

the nicholls worth

In this Issue:

A Virtual Experience
Keeping Campus Clean
Comic Strip
Plan for Athletics
How to Reduce Stress



LETTER FROM THE EDITOR

Dear students,

We have just about survived the first month of school. Classes, extracurriculars and simply being back on campus has been overwhelming for many of us students, but it feels so good to be back at the same time.

We are now roaming the halls, visiting our friends, doing homework in the quad and attending events and meetings, some virtually and some face to face.

A lot has happened within the first month of classes starting, even within the first week of school.

For example, sports were canceled, Welcome Back Day was face-to-face, we got a new Chief of Police and so many more awesome news stories went out on our website.

I am beyond proud to say that the Colonel Media Group was there covering it all.

It is so important that you all are following the Colonel Media Group social media accounts, to receive these updates with our campus. I assure you, we will do our best to cover it all.

We have more social media opportunities for you to follow such as TikTok and Snapchat. We also now have podcasts that will be posted to our website weekly.

The Colonel Media Group has been working on some of these projects for a while now. We want as many ways as possible to reach you and get you the information you need to know.

That is why in this issue, we have prepared topics such as interviewing the custodial staff to see how they are keeping classrooms as clean as possible and the economic impact that COVID has had on college students.

We also decided to put some entertainment pieces like a comic strip and a crossword puzzle to give you all a quick break from studying.

As the semester progresses, things will continue to change. That I am sure of. Therefore, follow our accounts and make sure you pick up future magazines. Lastly, Geaux Colonels!

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LETTER FROM THE EDITOR
Looking forward at NW: The Magazine and new Colonel Media Group projects
Written By: Jade Williams

A VIRTUAL EXPERIENCE
Students’ retelling of last semester’s Covid-19 outbreak and an online campus
Written By: Haley Landry

KEEPING CAMPUS CLEAN
How custodians are making Nicholls State University safer with COVID-19
Written By: Caitlin Jones

COMIC STRIP
An entertaining piece that tells all about wearing a mask
Written By: Brandt Solar

PLAN FOR ATHLETICS
Information of what’s going on with athletics and the cancelation of fall sports
Written By: Troy Foret

HOW TO REDUCE STRESS
How to reduce stress during midterms and during the semester
Written By: Alexia Castellon



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GOING VIRTUAL

The student
COVID-19
quarantine
experience

WRITTEN BY HALEY LANDRY | GRAPHICS BY ADDIE WETZEL | PHOTOS BY MAGGIE BYCHURCH



The amount of change the nation was projected to undergo in the wake of such a gruesome pandemic could have never been predicted. In such a short amount of time, Covid-19 wrapped up the globe, shutting things down, stealing multitudes from people.

At Nicholls State University, this type of theft revolved around the world of education, as well as its effective delivery. In the few short months that Covid-19 completely engulfed the United States, it placed a tremendous strain on the country's future.

Through the accounts of different students who were enrolled at the university last semester, in the midst of these unexpected adjustments, there is an opportunity to gain a closer perspective

on the different challenges these certain individuals were forced to face.

Kynley Leblanc, a junior at the time, gave insight into how last semester's shift to online classes changed her view of college. Working towards the field of nursing, she said the remote platform switched up her learning habits.



“There was only so much that we could do online,” - Leblanc said.

“It was different. I felt like I had to learn more on my own. We met face-to-face, but I feel like it just wasn’t the same as being in class,” Leblanc said.

In regard to her feelings toward online learning, she said that it had definitely been a harder time for her. Due to the fact that everyone was in a state of limbo with the entire situation surrounding the pandemic, she knew that her stress levels had risen. Regardless, she commended the way in which her professors handled the semester.

She explained that even though times were tough, they did everything in their power to keep everyone informed as often as possible. As for the workload, she said that there really was no increase.

“There was only so much that we could do online,” Leblanc stated.

She further elaborated her transformed methods of study as a nursing major, with the fact that they were not allowed to finish labs in person. Instead, they were forced to practice them through Zoom. She also explained that the clinicals were canceled last semester. Instead, they were directed to complete them over the summer.

Listing check-off completion through Zoom as one of the more difficult aspects about last semester, she assured that she was able to maintain her good grades. She said that she just had to work a little harder to keep them up.

She also mentioned that the transition to online class was no issue for her when it came to talking with others and gaining help through her peers.

“Our class is pretty close, so we’d just text each other and say ‘hey, I need help’. We would also set up our own Zoom meetings and help each other there,” Kynley said.

As she was able to get through the semester’s set of challenges,

Leblanc was sure to mention that if she could change one thing about last semester, it would have been her organization. With the fact that the rest of her family was also stuck in lockdown, she stated that it was more difficult for her to find a space that was quiet.

“Everything was just all over the place,” Leblanc said.

