

Wright State University

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The Guardian the Week of August 29, 2022

Wright State Student Body

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Events on Campus Week of Aug. 29

- Alexis Lewis
- August 29, 2022
- Wright Life

Events for the week of Aug. 29 include La Comida celebration, succulent planting and white water rafting.

Monday, Aug. 29

8 a.m. | Campus Recreation: Group Yoga with Kenny | Student Union Studio B

11 a.m. | College of Health, Education, and Human Services Kick Off | University Hall

1 p.m. | WWSU DJ Interest Meeting | Medical Sciences 141

5 p.m. | Black Student Union and Student Advocacy and Wellness: Stay Up | Discovery Room 163 A/B

6 p.m. | Tabletop Club Meeting | Fawcett Hall 204 & 210

Tuesday, Aug. 30

12 p.m. | Amigos Latinos: La Comida Fall Semester Celebration | Student Union 108A & Pathfinder Lounge

2 p.m. | Hospitality Services: Love, Chartwells | Union Market

4 p.m. | BSU & Dunbar Library: Keys to Success | Dunbar Library

5:30 p.m. | Campus Recreation Running | Alumni Tower

7 p.m. | Student Government Association Meeting | Atlantis A/B

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8:30 p.m. | Catholic Campus Ministry Outdoor Movie: Shrek | Catholic Campus Ministry

Wednesday, Aug. 31

11 a.m. | Hospitality Services DIY Street Corn | The Hangar

12 p.m. | Asian Student Association Meeting | Culture and Identity Center

1 p.m. | University Activities Board Succulent Planting | Student Union Atrium

4:30 p.m. | Campus Recreation: Adapted Recreation Intramurals | Student Union Gym

4:30 p.m. | Delta Zeta: Making Vision Boards | Dunbar Library

6 p.m. | Rainbow Alliance Meeting | Rike Hall 166

6 p.m. | BSU President's Panel | Discovery Room 163B

Thursday, Sept. 1

4:15 p.m. | Kappa Delta: College Life Skills Crash Course | Student Union Atrium

7 p.m. | Miracle Makers Kahoot Night | Student Success 009

Friday, Sept. 2

9:30 a.m. | Kappa Delta Recruitment Tabling | Hangar Table (Allyn Hall)

6 p.m. | Alpha Omicron Pi Flower Arranging | Student Union 103

Saturday, Sept. 3

12 p.m. | Campus Recreation White Water Rafting | New River Gorge National Park

Sunday, Sept. 4

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7 p.m. | eSports Club Call of Duty Tryouts | 033 Millett Hall

News Round-Up Week of Aug. 29

- News Team
- August 29, 2022
- News

From local happenings to national topics and global events, here is the news worth knowing for the week of August 29, 2022.

Local

Ohio Governor Mike DeWine, in conjunction with Opportunities for Ohioans with Disabilities, announced on Wednesday a \$2.1 million investment in support for college students with disabilities.

The Wright Flyer III statue will be moved to Edwin C. Moses Blvd. and West Third Street. According to a meeting agenda from the Aug. 23 Montgomery County Commissioners, county administrators solicited bids for over \$308,000 for the relocation project.

The project is to be completed by the end of 2022 or beginning of 2023.

National

Last week, California enacted a new plan to phase out gas-power and achieve one-hundred percent zero-emissions passenger vehicles, making it the first state to take steps of this measure.

The California Air Resources Board approved the [Advanced Clean Cars II](#) regulations on Aug. 25, which requires all new passenger vehicles sold in the state to be zero-emissions by the year 2035.

The program includes year-by-year guidelines to achieve the goal.

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“[reduce] dangerous carbon emissions and [move] away from fossil fuels,” according to California Governor Gavin Newsome in a press release.

The Air Resources Board plan includes climate benefits, increased access to zero-emissions vehicles for consumers, new standards for conventional vehicles and overall savings for drivers.

Global

The World Meteorological Organization shared images of the remnants of a June 2022 flood in Pakistan.

Heavy monsoon rains have displaced more than 3.1 million people with 710,000 livestock missing, according to an International Federation of Red Cross and Red Crescent Societies report. The report also shows over one thousand dead, including children.

