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Construction State University

The Jack, Joseph, and Morton Mandel
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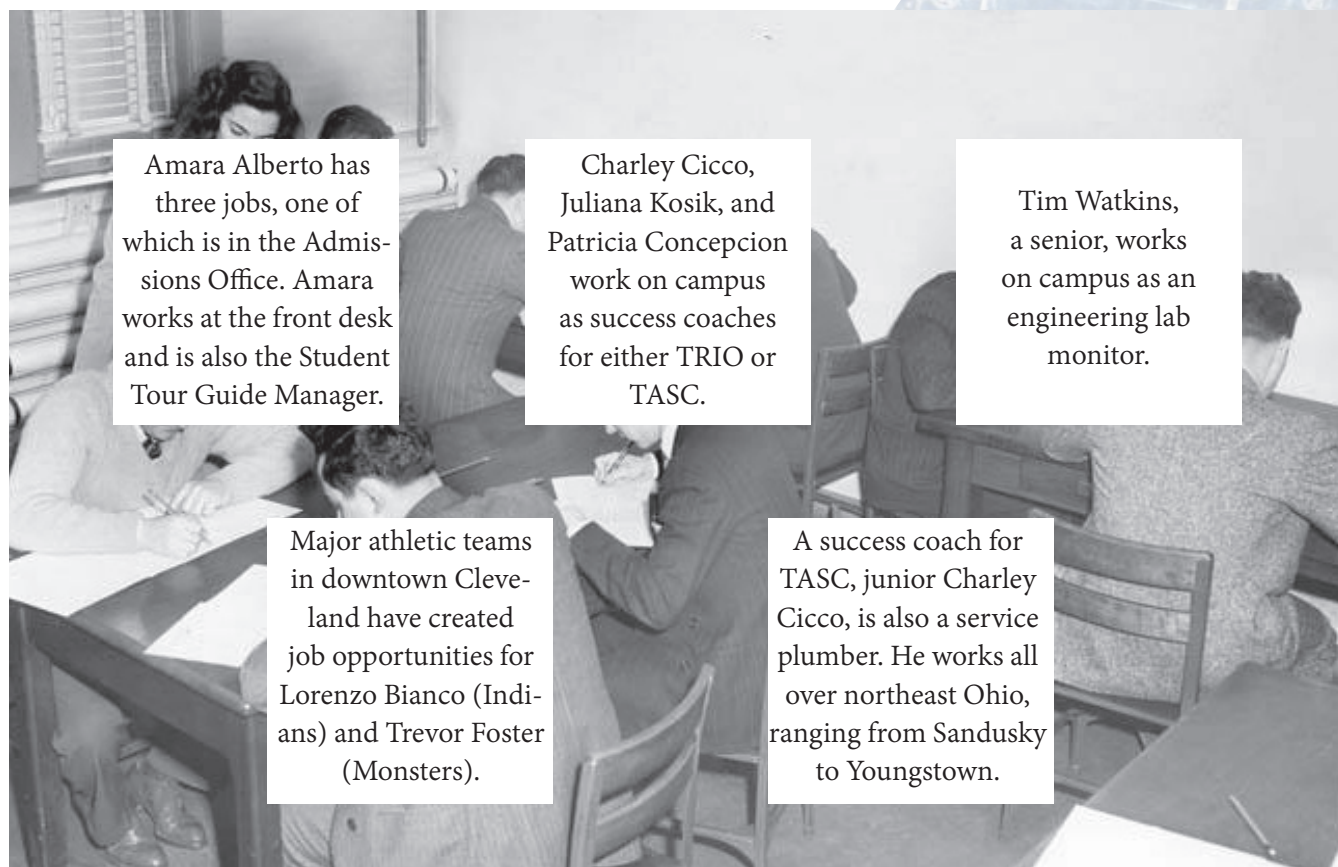
Honors Students Take Hard Work Beyond the Classroom

Kyra Rudy

Honors students are known for their dedication to academic pursuits, but for many, hard work isn't limited to the classroom. A survey of honors students revealed that 74% of the 82 respondents hold down jobs while enrolled in classes. Just under half of these jobs are on campus, while 37.7% of jobs held by honors students are academically related. For 51% of job-holding respondents, hard work goes far beyond campus to downtown, the suburbs, and even further than the Greater Cleveland area.

