

**CLEVELAND
STATE
UNIVERSITY**

Spring 2022

JACK, JOSEPH
AND MORTON
MANDEL
HONORS
COLLEGE
NEWSLETTER

4.0



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4.0 Honors Newsletter
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Inside CSU 2.0

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By Drake Donich

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In December 2018, CSU issued a “Statement of Strategic Priorities,” which contained several “strategic themes” that guided our university’s development. From this document, we saw encouraging results, indicating we were on the right path. When the sudden and unexpected coronavirus pandemic struck in spring of 2020, we faced many challenges as a university. That summer, following a review of the 2018 document, a new plan— CSU 2.0— was created. This “aggressive, growth oriented” plan for our future would guide us as we emerge from the global pandemic. This roadmap aims to increase the size of our university by adding 4,500 students and 200 new faculty members by 2025, and make our university more focused in its goals. CSU 2.0 focuses on four strategic themes that will guide us moving forward:

Distinction as a leading public urban research university

In addition to adding new faculty, the plan will increase external research funding from \$30 million to \$50 million by 2025. Certain colleges will be expanded to reflect our strengths, such as the College of Health Professions, College of Business, and the honors program. Resources from various colleges will be brought together to create new, highly sought-after programs in data analytics/science and smart/sustainable manufacturing. The Center for Gene Regulation Health and Disease will be grown into a premier biomedical research center.

Differentiating on student success and engaged learning

CSU 2.0 seeks to improve the university’s first-year persistence and 6-year graduation rates, as

well as double the residential student community to 3,000 students. Financial aid will be increased with plans to invest \$1 million annually in need-based aid and scholarships. Analyses will be conducted to help close the achievement gap for Black and Hispanic students. An internship/co-op experience will be available for every student who wants one. Faculty plan to create new degree programs and review curricula involving required courses for majors.

Strengthening our anchor mission and becoming a beacon institution

CSU’s collective impact on the Cleveland area for nearly 60 years brands it an “anchor” institution, but it also hopes to become more of a “beacon” institution, enrolling students and faculty from across the country and internationally. In addition to increasing enrollment, CSU plans to support research related to regional needs and develop public and private partnerships.

Building financial strength and strengthening campus community

CSU plans to cut costs in several areas, so that these savings can be better invested in areas such as faculty hires, academic programs, and student support services. To reduce administrative expenditures, the colleges will be realigned, reducing the total number from eight to six. The campus will be redesigned so that it is fully integrated and connected with downtown Cleveland.