As Leblanc commutes to campus every day, on-campus residents faced an additional set of challenges when they were told they’d have to evacuate campus.

Madelyn Fernandez, a college freshman at the time, remembers the experience of having to leave Millet Hall as being more of a personal choice for well-being purposes, in the beginning.

“At first, they were kind of like ‘hey, we’re encouraging you to leave.’ But then, eventually, it was ‘if you can, you have to leave’,” Fernandez said, referring to Nicholls officials’ instruction.

Fernandez further explained how they offered help to those who were from another country and could not get back home as quickly and safely. She said they were allowed to remain in the dormitories.

Another drastic influence over Fernandez’s experience last semester was the halt over her sorority’s events. Though she does not remember if they ever did any remote meetings, she said they kept up with communication via Facebook. Still, she expressed her disappointment over the numerous cancellations.

“We weren’t allowed to have our songfest. We missed out on that. We missed out on our formal, several of our philanthropies. Fashion for Passion, Paws for a Cause... We had to miss out on all of that,” Fernandez said.

As far as her education, Fernandez explained that the online platform affected her way of learning by forcing her to study better and utilizing her time. As she had a better grip on listen-

ing to lectures in person, she felt as if online held an optional impression over her, and she knew that it should not.

With the transition being difficult, Fernandez mentioned that she only really stressed over communicating with her teachers.

“The only way you could really communicate with them was through email, and I’m sure they were getting them left and right. It just took a while to get responses for certain questions that I had,” Fernandez said.

In addition, Fernandez stated that she only really struggled with two classes. As they were both harder subjects, she mentioned an unfortunate situation regarding one of her professors. The professor was onvicted later in the year with charges related to drugs. Fernandez described the learning experience in that course as horrible.

“He’d mentioned a lot of out-of-state emergencies, and we’d basically have to teach ourselves for the class,” Fernandez said.

Even so, Fernandez was able to maintain her grades at the end of the semester. She said that she was able to stay focused and put in work for everything.

Dani Skelton, a junior last semester, had been a member of Nicholls’ Allied Health Club when the university was transformed to remote learning.

In terms of continuation, Skelton stated that they were not able to do much. Additionally, she mentioned that the club had gone through a set of changes prior to lockdown. There were a number of remote activities that were done, but for the most part, Skelton said that it was not what it had been when they were able to meet in person.

Skelton said her classes and her individual habits of studying were definitely impacted by the university’s transfer to online. Still, Skelton explained how she took this time to focus on prioritizing her self-discipline and making sure that her days were fully planned out.

“You feel like you spend more time in school when you’re doing your homework, and your lecture work all in one space. To come home, and spend double the time, it was very draining,” Skelton said.

“I really had to hold myself accountable because it’s very easy to get distracted in your own room. You’re sitting at your own desk in the house, and your dog’s barking, and you’re trying to Zoom. So, it was very much so just trying to keep a schedule and stick to that schedule when there’s no place to be in particular,” Skelton said.

Skelton rooted all of her existing anxiety in this time to chemistry labs they were working on in Chemistry II, online. She described herself as an “in-person” type of learner, which made this all the more difficult.

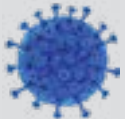
“I had chem one the previous semester, but that was my first chemistry class in three years, and I was already struggling in the topic. Then, to move to online and have to try to virtually do chemistry labs, I was pretty much a mess,” Skelton said.

Regarding the workload she’d received from her professors last semester, Skelton said that it had been a little of an increase, as well as a consistent flow.

For one of Skelton’s classes, she stated that her professor maintained the online course in the same way she had when they were in person. She described how she’d lecture for her time frame on Zoom, then the assignments that she’d issue remained in the exact format.

“She did everything the same, which I found very considerate because being home and doing schoolwork, it can almost feel like you’re doing double the homework,” Skelton said.

Skelton also mentioned another professor’s method of teaching as increasing the workload. By the end of the week, Skelton stated that she was spending six hours of class time, not including all of the homework assignments that were still due for that class. In total, she was potentially spending ten hours on a single subject.



Additionally, Skelton acknowledged the fact that she'd been a little shaken up last semester by the lack of opportunity to communicate with her classmates.

"As I'm very much so a talkative person, I like to make friends with people in my class. Those people are the ones you can go to the library with and work on studying quizzes and stuff," Skelton said.

Skelton said she did have a friend, however, who shared two of the same classes. She said they were able to FaceTime and studied together because that was the only way they could communicate and help with different questions.

As she was able to get her grades back on track after taking a slight hit, Skelton also worked as an essential worker for Thibodaux Regional Hospital. So, out during the pandemic, she said she really wished that she could have changed the increased number of hours that she was working, placing more focus into balancing her school hours.

"You feel like you spend more time in school when you're doing your homework, and your lecture work all in one space. To come home, and spend double the time, it was very draining," Skelton said.

