washington] is the best place to be in the outdoors to do those kinds of things. My work is my hobby, and writing and publishing are hobbies as well.



PHOTO BY SARAH SMITH

Q WHAT ADVICE CAN YOU OFFER UNDERGRAD STUDENTS HERE AT UWT?

A I would say get to know faculty members so you're building a network so that when it's time for graduate school and letters of recommendation are needed, you have people who you know here. Students need to know that participation matters, even if you are afraid to contribute to class discussion. Being present helps in getting connections, so it's all about relationships and networking. Also, follow your dreams and remember that success leaves footprints.



Introducing **Husky2Husky (H2H)**, an innovative Homesharing Program that offers Tacoma residents the opportunity to help a UW Tacoma student obtain affordable housing by utilizing that 'spare room' in a their home.

<https://www.tacoma.uw.edu/student-engagement/Homesharing>

H2H is a safe, low-cost screening and referral service that processes applications, completes background checks, and builds compatibility profiles for qualified **Home Providers** (those who wish to rent out rooms in their house in exchange for an agreed level of support such as assistance with household tasks and/or a financial exchange) with qualified **Home Seekers** (UW Tacoma students needing affordable housing).

Looking for a room **OR** have room to spare?



Step 1: Complete an online application:

Home Seeker: tacoma.uw.edu/H2H_HomeSeeker

Home Provider: tacoma.uw.edu/H2H_HomeProvider In the Compatibility Please put "UW Tacoma" under "How did you hear about Shared Housing Services?"

Step 2: Complete a criminal background check at Shared Housing Services' offices (\$25, must be done within 30 days of submitting the application).

901 S 11th St, Tacoma, WA 98405 -- (253)272-1532

Step 3: Shared Housing Services will conduct an intake to determine needs, requirements, and compatibility of lifestyles to begin the home share referral process

Step 4: When a referral is made, the Provider and Seeker begin a dialogue to get to know each other.

Step 5: If a home share match is made, the Provider and Seeker negotiate their living arrangements and document the negotiated arrangements on a Homeshare Agreement



PHOTO BY SARAH SMITH

Taking classes such as Family Violence with Dr. West allows students to partake in useful activities, such as Walk in Her Shoes (pictured above), that they will carry with them the rest of their life.

For more information visit the Office of Advocacy and Support in **MAT 203** or call **253-692-5934**

Opinion: The importance of gaining work experience while in college

Don't put off that job application just yet.

By **CHRISTIAN BELL**
OPINION COLUMNIST

As college students, our ultimate goal is to graduate and land the career of our dreams. For many, a college degree is the key to unlock the door to several career and financial opportunities. In fact, a 2015 study conducted by Georgetown University found that college graduates earn \$1 million more than non graduates over the course of their lifetime.

Before college students perform their money dance, consider this: Many employers favor graduates with work experience. The National Association of Colleges and Employers' 2017 Job Outlook report found that, of the 169 surveyed employers, a little over 90 percent preferred to hire candidates with work experience. Of the 90.6 percent, 64.5 percent preferred candidates with relevant work experience, while 26.1 percent preferred candidates with any type of work experience. A degree is a huge asset to have when applying for the career of your dreams. However, it is imperative to use your college years to gain work experience via an internship, volunteerism, or a part-time or full-time position.

This is especially true for those seeking jobs in more competitive

“If you love it, you know you’re on the right track with school!”

fields. Katherine Felts, a career prep consultant in UW Tacoma's Career Development Services, emphasizes the importance of having a job, internship or volunteer experience before entering one's career.

“If the industry you're aiming for is competitive, you'll want to have some experience under your belt before you graduate — so you can enter the workforce ready to make waves,” Felts said.

Imagine the workforce is a pet store, and you are one of several fish in a tank. Your work experience is like the color and silvery gleam of your scales. The more work experience you have, and the wider the variety of places it comes from, the more colorful your scales will be. And who wouldn't want a rainbow fish? Or at least a fish with more variety in their scales?

