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## The Grizzly, March 18, 2021

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## How the Institute for Student Success Is Supporting Students this Semester

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The Institute for Student Success is dedicated to helping students thrive academically and socially at Ursinus. The ISS offers support through a wide range of tutoring options and peer academic coaching. It offers both individual and group tutoring. For one-on-one tutoring, a student is paired with another student with advanced standing in the subject. Group tutoring offers workshops in specific classes which are guided by a student tutor in a group setting. The academic coaching program aims to help students develop a wide array of study skills that will aid them through their academic careers and beyond. The Peer

Academic Coaches are also offering a “Brilliant Bears” workshop to work on core skills on Tuesdays and Thursdays at 8 PM. In addition to tutoring, the ISS also works with faculty to help support students in their classes. There is also support for any students with disabilities who need accommodations in any area of college life.

This semester the ISS is expanding its reach in order to comply with COVID-19 regulations and accommodate remote students while still providing all of its normal services. There are now options for tutoring, coaching, and disability support online. The ISS is also providing spaces for support specifically for students who are learning re-

motely. A new course is now being offered by the ISS called Creating Success. Dr. Dolly Singley, the Director for Disability Services, says that the course will “help students reflect and discover their individual academic strengths and strategies for effective learning at Ursinus.” The ISS has high hopes for this course, and believes that it will be very beneficial to those who take it.

The Institute for Student Success is very excited to continue making connections with students and seeing them improve throughout the duration of their time being tutored or coached. Dr. Singley says that the goal of the ISS is “for students to understand and embrace the importance of resilience

and to engage with the support we offer to increase their success.” She believes that it is important to remember that we are all in this together. The staff at the ISS works hard to create an environment that is “inclusive and empowering.” They want students to be able to easily access and navigate the services they provide, and to feel comfortable in doing so. Despite the challenges we are currently facing, Dr. Singley and everyone at the ISS looks forward to seeing students grow in their academic careers.

The Institute for Student Success is located in Lower Wismer. Their website, along with the services they provide can be found at <https://www.ursinus.edu/offices/institute-for-student-success/>.

Request forms for individual tutoring and academic coaching can be found there, as well as requests for accommodations and dates and times for workshops and weekly drop-in sessions. The ISS is using the online platform WOnline as its online tutoring platform. Accommodations will also be made for any issues with technology. The Institute for Student Success is looking forward to continuing to do what they do best: help students succeed in their academic careers and beyond.



Institute for Student Success, Image courtesy of Ursinus College

**Wear a mask.**

**Socially  
distance.**

**Stay safe!**

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# Ursinus Adds Interdisciplinary “Health and Society” Major

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With COVID’s profound effect on human life, the desire for people to become educated about health issues has grown even greater than before. This is why Ursinus has added an Interdisciplinary “Health and Society” major. Cathy van de Ruit, who is an assistant professor of health and exercise physiology, says the major “builds students’ capacity to approach the study of health problems and proposed solu-

tions by harnessing the strengths of the humanities, social sciences, and natural sciences to promote ethical, creative, and politically engaged health research and policy interventions.” Students will be able to use the pandemic as a real-world example to navigate through the major.

Before this major was established, many students took sociology in combination with a health science course such as biology to explore the intersection of health and society. This posed many

challenges. “All too often public health is perceived to be a technical domain of expertise,” said Lauren Wynne, assistant professor of anthropology and sociology. This statement really ties into the complexity of the Health and Society focus. The major teaches about health and hits on different aspects of the medical fields, as well as the ways in which we handle health issues speak to the values of our society. Students will be able to go into the workforce with all of the knowledge,

real-world examples, and skills they will need to succeed.

According to the Ursinus website, “Courses within the new major will incorporate elements that will allow students to reflect on the four questions of the Ursinus Quest: Open Questions Open Minds core curriculum while also providing students with experiential learning opportunities.” The requirements for this major are “The Health and Society major requires 40 credits (10 cours-

es) plus an Applied Experience.” If you are interested in this major you can find more information on Ursinus’s website.<https://www.ursinus.edu/live/news/5507-ursinus-adds-interdisciplinary-health-and-society>. You can also find out more information about the requirements here:<https://www.ursinus.edu/academics/health-and-society/requirements/>.

