

# 4.0

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**CLEVELAND  
STATE  
UNIVERSITY**

Spring 2021

JACK, JOSEPH  
AND MORTON  
MANDEL  
HONORS  
COLLEGE  
NEWSLETTER





# How CSU Has Handled COVID

By Harry Hardman



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At the present time, it would be a safe assumption to say that most people are sick of hearing about COVID-19 (pun intended). However, this pandemic is far from a joke, and remains a major part of our daily lives and will likely continue to do so for the foreseeable future.

When looking at how other colleges and universities have addressed COVID, Cleveland State's approach has proven to be comparatively superior. Numerous universities throughout the country had to send all their students home after mere weeks of reopening last fall because students were hosting large parties and other social gatherings where many individuals failed to adhere to CDC recommendations. Conversely, CSU has remained open throughout the entirety of the Fall 2020 and Spring 2021 semesters despite the continual onslaught of COVID-19.

While returning to "normal" is not yet safe, Cleveland State has offered courses taught online, in person, or a combination of both. In-person classes have adhered to social distancing measures, with desks and workspaces spread at least six feet apart. Additionally, each classroom has sanitizing wipes available for cleaning high contact surfaces before and after use. Not all courses have been offered in person; however, the degree of social distancing made possible by remote learning remains the most effective way to prevent the spread of COVID-19.

Outside of the classroom setting, CSU has placed numerous floor markers and hand sanitizing stations throughout campus and encouraged online ordering for the Viking Outfitters bookstore and on-campus dining such as Chili's. CSU has also provided bags full of COVID safety items to students at several points during the past two semesters. These bags have included reusable masks, water bottles to combat dehydration, disposable thermometers, hand sanitizer, and more.

On-campus housing has seen changes as well. The resident capacity of Fenn Tower has been halved and numerous other measures have been taken to limit close interactions between students. Guests are currently prohibited in both residence halls, including CSU students living off campus. Moreover, students from Fenn Tower are not allowed inside the dorms of Euclid Commons, and vice-versa.

One area where the Department of Residence Life has taken particular caution is mandatory student quarantines. Students who have tested positive for COVID-19 or have been in direct contact with a person who has tested positive are required to temporarily quarantine in their dorm rooms. CSU Dining has been gracious enough to deliver meals, snacks, and beverages straight to the doors of quarantined students. Having been in this situation twice myself due to a roommate experiencing COVID-like symptoms, I can attest that this is as little of a hassle as you make it, although communication between various departments and the quarantined students could be greatly improved.

Perhaps the most monumental effort made by CSU so far would be the Mass Vaccination Clinic established in the Wolstein Center. This is the first state-federal mass vaccination clinic in the State of Ohio. Starting March 17 and ending May 12, the clinic is open 12 hours daily. CSU students and faculty as well as the general population are able to receive the COVID-19 vaccine, provided they fall into the prioritization guidelines, which can be found on the Ohio Department of Health website.

Due to CSU's diligent efforts, along with the cooperation of students and faculty, there is hope that the end is in sight. While saying "when COVID is finally over" often sounds like "when I win the lottery," we can be cautiously optimistic that we may soon return to normal, even though that may be a new normal.



# Remote Learning Challenges and Tips

By Brayden Norris

This year has certainly been like no other. Among the many aspects of our lives impacted by the pandemic, the necessary changes to schooling have been particularly difficult adjustments for many students. With on-campus meetings being limited, most students have enrolled in at least one class that has had to resort to online learning to minimize contact. This approach, while unavoidable, presents many challenges compared to the traditional learning environment.

Unlike the face-to-face lectures, remote courses obviously lack much of the human interaction and present state of mind, which can easily weaken the connection a student feels to the class, material, and professor. Some can find that this inhibits the ability to absorb and retain the information. Live scheduled Zoom meetings for online lectures have been utilized to remedy this, but these typically just consist of blank screens with random names and muted microphones, making many lectures virtually identical to recorded videos. Without the actual classroom

experience, many students can struggle to give full attention to the material. Other students may find problems with the limited communication with their professors. Ultimately, it's likely that students will find the class to be more difficult to fully understand or less valuable than the traditional experience.

With online learning, one of the most crucial aspects of success is being able to keep track of deadlines and required work. Being stuck inside most of the time can make it hard to maintain a daily schedule, much less consider upcoming deadlines that are now easily ignorable simple text reminders on a screen. What has helped me has been sticking to a planner, checking all of my classes at the beginning of the week, and recording any deadlines I come across. Seeing the important dates in this physical form can help give me a frame of reference for how much time I have, and checking it regularly tells me all of the important information I need to know right away, rather than needing to scroll through folders on Blackboard. It also helps me keep track of specific meeting times for live sessions, at least while I'm getting used to a new class. Deadlines for online classes are usually more lenient, with submissions due at the end of a week or two. Because of this, it's important to pace yourself and get a little bit of work done each day, rather than letting it all pile up. Procrastination is always a threat in college, but online courses make it much more tempting.

