

ADVICE

Keep Turmoil Small: Taking it in Stride Through Moments of College Strife



BY BRYAN HADLEY

FEBRUARY 13, 2018

COMMENTS 0



Your cat is sick and you have a major project due. Your apartment is a wreck because your life is all consumed in school work and working to keep a roof over your head. You are trying to maintain a relationship long distance while hammering out a thesis. Surprise, life isn't convenient. Not that you don't already know that.

College is an interesting time indeed. Really, what it is setting you up for is the long-term rhythm of the everyday reality: the unexpected, unwelcome regular interference.



These are just cliché examples of course. But their overarching theme carries through all of life's scenarios. Fear not! As a fellow student I can abundantly relate to all the stresses, anxieties and what-the-fudges you encounter. I would like to present a brief spread of inspiration based on methods I myself have found to serve as particularly wonderful assistance in mitigating the everyday unexpected in the perpetual journey to becoming re-centered!

Namaste and stuff

The fan is being hit. Your eyes start darting. There's a heat about your skin as the first wave of panic washes over you. It seems your heart is in suspension and tons of little minions are stabbing at it with sewing needles. **hypothetical cracks of thunder** You need to "[woosah](#)". Start with an oldie but goodie method: Try breathing. Not like basic essential for living breathing but intentional breathing. What does this look like though? I find the most effective way of maneuvering a manic moment is to first and foremost, take control over your head. Clear the mind. Yeah I know, easier said than done. But think of a boat with a hole. You would stick a cork in that flow, would you not? (Seriously, plug it if you're ever in a situation in a real boat. The bottom of a pond feels dreadful on your tootsies). Your plug is a repeated mantra or chant. You can say it