The vast majority (82%) of respondents reported that having a job increases their stress level beyond that already caused by the responsibilities and expectations that come with being an honors student. For many, this increase in stress is justified by the need to pay bills (61%) and the need to gain experience (16%). Others decided to work during the semester after being referred by a professor (5%) or to simply stay busy (2%).

Out of the 21 respondents without a job, 43% reported that working during the semester is not a necessity due to the substantial aid of the honors scholarship. The majority (52%) of those without jobs also claimed that they do not have enough time to work during school. Additionally, 24% said that they chose not to work because they simply didn't want to.





Are Honors Students Happy with HON Courses?

Brad Stricklen

In September, the Jack, Joseph, and Morton Mandel Honors College here at Cleveland State conducted a survey to see if Honors students were satisfied with the Honors Experience (HON) Courses offered.

For those un-familiar with HON courses, they are designed to give Honors and Scholars students an opportunity to interact with each other and build a community of learners. The survey consisted of four questions. The first three questions asked if students were satisfied with the current selection of courses provided by the Honors College. From these questions, the survey found that 56% of honors students who took the survey were satisfied with the selection of classes, while 44% were not. However, all of the students who took the survey agreed that more courses should be offered than what is presently.

The final question asked which courses that students would be interested in adding to the HON curriculum. The options included freshman mentoring, helping foreign students learn English, exploration of historic locations in Cleveland, experiencing Cleveland artistic background by visiting the Playhouse and art galleries, environmental cleanup, and attending professional development sessions where they can make resumes and practice interviewing. Students were allowed to pick multiple options for this question.

Of the students surveyed, the most popular choices were freshman mentoring and Cleveland exploration, with 76% of students desiring these courses. The third and fourth most requested options were professional development (68%) and Cleveland art appreciation (52%). The least popular choices were helping students learn English (44%) and environmental clean-up (36%). Regardless of what courses students want, it is clear that many are not satisfied with the current course offering and all the students surveyed would like to see more options.

Viking Expeditions Honors Experience

Madison Scagnetti

Honors students are required to take an honors experience course each semester. Students choose from a variety of one credit hour courses, with one spring semester option being Viking Expeditions (VE) Spring Break. For this course, students attend a VE winter or spring alternative break trip and write a short reflection on their experience.

Second year honors student Delaney Canfield shared her experiences from a trip to New Orleans with VE. Canfield wrote a blog post reflecting upon her experience here: <http://www.canfieldphotography.com/blog/2016/1/11/2016-adventures-new-orleans>.

Ivanna Klek, a third year honors student, has gone on VE trips twice for honors experience courses. She said students don't need to be involved with VE before using a trip for their honors experience; she had only volunteered locally with VE once before going on her first trip.

Canfield and Klek had similar reasons for choosing a VE trip as their honors experience. Klek said, "I chose this honors experience course because service has always been a huge part of my life, and I wanted to continue immersing myself in helping others." The pair strongly recommends this course to all honors students; Canfield said, "I think everyone should try to go on at least one trip with VE."

Canfield said that going on a trip is a great way to get more involved with VE. She and Klek both hold positions on VE's board: Canfield is the Local Service Chair and Klek is the Marketing Chair. VE is a student-run service organization offering local service days and affordable alternative break trips. Those who attend VE local service days in the Greater Cleveland community or volunteer on their own can receive a subsidy, taking up to 40% off a trip's cost.

For more information, visit the organization's website, www.csuve.org, or OrgSync page, <https://orgsync.com/34623/chapter>.



Tips for Stress Management and Productivity Optimization

Greg Rivenbark

Being a Mandel Honors College student is an amazing honor that we all share, but with this, as with any honor, comes the weight of responsibility. All of us, being high achieving, successful students, know what steps to take to gain success in our lives of academia, but at times we lose sight of the balance that life requires as a cost of our lofty academic goals. One of the most important things to keep in mind is that life shouldn't be lived as a repetition of late night study sessions running off of the adrenaline from the anxiety for the next exam. So let's all take the time to review a few helpful tips for stress management and optimizing productivity.

1. Get an adequate amount of sleep. Typically, 7-9 hours will do, but as little as 6, or as much as 10 hours could be needed for some people. Learn your body and trust your own personal circadian signals.

2. Eat well-balanced meals, and limit nutritionally empty foods. Olympic athletes tend to have strictly regimented diets all throughout their training periods. They know how these foods affect them, and that these particular foods will lead to optimal results. On test day, or when studying, focus on what you fuel yourself with to get the maximum output academically.