In addition to standing out to potential employers, there are several other benefits of working while in college. Felts pointed out internships, jobs and volunteering as important because

To get help with resumes, cover letters, or finding and applying to jobs or internships, visit drop-in hours or make an appointment with Career Development Services in MAT 106

they allow students to “meet people outside their normal circle and build personal and professional networks.”

In some cases, who you know can be just as important as what you know. The connections you create during these experiences can provide you with a host of benefits, including references and opportunities to work on programs and projects.

Deciding to gain work experience now can alter the course of your student career. Felts advises students to explore different areas they are interested in.

“Gaining work experience in the field you're interested in will tell you once and for all if this is the right choice for you,” Felts said. “If you love it, you know you're on the right track with school!”

For some students, the mere thought of adding a job, internship or volunteer experience into the mix of their busy lives sounds asinine, especially when so many are currently preparing for their midterms. How-



ILLUSTRATION BY TYPOGRAPHYIMAGES

Gaining work experience is a great way to build your resume.

ever, it is possible and advantageous for your future career. I myself juggle two part-time paid positions, volunteer and attend school full-time. The key is learning to manage your time efficiently. Time management is a crucial skill both in college and in the workforce. The earlier you learn it, the

better off you will be when faced with impending deadlines.

“Set clear boundaries for yourself and your time. Don't overcommit,” Felts said. “It will not benefit you to accelerate [and] burn out at any point.”

So, are you ready to work?

Opinion: The painful history of ‘blackface’ is still relevant today

If you don't understand why ‘blackface’ is wrong, even on Halloween, you need a history lesson.

By **ALYSSA TATRO**
OPINION COLUMNIST

Amidst a discussion of Halloween costumes Oct. 23, Megyn Kelly — host of NBC's “Megyn Kelly Today” — remarked that “blackface,” or applying makeup to make oneself appear black, is “OK” in certain circumstances. This sentiment is not only incredibly racist, but clearly Kelly's white experience has left her totally clueless as to why.

Kelly's ignorant comments, similar to the use of blackface, have had far reaching and unintended consequences. One such consequence was the cancellation of “Megyn Kelly Today” and NBC cutting ties with the host.

During the incident, Kelly sat with other news and television personalities and discussed politically correct and offensive Halloween costumes. Kelly was ranting about people classifying certain costumes as offensive — and the discussion took a bad turn when she asked, “What is racist?”

Kelly acknowledged that people consider blackface racist but finished by saying, “That was OK when I was a kid, as long as you were dressing like



COURTESY OF CBS

Megyn Kelly's career is now in question after NBC parts ways with the host.

a character.” Shortly after the offensive comments were released, chaos ensued. Oct. 26, NBC announced that “Megyn Kelly Today” was cancelled.

Kelly was confused as to what made blackface on halloween so racist, clearly indicating that the disgraceful history of blackface was lost to her. For others who are unsure why, here is a brief history lesson:

In the mid-1800s, blackface became a popular form of entertainment that consisted of white actors and comics smearing black ash on

their faces to mimic black individuals — hence the term “blackface.” They often wore clown-like makeup to exaggerate facial features. This was popularized by actor Thomas D. Rice's performance in the caricature act “Jump Jim Crow,” where he sang and danced in blackface.

The point of these performances — known as minstrel shows — was to make a mockery of plantation slaves, which led to the further dehumanization of black people. The caricatures were portrayed as lazy or buf-

foonish, and at the time these characteristics were attributed to slaves. Images of blackface were commonly used as propaganda against black culture. This was inadvertently done to justify slavery and to disenfranchise and dehumanize an entire race of people.

The use of blackface continued into the 20th century, appearing in popular books, music, TV and the marketing of many commercial items. Famous celebrities such as Shirley Temple, Bing Crosby, Fred Astaire and even Bugs Bunny are culprits of blackface. This reflects the weight that blackface had in American entertainment — the negative narrative that it portrayed of African-Americans was interwoven into the very fabric of society.