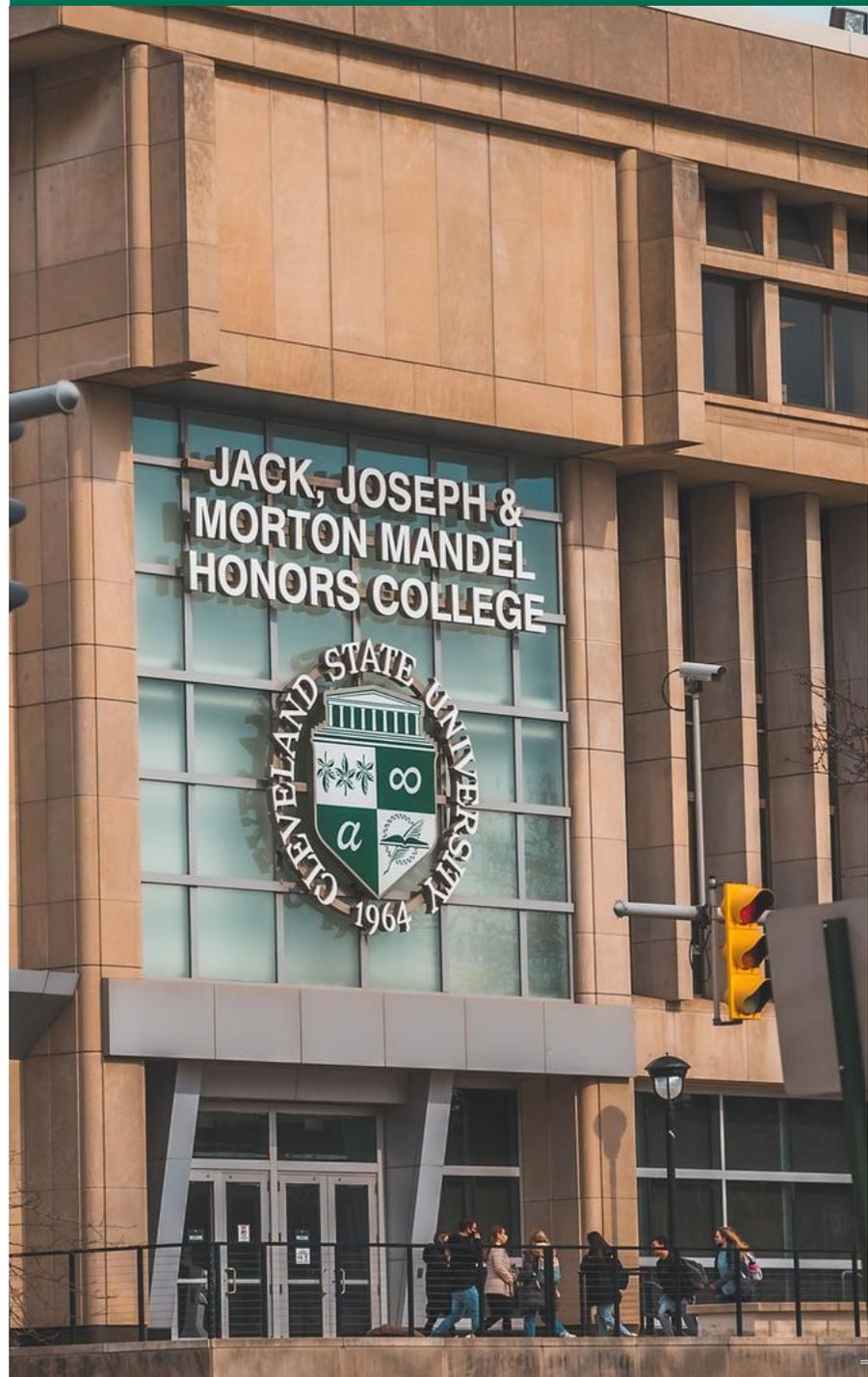
Since 1953, the Jack, Joseph and Morton Mandel Foundation catalyzed change both domestically and internationally. The Mandel family's philanthropic efforts provided countless opportunities to local Clevelanders. Just to name a few, their generous donations provided ways to establish the Mandel Humanities Center at Cuyahoga Community College and the Mandel School of Applied Social Sciences at Case Western Reserve University. In Cleveland State University, the foundation helped produce the school's ninth college. Back in 2004, the university developed its first Honors Program. Through the Mandels' generous \$3.6 million endowment in 2014, the foundation aided to reconstitute the program as the Mandel Honors College—investing in students with strong potential, grit, and values to transform society. The college has since then evolved to generate the Honors Program, Scholars Program, and Mandel Continuing Scholars Program.

The University Honors Program provides substantial scholarships to those who are admitted. Due to its highly competitive nature, about 40 freshmen and only 20 junior college students enter the program every fall. Applicants who are not offered a spot are automatically evaluated for the Scholar's Program. Although this sector of the Honors College does not offer scholarship aid, the University Scholars Program does offer further enrichment of education through the honors coursework to the admitted students. Furthermore, the Mandel Honors College partners with Tri-C for the Mandel Continuing Scholars Program. An admission to this program also includes generous scholarship aid. The three distinct programs of the college seek graduates from a myriad of secondary schools, like public high schools, private schools, small rural schools, and so on. Aside from that, transfer and current students are also welcome to the programs. Since the reconstitution of the college back in 2014, the number of students that each program supports has been steady according to Dr. Lehfeldt—the dean of Mandel Honors College. There are currently 240 students in the Honors, 200 in Scholars, and 40 in the Mandel Continuing Scholars.

Moreover, the Honors College has established the following admission agreements for graduate programs at CSU: automatic entrance to the Cleveland Marshall College of Law for graduates with 3.5 GPA or higher and to any masters program at the Levin College of Urban Affairs for any graduates of the Honors College. Through the opportunities that the programs offer, students are enriched with teachings that shape them to make a difference in their chosen field. And all of these were made possible due to the generosity of the Jack, Joseph & Morton Mandel foundation.