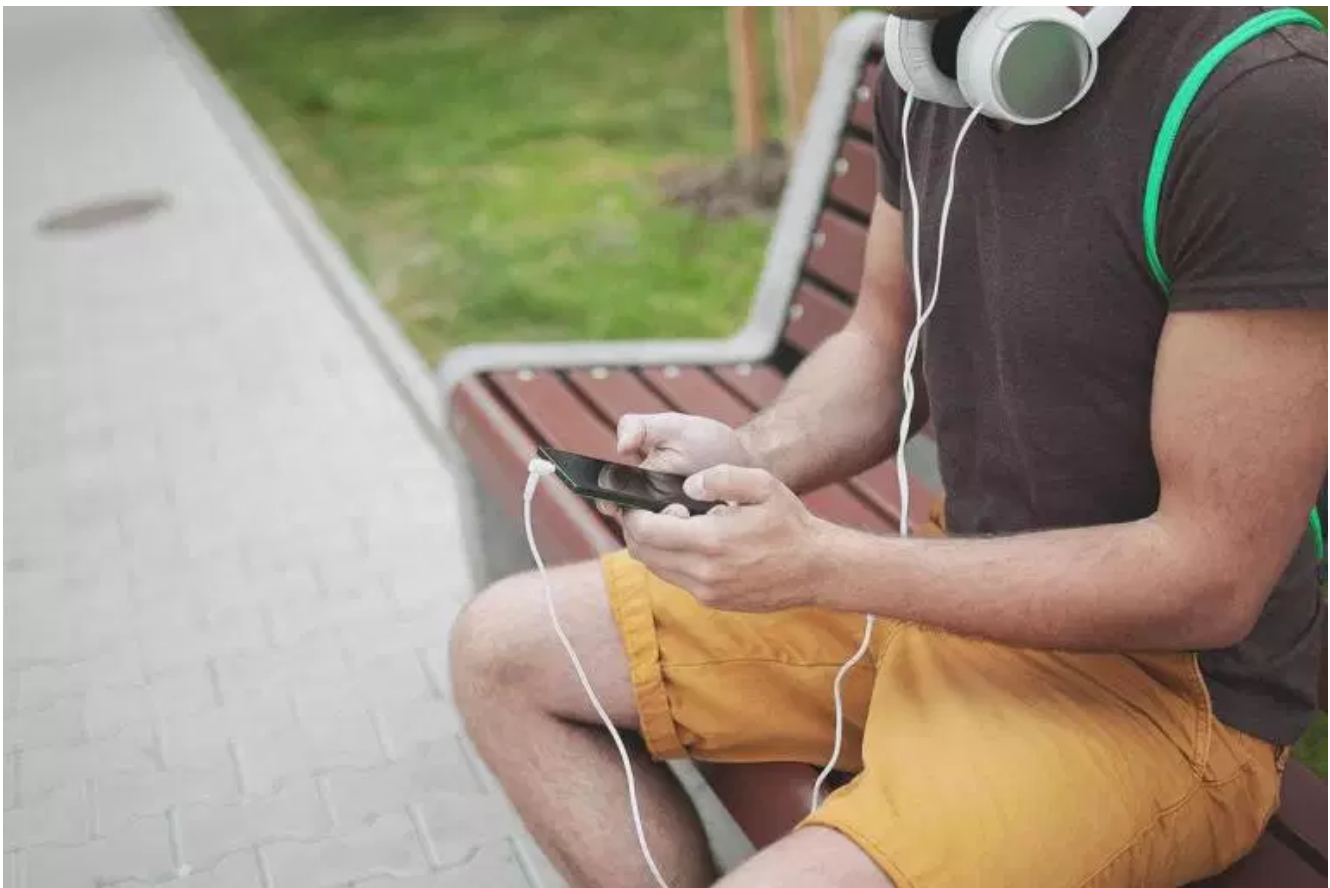


over and over in your head or out loud. But use this tool to smother the racing thoughts making you panic.

When I feel anxiety coming on, I say to myself outwardly, *but quietly*, “focus on your breath...focus on your breath...focus on your breath..” While practicing this chant, do that. Focus your breath and control its rhythm. Close your eyes while you’re at it. You’re basically meditating already. I recommend [watching the various interviews](#) Dan Harris has granted about his personal struggle with Panic Disorder and [downloading the app](#) he has devised to assist people become “10% Happier” to gather inspiration from a professional’s personal methods.

Tune out and turn up

A very practical alternative solution: music. Read any study concerning the applicable properties of listening to music, and classical music is generally the greatest panacea. It lends itself to [slowing the pulse and heart rate, lowering blood pressure, and decreasing the levels of stress hormones](#). However, not everyone is partial. So hear this. Try the genre known as “[Electroswing](#)”. It is trance-inducing, thump-y ear lavender. There’s all the wonderful key-tickling, brassy elements of jazz mixed with the beats and



percussion of modern hip-hop, dub and house. I'd suggest starting with my personal favorite Austrian pace-setting producer of this sound, [Parov Stelar](#).

Favor fresh air, don't feed the nightmare

Hey here's a novel idea. Put down the Phone and go get lost outside! Huzzah! Fresh air, foliage, stunning vistas, secluded grottos...and yeah. GET OFF CAMPUS. Be like Prairie Dog here! (see enlightened rodent visual aid) The Saint Louis region is teeming with a veritable buffet of recreational options guaranteed to fulfill that need for adventure, space and reprieve while providing much-needed euphoria.

Did you know right in Forest Park there is an actual Forest? [Kennedy Forest](#) is a 60 acre area set aside for environmental conservation that features over 3.5 miles of hilly hiking trails that are pedestrian and bicycle friendly alike!

Further abroad, only 20 minutes southwest of campus, you find yourself immersed in [Powder Valley Conservation Nature Center](#). An airily swishing canopy overhead blankets you as you follow the undulating paved paths, where frequently you may encounter the resident deer herd as they graze.



For those of you who enjoy more hands-on recreational activity either individually or with a group, places such as [Tower Grove Park](#), [Missouri Botanical Garden](#), [River Des Peres Park](#) and [Cliff Cave County Park](#) offer facilities that speak to everyone from [soccer players](#), pick-up footballers, joggers, hikers, [tennis players](#) and [bicyclists](#) to geocachers, Pokemon Go players, Quidditch players and gardeners! Your [options are boundless](#).