Evan Cloutier, a freshman at the time, stated he's also better with in-person lecturing. In turn, this contributed to a harder time last semester, as well. He stated that sitting through online lectures, he just wasn't receiving the different learning tools that he knew would've been given to him in person.

As for the different practices Cloutier has picked up from studying online, he stated that he now checks the Moodle website multiple times a day to make sure that he's not missing out on anything important. Additionally, he mentioned that last semester effectively taught him how to email his professors much quicker, especially if he needed help with anything.

"Most of them were easy to get in touch with. They were considerate. There wasn't really too much work," Cloutier said.

In terms of the impact that last semester held over his grades, Cloutier said that he'd been able to maintain them at a constant rate. The only real struggle he faced was with the subject of math.

"Math was very difficult to learn online, especially when the teacher didn't really have any classes. He would upload videos

for us to go and watch, and you don't really have anyone there to show you how to do it," Cloutier said.

With Cloutier admitting that this semester was definitely difficult communication wise, he also wished all teachers had access to Moodle last semester. Furthermore, he stated that more one-on-one learning with the professor would have greatly benefited his learning. He said he felt it would have helped a number of other students he knew to be struggling in subjects like Math and English last semester.



KEEPING CAMPUS CLEAN

WRITTEN BY CAITLIN JONES | GRAPHICS BY ADDIE WETZEL | PHOTOS BY MAGGIE BYCHURCH

From the moment campus closed in March due to COVID-19 outbreaks in the Region three area, major concerns from administration turned to the future: how to reopen campus for the fall that would ensure safety and a way that would bring the student body back in-person.

As a result, combating the spread of COVID-19, became the most important factor in reopening Nicholls State University for the fall. In order to return to campus there needed to be changes.

One of the biggest complications, as quoted in the Faculty Senate meeting on July 28, was the staffing of custodians. Faculty expressed concerns that--at that time--two custodians had already quarantined themselves due to potential exposure. Another was whether new or temporary custodians would be hired to mitigate potential complications following leave due to illness or exposure to COVID-19.

In response to these and other voiced concerns, campus-wide changes to cleaning have been swift and flexible, according to Vice President for Finance and Administration Terry Braud. Focus has turned mostly on how to keep areas of frequent contact clean.

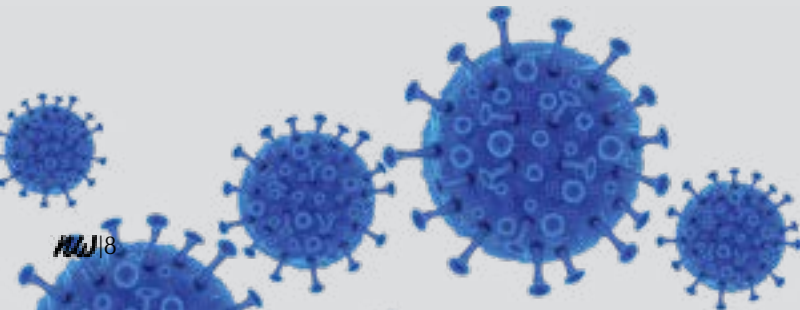
"Generally speaking, what we needed to do was to focus on high-touch areas," Braud said. "The guidance today is that the transmission is more through the droplets, and if anyone touches the droplets, and then touches their eyes, nose, etcetera."

The university has made improvements on existing protocols and increased the purchases of high-end cleaning products that were already previously on campus to help prevent the yearly spread of influenza.

According to Braud, the university's goal has been two-fold: responding to any changes in the CDC guidelines and saving the university in expenses. Braud cited the importance of bulk purchases and reusability as a focus.

The university itself has also received a portion of its CARES Act funding to off-set the expenses needed, according to Braud. FEMA has been identified as a source of reimbursement for cleaning and sanitizing efforts, at a rate of 75 cents to the dollar. Currently, the university is applying to FEMA for reimbursement consideration.

Supplying cleaning materials has also become integral, including publically accessible items such as wipes and sanitizing dispensers, as well as, the "electrostatic foggers." Braud



“The fogger allows us to go over an entire room in about two minutes and in 30 minutes, the room is ready to go again. Completely disinfected,” —BRAUD SAID.

described these as devices used to deep-cleanse rooms in buildings like Peltier, up to four times a day in between student traffic.

Braud said the foggers help to clean classrooms in the place of bodied workers, who might not be able to cover the full extent of a building in their shifts, due to impracticality.

“The fogger allows us to go over an entire room in about two minutes and in 30 minutes, the room is ready to go again. Completely disinfected,” Braud said, citing that the machine could cover the entire second floor of Peltier Hall in under 30 minutes, sanitizing the area within an hour’s turn-around.