International relief efforts, including from IFRC, are currently underway.

Travers Green Tallies First Career Win with Wright State Volleyball

- Noah Kindig
- August 29, 2022
- Sports
- Volleyball

Travers Green has already ticked the first win as the Raider women's volleyball coach, defeating the Evansville Aces 3-1.

Game rundown

The game occurred on Friday, Aug. 26 in West Virginia, live streamed via Youtube.

While the Raiders only had one more kill and three less errors than the Aces, the WSU defense showed effectiveness against UE's. Jenna Story and Lainey Stephenson both tallied 15 digs, combining for 30 of WSU's 59. Melanie Feliciano, UE's digs leader, only had 14.

Story and Stephenson did not always need to save a shot from the Aces, as the Raiders combined for 10 blocks versus UE's four. Despite the Aces' hitters having a height advantage over WSU,

UE's blockers struggled with the placement and angle of their blocks.

WSU's Taylor Bransfield and Callie Martin had five blocks each, with freshman Aliyah Byers totaling four blocks to shift the momentum of the match in WSU's favor despite losing the first set.

From there, the Raider offense was able to generate more scoring opportunities. WSU hit .266 on 124 attempts, whereas the Aces hit .199 on 146 attempts.

As the Aces took the first set 25-23, the Raider defense stifled their attack for the rest of the match, taking the next three 25-14, 26-24 and 25-16.

Building an offense

While the Raider defense was able to slow down the Aces' attack, the Raider offense was able to get up and running in the second and fourth set. The Raiders totaled 18 kills and four errors on 31 attempts in the second set coupled with a hitting percentage of .452.

Bransfield made a big splash for WSU, hitting a career-high 16 kills in 26 attempts. From there, Sam Ott and Martin totaled nine kills each, leaving the Aces on their heels for the rest of the match.

As has been the case in recent years, setter Stephenson was the centerpiece of the Raider offense with a total of 41 assists.

Looking forward after its first win, the team anticipates several Power Five opponents on a long road trip. This trip leads the Raiders back home for the Dayton Beaver Creek Invitational with two matches against WSU's crosstown rival, the Dayton Flyers.

The next home game against the Flyers is on Sept. 15 at the Nutter Center.

Wright State Opportunities for Military-Affiliated Students

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- Angela Davis
- August 30, 2022
- News

Wright State University, located next to Wright Patterson Air Force base, offers opportunities for military-affiliated students and family members.

The relationship

WSU and WPAFB have had a close association for many years, in part due to the proximity of the Dayton campus and the base. This year, Ohio Governor Mike DeWine and the Department of Higher Education awarded the university the Collegiate Purple Star award for their work to support military-affiliated students, according to a May 26 news release from the governor's desk.

"The university enjoys a variety of existing relationships with WPAFB at multiple levels and involving a variety of different departments, researchers, etcetera," Chief Operating Officer for WSU Greg Sample said.

VMC and student interaction

The university also offers assistance to military-affiliated students through the Veteran and Military Center located at 131 Allyn Hall.

According to Eduardo Torres, senior benefit and logistics coordinator with the VMC, the center offers services to veterans, active duty service members, National Guardsmen, upper-level ROTC cadets, spouses and dependents.

The center's primary goal is to establish a sense of belonging for military-affiliated students, according to Torres.

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Torres mentioned that most military-affiliated students on campus actively and effectively use the available services. These students, specifically those using benefits, must utilize the VMC in order to receive benefits each semester.

Torres explained that those who do not use VMC's services most likely do not have interest in the center or its events, though the organization does try to connect with these students.

The WSU VMC has no active relationship with WPAFB, though the base does occasionally host events on campus. Previous correspondence in conjunction with the center has involved representatives, such as members of the National Air and Space Intel Center, from WPAFB helping members find jobs and opportunities outside university walls.

ROTC

In addition to VMC services, students in the University's Air Force Reserve Officer Training Corps program have opportunities to experience aspects of military life through programs with WPAFB.