ADVICE

Multitasking to Investing: Dedicate the Time to Discover Your True Passion



BY CECELIA MEYER
FEBRUARY 15, 2018

COMMENTS 0



You have a psych club meeting, three hours volunteering at the library, dinner with the student government team, lots of homework to do—and do not forget to call your grandma back tonight— all before 11 when you are supposed to have lights out! *Does this sound familiar to anyone?*

I am guilty of this. Hand-waving guilty over here. I have had cluttered to do lists and think my invincible multitasking moments will once again help me get it all done.

Even though we start with the best intentions to tackle our to do list, multitasking clutters our work space. And as you pull back from your work space hours later, you feel tired, but most of all you feel disappointed because you didn't get accomplished what you needed to get done. This is called multitasking. Multitasking is defined by [Webster's dictionary](#) as: "the performance of multiple tasks at one time." Multitasking really looks like an insane amount of extracurricular activities and never putting 100% energy into something because of the constant distractions. Constantly being on the move will in turn cause you to multitask and not fully invest your time.

Multitasking and the brain

According to [Dr. Nancy K. Napier, editor of Psychology Today](#), "neuroscience research tells us that the brain doesn't do tasks simultaneously." So when you are trying to do a million things at once, your brain is going into overdrive just to keep up, rather than completing each task with precision. Instead of having a planner that gives you anxiety each time you open it, it's time to find your space that makes you invest. You want to find a place where you want to spend your time and share your own talents. Being invested could mean getting a leadership role, spearheading a new project, or connecting with amazing people. Investing and giving 100% not only helps you grow more as a person, but also wildly improves your mental health.

Multitasking and the employer

Your brain is not the only thing getting a headache from your multitasking—so is your future employer from reading your resume. Rosemary Tator and Alesia Latson from the [American Management Association](#) released new information on how employers view multitasking. The duo reported future employers will look for the effectiveness of multitasking, or whether you were able to achieve your goals in the most productive way possible. For example, you may be in all the clubs on campus, but are your grades the best they could be? Future employers will look for your ability to choose a habit and stick with it. The ability to have the headspace of deep attention shows the employer

stability and dependability. Multitasking your way through college doesn't give any future employer a clear view of where your passions lie.

So, what now? How do you turn around from your never ending marathon of multitasking and biting off more than you can chew? Don't go back to your resume and cross off things that don't look as impressive or stick with a club because #resumegoals. Instead, you are going to find your **MAGIC!** Out all of the thousand things you do there has to be a few that you love, whether that is the psychology club or volunteering on the weekends. Find your space where you feel most like you, where you bring forth smiles from strangers or you bring forth inspiration to a space that only you can bring.

Multitasking to magic

Multitasking to magic means instead of dividing your time you are investing in you by being fully immersed in an activity. *The Huffington Post*, *Harvard Business Review*, and *Leisure Options* have all written on the importance of giving up multitasking. Finding one's magic means that you choose your top three activities and put your full focus on them.

Giving up multitasking does not mean giving up things you like, it means fostering your love and growth for the person you are.

Fontbonne University's Director of Career Development Christine Keller offered some insight into multitasking and how to grow and develop one's magic. Keller reminded me that college is the time to mold your future goals. "This being said you want to find places where you can shine and advance your skill set," Keller stated. "Involvement is great! But I want to see an in depth engagement and the skills gained."

Having a cluttered to do list or long list of clubs isn't going to mold you in any way: Invest your time, invest in yourself, invest in your MAGIC! Don't drain yourself by being a part of everything—not just because of your employer, or because you need sleep—but because you should be fully immersed in your passion and spend your time cultivating your magic. Investing in your time will lead you to discover where your passions are, and give you the opportunity to fully excel. Multitasking clutters your space, resume, and your mind. Each day is another day to improve yourself, so be the best you can be by fully immersing yourself in the magic of the person you are.

PLACES

Mastering the Metro: The Basics



BY AMETHYST BROCK

FEBRUARY 20, 2018

COMMENTS 0





Photo by [Matthew Black](#). Creative Commons license [CC BY-SA 2.0](#), some rights reserved.

Is there somewhere you want to go but do not have a car to get there? Luckily for you, you live in a city that has a decent public transportation system. Buses and the Metro Link can help you get around the city. Using these resources may be intimidating if you have never used public transportation before, but it is not as scary as it seems. With a little research and some tips, you can be on your way to mastering the metro.