High-touch areas such as bathrooms, hallways, stairways and seating became another major focus of the pandemic response because they are in need of more frequent cleaning than usual. Lab areas with computers also needed unique care in the form of wipe-downs. Braud said this will help avoid damaging any hardware or disrupting any experiments.

Braud also indicated a concern for the health of the custodians themselves, given that many of these workers are high-risk due to their health and age.

“We’ve asked our custodians to stay out of the halls as best they can when students are around. This is probably why students have expressed concerns that they had not seen anyone cleaning around their buildings,” Braud said.

The preparation and the reality of returning to campus have, so far, lined up well. Since March, the Nicholls COVID-19 Dashboard only shows thirty-nine cases reported within student and faculty populations. Of the thirty-nine cases, only fifteen have emerged between Aug. 8 and Aug. 14.

The custodial team themselves noted these adjustments have affected their work but not in a negative way--several stressing how the foggers improved their schedules vastly.

“I was just glad to get out there and do it, you know?” Hewitt Lee of Peltier Hall said. “...the cleaning’s about the same, if you’re used to working like I do.”

Both Lee and Alexis Johnson, regular custodians in Peltier Hall and Powell/White Hall, agreed that the foggers improved their work time and lessened the spaces in need of cleaning. However, both said the amount of time needed to clean had increased.

“We’re on our feet a little longer. It’s more time consuming because you want to make sure you get it as often as possible,” Johnson said.

Johnson also spoke on the cleaning solution used, while dual-functioning as a cleaner and a sanitizer. The solution kills COVID-19 in 60 seconds. Johnson said this product is what is used in most instances. Custodians highlighted bathrooms, hallways and stairways as some of the most heavily cleaned areas.

David Diket, a new custodian on campus working mainly in Ayo Hall, suggested that students use hand railings with careful consideration because of their repeated exposure as a high touch area.

Diket admitted that the cleaning was more than he expected upon taking the job. He was not surprised by the amount needed though because he was hired during this pandemic.

“Students should feel confident that we are taking that extra step because we are taking that extra step,” Diket said.

He said the job of the custodian is perfect for social distancing.

“My previous job was in retail. So, I worked with people. Seeing people was an everyday thing. I was surprised at how much you aren’t dealing with people in this job,” Diket said.

This sentiment was echoed by the other custodians. They too felt that the job was already well-prepared for the cleaning and distance needed to respond to this pandemic.

“If you’re doing your job, you don’t have that kind of time,” Johnson said. “You were always social-distancing before then. Right now, there is not that much difference.”

Despite expectations, Lee, Johnson and Diket agreed that their work has not necessarily increased from previous semesters, both in what they had to clean and where they focused their efforts.

The custodial team offered little criticism about whether anything could be improved upon in Nicholls’ response to COVID-19, but all stressed the importance of responsibility from one group: the students.

“I look at it like this: I’m your first line of defense, you are my second,” Johnson said. “If I’m doing my part, and cleaning and

sanitizing, and you’re doing your part by wearing your face mask and sanitizing your hands, then we all are working together to prevent the spread.”

The continued hard work to protect campus, students and faculty in light of COVID-19 are, indeed, a community effort, made possible by the tireless efforts of custodial staff and the changes made by the university.

As the fall semester continues, students can help our custodial staff the most by masking up, practicing social distancing, washing their hands regularly and maintaining these efforts outside of campus. It is through this hard work that Nicholls can return to a normal semester.