According to Major Jonathan Navarra, Operations Officer of WSU's detachment, cadets have had opportunities to shadow base personnel to learn more about differences between military and civilian operations. The base has also been able to offer professional development opportunities for cadets with the help of WSU AFROTC alumni.

More information about VMC policies and resources can be found on its [website](#). The center can be reached at 937-775-5550 on Monday through Thursday from 8:30 a.m. to 5 p.m. and Friday from 8 a.m. to 4 p.m.

Fall Fest 2022 Recap

- Elayna Storts
- August 30, 2022
- Wright Life

From games and organization events to food and fun, here's a recap of Wright State University's 2022 Fall Fest.

How the day went

With over 40 student organizations, college departments, campus offices and outside businesses and vendors, Fall Fest had a strong return in the post-COVID-19 'new normal' era.

Hosted by University Activities Board, the festival began at 10 a.m with information, games, prizes and food. While a fun event, fall fest also doubles as an opportunity for student organizations to recruit new members and advertise. Organization tables also had a check-in system via a QR code in order to track event attendance.

"I'm just so happy to see life come back to campus. This is really what the university experience is all about," President Sue Edwards said.

According to soccer player Kaylee Pham, who experienced Fall Fest for the first time this year, Fall Fest provides an opportunity to make new friends and have a good time.

Why Fall Fest?

According to UAB's President Qunijah (Nijah) Echols, Fall Fest is a time for students to get together, work together and become more involved.

WWSU 106.9, the campus radio station and one of festivals sponsors, provided live content throughout the event including on-site interviews of student leaders. The leaders discussed student involvement and reasons for getting involved.

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“Engaged students are way more successful, so I am just so thrilled that everybody’s back on campus. Finally hearing that the energy is there in the classrooms and I can see and feel the energy out here. This is why we do the work that we do, this is our why,” President Edwards said.

Women's Soccer Dominates Central Michigan 3-0 in Home Opener

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- Noah Kindig
- August 31, 2022
- Sports
- Women's Soccer

The Wright State University women's soccer team took down the Central Michigan Chippewas 3-0 in its home opener on Sunday.

Game Rundown

The game was played on Alumni field, home of the Raiders soccer programs. Both teams started off with a fast pace through the midfield to play balls cross-goal.

The Chippewas were the first to break through with a very close opportunity, as sophomore Gaelle Wells found the ball in the box in minute 13. A kick over goalkeeper Jessika Seward hit off the right post, saving the Raiders a 0-1 deficit.

After that play, WSU quickly recovered. While the Chippewas had a few other chances, none would break through.

The Raiders had several chances off of set pieces in the first half, as the Chippewas gave up four corner kicks and fouled seven times in the period. WSU finally found a breakthrough in minute 40, as chaos in the box from a corner kick sent the ball straight to junior Maddie Mitchell, who was able to capitalize for a 1-0 Raider lead.

The Raiders continued to possess the ball as CMU ran out of gas. The Chippewas took zero shots for the entire second half, compared to WSU's eight.

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Lauren Borchert would be the next Raider to find the back of the net in minute 58, as WSU continued to control the game. As the clock ticked down to minute 90, CMU was unable to mount a comeback.

The final goal came in minute 83, as Mariella Hartmann connected with Annika Somborski, who put the ball past CMU's Emma Shingler for the third goal of the day.

Possession Play

The Raiders were able to maintain possession through the defense and goalkeeper, switching the field easily. WSU quickly wore down CMU's defense, and worked the ball effectively through the midfield.

WSU head coach Travis Sobers showed trust in the full roster as well, substituting players much more than CMU did. The Raiders on the field were always fresh, allowing the team to effectively chip through the Chippewas' defense.

The Raiders now have a tough road trip ahead of them, including matches against teams like Butler and Kentucky.

The three away games in a row end in the first conference match on Sept. 15 where the Raiders look to go 1-0 in conference play at home over the Milwaukee Panthers.

Dayton's Not Dead: Wholly Grounds Coffee

- Elayna Storts
- August 31, 2022
- Wright Life

Wholly Grounds cafe and tea shop is the perfect getaway where students can relax, enjoy a sweet treat or work on homework with the ambience of a cozy coffee shop setting.

