Major changes might not be so major

Marianne Vanderbeke
Reporter

New freshmen coming on campus are always asked, “what’s your major?” Up to 30% of them will change at least one time before they graduate and 10% will change more than once, according to the U.S. Department of Education. Major decisions are something all college students deal with at least once in their college career.

“Many students think that choosing a major is going to predict the rest of their lives — like the career for the rest of their lives — choosing a major does not predict your end salary, it doesn’t even predict the next five years after you leave the university,” Cynthia Snodgrass, assistant director of the BGSU Career Center, said.

Snodgrass herself changed her major more than once in her undergrad experience. She picked psychology but said that in reality she was undecided and chose it because she felt she needed to choose something.

“I think most students are undecided, you just pick something and that’s why you change it — because you were undecided,” she laughed.

Snodgrass didn’t take a traditional path to higher education, but that didn’t keep her from changing her major. Deciding to change isn’t exclusive to younger students but it does appear to be major-specific.

According to the U. S. Department of Education, math, natural science and education majors are the most likely of all majors to change within the first three years of college. The least likely are health care, computer science and business. Snodgrass sees these trends in the students she helps.

“I see major uncertainty as being something that’s very common. It’s important to let them know that it’s OK. To be uncertain is OK, it’s healthy to sit with the uncertainty. It’s healthy, actually. To avoid it is not good, because you can come into a lot of conflict, personal conflict. It can impact motivation, self-esteem. The best thing to do is to find individuals to talk it through,” she said.

For Mickayla Thompson, senior human development and family studies major, she found those people in her classmates.

“I had other people in my classes who were talking about switching and I went on the BGSU website and researched the program,” Thompson said.

She and Joe Hattery, a senior biology major, both were former education majors and discussed how stressful the major had been for them.

“I knew I couldn’t stay in education. It was killing me,” Hattery said.

Read the rest at bgfalconmedia.com.

Internships and an accumulation of transferable skills are more important than a student’s major, according to Cynthia Snodgrass, assistant director of the BGSU Career Center.
International Dinner recap: A bouquet of cultures in full bloom

Giang Nguyen

With blazing excitement for what is to come upon reading the catchline printed at the back of my ticket – “Each country has a recognized flower, while they are beautiful individually, together they make a bouquet” – I certainly had my hopes up while stepping foot into the Union Ballroom, where the 2019 International Dinner night took place.

Hosted by the World Student Association on the night of Nov. 16, the 2019 dinner promised to metaphorically (and literally) present different countries as their national flowers, a theme that runs consistently throughout the night and here-and-there corners of the room.

While I didn’t exactly find myself lost in some lush green paradise, I was pleasantly surprised by how seamlessly the flower theme blended in content-wise and the large range of nations that get represented. A true “global garden,” indeed.

Below are the recaps of my experience.

Soft clatterings and tender piano accompaniment by Dayeon Kim and Giuseppe Spadaro welcomed my arrival at the spacious ballroom. Iced lemonade was at your disposal if you wanted a drink to prep your appetite.

The night kicked off ceremoniously with the traditional flag parade. Twenty-five flags, proudly flung in the air, captured everyone’s attention.

Christina Marie Ruiz and Shubham Syndriyal, the night’s MCs, entered the stage and cracked up the crowd with light-hearted bickering and endearingly awkward jokes. WSA President Connor Borowitz, BGSU President Rodney K. Rogers, Marcia Salazar-Valentine, Executive Director of International Programs and Partnership, gave opening remarks for the dinner, respectively.

The next stop was South Korea. Hibiscus Syriacus, the country’s national flower, symbolizes eternity and abundance. Following up was Dayeon Kim and Jonghoon Won’s soulful interpretation of the traditional Korean folk song “Arirang” and the contemporary K-Pop sensation “Fake Love.”

The Romanian’s national flower, Dog Rose, traditionally signifies love, but for young Romanians it means style and modern age. Bianca Karnalas’ energetic footwork embodies the modern spirit perfectly despite the dance being traditional.

The anecdote behind the Austrian’s national flower, Eidelweiss, whereby the flower is harvested on daring steeps and fatal climbs which men must risk to collect, crafts its symbolic meaning of deep love and devotion. Greg Smith and Gina Buzzelli carried on with a beautiful string duet by Joseph Haydn.