Evolution of Cleveland State's Honors College

By Edrica Andrada



STUDENT

By Jackson Casteel

Connor Mahon

Communication Sciences &
Disorders B.S., Linguistics B.A.
Minor in Psychology



Connor has been the office manager at CSU's LGBTQ+ Student Services, has served as the president of CSU's Chapter of the National Student Speech Language Hearing Association and of Students for a Cleaner Cleveland, and Managing Editor of *The Cauldron*, a CSU student-led newsletter. Next year he will be attending a masters program in Speech-Language Pathology, hoping to specialize in voice disorders and gender-affirming care.

Emily Zhao

Computer Science



Emily has served as the president of CSU's first Society of Asian Scientists & Engineers chapter and of the Society of Women Engineers, was Vice-President of the Association for Computing Machinery, and was a member of the symphony orchestra as a violinist. Next year she will be working full-time as a software engineer at Progressive Insurance.

Davis Chu

Film and Media Arts
Minor in Graphic Design



Davis has served as the president of the American Institute of Graphic Arts, the workshop leader for the Film Makers Club, and was recognized for the 2021 Design 730 Maurice Cherry Judge's Choice award. Next summer he will be doing a 3-month internship at Sarosky in Chicago.

PROFILES

Jake has been an RA in the campus dorms for three years, was a member of Choose Ohio First Life Sciences Cohort, and was a tour guide and orientation leader. He will be attending Cleveland Marshall College of Law for a Juris degree to pursue environmental law.



Jake Wrege

Environmental Science B.S,
Political Science B.A
Minor in Environmental Studies)

Alexandria is a member of Tau Beta Pi, the Engineering Honors Society, and completed three co-ops across with a range of different roles. After graduation, she will be working full-time as a software developer at Progressive Insurance.



Alexandria Badza

Computer Engineering
Minor in Mathematics

Jessica is Vice-President of Cleveland State Music Therapists, a member of Kappa Kappa Psi, and has received the Music Therapy Rising Intern Scholarship. She will be interning at Ann & Robert H. Lurie Children's Hospital in Chicago, hoping to pass her music therapy board exams and continue working in a pediatric setting.



Jessica Spore

Music Therapy
Minor in Psychology and
Neuroscience

Honors Student Athletes

By Harry Hardman



During a media timeout at a CSU Men's Basketball home game on February 10, Honors student athletes from Volleyball, Track & Field, Fencing, and other teams took part in an on-court recognition to celebrate our achievements both in the classroom and on the playing field. Furthermore, our very own Dean, Dr. Elizabeth Lehfeldt, participated in a half-time free throw contest.

Most would agree that being a college student can be quite challenging at times. With homework, essays, labs, presentations, and exams, it is easy to feel overwhelmed. For student athletes, adding practices, strength training, video review, and competitions to the mix certainly does not alleviate the stresses of college. Balancing all of the above whilst also completing contract coursework, honors experience courses, and maintaining a satisfactory GPA is the reality faced by student athletes in the Jack, Joseph and Morton Mandel Honors College.

As a member of both the University Honors Program and CSU's Division I Men's Fencing team, I can personally attest to how challenging and sometimes stressful this balancing can be. CSU Fencing practices are three hours long and take place four days per week. Outside of our regular skill-based training, we have mandatory one-hour weightlifting sessions twice a week. Competitions are fairly infrequent in the fall semester but occur nearly every weekend in the spring semester. These meets can last anywhere from eight to twelve hours and can be up to seven hours away by bus. During the Spring semester, I may be devoting

upwards of 30 hours per week to sports-related activities. Time management is a skill that is required for success both in school and the workplace and is of utmost importance when you are an Honors student athlete. Over the past three years, I have developed a few strategies, and recommendations for the reader, that have helped me to stay successful in the classroom and on the fencing strip. Keeping a detailed and updated planner or calendar is a great way to remember all of your commitments. When you have a lot of things on your mind like schoolwork and sporting activities, it can be very easy to forget something. Furthermore, working ahead in your coursework whenever possible is always encouraged. If you know you have a few competitions lined up over the next few weekends, it would be very wise to get any schoolwork done ahead of time so as to avoid being pressed for time later on. As Ben Franklin once said, "Those who fail to plan, plan to fail." Additionally, maintaining a healthy diet will have a positive impact on your physical and mental health, enabling you to perform better academically and athletically. Jenna Watts, a sophomore Honors student on the CSU Softball Team had this to say:

" Personally, I like to keep a calendar with all of my commitments grouped together and also a to-do list that I update every few days to stay on top of assignments. I make sure to frequently be in touch with my professors and coaches to ensure that I am on track and to make up any work that I may miss due to competition. The staff at CSU is great and helps me make it all possible. Lastly when things get stressful, my teammates and classmates are always there to help me along the way!"

As Jenna stated here, utilizing the numerous resources available at CSU and developing a strong support network will serve you greatly.

Hopefully this article will help any Honors student athletes reading to more easily navigate the unique challenges we face as well as provide useful time management advice to the general population of students in the Jack, Joseph and Morton Mandel Honors College. Go Vikings!



Evolution of Magnus

By Allison Delmonico

Ever wondered where Magnus came from? Since Fenn College was transformed into Cleveland State University we've had several different mascots. The old Fenn College mascot, Freddie the Fox (1), evolved into Viktorius Viking (2) in 1965 when Cleveland State University was born. Hägar the Horrible (3) came around in the 1980s after he was given life from a comic. However, Hägar the Horrible mascot was retired in 1997, while the comic strip by Dik Browne is still updated daily. Vike (4) came around and can still be seen in some stickers and other merch. In 2007, the current Magnus (5) was introduced and has been kicking ever since. Magnus is celebrated every year with his Magnus Fest. Cleveland State's Tutoring and Academic Success Center's Instagram hosts a Magnus Monday where they post a photo of a Magnus bobblehead and you can respond on their story with where you think he is hiding! Correct guessers are entered into a drawing to win fun prizes.



How Performing Arts Have Prevailed at CSU

By Saige Doré Rook

The nature of performing arts intrinsically illustrates how art is an expression of life that presents itself when we have surpassed the state of survival. In this state of seeking purpose, it is in our human nature to desire connection. In a time where isolation has been unavoidable, the arts have served as a way to provide both connection and expression of life. The COVID-19 pandemic has provided the world with unique challenges which did not pass without leaving a mark. However, we have consistently found new and innovative ways to survive, support, and succeed in the face of a suddenly altered reality.

The performing arts were not exempt from these challenges and instead have felt the forceful demand for increased creativity in order to continue performing. Cleveland State University's performing arts have adopted methods such as virtual or distanced participation in creative practices in order to keep engagement as alive as possible. This introduction to the performing arts world through education has not gone unaltered. Although students have historically learned largely from the experiences of viewing and participating in live performance, these opportunities and therefore the educational process have been greatly modified in recent years.

The students of CSU's School of Theatre and Dance have the unique privilege of CSU's partnership with Playhouse Square. In the spring of 2020, the department was getting ready to present their Spring Dance Concert and the drama *Blood at the Root* in Playhouse's Allen Theatre Complex performance spaces. As the pandemic swept the nation and Ohio's stay-at-home order became official, both of these performances were canceled, never to be seen by the public eye. With performance opportunities lost, class experiences also became dramatically different.

Performing arts students shared the same struggles of internet connection, feedback delay, etc. that their peers experienced. However, the additional factors such as the absence of space, touch, and visual detail created insufficient experiences for many. Throughout the next four semesters (Spring 2020 - Spring 2021), students participated in online and hybrid classes along with a myriad of virtual productions through platforms such as YouTube and Zoom. Relief from these COVID-19 restrictions was slow but savored as rehearsals for virtual productions began to take place, socially distanced and masked, but in person. In April of 2021, the Theatre Department's *Blithe Spirit* became CSU's first live performance since the lock-down, followed

by the Dance Department's Fall Dance Concert in November 2021. As shows have begun to return to the stage, regulations have fluctuated with the continued goal to keep the performers and audiences safe. Combining CSU's precautions with Playhouse Square's example, performances have moved from fully masked and vaccinated (or proof of negative test result), to only requiring masks for audience members and not regulating vaccination status. At the beginning of March, Playhouse Square stopped requiring masks for audiences. CSU's students are ecstatic to participate in what will be some of their first live performances in the Allen Theatre Complex without any masks required. Both the Spring Dance Concert and *Antigone* of March 2022 set an exciting precedent for a return to fully connected experiences for students, performers, and audiences to come. Although the process has been long and arduous, the creativity of the performing arts in their survival through strange struggles serves to remind us of our ability to connect and support one another through even the most unprecedented challenges.