Taking breaks in online classes is definitely much more important than it would initially seem. In traditional classes, there is a physical separation of the areas associated with work or leisure, but in online classes, the line between the two becomes blurred. Since online classes are usually attended from a personal room and don't have a set schedule, it can be harder to find a place for relaxation or a time to be "off." For example, attending lectures and completing homework from bed may sound nice at first, but students can quickly begin to associate their own bed with the stress of schoolwork, finding it more difficult to relax and get to sleep when the time comes. Designated breaks are crucial to avoiding the stress of coursework becoming constant and overwhelming. Changes of scenery are also helpful, including outdoor walks, as an online student may feel locked up in their room all day. Even while attending classes, doing the coursework in different rooms can break up the monotony and help differentiate between certain classes.

Adapting to online coursework has undoubtedly been one of the many challenges students must face as a result of the pandemic. Just like with traditional schooling, each student will have personal preferences, struggling with different aspects and having different successful or unsuccessful strategies to deal with those challenges. Trying new things can help students find what works for them. The important thing to remember is that even if adapting seems impossibly difficult, there are many students experiencing the same obstacles. Working together and sharing strategies for success can help all of us perform to our very best.



# Prioritizing Your Mental Health

By Joey Dzingeleski

We are living through unprecedented times, and our collective mental health is at a low. We have been missing out on the social interaction and stimulation that would normally help us boost our morale. Luckily for all of us here at CSU, we have access to free counseling services.

The Counseling Center offers a variety of counseling options, such as individual counseling, group counseling, couples counseling, psychiatry, clinical case management, and more. During the Counseling Center's hours (Monday, Wednesday, Thursday 11:00am-3:00pm), crisis counseling, initial screening, and scheduling for appointments is offered in-person. You can also call the Counseling Center at 216-687-2277 to get scheduled or access after-hours crisis counseling, which is offered 24/7. These are not the only resources available through the counseling center. If you visit their website (given at the end of this article) you will find a series of links to flyers, text lines, services, etc., dedicated to self-care and mental health. These links can provide helpful tips for

coping with racism, suicide prevention, and understanding potential alcohol abuse, among other things. The "CSU Student Wellness Programs" link will guide you to a page full of resources and programs designed to promote self-care. Simply put, if you need help, don't be afraid to ask for it: CSU is here for you.

Whether you live with a mental illness or the current state of the world simply has you feeling down, it is always important to prioritize your mental health. If possible, take a day out of your busy week to rest and take care of yourself. Being a college student can be stressful enough on its own, let alone needing to adjust to a virtual learning environment where we cannot interact face to face with one another. However you are feeling, know that you aren't alone and that help is here waiting for you whenever you need it.

Counseling Center Website: <https://www.csuohio.edu/counselingcenter/counselingcenter>

# Benefits of the Honors College

By Keren Kuragayala



The Jack, Joseph, and Morton Mandel Honors College (est. 2014) was the ninth college created here at Cleveland State University. The pre-existing university-wide Honors Program (2004-2014) partnered with the Jack, Joseph, and Morton Mandel Foundation to provide “academically challenging curriculum and leadership training for high-achieving students.” There are three distinct programs within the Mandel Honors college: the University Honors Program, the University Scholars Program, and the Mandel Continuing Scholars Program. The University Honors Program offers generous scholarship support and is also highly competitive. Of the 200-250 applications each year, only 40 first-year students and 20 third-year students enter the program each fall. The University Scholars Program does not offer scholarship support, but it does welcome a higher number of high-achieving students, who are then able to enrich their educational experience with honors coursework in their chosen major. The Mandel Continuing Scholars Program is another competitive program with scholarship support, but this is limited to Tri-C applicants from The Mandel Scholars Academy.

There are several benefits to joining the Honors College. At a smaller college within a larger urban research university, students have the advantage of becoming a part of a tight-knit community of like-minded, goal-oriented students, while still enjoying the advantages that an urban research university provides. Along with the opportunity for undergraduate research, if applicable

to your major of interest, the Honors College provides opportunities for advanced coursework to further enrich your educational experience. The Honors College also has a separate, dedicated staff of advisors who are always available to assist you as you make the important decisions needed to achieve your goals.

While CSU is reducing its on-campus footprint during the pandemic, students of the Mandel Honors College have multiple resources to look forward to when we return to campus. Across from the Honors College office, on the first floor of Berkman Hall, Honors students have access to an exclusive lounge and computer lab. Finding places to sit, heat up your lunch, or print out materials will be hard once we return in full, so such a space will be even more vital then. For now, these areas are closed, but we can expect them to be open again soon.