The “Global Garden” journey began with Red Rhododendron, Nepal’s national flower, symbolizing wealth, passion, care and abundance. Members of the Nepal Students’ Association showed off their moves in a traditional dance on a song which translated to “How Beautiful.”

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Read the rest at bgfalconmedia.com.
Finding your bandana

RC
Columnist

People can’t see your personality. When I first went to Kent State for college, I struggled to find a niche for myself. Sure, once people got to know me, they could find out all of my little idiosyncrasies, but upon first glance, nobody knew I was anything other than a devilishly handsome young man. When I transferred to BGSU, I had the same issue. While just as handsome as before, it was clear I needed something new to help me stand out. Later in the year, my friend showed me something that would change my life. One year later, I am the bandana guy.

Having a signature look can be more important than people realize. In show business, if there’s nothing unique about you, why should anyone care? If Prince or Lady GaGa weren’t unapologetically themselves when it came to their image, there’s a chance they might not have become as huge as they ended up becoming. I feel like that goes for a lot of people. You might have the most interesting personality in the world, but what could you do to make people want to find out? Remember in “Finding Nemo” when they saw that light on the Anglerfish and it helped to reel them in? A signature look would do the same thing for you in attracting people … as long as you don’t attempt to eat them.

As a young man, I have approached many girls in my life that I thought were pretty. Nine times out of ten, this led nowhere … but that’s not the point. Most of the time, I couldn’t just lead off with calling them pretty. I needed something to compliment before I could start that kind of conversation. Maybe it was a pair of shoes, a t-shirt or anything else along those lines. The point is, if there’s something about their look I found interesting, I was able to say I thought exactly that before I was inevitably rejected. If you show someone something without saying a word, you’ll be more likely to make a friend because they saw a common interest being advertised on your billboard. I can’t begin to tell you how many people have complimented me on my bandanas. Mainly dudes, but that’s OK.

People can’t see your personality, but they can see you though what you show them. Not everyone necessarily needs a signature look or item, but it’s helped me and I can only assume it might help someone else who’s currently lost. And hey, if anyone needs something to show off, I’ve got plenty of bandanas to share.

Why you should choose broadcast journalism as your major

Khamilia Stevenson
Columnist

What is broadcast journalism?
Broadcast journalism can be a very interesting major. According to Study.com, broadcast journalism is news being reported to the public electronically or by radio. This lets a wide variety of people know what’s going on around the world. This also explains why many people tend to watch news stations.

Bachelor degree in broadcast journalism
A bachelor’s degree already prepares many students for most careers. A degree in broadcast journalism, however, would help prepare students for the different types of news they will eventually present to the world. There are three main different fields that run under broadcast journalism. According to beonair.com, those categories are news, production and technical operations. These categories help develop and spread news in all kinds of ways.

Jobs you can get with this major
Radio or television announcer: An announcer that broadcasts news over the radio or television.
News reporter: Someone who broadcasts news to the world or a widely large population.

News analyst: Someone who analyzes broadcast news received from different kinds of sources.

How much money is made
Radio or television announcer: Payscale.com, says the salary for a radio/television announcer is $34,906.
News reporter: This job makes $39,749 which is a decent amount of money that is made on an average salary bases.
News analyst: According to Payscale.com, the average salary for a new analyst is $59,322.

Hopefully, this is enough information to at least get you to think about choosing broadcast journalism as a major and hopefully you can apply some of this information in the future.
5 songs to get you through the week

Paul Rudd balances the real, the bizarre in ‘Living with Yourself’