How it started

The founder of Wholly Grounds, Amy Williams, opened the shop approximately three years ago. According to Williams, the name Wholly Grounds is a play-on-words about whole coffee beans being ground to produce the perfect cup of coffee.

The idea to open a coffee shop germinated from Williams' sister's recommendation. Williams also wanted to do something that had more interaction than sitting in a cubicle and looking at a computer screen all day.

"I was looking for a place where people could meet, have groups or something where they could connect," Williams said.

As Williams hoped, there have been successful meetings and connections in the shop.

"Funny story: when we first opened, we had a couple that came on their first date. They actually just got married, and they are having a baby, and they actually met here. They actually had a little party here a few months ago," Williams said.

Like many other small businesses that started shortly before the COVID-19 pandemic, Wholly Grounds experienced difficult times, according to Williams, who ended up running the coffee shop completely alone for a period of time with limited hours.

According to Williams, the community, fortunately, supported the business and helped keep it going.

About the shop

Williams mentioned that the goal for Wholly Grounds is to be an atmosphere where people can relax. Williams also had a personal focus in mind besides coffee: tea.

“My emphasis, really, on the coffee shop was that I really wanted a good selection of teas. I love tea, I’m very passionate about it. I love coffee, too. I love tea probably just as equally or maybe even more,” Williams said.

Williams supports the arts by having local artists’ pieces hanging up in the shop for purchase and switching out the artists each month. Music is also a fundamental aspect of the establishment.

“I really try to promote the arts and artists,” Williams said. “Jazz is my specific focus, jazz and jazz music because I just feel like it’s just not represented enough.”

A Wine and Art auction took place on July 16, where people bought tickets and enjoyed wine samples; Williams hopes to do a similar event again next year.

There is a wide variety of drink and food options at Wholly Grounds, including pastries, espresso drinks, seasonal treats and teas. The shop also provides vegan food options that Williams offers in partnership with Purely Sweet Bakery, a gluten-free, vegan, paleo and keto bakery in Dayton.

Williams likes to focus on coffee from a variety of regions and organic options from corporations including Deans Beans, an organic coffee company based in Orange, Massachusetts.

According to Williams, Wholly Grounds does some in-house roasting but hopes to do more in the future.

Location and Store Hours

Wholly Grounds is located at 825 Wayne Ave. and offers pickup, delivery and dine-in services. Visit the cafe Monday through Friday from 7:30 a.m. to 5 p.m., Saturday from 8 a.m. to 3 p.m. and Sunday from 9 a.m. to 3 p.m.

Cozy and Spooky Books for Fall

- Emily Mancuso
- September 1, 2022
- Wright Life

With the fall season quickly approaching, here are some cozy and tantalizing novels to jump-start 'Spooky Season.'

“Hallowe’en Party” | Agatha Christie

Often called “The Queen of Mystery,” it is never too early to celebrate Halloween with Agatha Christie. This detective fiction novel features the well-known fictional detective, Hercule Poirot, solving a murder that takes place at a Halloween party he is attending. This one is a perfect introduction to the world of mystery to get students in the spooky spirit.

“The Saturday Night Ghost Club” | Craig Davidson

Fans of the acclaimed Netflix series “Stranger Things” would also enjoy “The Saturday Night Ghost Club,” a novel that follows Jake Baker’s young friend group growing up in magical 1980s Niagara Falls. What starts as a fun summer project turns into a haunting adventure that uncovers hidden meaning not only within town but also within storytelling and growing up.

“The Thing Between Us” | Gus Moreno

For all the Stephen King fans out there, this cosmic horror novel follows the eerie story of Vera and Thiago. After the couple purchases a smart speaker, Itza, and amidst the scary occurrences at their condo (including scratching noises in the walls and random packages at their door), devastation hits. The story follows Thiago, who must navigate life through a crushing and haunting period of grief and loneliness. This is a story that is strange and sad, and one that will make any reader question their relationship with technology and human interaction.