Another great advantage of being in the Honors College is the number of future connections you’re presented with. Through the Honors College, students will have the opportunity to be a part of unique partnerships such as research opportunities with the Lerner Research Institute at the Cleveland Clinic. All students of the Honors College are also granted automatic admission to some of CSU’s graduate programs upon graduation including the Cleveland-Marshall College of Law and graduate programs in the Maxine Goodman Levin College of Urban Affairs.

# 2021-2022 H Course Gen Eds

By **Bushra Damra**

Attention Honors students! As you may already know, you are required to take at least four general education H courses to graduate from the Honors Program. Still need to take a couple, but are unsure of what classes to take? Here's a comprehensive list of the H courses offered during the 2021-2022 school year!

## Fall 2021

### **ENG 102H College Writing II** (3 credits, TTh 10-11:15 AM)

An advanced introduction to academic research and writing through intensive investigation of an issue or topic specified by the instructor. Students will be required to develop and organize a substantial research project related to the topic of the course and to demonstrate the information literacy skills required to find, evaluate, and make appropriate use of primary and secondary materials relevant to their project.

### **CHM 261H General Chemistry I** (3 credits, MWF 12:25-1:15 PM)

Topics covered include stoichiometry, atomic theory, states of matter, electronic structure, oxidation-reduction, and thermodynamics. Honors students are required to develop a couple of papers pertaining to the chemistry behind certain phenomena and topics.

### **PHY 244H University Physics II** (5 credits w/ lab, TTh 12:30-2:20 PM)

Calculus-based honors physics, with laboratory. Topics include electricity, magnetism, and optics.

### **ENG 241H Intro to Fiction** (3 credits, TTh 2-3:15 PM)

This course teaches students how to analyze, discuss and write critically about fiction at a level appropriate for honors level English majors. While all sections of ENG 241 teach students the skills of critical thinking and writing about literature, this honors course will also help students understand the histories and ideologies behind the types of analyses they are learning to perform on literature. Students will engage with critical sources at a sophisticated level, in preparation for their senior honors project.

### **MTH 181H Calculus I** (4 credits, MTWF 10:15-11:05 AM)

Topics covered include limits, derivatives, continuity, applications of derivatives, antiderivatives and the definite integral. The use of technology, such as the graphing calculator, is an integral part of the course. Covers the same basic topics as MTH 181, but with greater emphasis on rigorous treatment of the underlying mathematical ideas and real world applications.





## Spring 2022

### **PSY 101H Intro to Psychology (3 credits, MWF 11:20-12:10)**

Survey of psychology, including coverage of methodology and measurement; intelligence and personality; psychological disorders and their treatment; the biological bases of behavior; social influence and persuasion; learning; and perception, memory, and cognition.

### **REL 235H Origins Christian Religion (3 credits, TTh 12:30-1:45 PM)**

An introduction to the critical study of Christian origins and the New Testament from the perspective of comparative religion. After a brief introduction to religion in the ancient Mediterranean world, the course investigates the evolution of early Christian religion from Jesus to his earliest followers in this context, with special attention to issues of myth, ritual, spirit possession, ethics, social identity, and institutional authority. Underlying themes include the relation of the first Christians to other groups of the ancient Mediterranean world, and the question of unity and diversity in the New Testament. Emphasis on close, critical analysis of primary texts.

### **CHM 262H General Chemistry II (3 credits, MWF 12:25-1:15)**

This course covers kinetics, equilibrium, acid-base chemistry, nuclear chemistry, and descriptive chemistry. Honors students are required to develop a couple of papers pertaining to the chemistry behind certain phenomena and topics.

### **HIS 220H Debates in African American History (3 credits, MWF 1:30-2:20 PM)**

HIS 220H uses Reacting to the Past role-playing games to allow students to engage with ideas, arguments, and texts at pivotal moments of the past. Although specific topics and reacting games may vary, this course will focus on slavery, abolition, the African American struggle for equality in the antebellum period, and the meaning of citizenship, freedom, and democracy.

### **BIO 194HC Biology of Our Changing Planet (3 credits, TTh 10-11:15 AM)**

This course meets the requirements for general education Natural Science and is for non-science majors.

### **MTH 182H Calculus II (4 credits, MTWF 10:15-11:05 AM)**

Topics to be covered include applications of integration, techniques of integration, improper integrals, infinite series, power series, polar coordinates, conic sections, and vectors. The use of technology, such as the graphing calculator, is an integral part of the course. This course covers the same basic topics as MTH 182, but with greater emphasis on rigorous treatment of the underlying mathematical ideas and real world applications.



# CSU's Music Therapy's Response to an Online Learning Environment

By Jackson Casteel

All of us have had to adapt to our changing learning environment over the course of the last year. Students that rely on clinical experience, internships, and research have also had to overcome the difficulties of being able to get the hours they need, in addition to their typical course loads. This article is going to highlight the challenges that Honors Music Therapy students, Dana Tonkinson and Jessica Spore, have faced and overcome during this last year of school.