Brionna Scebbi
Editor-in-Chief

A midlife crisis except there's two of you.
Semi-sad 50-year-olds everywhere cringe at the idea of doubling the depression, but Paul Rudd does what he does best and breathes life into the situation — literally.
“Living with Yourself” hit Netflix in mid-October with eight 26-minute episodes following the stress, comedic moments and overall ridiculousness of an experiment gone wrong.
The pilot of the show opens with none other than Rudd bursting from the ground, completely encased in plastic wrap and wearing only a diaper, before cutting to his boring office job. Mediocrity fills the scene as Rudd's character, Miles, struggles to perform at work.
His work performance isn't the only thing affected by this emotional slump Miles, frumpy and disheveled looking, has found himself in. The show also walks us through awkward interactions with Miles' wife as she pressures him to take a fertility test.
I found myself applauding Rudd's acting ability from the first moments of the pilot. He plays the first eight minutes or so as if he was in a drama, not a comedy. You want to laugh because, I mean, it's Paul Rudd. But he creates scenes serious enough that you hold your laughter in, even when Miles experiences somewhat comical blunders.
This bated comedy is simply because there's enough second-hand embarrassment and relatability in the scenes to create sympathy for Miles.
But as the storyline becomes more ridiculous and the key plot point of the entire show begins, you have no choice but to chuckle — if not wince — while Miles finds himself in complicated situations.
Miles' coworker Dan, who outshines him earlier in the episode at a work presentation, shares his secret to success with Miles: a spa.
Handing him a white business card with purple text on it, Dan recommends Top Happy Spa to Miles as the solution to all his sadness, which of course Miles scoffs at. But following a stressful morning with his wife, he calls the number on the card.
A couple miles, a run-in with Tom Brady and $50,000 later, Miles is roped into the Top Happy Spa scheme through talk of rewriting sadness, humiliation and other traits of a bad life.
Placed into a white robe and a diaper, Miles eventually finds himself laying on a purple table in a very purple room.
The two gentlemen coordinating the entire process of creating a better Miles argue in another language about the tank connected to an anesthetic mask on Miles' face. The tank sputters and the men keep arguing before the screen fades to black.

‘Tired of Sex’
Weezer

A strange song from a strange album by an equally unique band. In “Tired of Sex” from their 1996 classic “Pinkerton,” Rivers Cuomo and company discuss the toll fame has taken on them; specifically in the love-making department. The song, like all of “Pinkerton,” was produced by the band itself ensuring that it sounds raw and uninged. Cuomo would later state that he hates the album, but songs like these have helped the album endure after such a mixed reaction upon initial release. If the lyrics don’t make you feel the angst, the frenetic energy of the guitars and drum fills surely will.


‘Set Adrift on Memory Bliss’
P.M. Dawn

There was a period in time where producers in hip-hop were taking samples from everywhere like gangbusters regardless of the original tunes popularity. One of the brightest examples of this is P.M. Dawn's 1991 single “Set Adrift on Memory Bliss,” which is made up mainly of Spandau Ballet’s “True.” The song actually acts as a precursor to the late ’90s where Puff Daddy was sampling every famous and recognizable top 40 hit he could lay his hands on. Unfortunately, the original song is not available on streaming services, but if you go out of your way to find it you won't be disappointed.

Bonus Points: As mentioned earlier, any Puff Daddy & The Family song from the late ’90s samples many top hits prominently. If that's what you're looking for, you'll find it there.

‘Say Yes’
Elliott Smith

Listening to Elliott Smith's 1997 album

‘Either/Or’ and looking for songs that sound somewhat happy is not the easiest task in the world. However, after all the gloom and sadness the record offers, “Say Yes” provides a potential glimmer of hope at the end of an endlessly dreary project.

Bonus Points: While there isn't necessarily a bad Elliott Smith album that was released while he was alive, your top choices would be either 1997's “Either/Or” or 1998's “XO” (no pun intended).

‘Blackout’
Breathe Carolina

Add this one to your list of early 2010 songs you (most likely) forgot about. “Blackout” most closely resembles the sound of a party at its peak on a Saturday night. The refrain of “This won't stop ’til I say so” is said with such confidence that it almost sounds like a truthful prophecy. You won’t want the morning after to come anytime soon.

Bonus Points: Party music is an acquired taste just as much as the alcohol you choose to drink at said party is. If you're looking for some good early 2010's ragers, Afrojack's “Take Over Control (Extended)” or Far East Movement’s “Like a G6” may work.