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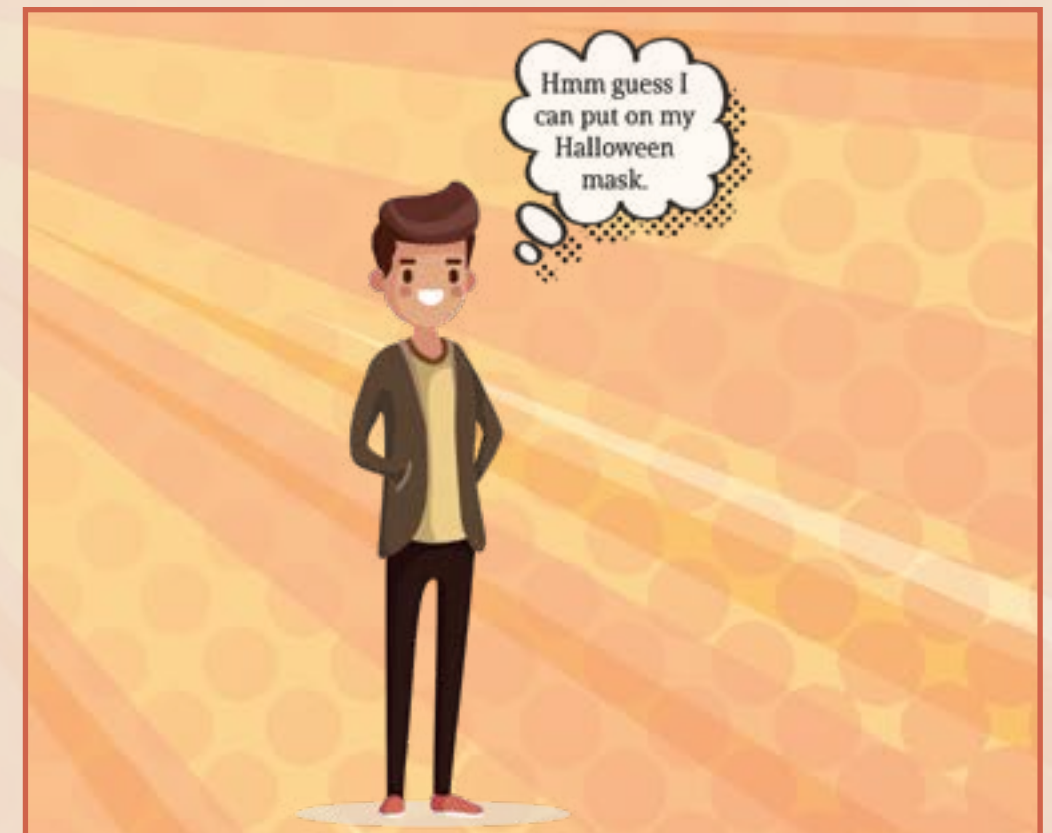
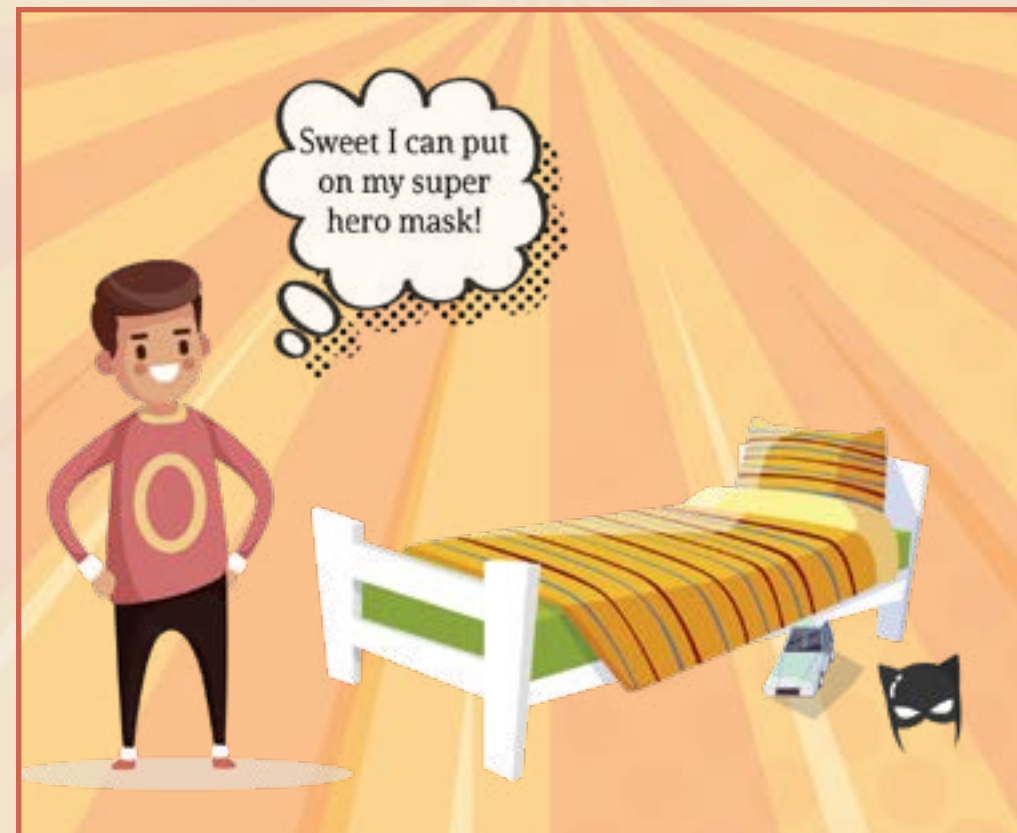
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COVID COMIC