Music Therapy is the clinical and evidence-based use of music to support and accomplish individualized non-musical goals. Students learn how to support the physical, emotional, cognitive, and social needs of individuals that they meet throughout their duration in CSU's program. Every semester, they take a Practicum course that allows for them to take progressive steps in engaging with individuals who may find it difficult to express themselves in words by providing an outlet for their emotions. Dana and Jessica are currently in Practicum II, a critical class in their curriculum as it is the first time that they are not doing clinical hours in a group or in pairs, but individually. They have had to create musical interventions and activities for weekly sessions based on a client's evaluated needs. I asked them a few questions about how they have been successful and their overall experience in their program during this last semester.

## What are some of the biggest challenges facing your field as it has transitioned to an online format?

**Dana:** One of the biggest challenges I have had to face was coming to terms with the fact that we are not allowed to see clients in-person anymore. Music therapy is a relationship-based profession, so not being able to be with clients was really difficult. Another thing is that music is so difficult to perform over Zoom. There is always a delay with the sound and the ability to gauge and assess non-verbal cues and actions is completely non-existent. We rely heavily on noticing those cues to alter what we are doing in the moment, so not having that has been a challenge.

**Jessica:** My biggest challenge has been observing a person's behavior over the Zoom screen. A lot of the individuals we support struggle with staying very still, which is completely fine in an in-person situation, where I can still see them if they're walking around. On Zoom, if the individual leaves their small "rectangle," I'm suddenly unable to take data on what I'm seeing. I'm working with a preschooler this semester, so coming up with ways to verbally or musically lead him back to his screen has been especially important. Also, I'm not able to see people's lower body or legs—even if the person is sitting still—so assessing motor difficulties has been really difficult.

## Do you feel like you have been getting good experience despite working from online?

**Dana:** I'm really happy with how our program has prepared us by using Telehealth. I hear about so many other schools with this program really struggling with transitioning to an online format and having to use a buddy system during sessions, since we are big multi-taskers, so hearing that we are one of the few schools having students lead sessions by ourselves is really affirming. There are so many fun interventions that we normally wouldn't be able to use in-person because of the technology, so it has been really great to kind of experiment with what works and what doesn't. We're still interacting directly with clients and forming relationships with them, and it's also fun to see them in their homes with family sometimes joining in with them. It's a really great way of bringing people together, I think.

**Jessica:** We're getting a unique experience, for sure! I think that, while Telehealth certainly has some drawbacks, there are important advantages as well. Many people we support are either too young to drive or have some sort of challenge that lends itself to needing transportation support in their adult years. Telehealth means that we can provide services right inside their homes. If something comes up and a child's caregiver cannot drive them to a music therapy session, we don't have to cancel. If one of our service users cannot afford reliable transportation, we can still see them. Telehealth makes services more accessible to young people, disabled people, people living in remote areas, people who are travelling, older adults, chronically ill people, and more!

## What are your favorite types of interventions to do with clients?

**Dana:** I have really loved utilizing the green screen feature on Zoom this semester because I've created this cool scavenger hunt game for my little ones I am supporting. They absolutely LOVE seeing different things just "appear" on the screen and helping me find all of the missing things! I've also really loved utilizing basic household items in lieu of actual instruments. Sometimes we use pasta boxes and Tupperware containers instead of shakers and drums, so it's fun to see what kind of instruments we can create with random items!

**Jessica:** My favorite intervention to do with my preschooler every week is a relaxation song: "Beautiful Light" by Laurie Berkner. I utilize the iso-principle for this intervention: I begin with a moderate-high dynamic of playing and singing to match his current level of stimulation and end with only a soft fingerpicking pattern. As I remove various levels of stimulation and decrease the dynamic level of the piece, my little one's mood decreases from a highly aroused state to a much calmer one. His muscles relax and his breathing slows. That way, when he returns to his class after music therapy, he has a calm body and is more receptive to integrating back into his everyday activities. The lyrics remind the listener that they are a beautiful light—someone who shines very brightly in the world. I think it's so essential to remind people, no matter how tiny they are, that they matter.



# VICTOR VIKING'S BACK-TO-SCHOOL BLOG



THIS YEAR HAS BEEN BOTH THE SLOWEST AND FASTEST YEAR OF MY LIFE! SOCIAL DISTANCING MADE EVERYTHING SEEM TO DRAG ON, BUT HERE WE ARE! ALREADY AT THE END OF THE YEAR!



DON'T GET ME WRONG, THIS YEAR CAME WITH ITS OWN SET OF CHALLENGES...



LIKE THOSE AWKWARD ZOOM MOMENTS WHEN YOUR PROFESSOR CUTS OUT IN THE MIDDLE OF TEACHING OR WHEN YOUR CLASSMATES FORGET THEIR MIC IS ON...



OR THE FACT THAT WE HAD TO HOLD IN COUGHS DURING CLASS FOR FEAR OF JUDGMENT...