“home body” | Rupi Kaur

In this collection of poetry, Rupi Kaur visits the past, present and possibilities of the future through an introspective journey. Like Kaur’s other works, “home body” is a story of love, community, identity and change. As the fall season approaches, these poems can remind readers about the possibilities of growth, even as the leaves are turning.

“Parable of the Sower” | Octavia E. Butler

Known for science fiction writing, Octavia E. Butler does not disappoint with this eerie, futuristic depiction of a world hovering on the edge. After Lauren Olamina’s family faces perilous danger, she must step out into the dangerous Los Angeles fraught with drugs, war and chronic water shortage. Olamina must balance her battle with hyper empathy with the fight for safety in the north, and on this journey, she may uncover the saving grace for humankind.

Factors of Retention: WSU's Attendance Policy Explained

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Trey Brown

- September 1, 2022
- News

Wright State University policy does not indicate university-wide attendance guidelines, prompting mixed responses from the Dayton campus community.

No standard attendance policy

There is no standardized attendance policy at WSU; instead, instructors determine and evaluate attendance for individual courses, according to University Policy 3430.2.

According to University Policy 3430.2, attendance policies and absence penalties are to be provided at the first class meeting for in-person classes or the first day of the term for online classes. Students must establish attendance for each individual course.

The lack of a university-wide policy is one that promotes healthy dialogue between faculty and students, according to Faculty President Dr. Brian Boyd.

"I think what our policy is trying to encourage is that kind of interaction between faculty and students," Boyd said. "It does encourage us to have a discussion, to have a good relationship, work through the challenges of that."

Boyd explained that the excused absence policy was crafted by the Undergraduate Academic Policy Committee, a group of faculty from every college with various other individuals who work in the registrar and provost offices. The committee changed the policy in 2021.

According to Boyd, a lack of universal policy could mean a lack of clarity for students; however, the loss of established nuance in the student-faculty dynamic is a downside to standardized rules.

“There’s some real benefits to encouraging those discussions about what the expectation of the course is,” Boyd said.

The Ohio State University, Ohio University and Bowling Green State do not have university-mandated attendance policies either. OSU allows departments or schools to make rules on attendance, while OU has determined that those decisions be left to instructors. BGSU places the responsibility on departments with a firm first-day policy.

Faculty perspective

The lack of an official university attendance policy has prompted mixed opinions in the Dayton campus community. The pursuit of both clear communication and flexibility can be difficult to navigate for some faculty members.

According to business professor Dr. David Hall, there are benefits to having an outline for a standardized policy, but establishing one would take time.

“Different disciplines and professors and departments and administrators probably have different opinions about what is acceptable,” Hall said.

While acknowledging that having a standard policy would provide more consistency for students, Hall also mentioned that life events happen, and the lack of an official attendance policy allows professors the flexibility to make exceptions for students in special circumstances.

Absence of an official attendance policy across WSU is beneficial because it also promotes trust of faculty to make decisions pertaining to courses, according to English professor Dr. Andrew Strombeck.

“I think that faculty need to be trusted to come up with attendance policies that work for their particular, what I would call, pedagogical situations,” Strombeck said.

According to Strombeck, the nature and level of courses also contribute to areas of distinction in attendance policies for each instructor. There is variability in not having standardized attendance requirements, and Strombeck also noted that different areas of study will determine different attendance needs.

“English courses tend to be very discussion based, and so I think for us attendance tends to be really important, but it may be that in another context, attendance is not as significant when you’re just talking about kind of absorbing the information,” Strombeck said.

Student perspective

The lack of a mandated attendance policy elicits positive opinions from some WSU students.

Motion Pictures major, Bryson Schultz, enjoys the flexibility in the lack of an attendance policy.

“I personally opted to take more online based classes if they didn’t pertain to my major as with being busy with film projects, trying to find work and balance in my own personal life, it lends me some flexibility and helps with regulating my stress and freedom,” Schultz said.

Morgan Johnson, a Motion Pictures major, does not mind that there is not an official university-wide policy either, explaining that expectations are made clear by professors.

“I don’t skip my classes because I don’t want to miss notes/important info or upcoming tests,” Morgan said.