WRITTEN BY BRANDT SOLAR | GRAPHICS BY ADDIE WETZEL



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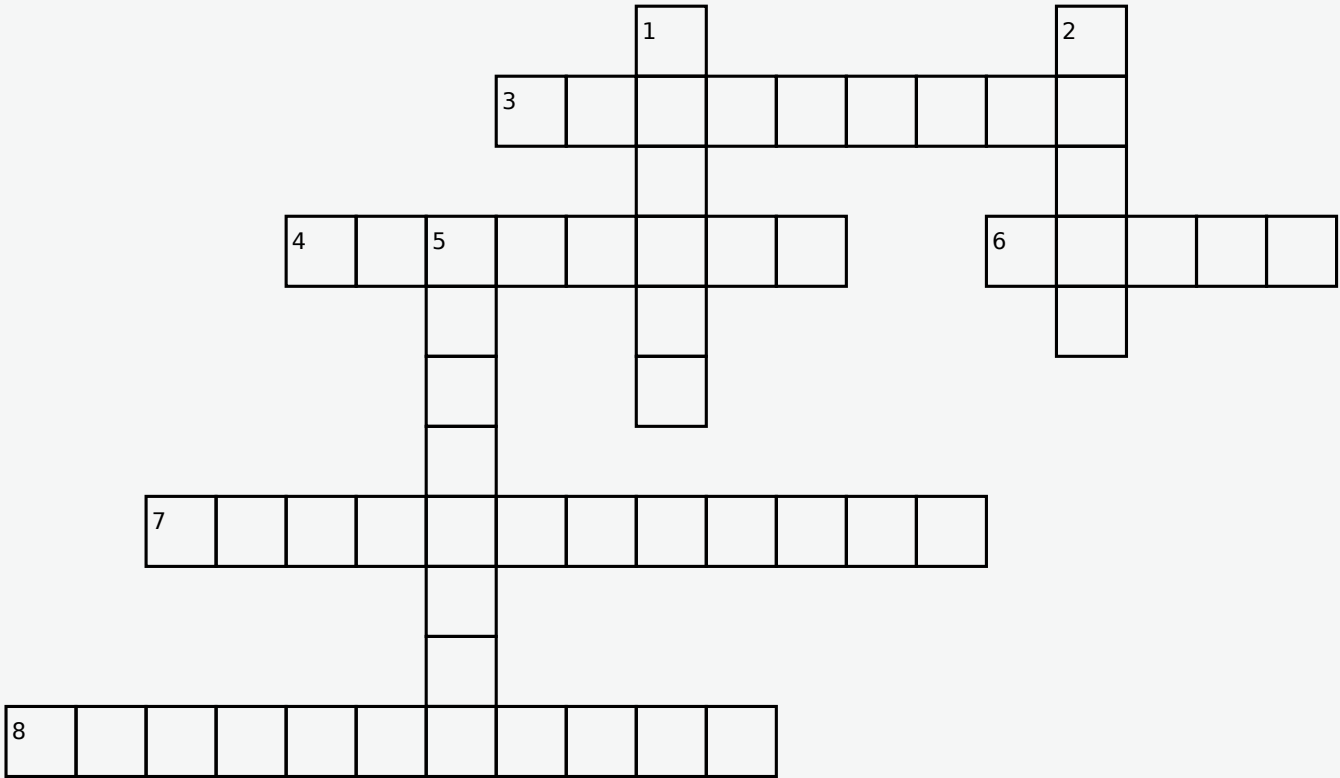
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6. The presidents dog
7. One pride...
8. SPA's most famous event

SPRING ~~FALL~~ SPORTS

PUSHING BACK FALL SPORTS TO THE SPRING

WRITTEN BY TROY FORET | DESIGNED BY JILLIAN LANDRY
PHOTOS BY MAGGIE BYCHURCH AND AVERY LANDRY

On March 12, the Southland Conference announced that they would be canceling both the men's and women's basketball tournaments. A few days later the Southland Conference board of directors decided it was in the best health interest of everyone to cancel all spring competition due to COVID-19.

Fast forward six months later and the Coronavirus is still lingering around. The Southland Conference board of directors decided to postpone fall sports like football, volleyball, women's soccer and cross country.

Even though there are talks to explore conference competition in the spring, the impact of this decision could be felt across the board.

Head football coach Tim Rebowe said that if you paid attention to the trends in college athletics over the course of a few weeks you could see the fall postponement coming.

"If you go back and look at the last couple of weeks, you could see this on the horizon. As the leader of this program, I had to prepare for all kinds of scenarios with the way college has been constantly changing with conferences and individual schools deciding not to play, we had been in contact with the commissioner about the direction we would go, so we were preparing for it," Rebowe said.

The ones that got really hurt in this situation are the players.

"It's a total disappointment for these players who have put so much work in and to have it taken away from them for this season, but we are only talking about the fall. We hopefully have a spring season to look forward to," Rebowe said.

Rebowe sees potential advantages for the players who capitalize on the extra practice and training time.

"I think it will help if you take advantage of it and if guys go in with the right mindset to get better at their craft individually and get their skills down, then it could definitely be an advantage. The only thing I think it will hurt is as a team you need that on the field work together. I think that will hurt us, but it will also hurt everyone else in the country," Rebowe said.

With the possibility of moving to the spring, Rebowe said it won't matter if they play in fall or spring. He said it will just have to be treated like a regular football season.