AND NOT TO MENTION THE NEWFOUND ANXIETY OF REVEALING YOUR FACE FOR THE FIRST TIME.



BUT DESPITE THE HARDSHIPS, WE WERE STILL ABLE TO FIND WAYS TO BOND AND LEARN. WE KEPT THINGS SAFE AND WERE ABLE TO FIND FRIENDS THROUGH STRANGE SHARED EXPERIENCE...



I HONESTLY HAD A GREAT YEAR AND MADE SO MANY AWESOME NEW CONNECTIONS AND MEMORIES. WE ARE FINALLY HERE AT THE END OF THE YEAR...



AND I KNOW THAT WE WILL BE BACK TO TRADITIONAL CAMPUS LIFE BEFORE WE KNOW IT!





# All About CLE!

By Kasey Sheridan

## Cleveland: 225 Years Strong!

Founded on July 22nd, 1796 by Moses Cleaveland and the Connecticut Land Company, Cleveland quickly became a trade powerhouse because of its lakeside location. Today, Cleveland is a leading city in healthcare and the arts, but it's rooted in industrialism. Magnate John D. Rockefeller turned the city into an oil powerhouse in the 1870s with his Standard Oil Company. In the 1950s, Cleveland disc jockey Alan Freed coined the phrase "rock and roll" and in 1995, the Rock and Roll Hall of Fame opened its doors in downtown Cleveland.

Historic Playhouse Square was constructed on Euclid Avenue in 1921, and it currently stands as the second-largest performing arts complex in the United States. That same year, the state-of-the-art Cleveland Clinic was founded, and in 2008, the first face transplant in the United States was performed there. Cleveland State University was founded in 1964. In March 2021, CSU's Wolstein Center served as Ohio's mass COVID-19 vaccination site, serving upwards of 6,000 people per day. Cleveland has been and continues to be a growing, thriving metropolis.

## CLE Fun Facts

Think you know Cleveland? Test your knowledge with these fun facts!

- The Cleveland Advertiser dropped an "a" in Cleaveland in 1831, supposedly to save space on the newspaper's masthead.
- Built in 1930, Tower City's Terminal Tower was the tallest building in the United States outside of New York City until 1964.
- CSU's James A. Rhodes Tower is the fourth-tallest educational building in the United States.
- Superman, a staple to comic books and American history, was created in 1933 in Cleveland by two high school students, Jerry Siegal and Joe Shuster.
- Cleveland was the first city ever to be lit by electricity when Public Square lit up in 1879.
- The Arcade, located on Euclid Avenue, was the first-ever indoor shopping mall when it opened its doors in 1890 (and it's still open today!).
- Cleveland has been a popular filming spot for a lot of blockbuster movies, including "The Avengers," "Spider-Man 3," and "A Christmas Story."
- The world's first electric traffic light was placed on the corner of Euclid Avenue and East 105th Street in 1914.

## The Full Experience (Summer '21)

Even during a worldwide pandemic, CLE is still the place to be! Whether you're in the mood for retail therapy or sightseeing, there's always something to do in the city. Hours may be altered with COVID-19-safe restrictions in place, but many museums and attractions are still open to visitors. CSU students can get discounted tickets at the Rock and Roll Hall of Fame, the Great Lakes Science Center, and the Cleveland Museum of Natural History. There are plenty of free local attractions to explore, too, including the historic Westside Market, The Cleveland Museum of Art, The Cleveland Museum of Contemporary Art (MOCA), The Arcade, Cleveland Metroparks, and Public Square. Looking for a good photo-op? Look no further! Cleveland's iconic script signs are the perfect opportunity to snap a pic. Did you know there are six signs-- in Tremont, Edgewater Park, North Coast Harbour, Euclid Beach, CLE Hopkins International Airport, and The Foundry?

There's a lot to do, but things are definitely changing. The Cleveland Indians were playing in front of a meager 30% capacity crowd in April. The Cleveland Orchestra had to scrap its Spring 2021 plans and instead intends on having in-person shows in 2022. Summer 2021 isn't going to be entirely uneventful, however. Live shows are returning to Playhouse Square as soon as this June. University Hospitals' "Rock The Block" festival is set to run from August 20th, 2021 to August 21st, featuring food, live music, and a lot of fun for a good cause. The 6th Annual Cleveland Tattoo Artists Convention is being held at the Cleveland Convention Center in June 2021. Slowly but surely, outdoor-- and even some indoor-- concerts have Summer 2021 dates in Cleveland. Cleveland has a rich history and a pandemic won't stop it from pushing forward. You'll be surprised at what you can learn about the unstoppable city through experience and appreciation. There's so much to learn and so much to do-- so, what are you going to do today?

# TV & Music 4.0 Staff Picks



*The Mandalorian* was an epic, thrilling adventure for all adult fans of Star Wars, or even those with limited knowledge of the Universe! There was constant action, which kept the storyline moving, and you were able to develop an emotional connection to the characters, making the story that much more exciting.