3. Limit alcohol and caffeine consumption, and don't forget to stay hydrated! Any mind-altering substance can influence performance. Alcohol will always lead to a rebound as a result of being a chemical depressant. Caffeine creates a dependant cycle of high energy and crashes along with the potential to aggravate already present anxiety.

4. Exercise daily to increase your mood while maintaining good health. Exercise naturally releases endorphins and boosts your production for serotonin. These effects will help buoy your mood, and chemically give you a stronger foundation to face challenges and combat against stress by bolstering emotional resiliency.

5. Avoid 'All Work and No Play'. Life will pass you by if you forget to smell the roses. Don't lose sight that life is unfolding in front of us right now, not some distant time after graduation. Take some time for yourself to practice a hobby, or simply do something that allows you to authentically 'be you' outside of your school life.

6. Analyze your thoughts, expectations, and assumptions in life. We all fall into mental traps without knowing it from time to time. High-achieving individuals can be especially at risk for maladaptive thought processes that, while externally yielding success, internally chip away at mental health. Are we haunted by perfectionist expectations? Do we have a need to control everything in our lives at the expense of flexibility? Do we possess catastrophic assumptions that amplify the stress we experience? Identify the patterns, make adjustments, and keep in mind that your life is literally what you make of it in this respect.

7. Don't forget to laugh and love! Social connections are powerful. Always strive to make time for friends, family, or reaching out and helping in your community. These ties can help build a social support network and help you step back from your own stress by expanding your perspective of the world as a whole.

8. Spend your time wisely. Time is the most valuable currency in the world that we rarely consider. All of these suggestions require time to implement, and adding some, let alone all of them, can seem just as daunting or overwhelming as any other task in life. So, the real question becomes: How can I make the most of the time I have?

Big Rocks First: A Take on Time Management

Greg Rivenbark

One of the most powerful pieces of advice I ever received about time management came from a story told by the author Steven R Covey in his book, “The 7 Habits of Highly Effective People.” In his parable, an expert stood in front of a class of business students and pulled out a large mason jar and a pile of fist-sized rocks. He proceeded to fill the jar up to the top with the rocks, and then asked the class, “Is this jar full?” Obviously, the class answered yes, but the expert chided them for their error as he pulled out a container filled with pebbles. This process continued twice more as the expert filled the empty spaces with pebbles, sand, and finally water. At the end of the exercise, he tells the class that the purpose of this demonstration wasn’t to show that there’s always more room to cram additional tasks in your schedule, but to point out that if you don’t place the large rocks in first, they will never fit in.

In respect to this story, time management ultimately comes down to taking the time to step back, analyze your own priorities and identify what are currently the ‘big rocks’ in your life. From here, your decision processes can naturally grow and life can be approached more strategically. In the Honors College, of course some of our ‘big rocks’ will be academics, but of comparable importance are some of the stress management topics referred to in the previous article. Just as the pebbles would fill in around the big rocks, perhaps given your priorities you can find a way to be active during your day. You could potentially squeeze in a workout at the Fitness Center between classes, take the stairs instead of the elevator, or even enroll in the Honors experience course for yoga to prioritize activity directly into your schedule.

In this way, once your ‘big rocks’ are in place, your other priorities are put into perspective and brought forward to awareness. This is where innovation and creativity naturally flow to fill the space left over within your schedule much like how the pebbles easily flow in to surround the rocks.

Personally in the Honors college, I’ve taken advantage of the meditation and yoga courses offered. Knowing myself, unless something is put in writing on a schedule, I have a difficult time squeezing it in consistently given the rigors and demands of my life. Time management isn’t a perfect science, and what works for one person doesn’t necessarily work for everyone given our wildly different values, priorities and personalities. Just like anything in life, the best system for time management is what works best for YOU, so don’t be afraid to experiment and try different schedules, patterns, or readjustments to your priorities to fill your jar with as much as possible.

Life truly is a journey of growth and self-discovery, so one of the most important things I’ve learned is that you cannot be afraid to make mistakes, experiment, and make meaningful changes for the better each and every day. With this, I wish you all success in filling your ‘jars’ to their maximum capacity each day with life, passion, and love.



Establishing Successful Habits

Charley Cicco

Halfway through the semester, you receive a poor quiz grade—a setback that follows an unimpressive homework assignment. What's your next move? Fortunately, you have choices.