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# Ursinus Vigil Marks Disability Community National Day of Mourning

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Ursinus often seeks to promote equality and equity to students through clubs and organizations. These programs have the goal of combating harmful social stigmas that affect people from an array of different experiences and struggles. In light of recent events, Ursinus has made an effort to assist students both in-person and remotely. The most recent effort was making March 1 a day for remembering the lives of disabled people lost at the hands of care-

takers. The school website provides the horrific statistic that, “The Autistic Self Advocacy Network (ASAN), which tracks these cases, has compiled a list of more than 1,400 reported murders over the last 40 years, a number thought to be much higher because not all cases are reported.” Bringing awareness to these situations is the first step to alleviating them.

Jennifer Stevenson, who is an associate professor of psychology and coordinator of the Ursinus event, says that little public attention

is paid to the disabled victims of these violent acts. “The disability community gathers together on the Disability Day of Mourning to grieve and remember the people we’ve lost in the last year,” Stevenson says. “We commemorate disabled victims of murder to send the message that they were not burdens; what happened to them is the tragedy.” Though taking time to honor these lives taken will not end the abuse others are still facing, this is a step in the right direction. Awareness mixed with education is a

powerful tool to stop the problem. Since this vigil will have the power to teach students on campus, students may be able to recognize the signs of abuse and intervene.

This event was not only for students without disabilities, but also an amazing opportunity for those who are disabled. Members of the disability community were given the opportunity for proper recognition. Creating a safe place for members of the community is very important for the students, especially since many students may

be stressed being far from a home which may supply them with a lot of support. The vigil may gather the students and provide an opportunity to connect with their peers who are also members of the disabled community.

The benefits of this contribution may be a good step in the right direction. There are high hopes that events like this vigil will continue. It is extremely important for us to acknowledge the daily struggles of our peers which will motivate us to act more conscientiously.



Professor Jennifer Stevenson speaks during a recent Day of Mourning event, Image courtesy of Ursinus College

## Talia Argondezzi Talks Women's History Month

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Talia Argondezzi, perhaps best known at Ursinus College as the Director of the Center for Writing and Speaking, is also a professor. Argondezzi teaches a women's literature course that focuses on advancing feminist thinking through the study of literature on females' intellectualism and life-journeys. The Grizzly had the pleasure of discussing with her the importance of Women's History Month and celebrating women's work.

### Why Women's History Month is Important

We asked Dr. Argondezzi her opinion on Women's History Month, to which she replied, "I don't know that women's history month is that important...I love any celebration of women but it felt a little bit of a fabrication, or a corporate marketing holiday." She explained how women's achievements should always be celebrated, not simply for the sake of a special month, but just because. "Women's achievements, celebrations, artwork, any creative or business thing they've done deserves to be celebrated any time. We should be celebrating and thinking about women...twelve months a year," Dr. Argondezzi stated.

### Women's Studies Classes and Reception

We asked Dr. Argondezzi about some of the receptions to previous classes she has taught and pieces she has created. "Women's Literature" is the only explicit Gender, Women and Sexuality Studies course she teaches at Ursinus. As the Writing Center director, however, Dr. Argondezzi is extremely involved in the CIE (Common Intellectual Experience) course and its texts. She even "put in a proposal to have more women writers in CIE."

"The reason I teach and want more wom-

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*"Women's achievements, celebrations, artwork, any creative or business thing they've done deserves to be celebrated any time."*

-Dr. Argondezzi

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en on the syllabus is because when I was in college I never took a women's lit class or anything remotely like that, and I really thought that advocating for more women on the syllabus was unnecessary because I sort of felt like women authors can be on the regular syllabus, why do we have to have this special place...the extent that I didn't see a lot of women, I just thought it meant women hadn't really accomplished anything. It took a lot more education before I sort of found out that women, all along, have been writing tons of



Courtesy of Ursinus College

stuff that's really good and that I think our approach to decide what is important is very gender-biased. I think there's been a history where people tend to think that women writing about women's experiences is a specialized interest [instead of] a broad interest...[that] it's a special women's thing...it took a big shift in my own thinking to

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*"Women, and people from marginalized genders in general, are producing great literature and [they] should be read."*

- Dr. Argondezzi

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even think that women's studies were worthwhile," Dr. Argondezzi explained.

Diverse reading material is important in helping "more people...come to this conclusion that women, and people from

marginalized genders in general, are producing great literature and [they] should be read," Dr. Argondezzi added. There's always the assumption that in college, people are too young to make a change, but the change comes from advocacy, as Dr. Argondezzi stated. For instance, putting more women writers in syllabi is a first step, but it is more of an important step to continue diversifying our learning experiences.