Prepare for your trip



Welcome to Metro. We're here to get you there.

Visit the [Metro St Louis website](#).

Before you go on your adventure, it is a good idea to prepare first. Try looking at the [Metro Transit website](#). There you can find the [schedules, prices and passes](#).

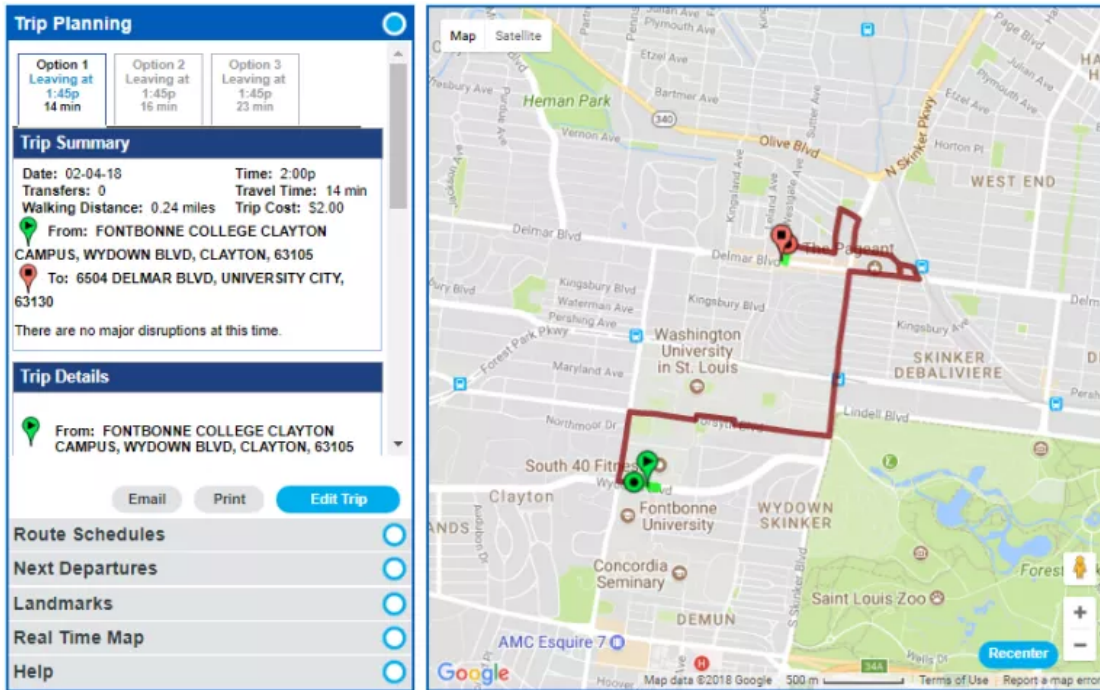
Generally, it costs about \$2.00 to ride the bus one way and \$2.50 to ride the train. Buses only accept cash and exact change. They do not give change, so keep this in mind. As for the Metro Link, there are kiosks at the stations where you can buy tickets for the train, as well as the bus. The kiosks accept cash or card, and they can give change.

Traveling tip: Make sure you have cash and exact change when riding the bus! The buses do not take credit or debit cards and do not give change.

Say you want to go to the Delmar Loop from campus, and you do not want to walk over there. You can go to the Metro website and use their [trip planning](#) tool. You type in the location of where you are leaving from and the location of where you want to go, and the tool will show you how to get there, how long it will take, and how much it will cost.

For our Delmar Loop example, one route option would take about 14 minutes in total to get to our destination. You would take the 2 [To Rock Road TC] at Wydown @ Big Bend westbound, and get off the bus at Enright @ Westgate westbound. You would, then, turn

left on Westgate Avenue, and head straight until you hit Delmar! The best part is that this trip would only cost \$2.



Screenshot of the Trip Planning Page on Metro St Louis website

After you figure out the cost and how to get to the place you want to go, it is time for you to ride the Metro!

Download some apps

Here are some apps that can be helpful for you when using public transportation.