One option is the Tutoring and Academic Success Center (TASC). TASC services, found on the south side of Main Classroom's second floor, are already part of the general fees CSU students pay, so why not take advantage of these services? TASC employees are well-trained student workers who relish their support roles.

While many students initially consider consulting instructors for academic assistance, many faculty are available only during office hours and have numerous other responsibilities. TASC appointments can be scheduled with tutors in advance and on a personal basis through Starfish, Academic Advisors, or faculty.

Faculty are enthusiastic about the resources available through TASC. "I always recommended TASC to my students at CSU," says Lisa Robertson, Lecturer in the Art Department. "There was a tutor who specialized in my subject who identified herself to me voluntarily."

Individual or group tutoring services are provided by appointment through Starfish. Select classes also have group Supplemental Instruction (SI) and Structured Learning Assistance (SLA) sessions offered. A full list of subjects offered for tutoring and SI is available at the front desk in MC 233. For students with conflicting schedules, online tutoring is also available.

Students face challenges adapting to the responsibilities of college life and may need help developing study habits and realistic goals. For non-subject specific academic assistance, TASC offers success coaching. Coaches offer weekly, hour-long sessions focusing on studying, note-taking, test strategies, goal-setting, time management, organization and reading comprehension. Students typically agree to attend four such sessions to hone these skills. Success coaching promotes strategies which are applicable to adult life, long after graduation.

When students encounter difficulties at Cleveland State, there is always a resource available.



Student Enrollment Increases While Honors College Maintains

Matt Mascolo

At the beginning of the fall semester, Cleveland State University welcomed approximately 1,850 new incoming freshmen, the largest in school history. But this spike in enrollment was not an isolated incident. Rather, university enrollment has been increasing at a steady rate since 2010 and the class of 2019 was simply a continuation of that trend. Clearly, CSU's academic philosophy of Engaged Learning has been paying off in terms of enrollment. However, enrollment as it pertains to the Jack, Joseph and Morton Mandel Honors College is a different story.

Unlike the university at large, the Honors College's enrollment numbers have stayed relatively stable. While the rest of the university's enrollment numbers have increased in each subsequent year, the Honors College has continued to consistently admit only 40 or so students each year. This can be explained first due to the academic demands of the Honors College, specifically the college's selective application process as well as the rigorous academic demands the college places on students. Such requirements include maintaining a 3.5 GPA to remain in good academic standing as well as enrolling in accelerated and advanced courses depending on the student's major. In this way, the academic requirements of the Honors College could possibly intimidate potential students thus keeping enrollment down. Additionally, the Honors College is unable to keep up with increased enrollment due to the scholarship demands of the college. "Because we have a fixed scholarship budget, an increase in the size of the freshman class does not result in an increase in the number of Honors students admitted," said Dr. Elizabeth Lehfeltdt, Dean of the Honors College. "Because we commit to a full, 4-year tuition scholarship to each admitted freshman (who stays in good academic standing), we are limited in the number of offers of admission we can make." Perhaps as university enrollment increases, more money will be allocated to the Honors College for scholarships. But, as it stands, the Honors College will not be able to keep up with the school's increasing amount of students.



Film School Construction Currently Stalled

Matt Mascolo

Earlier in April of this year, Cleveland State University was given a \$7.5 million dollar increase in budget in order to create the school's own standalone film school. This announcement came after numerous projects were filmed in the Cleveland area in recent years such as *The Avengers*, *Captain America: The Winter Soldier*, and *Spiderman*—among many others. CSU had hoped to capitalize on the success of these films and create a steady work force for such projects through the film school. However, as time has gone on, plans for construction have seemed to stall and administrators' responses to questions about when and where the new school will be completed have grown more and more vague.

After the announcement that Cleveland State was creating its own film school, the project was initially planned as an addition to the Music and Communication building. However, other options have been discussed, such as annexing the film school to the WVIZ Ideastream television station and its building on Playhouse Square. These latter proposals seem to be the most likely to occur but as of the publication of this article, the location of the film school is still undecided.

While the site is still a question mark, both faculty and students alike remain thrilled at the idea of a new and improved department. "The \$1.5 million dollars [in] budget [for] new gear alone will do wonders for the program," said Dr. Evan Lieberman, Associate Professor and head of the Film Department. "That being said, while new equipment will do great things for our work flow, good equipment will not make good filmmakers." This sentiment is echoed by the curriculum the faculty would like to administer, specifically courses more geared towards film production. "We'd like to introduce more specialized courses, like classes in genre and cinematography for example" said Dr. Lieberman. "With this new film school, we hope to offer courses more in line with a traditional film and television program and move away from the more social science-based curriculum we currently have."