Dr. Argondezzi noted that she realized Women's Studies was something she wanted to be a part of because of "a building frustration with a lack of representation." Not an abrupt realization but a mere desensitization and understanding of the issues women face. Dr. Argondezzi endorses UCARE (Ursinus Center

for Advocacy, Responsibility, and Engagement), Peer Advocates, and Feminists in Action (FIA). With UCARE, "[people] can actually volunteer in the community. We can do all the reading that we want but those are the organizations that are really active on what they know

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See Argondezzi on pg. 5

**WANT TO BE FEATURED IN OUR "DESK DRAWER OF THE WEEK" SECTION? HOW MESSY, CLEAN, OR ORGANIZED IS IT? TAKE A PICTURE OF YOUR DESK SEND YOUR PICTURE, NAME, AND YEAR TO GRIZZLY@URSINUS.EDU PICTURES ARE DUE EVERY THURSDAY!!!**

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# Athletes looking forward to spring season games

Claire Vance  
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On March 5, 2021, Ursinus College sent a school-wide email to students, breaking the news that, after a long and hard year living through a pandemic, UC spring athletes will be able to compete in games within the Centennial Conference. Life without sports has been difficult for student athletes. Many senior athletes have gone their academic year thus far believing they would not play their sport ever again. The Grizzly decided to ask athletes what they most look forward to this season.

Class year played a role in what athletes were most excited about. Freshmen are excited that they get to have their first college debut. Seniors are humbled by the fact that they get to have one last shot at competing. Fall and winter sports were given a spring season, but their season will consist only of practices.

Our Ursinus athletes

*“Getting back on the field is like being back with family, I really was convinced this was not going to happen.”*

- Molly Divis  
2021

are very grateful for a season, but they are missing out on fans because of the newest rule: no spectators at sports. Playing for fans adds a different dynamic to games. Most athletes do not have much to say on this matter; regardless, they are happy about the fact that they are getting a season to play. It is not just playing games that athletes are excited for but everything that goes into the season: the

*The school-wide email also declared that “student-athletes [test] twice per week once competition begins,” in addition to “[testing the] student-athletes on the day before each competition.”*

preparing, late practices, and waiting for the post-win feeling with the team. Lacrosse player



Members of Women's Lacrosse

Molly Divis '21 states that “getting back on the field is like being back with family, I really was convinced this was not going to happen.”

The school-wide email also declared that “student-athletes [test] twice per week once competition begins,” in addition to “[testing the] student-athletes on the day before each competition.” The email also stated that adjustments to the current weekly-testing schedule might be made for the remainder of the semester.

Spring sports start competing on Saturday, March 20 against Muhlenberg College. Both UC Men's Lacrosse and Women's Lacrosse, and Women's and Men's Tennis, are away at Muhlenberg, while the UC Softball and Baseball teams are home playing Muhlenberg. We look forward to seeing the accomplishments our athletes make during this surprise season.

Argondezzi cont. from pg. 4

women's experiences are like,” which improves their ability to aid women. She also shouted out Dr. Rebecca Evans of the Politics Department, as she has “more breadth of knowledge about women's experiences throughout the world.”

Students can schedule virtual appointments to meet with Writing Center fellows on their papers and oral presentations via the Ursinus website.

## DESK DRAWER OF THE WEEK



This week's desk drawer comes from Claude Wolfer (they/them) '22. Wolfer has a variety of items and materials within their desk. The most important items to them are the Haribo candy, her medication(s), and the rainbow heart for gay pride. “Sour gummy bears are the best candy, [and] normalize medication!” Wolfer said.

SEND YOUR PICTURE, NAME, AND YEAR TO [GRIZZLY@URSINUS.EDU](mailto:GRIZZLY@URSINUS.EDU)

PICTURES ARE DUE EVERY THURSDAY!!!

# OPINION

## How my Externship went in the Pandemic

Ava Compagnoni  
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COVID-19 has once again managed to dramatically alter amazing experiences here at Ursinus. Ursinus externships have been an important piece of an Ursinus education for numerous years, connecting alumni with current students for networking opportunities, and preparing students for their chosen field. Spring externships usually take place in-person at a work site during spring break. This year the office of Career and Post-Graduate Development worked well with their extern partners to make sure 2021 Spring Externships happened.