More information about course registration, attendance and administrative drops can be found [here](#).

Wright State Switches to a Webex Campus

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- Trey Brown
- September 2, 2022
- News

Recently, Wright State University's faculty governing body decided to switch to Webex as the sole remote teaching option, ending a relationship with Zoom and Blackboard Collaborate.

Replacement of Blackboard Collaborate Ultra

In March 2022, the Faculty Senate information technology subcommittee and Communicating and Telecommunication Services chose WebEx as the primary option for WSU moving forward. The committee phased out Zoom on May 27, 2022 and Blackboard Collaborate Ultra on Aug. 12, 2022.

According to a report published by the CaTS IT team, the decision was made to aid students and to provide a more efficient way for delivering assistance to faculty.

Faculty training

Faculty members were notified of the change on April 20, 2022. CaTS IT has since offered open labs that allow faculty to test out the service tool.

English professor Dr. David Seitz acknowledged the ease of using WeBex.

"It didn't take long for me because, you know, they are so similar that it's pretty intuitive," Seitz said.

During the COVID-19 pandemic lockdown in 2020, Seitz used Collaborate Ultra to teach courses. While Seitz noted the similarities apparent between the two platforms, reflection on the open lab session prompted Seitz to identify their differences too.

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According to Seitz, Blackboard Collaborate Ultra was incorporated within the Pilot system and the service tool was fully accessible; for WebEx, however, there is a distinction.

“The advice we’ve been given about WebEx is actually have it on your laptop, or you know, as an app,” Seitz said.

Further discussion

Dr. Hannah Chai, associate professor and co-director of the Reading Endorsement, Literacy and Middle Childhood Education Programs at WSU, is teaching fully online courses this semester and has taught online courses since 2012.

Technology is constantly changing, so going for a uniform system of online learning delivery is reasonable, according to Chai.

Chai recognized that broader discussions on these kinds of changes could be beneficial and proposed that surveys be presented to faculty and staff, which would allow for a more comprehensive voice on these decisions.

Some professors were also concerned with the amount of time given to acclimate to using WebEx.

“I think that there should have been a little bit more thoughtfulness with regards to timeline of the switch, one summer semester just wasn’t enough for being provided with support knowledge on what to do and how to do it,” Chai said. “I was told the switch was going to happen in the summer. Collaborate was going to be available and at the end of summer it was going to be gone.”

Chai addressed the fact that there were open sessions available but did not feel that these sessions conveyed enough clarity about WebEx and its usage in the classroom.

“Open sessions just means you come in and you ask questions. I don’t know that I know every single question to ask,” Chai said.

According to Chai, open communication is at the heart of the matter, and presenting opportunities to keep those channels of communication open is key.

Students weigh in

While the realignment of the university’s primary video conferencing tool is an adjustment for faculty, it is also a change for students.

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According to English major Aisha Idrees, Blackboard Collaborate Ultra and WebEx are relatively interchangeable, even if the layouts are different.

“I do think that Collaborate Ultra does have a better layout than Webex in my opinion because I like the screen tool options, and the chat features, and being able to share documents in groups, but I do know that Webex has those same options as well,” Idrees said.

Idrees explained that WebEx provides easier access through shared links, whereas Blackboard Collaborate Ultra required that students be logged into Pilot in order to use it.

“I think that Webex is a better alternative due to convenience,” Idrees said.

English major Abi Bond feels that Collaborate Ultra was not the best option for online course delivery.

“Collaborate is awkward, to say the least. I personally don’t like to sit in the course room earlier than the professor or wait for the time to open up the link,” Bond said. “Additionally, it lags frequently, and the breakout rooms are so confusing. I used Collaborate for 6 classes over the pandemic and all of them had consistent issues.”

Bond feels that the switch will be a positive one because WebEx is less complicated to maneuver than Collaborate Ultra. Having a plethora of experience using Blackboard Collaborate Ultra, and not as much with WebEx, Bond acknowledged that this could affect perception.

“I did use this infrequently in comparison to Collaborate, so maybe my opinion would change if I had used it more frequently,” Bond said.