At its core, blackface began as a way to further humiliate, degrade and dehumanize African-Americans. It reinforced white supremacy power structures and made it clear that African-Americans were seen as inferior to white individuals.

The wounds caused by this degradation are still fresh and deep. Kelly's

Shortly after the offensive comments were released, chaos ensued. Oct. 26, NBC announced that “Megyn Kelly Today” was cancelled.

comments reflect a broader, and incorrect, narrative held in America: that we are a “post-racial” society and racism is no longer a problem.

The reality is that communities of color are still impacted by the legacy of racism and the stereotypes that accompany it. Racism may be less overt, but economic, social and political equality are far from realities in America.

Blackface is, to this day, a racist symbol that perpetuates stereotypes and further mocks and degrades African-Americans. Our society should condemn this continued dehumanization and remember that blackface, even used to represent a character, is never OK.

8 motivational and life-changing tips inspired by TED Talks

You may sometimes skip breakfast, but never a TED Talk.

By JENNY LAM
OPINION COLUMNIST

Consider this valuable daily routine: waking up before 7 a.m., making yourself some coffee and watching the TED Talk of your choosing. By beginning a routine such as this, you have the opportunity to learn new interesting and thought-provoking things from the countless TED Talks floating around the internet.

These short 20 minute talks are chock full of valuable information and tips. Listening to these motivational talks can give you the boost of motivation and inspiration that you may desperately need to get your day started. The TED Talk speakers are always full of energy and passion, and their attitudes and positivity are highly contagious.

With that being said, check out our top eight tips inspired by TED Talks that are sure to be motivational in your everyday life:

WATCH A TED TALK EVERY MORNING ON A TOPIC REGARDING COMMUNICATION

Communication is a valuable life skill. Every day you communicate with at least one person — a parent, friend, significant other, acquaintance — and the best thing you can do for yourself is to figure out the most efficient and effective way to communicate with them. If you take a look at any job application, effective communication is always one of the top criteria. It's an asset that will help improve both your personal and work life. You'll also work in different teams with a variety of individuals that require adapting to different styles of communication. Make sure people who walk away from a conversation with you feel heard and understood. Practicing effective communication will make you more confident — and confidence is the key to succeeding.

START JOURNALING

Write down everything: thoughts, schedule, daily tasks. You may not fully process what you're thinking until you actually write it down. How many of your great ideas have become a lost train of thought because you didn't write it down? Probably a lot. Take it from British author and TED Talker Ken Robinson, who says that "creativity is as important as literacy." It's easier to keep organized by using a journal — like they say, clarity breeds mastery. Don't know where to start? Write down your daily schedule and plan out your days in advance. Don't just wake up and tackle your day aimlessly. Manage your time effectively to



COURTESY OF TEDx

A TED Talk a day keeps the lack of motivation away.

complete all the tasks you need to. If you tend to procrastinate, you can plan that in as well.

SEND OUT AT LEAST ONE COLD EMAIL A WEEK

Find a CEO of a company or someone that you admire and send them a cold email — a form of contact with a previously unknown person, similar to cold calls. You can likely find their email address online on their website or LinkedIn. Simply ask them for advice on what to do after college, how to get your foot into an industry or to hear their success story. While this may be nerve-racking for some students, Korean author and TED Talker Hyeonseo Lee says, "if you encounter an obstacle on the road, don't think of it as an obstacle at all ... think of it as a challenge to find a new path on the road less traveled." Make sure to send this from your UW email because that ".edu" email gives you an advantage. People often empathize with college students because they were once a struggling college student as well. Start your email off with a simple greeting such as, "Hi, my name is ____ and I am a college student at the University of Washington," then ask them how they started their company or got into the industry. It's also totally OK and nothing personal if you don't get a response back — find someone else and try again.