Informational interviewing replaced the normal externship ex-

## My Favorite Classes

Jenna Smith  
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Although I'm only a second semester sophomore, I've taken my fair share of politics classes -- it is my major after all. Here are some of my favorites that I've completed:

My first favorite, also my first ever politics class that I took here, would have to be Comparative Politics 242 with Dr. Ann Karreth. This class allowed us to compare (hence the name) countries with varying levels of development and understand how they were successful or unsuccessful. We looked deep into country-specific cases and compared their institutions and

perience. Students had a one hour Zoom call with their sponsor to gather information about the field in question. Formatting the externships as an informational interview allowed students to "test" their career interest and obtain information on various aspects of working in the field. These informational interviews are for students to explore the field, look into the hidden job market, practice interviews and build their networks.

I was paired with Frank Mazzeo, a lawyer at Ryder, Mazzeo & Konieczny LLC. This firm was started by four skillful attorneys whose practices are focused exclusively on Intellectual Property law. As an English major, I wanted

ideas, as well as analyzed their shortcomings in light of one another. Overall, a super interesting course, especially if you like to learn about other countries and compare their political systems.

Another favorite was Freedom 399 with Dr. Stern, in which we analyzed Frederick Douglass -- and even had a guest speaker who lectured on Douglass and his work--and other historical pieces to inspect the meaning of freedom and citizenship and how we've gotten to today's definition of freedom and citizenship. The class was structured similarly to CIE, in that we collaborated on

to see how my writing skills could help the legal community. Frank directed me towards literary publications that could lead me to the English-legal periodicals. He thoroughly explained all of the different key roles that have to be taken on in a legal office: lawyers, paralegals, secretaries and marketing personnel. The major publications he advised me to look at were *The Legal Intelligencer*, *Pennsylvania Bar Association*, and *Montgomery Bar Association*. *The Legal Intelligencer* is currently the oldest daily law journal published in the United States. Its purpose is to serve the legal society of Philadelphia and local areas.

This style of interviewing worked very

previous nights' readings and digested the meaning through introspective conversation. We analyzed Supreme Court cases too, and attempted to figure out the meaning of the idea of equality in America. We also looked at other texts and interpretations of citizens, like Sparta, and compared their ideas of how to live together. Honestly, just a super interesting course that causes you to evaluate American ideals and their basis on freedom and citizenship.

Lastly, American Government 218 with Professor Fitz is not an easy course, but it takes you deep into the American political system,

well for the conditions the Ursinus community, and the workforce, face at this current extraordinary moment. It is unfortunate that I could not spend time in the attorney's office, however, this was a new level of experience that is going to become more popular as we move forward and through this pandemic.

As a spring sport athlete, a spring externship would not have been possible if it were not for the pandemic; if 2021 was a normal year, I would not be able to participate in an in-person externship due to the spring break trip in Florida. My interview with Frank opened my eyes to possibilities as a writer in the legal field and guided me toward deciding be-

learning the ins and outs of how our government works. This course was information-packed and I found it extremely interesting to learn about the twisted ways our government works, the ways in which each system can check one another -- checks and balances really "checks" out here. We also examined how the government has changed and what stayed consistent over the years, as well as court cases that most impacted the U.S.

I've actually been fortunate enough to love all of my classes here so far, not simply my major specific ones, so no complaints here! Through these classes

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tween writing pieces for the legal community to read or writing pieces for the legal community to put out about their cases. Lawyers read in abundance, much more than just their cases. As in any field, there are multiple layers to this particular industry. One of the toughest questions for me was how to participate in the legal field without obtaining a law degree or attending law school. My interests lie in criminal writing and dipping my toe in the legal field, and this externship was just the beginning step.

The office of Career and Post-Graduate Development has done an amazing job this year, and the Ursinus community thanks you.

I've been able to build amazing friendships with peers and professors that have helped me advance my studies. I'm sure there are other exciting Political Science classes that Ursinus offers, I just have yet to take them. I'm only halfway through my politics journey here at UC, but I'm intrigued to learn more about politics and discover more classes to promote.



**Seniors** cont. from pg. 8

never know when it will be our last time walking off the field, but we are thankful for every moment we get," says Ilyes. Ilyes has been an incredible asset to the pitching crew for the past four years, and this last opportunity for a senior season is a blessing for her and her fellow senior Lady Bears.

*"This is a special team that took this unique situation to make an impact on campus and to appreciate every moment we have playing the sport we love."*

—Gabby Ilyes,  
Class of 2021

Third baseman Megan Hasulak is through the roof over the opportunity to play again after having a year pass by without competition. "I am thoroughly excited for the season and being able to have the opportunity to play for Ursinus one last time. The team this year is a very special group of young women with a drive for success. We all know not to take anything for granted so we are going to play every inning, every pitch and every ground ball like it is our last because it might actually be," says Hasulak. Hasulak is one of the stronger hitters on the team, and drove in three runs in a win over Carnegie Mellon over spring break and found the ball hit the bat in two of the final three games of the 2020 season.