More information about the Resource Alignment and Retention project, training and other resources can be found [here](#).

Stress and Success: How Students Experience and Cope with Stress

- Alexis Lewis
- September 2, 2022
- Wright Life

As the fall semester begins for Wright State University, some students may experience the physical, mental and academic struggles related to stress. Here is what stress is and resources for those experiencing it.

Impacts of stress

The World Health Organization defines stress as any change that causes strain on the body physically, emotionally or psychologically. The toll stress takes varies from person to person.

Physical

Stress, when experienced in different magnitudes, can impact the human body physically. There exist both acute and chronic stressors that occur to different extremities, according to Dr. Debra Steele-Johnson, professor and chair of the psychology department at WSU.

Steele-Johnson explained that daily hassles such as taking an exam, experiencing frustration while driving or juggling school with work, when experienced with enough frequency, can manifest in the physical body.

“Effects on the body can be quite diverse,” Steele-Johnson said. “Nausea, or digestion problems, headaches, it can even show up in your body as aches and pains. Fatigue is another big one.”

Senior English major Heidi Ames echoed experiences with these symptoms.

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“I find myself struggling to fall asleep, stay asleep, and get enough sleep,” Ames said.

Other physical reactions to stress can include headaches, racing heart rate, exhaustion and clenched jaw, according to associate director of Counseling and Wellness Services Dr. Daniela Burnworth.

Additional physiological symptoms of stress are changes in blood pressure, respiratory rate and blood flow, according to a 2018 study in the Biomedical and Pharmacology Journal.

Mental

Not only does stress affect the body physically, it also affects the body mentally.

According to Burnworth, mental ramifications of stress include irritability, worry, sadness and isolation. These symptoms can be exacerbated when experienced for a long period of time.

“Long-term stress can contribute to harmful wear and tear on the body and weaken our immune system,” Burnworth said.

Other mental health issues also correspond with stress, the two most common being depression and anxiety, according to Steele-Johnson. On top of these struggles, COVID-19 presented unexpected difficulties for students.

“As you know, college is stressful enough on its own and so many of our students face major stressors, and COVID just exacerbated it,” Steele-Johnson said.

Academic

Stress can also influence student success and academic energy. Students who balance jobs with school also face compounded difficulties.

“I find myself not putting my best efforts into an assignment if I am worrying about work or other stressors in my life,” Ames said. “My school performance is greatly impacted by stress. Sometimes I have to settle for a first or second draft instead of continuing to edit my papers.”

Although these negative effects impede student health and energy, Burnworth and Steele-Johnson mentioned some benefits to a specific kind of stress: eustress.

While negative stressors do exist, some life events like planning a wedding, experiencing adrenaline rushes or starting a new job can present positively in both mental and physical senses.

“Stress, in the short-term, can motivate us, help us work hard, and keep us alert,” Burnworth said.

Available resources

While stress can impede on daily life and wellbeing, there are practices and resources that students can access for help.

Steele-Johnson asserted that a major facet of stress is how a person *perceives* that stressor; instead of facing a stressor as a *threat*, Steele-Johnson recommends perceiving it as a *challenge*.

“The experience of stress is one largely of ‘I perceive the demands on me exceed the resources I have,’” Steele-Johnson said. “If I perceive something as a challenge, then I’m going to see fewer dysfunctional effects on my body.”

If students do feel stressed, there are management tactics to abate possible effects. Sleep, diet and exercise are the three main aspects of mental wellbeing, according to Burnworth and Steele-Johnson.

Mindfulness practices such as breathing exercises help calm both the mind and body. There are also applications and features of many devices that have relaxing sounds, heart rate monitors, sleep trackers and exercise reminders.

Burnworth and Steele-Johnson also recommend that students develop connections with trusted and supportive individuals. Other self-help tips can be found on the [CWS website](#).

“We have so many amazing resources on this campus to help students address stress, starting right with the Counseling and Wellness Center. And there’s these different student support groups, student success, tutoring,” Steele-Johnson said. “There’s all of these resources on campus that I think students can really make good use of and shouldn’t be shy about asking for those resources.”