Head cross country and track and field coach Stefanie Slekis said their sport in the spring creates its own challenges because the cross country/ track and field athletes compete year-round.

"The big thing to remember for our sport is that we are three

"It's a total disappointment for these players who have put so much work in and to have it taken away from them for this season, but we are only talking about the fall. We hopefully have a spring season to look forward to," **REBOWE SAID.**

separate sports, indoor and outdoor track and field and cross country. So, our players are used to competing in the fall, winter and spring. So, for us there is an extra layer to moving to spring because normally our track and field athletes compete in the winter as an indoor track and field team and in the spring as an indoor track and field team," Slekis said.

Sleakis said the players on the cross-country team handled the news of the postponement really well because they compete year-round.

"I think our team is handling the news really well because our athletes in the distance groups get to compete all three seasons of the year. Although, they just lost an outdoor season last spring which was really disappointing. I think we had a lot more disappointment on that day. I think over the summer we were really optimistic we could compete in the fall; we knew it was still up in the air," Slekis said.

Sleakis also feels for players on her team who have to remain optimistic as they wait to compete.

"One of the biggest disappointments is for Caleb Calderon who was a transfer student who had to sit out a year because of NCAA transfer rules. So, for him, it's really disappointing, but he is a very positive person who handles those things really well, so his leadership has been really important to our team," Slekis said.

With a majority of the team being underclassmen, they were excited about the opportunity to train a little bit longer.

"We have a lot of young guys on our team, so for them transitioning to racing 8k instead of 5k in high school they race three miles in Louisiana and 5k in other states and in college we race 8k cross country. So, for a lot of our freshman guys, what I sold them on is that we are going to get more prepared and go through training blocks together. They were excited they had

more time to get prepared," Slekis said.

The ramifications of the loss of fall sports affect more than just the athletes on the field. The financial impact it could have on the university cannot be denied.

Athletic Director Johnathan Terrell knows the impact of losing a sport like football could have on the university, but he believes it is more layered than just that one issue.

"It affects the athletic department when you are talking about the guarantee of selling tickets and those sales and just the overall atmosphere of the whole campus, so football alone definitely affects our athletic department. When we really start to think about the fact that there won't be sports, I really start to think about our student-athletes as a whole and their mental health and even for all of our coaches who have been working so hard and I feel for our soccer, volleyball, and cross-country team who are getting ready. Losing football hurts but we will find progress and a way to move forward," Terrell said.

The financial implications this postponement could have on the university are major if the university doesn't find a way to generate money.

"The long-term implications could be devastating if we don't find anything to fill the needs of what that hole is by doing things like fundraising and getting the community involved and finding support even without seasons. There is a long-term implication that I believe could last three to five years if we don't get the right support to meet those numbers," Terrell said.

With such massive financial losses on the potential horizon, one logical step to save money could be to cut a sports program.

"I don't think we would have to cut a program and say that with a lot of confidence. That has not even been talked about or discussed, but our goal is to



find the funds and raise the money to be able to keep all of our athletics moving forward, so we won't have to worry about a cut. I don't see that happening in the future. That hasn't even been on our thought process, cuts haven't been on the table," Terrell said.

The athletic department is no doubt facing an uphill climb, but with Terrell and his committee thinking of ways to prevent a massive financial loss, we just might be able to stay afloat.



I really start to think about our student-athletes as a whole and their mental health and even for all of our coaches who have been working so hard and I feel for our soccer, volleyball and cross-country team who are getting ready," **TERRELL SAID.**



TOP FIVE PLACES TO STUDY

WRITTEN BY JADE WILLIAMS | GRAPHICS BY ADDIE WETZEL | PHOTOS BY JADE WILLIAMS



PJ's Coffee

This coffee shop is maybe five minutes away from campus. It is a nice, quiet place where maybe you and two other friends can grab a coffee and begin to study.



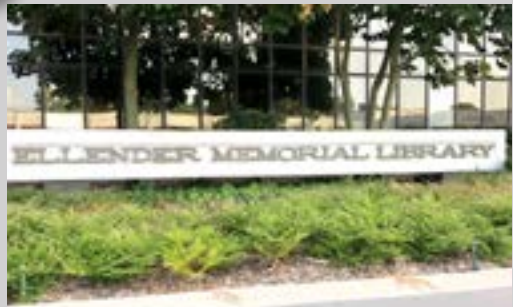
The Student Union

Several students hang out in the union to study. In the union, you can also sit and enjoy some food and listen to music while you work.



Ellender Memorial Library

The library on campus is the perfect place to study. It is quiet and is open until pretty late at night because college students tend to stay up late to study.



The Quad

Sitting in the Quad on campus can be a great study place. You get to enjoy the fresh air and sit in small groups of people and still have room to socially distance yourselves.