-Alan Klosinski

*The Good Place* ended last year but is still available for streaming and is one of the wittiest, most clever, and most heartfelt sitcoms you'll ever see. Between endless cliffhangers and plot twists you'll grow so much with the characters and go on such an exciting and moving journey.

-Joey Dzingeleski



*Star Trek: Discovery* is a contemporary prequel set ten years before the wildly popular original series. *Discovery* explores the Star Trek universe with storylines full of action, humor, and plot twists. The three seasons feature iconic characters like Spock along with a brand-new cast, making it easy to jump in before or after watching the several existing series.

-Lynn Nichols

One of my favorite recent songs is "Leave The Door Open" by Bruno Mars and Anderson Paak as the new band Silk Sonic. Bruno and Anderson work together so well, creating fun music that calls back to the Motown days. Keep an eye out for their new album!

-Joey Dzingeleski



*Goodbye Yellow Brick Road* is the seventh album by English rock artist Elton John and was released in 1973. Despite being released nearly 50 years ago, *Goodbye Yellow Brick Road* contains tracks that resonate across generations. Whether you're feeling somber and prefer "Candle In the Wind" or feel like hitting the town with "Saturday Night's Alright for Fighting" as your soundtrack, this iconic album has tunes for every taste. *Goodbye Yellow Brick Road* is an essential listen for rock and classic rock fans alike.

-Harry Hardman

*The Mountain* by British progressive metal band Haken may be one of the greatest albums of the last decade, balancing virtuosic instrumental passages with catchy melodies and vocals. Haken blends modern heavy metal sounds with jazzy and symphonic elements, interweaving beautiful vocal harmonies as well.

-Charles Farrington



*Falling Satellites* by Frost\* is an auditory feast of electronic, rock, and pop flavors. The beautiful synth soundscapes and world-class musicianship are streamlined into (mostly) traditional pop and rock song structures, making this album very accessible for fans of those genres. Frost\* has a new album out May 14, check it out if you enjoyed this one!

-Charles Farrington



By Jasmin Ashriem



## Project Sunshine

Are you looking to get volunteer experience in medicine? Project Sunshine is a volunteer-based program located all over the United States and internationally reaching over 200,000 families. Project Sunshine's priority is to fill the gap of social isolation pediatric patients might face while they are in hospitals. This program is especially vital now due to COVID-19 restrictions. There are a variety of programs available to pediatric patients such as Teleplay, Sending Sunshine (activity kits), and direct patient volunteering. With COVID-19, Teleplay has been especially helpful by providing live play experiences over Zoom. Project Sunshine at CSU recently took off in Spring 2021 with much enthusiasm from the members and community. Because of current COVID restrictions, on-campus meetings and events are limited to 10 members. In the future, we hope to open it to all members.

If anyone is interested in joining, head over to VikesConnect and type "Project Sunshine" in the search bar. Once you search up Project Sunshine, you'll also be able to see all the members of the executive board. If you have any questions at all please feel free to reach out to Alissa Dodd, President of Project Sunshine at CSU, at [a.m.dodd@vikes.csuohio.edu](mailto:a.m.dodd@vikes.csuohio.edu)



## Society of Automotive Engineers Baja Club

The Cleveland State Vikings Racing Team is a student engineering organization that is open to students of all engineering majors. We compete against other universities from around the world in competitions that are sanctioned by the Society of Automotive Engineers. Baja SAE is a competition where student teams compete with off-road "Mini- Baja" vehicles in a motocross endurance race that is a 4-hour torture test on all aspects of a team's design. Competitions focus on the design, presentation, cost effectiveness, performance, and endurance of each team's vehicle. The Vikings Racing Team allows engineering students to practice what they learn in the classroom while giving them valuable experience that sets them apart in the eyes of employers. Many employers have offered several of our members Co-op and post-graduation employment opportunities due to their participation and experience gained in our organization. Many of our members have had the privilege to work for organizations such as Swagelok, Volvo, Honda, Lincoln Electric, and NASA just to name a few. CSU Baja SAE offers members the opportunity to truly grow as engineers.

To join, feel free to visit our office on the first floor of Fenn Hall. Meetings are usually held on Tuesdays and Thursdays around 7:30 PM. Locations tend to vary, so feel free to contact us for more information! You can also find more information on the CSU Student Engineering Organizations page on VikesConnect or email Sean Wiblin at [2724846@vikes.csuohio.edu](mailto:2724846@vikes.csuohio.edu).

## Chemistry Club

Are you majoring in a scientific field or interested in chemistry? Check out the Chemistry Club! The Chemistry Club is a student organization that helps connect students with an interest in chemistry to allow them access to resources and fields in chemistry. We have had the pleasure of hosting guest speakers like Dr. Dibello and Dr. Turner, and plan to have more in the future. Activities can include volunteer work or simple experiments based on chemistry concepts.