Metro on the Go - Saint Louis

Metro Transit Saint Louis

Everyone

UNINSTALL

OPEN



Downloads



311



Maps &
Navigation



Similar

All the ways to get around St. Louis using
the official Metro transit app

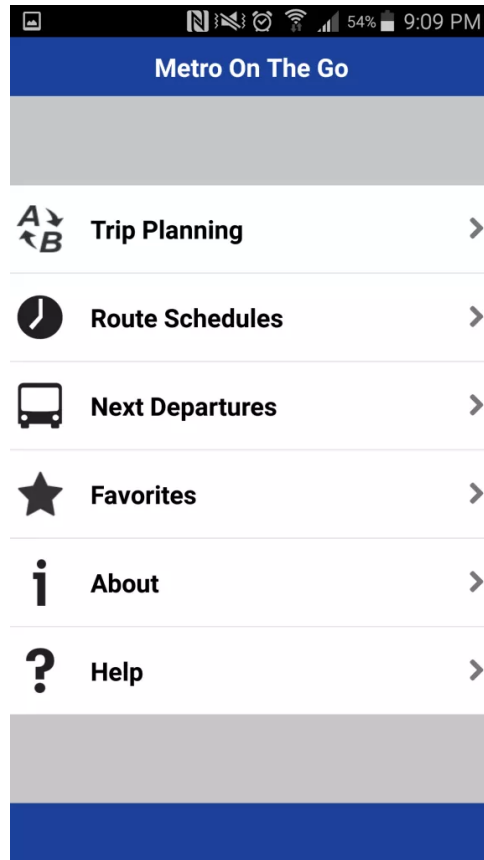


WHAT'S NEW

Accessibility behaviour fixes

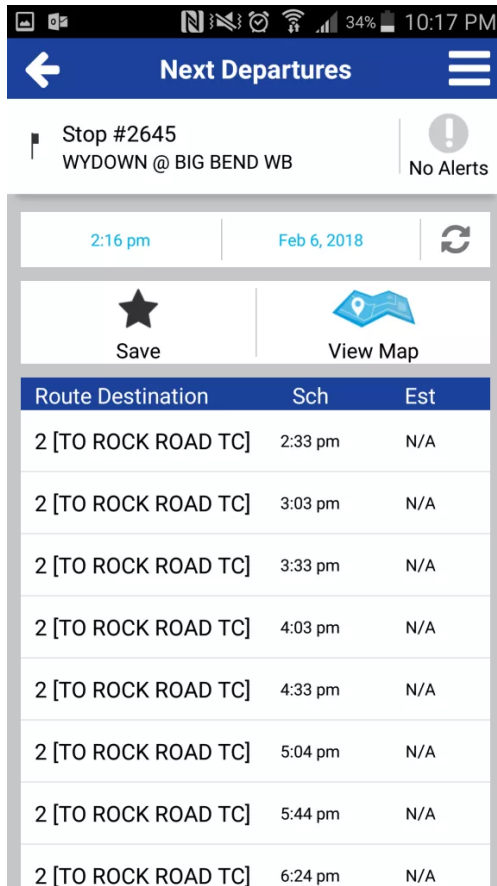
[Metro On the Go](#) app in app store.

The Metro has their own app that is useful when traveling. It is also free, so it doesn't hurt to have. On the app, there is a trip planner option for routes.



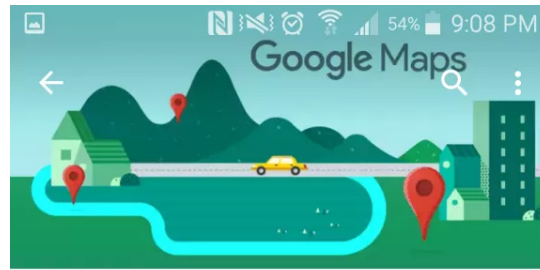
Main screen in the Metro app.

They also have a next departure option where you can see when a bus or train is expected to leave/arrive. For example, you need to take the number 2 bus to the Delmar Loop, but you have no idea when the next one is supposed to be arriving. The app has a section where you can look up the arrival times of buses and the trains. You have the option to adjust the time and day to see the departure/arrival times for a certain bus stop or train station. This is helpful for planning. The only drawback when using this function is that you need to know the name of the stop. It does not accept the stop numbers: (the numbers that are on bus stop signs). However, you can input streets names to find the stop you need from a list.