BEFRIEND FIVE EXCEPTIONAL PEOPLE YOU THINK WILL CHANGE THE WORLD

On a college campus like UW Ta-

coma, we are surrounded by individuals of all kinds: future business leaders, politicians, social activists, film directors, journalists. Find at least five people you think will become successful and get to know them. Sherry Turkle, professor at the Massachusetts Institute of Technology and TED Talker, says that "human relationships are rich," but we currently "sacrifice conversation for mere connection." Instead of being glued to your phone like other generations expect, work on building relationships while you're in college and stay connected with them on social media even after you graduate to create a strong — and mutually beneficial — network.

FIND A PROFESSOR WHOM YOU RESPECT AND CAN GO TO FOR ADVICE

It's nice to have a knowledgeable mentor who can guide you through the hardships of college and graduation. College professors make fantastic mentors as they have been through similar experiences as you. They also have ample connections and may be able to refer you to someone for your first post college job or assist you on your resume. Deepen your relationships with your professors by attending their office hours and asking questions.

START SOMETHING YOU CAN CALL YOURS

You're in college — take the opportunity to start something, whether it be a blog, club, movement or website. When you apply for a future job, you don't want to only have that

part-time barista position on your resume, you need as much experience as possible. Employers will be impressed if they see you were passionate and dedicated enough to start a club or blog during your college years. You will also learn valuable and resume worthy skills along the way, like project management and execution. Daniel Dennett, American philosopher and TED Talker, says that the secret to happiness is finding something "more important than you are and dedicat[ing] your life to it." If you aren't able to create something, join a school club — or better yet, get onto the board of officers. Are there no positions open? Easy, just establish one! Email the president of the club about creating a position they don't currently have and they may be surprisingly open to the idea.

WAKE UP AT 5:30 A.M. EVERY DAY

It may sound awful to get up before the sun, but this technique will most likely change your life, and there are more pros than cons — cons being you have to get up early and adjust your sleep schedule. By waking up early, you get an extra time boost that everyone else is missing out on by sleeping in. By beginning your day a couple hours earlier, you also free up time before your daily obligations like work and class to catch up on homework or projects without any distractions. You can also utilize this time to go to the gym or make a healthy breakfast. To reap the most

benefits, don't check your phone until the 8 a.m. mark; give yourself time to focus on yourself uninterrupted. For further motivation, check out American author Dan Pink's TED Talk "The Puzzle of Motivation" to learn how to more effectively motivate yourself and others.

USE LEADERSHIP LANGUAGE

Don't carry around a "victim vocabulary," full of phrases like "I can't" and "I won't" — it can be toxic. Choose your words carefully, they can be either empowering or self-sabotaging. Martin Luther King Jr. is a prime example of using empowering language; he was able to encourage and inspire a whole movement using words. Tell yourself that you *are* excited, you *are* amazing and you *will* have a good day. Every day, turn your complaints into compliments. It actually works because your brain goes from a negative perspective to a more positive one, where you instead focus on all the good things that occurred. Plus, telling yourself you're happy and excited triggers a mechanism inside your brain that releases a bit of the neurotransmitter serotonin, which is associated with happiness. Make sure to also practice the tone of your voice, as different tones illicit different qualities and emotions. For example, people tend to vote for politicians who have a deeper voice because they associate a deep voice with depth and power. Notice how all of our past presidents have been male?

‘Chilling Adventures of Sabrina’ casts a good spell on a dark storyline

This new adaptation of Sabrina Spellman’s story is a spooktacular cauldron of delight.

By ELLA LUCENTE
A&E & OPINION EDITOR

If you love the original Archie Comics franchise and can’t get enough of the “Riverdale” series, “Chilling Adventures of Sabrina” should be your next Netflix binge. This new Netflix original series follows the original plot of the 1960’s comics, 1996 ABC sit-com “Sabrina the Teenage Witch” and 1999’s “Sabrina the Animated Series,” while giving a deeper, more mature look into the life of Sabrina Spellman and her journey of becoming a witch.