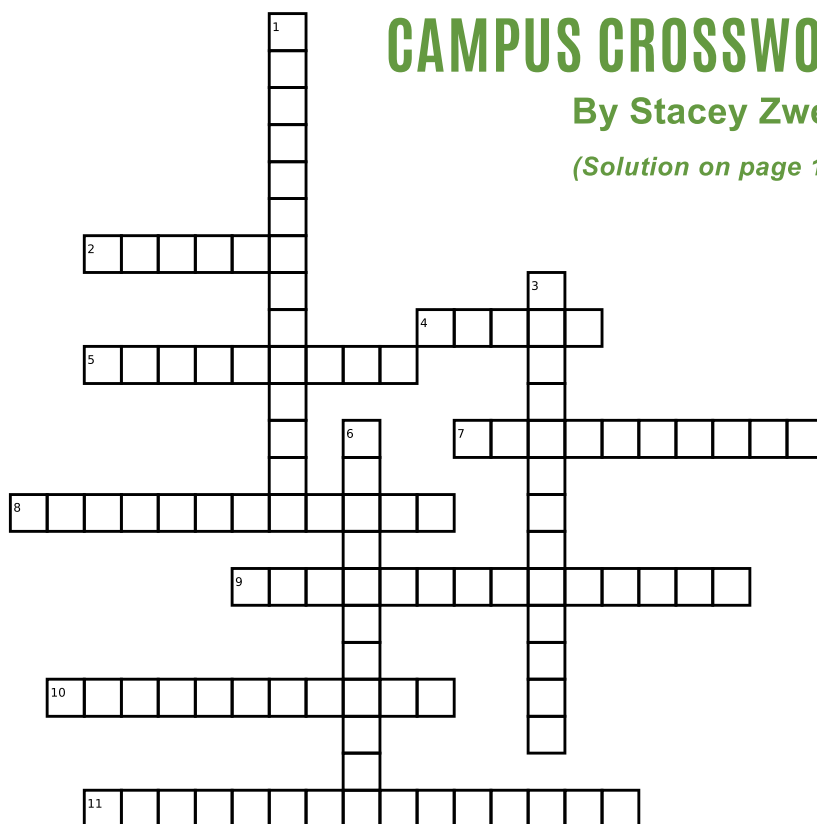
To join, visit the Chemistry Club page on VikesConnect and hit the blue “join” button. Member meetings are held once a month on Mondays from 12:00-1:00 pm. Please contact Hope Klatka at [h.klatka@vikes.csuohio.edu](mailto:h.klatka@vikes.csuohio.edu) or Jessica Pierce at [j.r.pierce84@vikes.csuohio.edu](mailto:j.r.pierce84@vikes.csuohio.edu) if you have any questions.



## CAMPUS CROSSWORD

By Stacey Zweifel

(Solution on page 14)



### Down:

1. information outlet to help find a career and answer simple questions
3. web page providing information about on-campus services
6. student organization within Jack Joseph Morton Mandel Honors College

### Across:

2. Cleveland State University mascot
4. intranet for current students and faculty
5. online job board for students
7. intranet where students complete their assignments and many take classes here virtually
8. Cleveland State University President
9. help with career exploration and planning for your job search
10. Tutoring academic success center
11. name of the library here at CSU

# Return to Pursuit: Coming Events

By Dan Röhrer

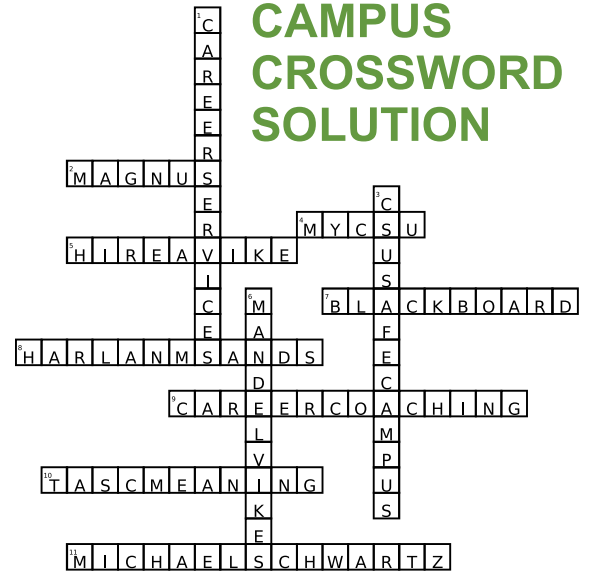
While COVID does still linger, events and activities in Cleveland have been rescheduled and reorganized to follow appropriate health precautions. For those able to participate, some noteworthy events at the University and around the town are listed below.