*"... The team this year is a very special group of young women with a drive for success. We all know not to take anything for granted so we are going to play every inning, every pitch and every ground ball like it is our last because it might actually be."*

—Megan Hasulak,  
Class of 2021

We cannot wait to see what this team will do with this upcoming, extraordinary season. Go Bears!



Courtesy of Josh Walker

**Spring Sport** cont. from pg. 8

obviously my senior year didn't pan out the way any of us thought it would, but I would say we are definitely making the best of it."

*"I think this semester has been better and worse at the same time. I think earlier was worse because of COVID, but restrictions have been lifted and you can tell people are getting more comfortable around campus."*

—Katie Moore,  
Class of 2021

When looking back on past years and what was "normal," events like the senior Halloween party is where the class of 2021 have missed out the most. How have they been able to maintain a "normal" semester? May states, "Definitely still hanging out with friends and still being able to see families as well as still being able to take new and familiar adventures." Similarly, Thomas concludes, "I feel like the underclassmen are trying to make it as normal as possible and our coaches too by making it more fun than it would be. Outside of school, the teachers are trying to make it normal by being lenient with due dates and stuff because they know it is a hard time mentally and then my parents are making my senior year normal as possible by helping me pick out a graduation dress and helping pick out grad

school and doing things they would normally do just in a different way. The school is trying to make our graduation as normal as possible and allowing our parents to go is really nice." Most seniors are in agreement that, while this semester has been another adjustment to make, it is nice to have people who are trying to give them the most normal senior year as possible.

*"... And then my parents are making my senior year as normal as possible by helping me pick out a graduation dress and helping pick out grad school and doing things they would normally do just in a different way."*

—Allie Thomas,  
Class of 2021

With this semester being as different as it is, we hope that the class of 2021 enjoys their last few months here at UC. Go Bears!

# Senior Mental Health Check-Up

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As students tackle the spring semester head on, we should pay special attention to how the class of 2021 is doing during this time. The pandemic has not been good to this senior class, especially when thinking about all of the things once considered “normal” that have been done in years past. Does the lack of opportunity to participate in these regular events cause extra stress for the students of 2021, and how has this affected their mental health?

When comparing this semester to the fall, some things have changed. When we asked some current seniors for their reactions to the spring, responses were mixed. Senior Allie Thomas talks about how she thinks this semester is going: “It has been better. I feel like last fall was a hard adjustment with learning the COVID guidelines, and now everyone kind of

knows what to do and wearing your mask on campus is not weird, it is just natural at this point.” Thomas is not the only one who feels like some restrictions have felt easier than last semester. Senior Katie Moore talks about some similar issues: “I think this semester has been better and worse at the same time. I think earlier was worse because of COVID, but restrictions have been lifted and you can tell people are getting more comfortable around campus.” In addition to the restrictions being somewhat different than last semester, being in the middle of a pandemic while being a senior in college can add some stress. Senior Sophie May talks about what it is like being a senior during this time: “I am getting used to it so it is not as bad, but I still appreciate all of the normal things that we can have.” Moore also adds onto this, “It is tough because

See **Seniors** on pg. 7



Courtesy of Josh Walker

## Softball On a Comeback

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Spring sports are back on and the Ursinus Women’s Softball Team could not be more ecstatic about getting a chance to play on their field one more time -- especially the Class of 2021. Their 2020 season started and ended on their spring break trip to Florida, in which they compiled a decent record, and now these Lady Bears are ready to bring the thunder this spring.

The team has seven seniors graduating and brought in an impressive freshman class of six skilled young women. The Eleanor Frost Snell Softball Field is prepped and ready for the Ursinus Softball Lady Bears to take on their 12-game season. Each Saturday matchup will be a double header.

*“I am thoroughly excited for the season and being able to have the opportunity to play for Ursinus one last time.”*

—Megan Hasulak,  
Class of 2021

This season will be a big adjustment for the team, which usually plays a 40-game season, but will play far fewer due to the Centennial Conference’s strict schedule. Senior pitcher Gabby Ilyes appreciates the Centennial Conference’s efforts to make sure senior spring athletes have a season, as well as to bring a sense of normalcy to campus. “This is a special team that took this unique situation to make an impact on campus and to appreciate every moment we have playing the sport we love. We

See **Softball** on pg. 7

## Thinking of You!



Photo by Ursinus Athletics



Photo by Ursinus Athletics