Next Departures section in the Metro app.

One thing that can be a bit annoying when typing something in the app is that it will only let you type three characters at a time before it loads and suggests a location to you. So you have to be patient and not try to type everything in at once, or you will accidentally click on a location that probably is not the one you need.



Maps - Navigation & Transit

Google LLC

Everyone

UNINSTALL

OPEN

Contains ads

#9 Top Free Travel & Local



Downloads



8,718,473



Travel & Local



Editors' Choice



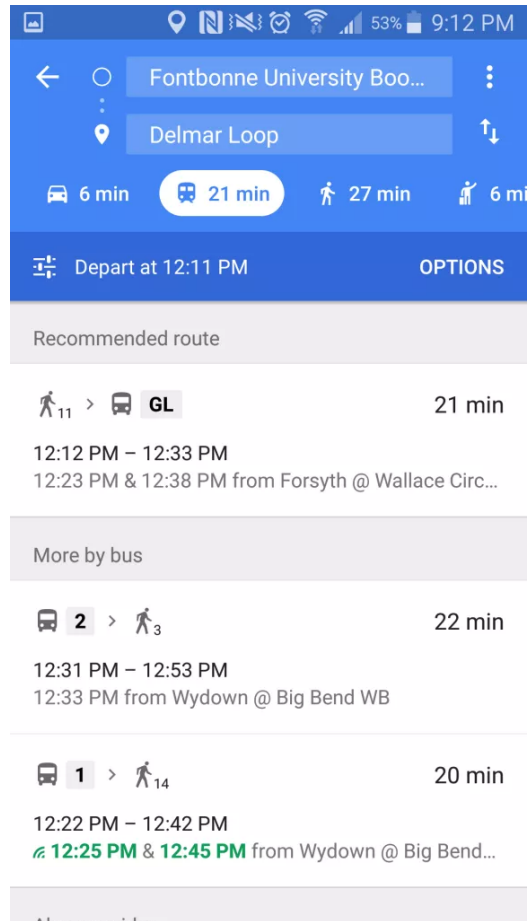
Si

Real-time GPS navigation, traffic, transit,
and details about millions of places



[Google Maps](#) app in app store

Google Maps is not only for your road trips, but also for planning trips on public transportation. Just like the Metro app, it offers different routes that can be taken with how long the route would take. If you do not know exactly where your stop is, Google Maps can go through the trip with you just like when you are using it in a car.



Routes options in the Maps app.

Just a warning: The app is going to drain your battery while you use it. So keep this in mind.

Remember these tips

Here are some tips to keep in mind while traveling. They may help you to not make some simple mistakes.

- Make sure to check out the number and name of the bus before getting on it! You may need the number 2 bus, but do you need to get bus 2 [To Rock Road TC] or 2 [To Maplewood TC]? Make sure you know which bus you need to get on, or you may end up lost on the other side of town.
- The buses and train do stop running at a certain time at night, so keep this in mind when going out!
- The buses are not always reliable and may be late to stops. Take this into account when traveling, especially if you need to be somewhere at a certain

time.

- While the Metro link usually announces what stop is coming up next, the bus does not. Unless it is a major street, there will be no announcement on what stop is coming up next. Stay alert when riding the bus and keep note of when your stop is. The Google Maps app can help if you are using it on your journey.

Getting used to the public transportation system takes some time, but it isn't as intimidating as it may seem at first. Just equip yourself with the right tools, and you can be on your way to riding the Metro with ease.

SHARE THIS!



LIKE THIS:

Loading...

TAGS • BUS • METRO • PLACES • PUBLIC TRANSPORTATION



ABOUT AMETHYST BROCK

I am a senior Professional Writing student who drinks too much coffee and likes to pet cats.

ISSUES

Tracing Feminism Through History: The Suffragists to #MeToo



BY CATHY MASCHMEYER

FEBRUARY 20, 2018

 COMMENTS 0

We Can Do It!