Orange Leaf

This is another place off campus that can be great for studying. Orange Leaf has a few seats outdoors where you can sit at a table, open a textbook and study, all while enjoying a delicious frozen treat.

how to REDUCE STRESS

WRITTEN BY ALEXIA CASTELLON | GRAPHICS BY ADDIE WETZEL

It's almost that time of the year; midterms are around the corner and signs of stress are already beginning to show up around campus. Midterm exams will be here quicker than we know it, so it's better to prepare now than later.

Midterm pressure is something every college student deals with every semester; even the students that have more experience with this tend to feel some type-a-way. It seems to be inevitable to avoid stress around exam week; however, there are ways in which we can manage and reduce the amount of stress that we handle.

Most people will spend late nights at the library munching on sugar and caffeine, which is hardly the best way to manage stress levels during such crucial times. The most important thing to remember is that maintaining a healthy mindset as a college student can lead to better results. Nevertheless, here are ten simple tips to help you reduce stress!

MAKE A SCHEDULE, AND STICK TO IT.

Even though as young adults we tend to be professional procrastinators at all times, it is in our best interest to be able to manage time to our advantage. Creating a schedule in which we include study sessions, classes, meals and time to relax has been one of the things that has saved me from going full hobo mode during midterms.

STUDY AHEAD.

Needless to say that whatever you did not learn in six weeks, you will not be able to memorize in a single night. Use your time wisely and make sure you study weeks or days before midterms come. Then when the time is around the corner, all you have to do is to go over past notes and refresh your memory.

MAKE STUDY GUIDES.

It is way easier to go through two to three pages of notes and diagrams than to go through 20 pages filled with chunks of information. Usually, when we sit in class, we tend to believe

that everything the lecturer says is crucial. Go over your notes, highlight the essential parts and make a whole new set of notes. By doing this, you will be able to see things clearly and in a more organized way.

STUDY IN GROUPS.

Study groups can be extremely handy, especially during midterms and finals. When studying with other people and comparing notes, we can finish learning things we didn't know we needed. Even though sometimes study groups can be great, it is better to keep them small. Having too many people discussing the same topic at a time can sometimes be distracting and often turns into anything else but studying. A study group no larger than five people should be more than enough to get you through a class.

AVOID SUGAR.

High doses of sugar affect cognitive functions and performance, which makes it harder for our brains to retain information. Instead, try to have snacks that are high in Vitamin E, such as peanuts, sunflower seeds and almonds.

GET SOME SLEEP!

For our brains to function correctly, we must get the proper amount of sleep (six-eight hours), which is why it is so important to maintain a healthy sleep schedule, especially during exams. Depriving ourselves of sleep will give our brain less chance to rest. This, in return, will increase our stress hormone levels and make it harder to process and retain information.

REDUCE PHONE USAGE.

Our phones tend to be the primary source of distraction. Social media is one of our greatest weaknesses. We often turn little study breaks into a whole hour of scrolling through Instagram. The best thing we can do is set our phones on Do not Disturb mode and put it away. If disconnecting your phone is too hard, then here are some apps that can come in handy.

Offtime: This app allows you to track and customize your connectivity, allowing you to concentrate on studying.

Forest: When in need of concentration, plant a tree in your forest. The tree will take 30 minutes to grow; however, if you leave the app, your tree will die.

Moment: This app allows you to track how much time you spend on social media, making it easy to control your distraction time and reminding you to get back to work.

CLEAN UP!!! [A cluttered desk is a sign of a cluttered mind]

Clean your room, clean your desk, clean your house if you must. When attempting to study and concentrate, the best thing we can do is have a clean space. Having a lot of stuff on

your desk or study space can easily make you lose focus on what's important. So, unless you need it for studying, throw it out! Organization is the key to avoiding stress.

REWARD YOURSELF.

Set study goals, and give yourself small rewards when achieving them. Set your phone aside and study for 30 minutes straight. After those 30 minutes, reward yourself with ten minutes of phone usage and then get back to business. Summarize your history notes and then reward yourself with a refreshing smoothie or ice cream!

DO NOT MULTITASK.

Look at your exam schedule and make sure you have individual time to study for each subject. Allow yourself enough time to get through all of your subjects on time; avoid cramming all the material in one day. Don't concentrate on your art project while thinking of your bio exam. Do not try to study at work, and avoid talking to friends while studying.

Tips at a Glance:

1. MAKE A SCHEDULE, AND STICK TO IT
2. STUDY AHEAD
3. MAKE STUDY GUIDES
4. STUDY IN GROUPS
5. AVOID SUGAR
6. GET SOME SLEEP!
7. REDUCE PHONE USAGE
8. CLEAN UP!
9. REWARD YOURSELF
10. DO NOT MULTITASK

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Talbot Hall - Sept. 24

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A COLONEL MEDIA GROUP PUBLICATION

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