“Chilling Adventures of Sabrina” follows half-mortal half-witch Sabrina (Kiernan Shipka of “Mad Men”) after she must sign her name to the Dark Lord on her 16th birthday. In order to study to become a witch, she must give up her free will and ability to live a mortal life. However, Sabrina currently lives a mortal life with her mortal friends, including the boy next door and love interest, Harvey Kinkle (Ross Lynch), and her group of gal pals: the fierce Rosalind Walker (Jaz Sinclair from “Paper Towns”) and loveable Susie Putnam (“Nashville”’s Lachlan Watson). Throughout the series, Sabrina is forced to make a decision between her mortal life and the witch world, where she would study to follow in the footsteps of a long lineage of witches in



COURTESY OF NETFLIX

‘Mad Men’-s’ Kiernan Shipka plays a devilishly beautiful Sabrina Spellman.

her family — including her aunts Zelda (Miranda Otto) and Hilda (Lucy Davis).

Because the “Chilling Adventures of Sabrina” was created by the same creative team as the CW series “Riverdale,” it follows the same gloomy, dark storyline with a hint of brooding teenage drama and minor comedy. If you haven’t watched “Riverdale,” you could also compare the show to the “American Horror

Story” series mixed with “Buffy the Vampire Slayer.” All in all, “Chilling Adventures of Sabrina” brings darkness to the table, leaving audiences satisfied but craving even more of Sabrina’s story.

The casting in this TV series is one for the books. Shipka plays the epitome of how Sabrina should be: quirky, kind and cunning. She rocks the iconic blonde bob, ’90s style and curious de-

REVIEW

“The Chilling Adventures of Sabrina”

★★★★★

The Good:

- The dark storyline follows the original comic and 1996 sit-com series.
- Shipka is the epitome of Sabrina and the rest of the cast is equally perfect.
- The plot twist at the end of season one leaves us craving more.

The Bad:

- Needed comic relief from all of the darkness.
- Salem the cat played too small of a role.

series, Ros and Susie, had interesting storylines and back histories, giving the plot a little extra spookiness.

Although the storyline was devilishly tasteful and the cast was nearly perfect, there were some flaws to the show. As a fan of the sit-com with Melissa Joan Hart playing Sabrina, I was hoping for more comedy and maybe not as many brooding episodes. Also, Salem the cat played a much smaller part than in the sit-com. This disappoints because the original Salem serves as Sabrina’s Jiminy Cricket-esque conscience, rather than just her familiar (the animal given to a witch to help them). Although this series falls more under the plot of the comic, there should have been more comical aspects to it, maybe even having a certain character provide comic relief so it wouldn’t be too serious.

Without giving too much away, the end of season one leaves audiences with one major plot twist. We’re left asking: What will happen to Sabrina Spellman? She is notorious for finding the truth and resolving unfinished business, but whether or not that quality will end up getting her into trouble is the end question.

If you need a new series to binge watch on Netflix while procrastinating for midterms, make sure to put “Chilling Adventures of Sabrina” on your list.

CLUB SPOTLIGHT HuSCII Coding

UWT’s coding club welcomes all students interested in computer programming to come and get connected.

By YANNA KRAMAREVSKY
A&E COLUMNIST

Here at UW Tacoma, we recognize the power of diversity and education through academia. But learning isn’t limited to the classroom — and neither is fun. HuSCII Coding is an on-campus club that serves to provide all types of students with exciting opportunities to learn and connect with others outside of the classroom. This club is open to anyone interested in coding, but is especially recommended for computer science and computer engineering majors.

Every Friday at 12:45 p.m. in JOY 117, students passionate about coding come together to hear about up and coming technology, play computer games, and take part in coding demonstrations and workshops. Meetings are completely independent and don’t build off of prior sessions, so there’s always something new to learn and there’s no stress over missing meetings — it’s very flexible and always current.