Howard Miller

POST FEB. 15 TO FEB. 28



WAR PRODUCTION CO-ORDINATING COMMITTEE



[National Archives Catalog.](#)

Feminism, the word and the concept, have taken two different paths. While the word is mostly avoided, the concepts have entered the mainstream.

The term has long been viewed as exclusive and radical. Feminism is [defined](#) as “the belief of social, economic, and political equality of all sexes.” This belief is widely held, yet only a [small percentage](#) of Americans are willing to declare themselves a feminist.

From feminism's first wave, in which women marched for the right to vote, to today's gender inclusive feminism, the label feminist has held its radical connotation.

History

In feminism's first wave, which spanned from the late nineteenth century to early twentieth century, the term feminism was met with the familiar hostility it still feels today. According to *No Turning Back* by Estelle Freedman (2002), "the feminists' single-minded campaign to pass an equal rights amendment to the U.S constitution further cemented the association of feminism, extremism, and a rejection of the concept of female difference." Feminists, from the very creation of the term and movement, were widely unaccepted. The fight for women's right to vote was merely the beginning of the radical, man-hating feminist myth. Yet, the negative connotation could not stop the women who dared to go even further. During the second wave a significant change occurred: the public started to listen.

According to Freeman (2002), the movement was beginning to be accepted, but the same resentment for the term "feminist" occurred. The 1960s saw great change for women in the workplace, as second wave feminists focused on workplace rights for women. Women donned office clothing, ridding themselves of their poodle skirts and total domesticity. Between the first wave and the second wave, the major change that occurred was the growing appeal of feminist concepts. Feminist texts were no longer hidden in the shadows as writings by Gloria Steinem entered the mainstream. Recognition for Steinem's work reflected the broader acceptance and audience of feminist concepts. Yet, the negative connotation of the term feminist still remained.

Third wave feminism started in the early 1990s and included acceptance of concepts such as gender equality and intersectionality. While the movement had moved away from directly political ambitions, this wave was met with the same criticism as the waves before. The term feminism is not wholly ignored, but is not widely used either. A [poll by HuffPost](#) found that only 20 percent of the US population consider themselves feminists, 23 percent being women and 16 percent being men. While this small percentage of individuals claim themselves to be feminist, 82 percent of the participants expressed the belief that all genders are equal. Simultaneously, movements like the #MeToo movement and Time's Up movement gain widespread acceptance and praise. As reflected in the poll, the term and the concept have taken vastly different routes. Self-identified feminists face words like femi-nazi, radical, and man-hating. The principles of the third wave have found their way into everyday values and beliefs.

Conceptual acceptance can also be seen in choice of [Merriam-Webster's 2017 word of the year](#), feminism.

More and more activism against sexual assault, sexism, and gender inequality is openly being voiced. Millions of women marched, countless women bravely told their #MeToo stories, and gender pay gaps are being challenged. The concept of feminism has taken hold, attempting to change a traditional patriarchal culture, yet still many women and men refuse to use the term “feminist.”

Are Fontbonne Students Feminist?

The massive movement towards the acceptance of feminist concepts hits close to home, as Fontbonne University students recognize the negative connotation of the term as well. I asked Fontbonne students a simple question: “Are you a feminist?”

Kaitlyn Holmberg, a transfer student to Fontbonne University, stated, “I guess I wouldn't say I was a feminist, because feminism usually focuses on just women. I believe in the equality of all genders.”

Fontbonne student Ray Gibson stated, “There's a new type of feminism, a trans inclusive one, but the name still has a negative connotation.” Gibson's answer points towards the growing acceptance of feminism, but also reflects the continued differentiation between the term and connotation.

Fontbonne student Lauren Artelt differed greatly, saying, “I'm a feminist, because I believe the movement can help address fundamental issues in society and bring equality for everyone, no matter the gender distinction.” Not all Fontbonne students shy away from the term, thus embracing a term that has historically been avoided.

Moving Forward with Feminism

Avoiding the word feminism is a trend that has followed the movement since its first wave. Despite the hate feminism receives, the concepts of feminism are firmly planted into everyday and political conversation. Avoiding the term feminist does not eliminate the concepts that have seeped into everyday life. I'm sorry to say, but if you believe in gender equality, you might be a feminist.