The Edge on Euclid

Madison Scagnetti

This fall, CSU brought in the largest freshman class in the university's history. Where will all of these students live?

One answer to that question is being built on the corner of East 18th St. and Euclid Ave. The Edge on Euclid is a luxury apartment complex marketed for CSU students, which will offer fully furnished one-, two-, three-, and four-bedroom apartments upon its completion.

The apartment community's amenities include a penthouse game room, study rooms, a computer lab, fitness center, and outdoor social area. It also offers apartment amenities such as in-unit washers and dryers, private bedrooms, and spacious closets. Other features which set this apartment apart from pre-existing student apartments are the flat screen TVs provided with each unit and key card access to individual rooms within a unit.

For more information or to lease one of these apartments visit The Edge on Euclid's website <http://www.theedgeoneuclid.com/>.

Farewell to the Chester Building

Colleen Albert

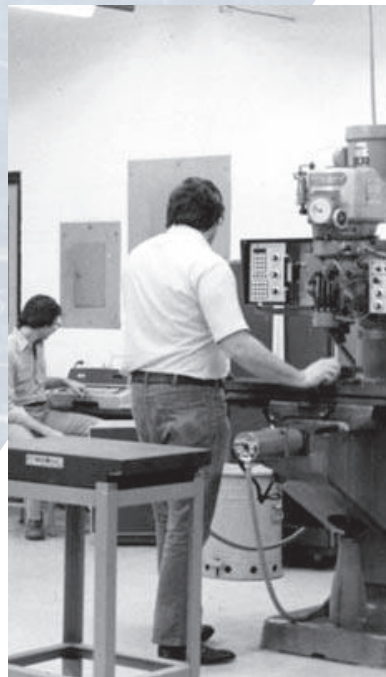
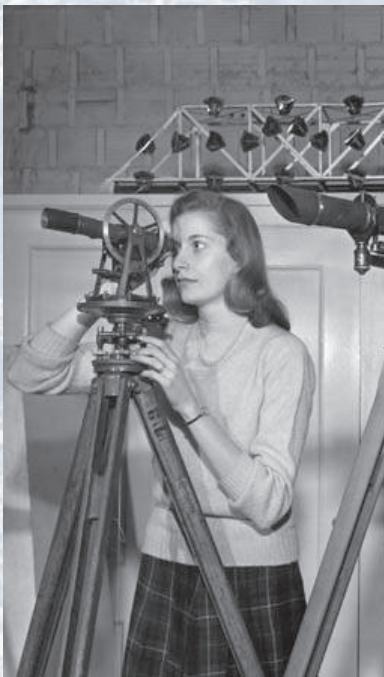
As you may have already noticed, you can no longer take the “mini-link” from Main Classroom to Fenn Hall, and the sound of construction, though commonplace in Cleveland, seems to sound a little closer than usual. This is because after the end of spring semester the Chester Building closed its doors and was demolished to make room for the new addition to Fenn Hall.

The four-story addition, expected to be complete in December 2017, will include the Parker Hannifin Human Motion and Control Lab, the Dan T. Moore MakerSpace, and additional lab space for research, modeling, and teaching. There will also be a large common area dedicated to collaboration between students and additional classrooms and offices.

The departments originally located in the Chester Building have been moved to different buildings on campus: the school of Social Work and the department of Anthropology have been relocated to Rhodes Tower, the Psychology Department has moved to the Union Building, and CLASS advising has moved to Main Classroom.

When asked how the faculty and students are adjusting to these changes, Albert F. Smith, Interim Chair of the Psychology Department, mentioned that fewer students come to the Union Building for office hours. “We are concerned that students don’t know where we are, and might have trouble finding us,” he said. “We are lobbying for better signage.”

However, he also stated these changes have had positive effects on his department, “At least some faculty, and maybe students, are happier with the classrooms in the Law and Business Buildings, where many of our classes are now taught, than they were with our previous class locations.”





Cleveland Greyhound Terminal



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Cleveland is a Little More Historic than You Think

Brad Stricklen

When people think of Cleveland history, they typically think of big places such as Tower City and the Old Arcade. In reality, Cleveland has a large amount of history tucked away in small pockets.