Cleveland is a booming city with numerous interesting and unique attractions. The city is our campus, making Cleveland State immersed in the exciting experiences and delicious food Cleveland has to offer. Some members of our writing and editing group have offered their favorite spots as recommendations for other members of the program.

Jae Evans, an editor for our newsletter, recommends **Brewella's**, a local coffee shop famous for their eclectic environment and homemade crepes. Jae writes, "Brewella's is my favorite spot for some amazing coffee and crepes! Everything is delicious and the atmosphere is so cozy." Brewella's is located at 16806 Madison Avenue in Lakewood, Ohio, just a short drive from campus. In addition to their yummy treats, Brewella's also sells collectibles. Jae even states that she has bought live plants from Brewella's during the warmer months.

Jae also spoke about her hobby of reading and recommends **Horizontal Books**, a bookstore located at 1921 W 25th Street in Cleveland, Ohio. She states, "It's a nice bookstore with amazing discounts!" The bookstore is independent, locally owned, and conveniently located next to West Side Market, another popular Cleveland experience.

Julia Marscio, a writer for our newsletter, recommends **Barrio**, a restaurant famous for their build-your-own tacos. Julia states, "They have really good food, and it is within walking distance of the dorms!" The atmosphere is bar-like, which is great for watching sports with friends; but they also offer table seating for a more laid-back experience. Barrio is a chain restaurant and can be found in numerous areas throughout Cleveland and its surrounding cities. There is one located at 503 Prospect Avenue here in Cleveland, just over a half mile from campus.

Julia also offers up a site for some fun bowling with friends. She recommends **The Corner Alley**, a restaurant and bowling alley with a self-proclaimed "eclectic" style. They offer bar-type food and a similar atmosphere, great for watching sports or just having a good time with friends. Julia states, "It's a fun time and nice that my roommates and I can walk there." The Corner Alley is located just over half way at 402 Euclid Avenue in Cleveland, well within walking distance of campus.

Jackson Casteel, another writer for our newsletter, is a senior in the honors college, and he provided a more scenic destination for

Our Staff's Super Selections

By Morgan Gillie

those of us who don't want to spend money, but still want to have a good time. Jackson recommends Edgewater Park at 6500 Cleveland Memorial Shoreway in Cleveland or the Rocky River Reservation on Valley Pkwy in North Olmsted, Ohio. These two locations are scenic and a good escape from the city to relax in nature. Jackson specifically recommends these locations for biking, but they are great for hiking as well.

Jackson also recommends a spot for a bite to replenish yourself, or for a casual dinner with friends. He recommends **BrewDog** at 1956 Carter Road in Cleveland. Jackson says, "it has a great atmosphere with great food". It may be of interest to older readers that BrewDog specializes in craft beer and regularly has guest brews, which pair well with their delicious food. During the nicer months, BrewDog opens their outdoor patio that includes a fire pit, outdoor games, and a view of the river, all of which is open to furry friends as well!

In terms of my own recommendations, if you are a breakfast lover, I highly recommend **Yours Truly** in Playhouse Square. It is located right downtown, well within walking distance of campus, and they offer all-day breakfast. The atmosphere is welcoming, and the service is incredibly friendly. It is located directly across from several playhouses, making it a great spot for a quick bite before a show, or for a nice Sunday brunch.

I also recommend taking advantage of the coffee shops just steps from campus. **Café Ah Roma**, a coffee shop I am sure most of us are aware of, is an amazing place to study or catch up with friends. The staff is inviting, and they make the effort to remember their customers, and they have an ever-changing rotation of seasonal and holiday flavors.

I encourage anyone to try out our "Staff's Super Selections"! Support your local businesses and broaden your horizons by checking out some of these places on your next day off, you never know what else you could find.