Event	Description
<b>Start Up Essentials</b> June 3rd, 15th, 29th July 15th August 5th <a href="https://www.csusbdc.com/events">https://www.csusbdc.com/events</a>	This free, virtual workshop guides students through the steps of building a business. The 3 week schedule includes drafting plans for feasibility and consulting advisors for help.
<b>The Choir of Man</b> June 11th - July 11th Mimi Ohio Theatre <a href="https://www.playhousesquare.org/events/detail/choir-of-man-2021">https://www.playhousesquare.org/events/detail/choir-of-man-2021</a>	The only summer adult program at Playhouse Square, Choir of Man is a multi-genre stage concert that takes inspiration from Broadway, folk, rock, and more set in a euphoric pub.
<b>Cleveland Museum of Art Exhibitions</b> <i>See Upcoming Exhibitions Cleveland Museum of Art For details</i> <a href="https://www.clevelandart.org/exhibitions/upcoming">https://www.clevelandart.org/exhibitions/upcoming</a>	From New York Ashcan to Chinese cave art; German holy relics to Islamic Art, CMA is looking forward to hosting exhibitions again this summer. While the public museum is free, one must reserve tickets to not exceed the COVID capacity; Private Lives: Art of the Nabis, however, is a charged special exhibit.
<b>Little Italy Summer Art Walk 2021</b> June 4th - 5-9PM June 5th - 12-9PM June 6th - 12-9PM <a href="https://www.facebook.com/events/little-italy-cle/little-italy-summer-art-walk/463429614661048/">https://www.facebook.com/events/little-italy-cle/little-italy-summer-art-walk/463429614661048/</a>	Given a fortunate COVID forecast, the Summer Art Walk (previously annual) is currently planned to return this year.  Unlike 2019 (and given good weather) this walk will have more art and activities on Murray Hill.
<b>Western Reserve Historical Society: Speaking of Cleveland</b> Euclid Beach Park May 12th - 6-7PM May 19th - 6-7PM <a href="https://www.wrhs.org/events/speaking-of-cleveland-virtual-tour-ebpgc/">https://www.wrhs.org/events/speaking-of-cleveland-virtual-tour-ebpgc/</a>	Both virtual, the May 12th lecture tours the Euclid Beach Park Carousel at the History Center, restored with paintings and carvings in 2014. The May 19th lecture discusses the park's operating history from 1895 to 1969. Tickets for the Cleveland HC at WRHS can be purchased in limited amounts online.
<b>Cleveland Indians Baseball</b> <i>See Cleveland Indians Schedule   Cleveland Indians*</i> For details <i>*Schedule may vary</i> <a href="https://www.mlb.com/indians/schedule/">https://www.mlb.com/indians/schedule/</a>	Having their 30% capacity plan approved, the Indians open their home season to fans on April 5th and expect, given favorable COVID forecast, to do so throughout the season. 10,500 fans will be allowed in attendance to watch the team roll out its new 2021 roster following state and local COVID guidelines.  Due to COVID, tickets must be bought the same month as the game.



## CAMPUS CROSSWORD SOLUTION

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# Meet the 4.0 Staff



**Jasmin Ashriem** is a sophomore majoring in nursing and minoring in biology and psychology.



**Aujolie Baker** is a first year honors student following the writing/directing track at the CSU School of Film & Media.



**Jackson Casteel**, a Junior Biology major in the NEOMED program is currently president of CSU's American Medical Student Association.



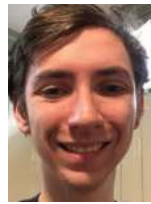
**Bushra Damra** is a first year student majoring in biology on a pre-optometry track.



**Sarah DeRosa** is a returning 4.0 staff member with an interest in preserving the world's surviving bee population.



**Joey Dzingeleski** is a transfer student majoring in the field of communications.



**Charles Farrington** is a sophomore majoring in Mechanical Engineering and minoring in Mathematics.



**Harry Hardman** majors in Finance with a minor in Economics and Risk Management and is on CSU's Men's Fencing Team.



**Alan Klosinski** is a sophomore Mechanical Engineering major student with a Math minor.



**Keren Kuragayala** is a fourth year Biology major and English minor.



**Lynn Nichols** is a first-year Honors student majoring in English and Gender Studies.



**Brayden Norris** is a first-year Honors student majoring in Biology on the path to Biomedical Engineering.



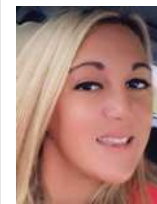
**Caleb Palagyi** is an Electrical Engineering major minoring in Math and a member of CSU's Newman Catholic Ministry.



**Dan Röhrer** is a third-year Chemical Engineering major; he is also minoring in biology, chemistry,



**Kasey Sheridan** is a freshman majoring in journalism and theatre.



**Stacey Zweifel** is a junior majoring in social work, loves the honors programs here at CSU and loves her animals!

# JACK, JOSEPH AND MORTON MANDEL HONORS COLLEGE



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