One such pocket is the iconic Greyhound Bus Terminal on Chester Ave, right behind our campus. This terminal opened on March 30th, 1948 and contains approximately 21 docking stations for buses. The building was designed by W.S. Arrasmith who designed the terminal to have a streamlined look that matched the vehicle styles of the 1940s. The building was renovated in 2000 by the Greyhound Company, but the building still has many of the original design features, such as its giant pillars in the entranceway and the tile flooring. This bus terminal is the not the only place with Cleveland history.



THE LIGHT HOUSE, ENTRANCE TO HARBOR, CLEVELAND, OHIO.

Many people do not know that Cleveland is also the site of a president's memorial. Over at Cleveland's Lakeview Cemetery, one would notice a large castle in the middle of the cemetery. This is the memorial site for U.S. President James A. Garfield and his wife Lucretia Garfield. The memorial was designed by George Keller from Connecticut after his design was chosen by a committee including notable members Rutherford B. Hayes and John D. Rockefeller. The memorial contains the couple's caskets and 108 life-size figures representing different eras of Garfield's life. At the center of the memorial, there is a statue of Garfield made out of imported marble from Italy.

Another unnoticed historical place is the lighthouses just off the coast from the Great Lakes Science Center, at the end of the Cuyahoga River. These two tiny lighthouses are named the Pierhead Lighthouses. The breakwaters built in the late 1800s around the entrance to the Cuyahoga River were very hard to see by traveling mariners. As a result, these lighthouses were built in the 1910s in order to mark the entrance. The eastern lighthouse is just a single tower, while the western lighthouse has a shelter for lighthouse keepers. As of now, these lighthouses are still sitting on their original foundation and don't have any keepers, because both lighthouses are automated. In 2010, the western Pierhead lighthouse made national news when the sub-zero temperatures that battered Cleveland froze the lighthouse in several feet of ice, making it look like an ice castle from a fantasy story.

Cleveland is filled with history and these are just a few examples of it. There are many more places that can be explored if one just looks to the Cleveland Historic Registry.

A New Take on Nature: An Urban Approach

Erik Miller

Traveling down Martin Luther King Jr. Drive towards University Circle presents a view of the Cleveland Museum of Natural History's recently completed outdoor renovation. The Ralph Perkins II Wildlife Center & Woods Garden is the first part in a series of improvements to the museum. Replacing the previous outdoor area, the new center is much larger. New additions include an elevated walkway visible from the street, as well as an otter pond and elevated walkways for animals. The new section opened at the beginning of September 2016. Admission to the center is free with general admission, which is \$10 for students, and requires a timed ticket from the museum's website.

The first phase of renovations also included improvements to the gardens around the museum. In addition to the new view of the Wildlife Center from Martin Luther King Jr. Drive, the museum's west garden was updated. A new addition visible from the street is the massive Schreckengost Mammoth and Mastodon sculpture. Originally housed at the Cleveland Metroparks Zoo, the sculpture now decorates the west side of the museum. These renovations have resulted in a much improved view of the museum.

The Perkins Center and garden improvements are just the first part of the museum's Centennial Transformation project. In preparation for the museum's 100th year in 2020, a massive renovation project is underway. The project involves improving all of the museum's existing facilities as well as the addition of new ones, like the Perkins Center.

The Cleveland Museum of Natural History is easy to reach from Cleveland State. Students can ride the RTA health line for free from campus to University Circle. From there, it is only a short walk to the Natural History Museum. If you are looking for something to do off campus, take advantage of the student discount to visit the new Perkins Center.



A Century of Art

Erik Miller

One hundred years ago, The Cleveland Museum of Art opened its doors to the public. Just this summer, it was named the second best museum in the country by Business Insider magazine, after the New York Metropolitan Museum of Art. The CMA offers a wide range of collections and many exceptional works. It recently was revitalized and offers a world-class experience. The museum contains a restaurant as well as a gift shop. Conveniently located near University Circle, the museum is easy to get to and offers free admission to all of its collections. Students also receive discounted admission to the Museum's Special Exhibitions, such as Albert Oehlen: Woods near Oehle, opening December 4, 2016.

PHOTO CREDITS

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Interior Background and Back Cover

Van Swearingen Mansion Blueprint
Courtesy of Cleveland.com

Images Courtesy of the Cleveland Memory Project:

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