Campus Resources

By Julia Marscio

As a freshman here on campus, I am often lost as to what resources are at my fingertips as a student. After spending a semester living on campus and spending everyday here, I have found a few "hidden gems" in the realm of resources that are available to me and to you!

Recreation Center

Some of the resources that I was most surprised by here on campus were the ones offered at the Recreation Center. At the rec center, students are able to get in for free and have access to free weights, machines, treadmills, cardio machines, a short indoor running track, and more. Students also have the ability to join in on Adventure Rec outings. These trips take you out of the four walls of the recreation center and out into the world to experience things like hiking, rock climbing, and whitewater rafting. The best part of these adventures is that for most trips gear and equipment is provided for you, so all you have to do is show up. Another awesome resource at the rec is the ability for students to rent out lockers for no charge. All you have to do is go into the gift shop, ask the cashier for a locker rental, provide your CSU ID, and receive your locker assignment.

Tutoring Services

Of course, most students are aware of the tutoring services here on campus, but just in case you aren't, let's briefly touch base on how the Tutoring and Success Center can help you pave the way to academic success. Monday-Friday, 9:00 am to 5:00 pm, you can stop into TASC and receive free academic support in Berkman Hall, room 233. I highly recommend the support from TASC, because it is so much better to sit and brainstorm through a problem with someone else rather than hitting the same wall repeatedly on your own.

Technology Resources

Here on campus, students have access to multiple different services through the Information Services and Technology resources. The employees at the Tech Stop and Mobile Campus, located in the Student Center, can help you with any

technological problems you may be having and can also loan out tablets if you are in need of a temporary way to complete assignments due to a broken computer or laptop at home.

Mental Health

One of the most important resources that Cleveland State provides to students is the Counseling Center Services. It is important that we put our mental health first so that we can be the best versions of ourselves inside and outside the classroom. The Counseling Center offers group therapy to help you learn about yourself and your interpersonal patterns, individual and couples counseling via zoom or in person, case management services to help navigate university policies and procedures, outreach programs, and psychiatric services including prescription and management of medication. It is important to note that psychiatry fees are \$50 for intake and \$30 for each follow up session. If you are in need of an urgent session, they are available from 1:00-3:00, Monday - Friday, in the Union Building, room 220, and their after-hours phone support is available 24/7 by calling 216-687-2277.

Along with paying attention to mental health, taking care of our physical health is just as important;

Personal Wellness

I highly recommend the campus clinic if you are in need of non-life-threatening medical care. The Health and Wellness Services provides Covid-19 vaccines and testing, and medical care by certified nurse practitioners and doctors, including but not limited to access to an in-house pharmacy and lab services. The best part is that there is no charge for most visits, and they are able to bill most insurances if need be.

I hope that I was able to provide you with information about resources here on campus that you may not have been aware of, or to give a more detailed description of those that you are familiar with. Take advantage of all that is provided to students here at Cleveland State and use it to become the best version of yourself while in school.

MEET THE 4.0 STAFF 10

Edrica Andrada



Joshua Bohurjak



Jackson Casteel



Allison Demonico



Drake Donich



Jae Evans



Morgan Gillie



Harry Hardman



Julia Marscio



Brayden Norris



Saige Doré Rook



Building Spotlight: Julka Hall By Allison Delmonico

Julka Hall is located on Euclid avenue and was built in 1966 and features many classrooms with flexible work environments and collaborative tools. It is home to the School of Nursing and College of Education and Human Services. The numerous upgrades in 2012 includes LEED Gold certification which has saved the campus millions on energy consumption costs over the years. The building has whiteboards, numerous flexible seating options, kitchenette areas, presentation rooms, and windows. The architecture of the building is very open and makes students and faculty feel less constricted, with the abundance of windows and greenery. This unique design features a sculpture in the yard by Fenn Tower and has hanging colored glass throughout the open-air presentation section of the building.

JACK, JOSEPH &
MORTON MANDEL
HONORS COLLEGE



CSU

WELCOME BACK CSU!

CHECK OUT THE SCHEDULE OF EVENTS AT CSUOHIO.EDU/WOW



WEEK
CLEV