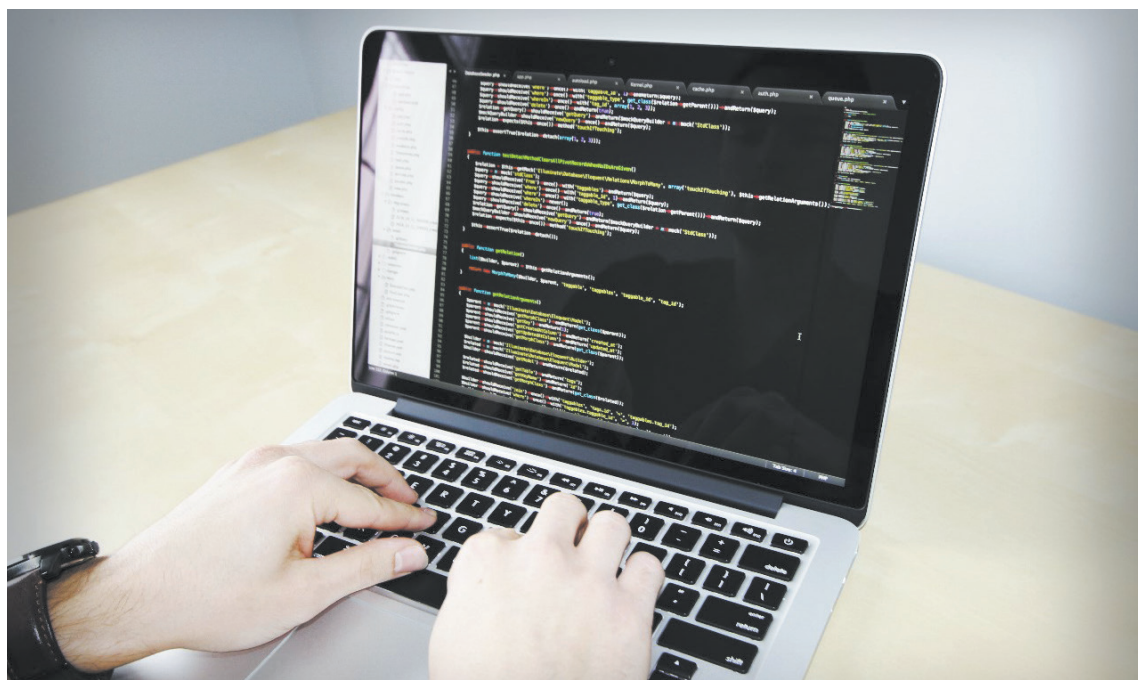
HuSCII Coding also does more than just learn for their own benefit. One of the highlights of this club is that they

frequently take trips to Expedia in Bellevue to teach high school students how to code. Through four different classes, club members teach teens basic coding through the making and playing of games. This also gives members valuable teaching experience and volunteer hours that they can log towards UWT’s Husky Volunteer program.

“Everyone should know coding to some degree,” club officer Mike Fulton said. “It’s increasingly relevant in today’s society. You don’t have to be an expert for it to be useful.”

To put it simply, coding is designing a program for a specific task. To code, you write scripts that become software and applications that increase productivity and potential of programs. For instance, consider the texting app on your phone — you probably use it every day. Texting makes it so that you can talk with anyone you want instantly, no matter how far away they are. That texting app only exists because a coding script was written for it.

“It’s not as hard as people think it is,” Fulton said. “The results are immediate, and there are a huge amount of resources like online tutorials available.”



COURTESY OF HUSCII CODING

One of the HuSCII Coding club members diligently works on coding an application for computers.

HuSCII Coding takes every measure to provide learning opportunities for coders. They often attend local hackathons, conferences and even collaborate with similar clubs on campus. Club members can even go through mock interviews to gain confidence

and prepare for their careers. UWT faculty and alumni often meet with the members and talk about their real-life work experiences and tips for success in the field.

They also emphasize fun and experiencing new technologies, as the

club is known to bring in virtual reality equipment.

“The club’s overall goal is to make coding less intimidating, and teach students everything they need to know that isn’t taught in a classroom,” club president Brooke Stevenson said.