‘Trampled Under Foot’
Led Zeppelin

There are not many blemishes in the catalog of Led Zeppelin. One of the greatest bands to have ever been assembled, you'd be hard pressed to find an album of theirs that doesn't sound as good today as it did when it first came out. One of their most underrated songs is “Trampled Under Foot” off of 1975's “Physical Graffiti”, because recommending a song like “Stairway to Heaven” or “Whole Lotta Love” would just be too easy at this point.

Bonus Points: C'mon. It's Led Zeppelin. Pick almost any of their albums and enjoy the ride.
Intermittent fasting: An accessible alternative to dieting

Andrew Bailey
Pulse Editor

According to a study in the journal “Molecular and Cellular Endocrinology,” intermittent fasting, an eating habit wherein participants partition their normal diet with regular intervals of fasting, provides “a valid — albeit apparently not superior — option” to continuous calorie restriction.

With the popularity of dieting as a way to lose weight and become healthier, intermittent fasting has become one of the more popular options. When paired with another dieting plan, it can be an especially effective way to reach a desired weight.

Junior communication major Max Grueshaber heard about it through browsing the internet for ways to lose more weight after he had hit a wall with the weight he lost on another plan. The features that appealed to him were the flexibility and challenge accompanied with intermittent fasting, which he has experimented with extensively.

There are various methods, such as blocking out a time each day for eating, eating normally for five days a week and fasting two days, or fasting every other day.

He opted to block out time each day, picking the 20:4 plan, in which he fasts for 20 hours and eats 12 - 4 p.m.

“I hardly ever ate breakfast as it is. The little time window gave me the opportunity to eat either right before I went to work or during the time I would usually have a break,” he said.

Being able to alter the plan around a schedule makes it simple to incorporate into a college student's busy life. Junior public relations major Stefanie Delrosso, who used to participate in intermittent fasting, enjoyed working out in the morning, but preferred not to eat beforehand. Thus, the 18:6 plan was the optimal fit for her, which has an eating window of 1 - 7 p.m.

“It was just what worked best with my schedule. To keep track of it, I was hungry by 1 and then at 7 I would make sure I had dinner and then I’d just be done,” she said.

Intermittent fasting isn’t as simple as sticking to a schedule though, because eating junk food during the allotted eating times can be counterproductive.

According to Christine Haar, director of the dietetic internship program at BGSU, overcompensation during eating windows can actually lead to weight gain. Adhering to the specific method and refraining from overcompensation and unhealthy foods are as important as the schedule itself.

Haar recommends above ground, non-starchy vegetables, like broccoli, cauliflower and tomatoes as a healthy food option, as well as physical activity, to see the desired results that one would expect.

As an addition to his intermittent fasting, Grueshaber started on the Keto diet, focusing on high fats and low carbs.

Read the rest at bgfalconmedia.com.
Why club sports matter

Hunter Geiger
Sports Columnist

Despite the benefits club sports can offer, these teams can fall by the wayside and go unnoticed by what seems like a majority of students outside of Campus Fest. The reason this is an important topic is that people don’t realize what the benefits of joining a club team are, whether you are a former student athlete or someone who hasn’t even played before.

BGSU has a total of 27 club sports teams including, dodgeball, ultimate frisbee, spikeball and water skiing/wakeboarding. For former athletes, it provides an opportunity to continue playing a sport that you are passionate about and dedicated your time to, especially since a majority of athletes end their careers after high school. It also allows you to determine your commitment given the mantra that you are a student first and an athlete second.

The sports are also capable of being as, or even more competitive than the high school level.

The competition, due to the fact it is optional, is high since only people who are invested in their teams’ success come to play. Another benefit is that you meet people who have more experience playing the same sport and the same position and are able to give you advice that lets you take your skills to the next level.

The sports are open to newcomers and are even encouraged so the sport can grow on the college campus. The available opportunities are broad and range from ‘hardcore’ sports like rugby, hockey, lacrosse, baseball and volleyball, to sports that are less intensive like spikeball, dodgeball and ultimate frisbee.

The sheer range of available options is enticing for people who want to either try something completely new or try a more familiar sport they haven’t played yet. If you are worried about grades the sports have the mantra of “student first, athlete second,” which, coming from my experience, is a relief when you don’t get shamed for needing to work on an assignment.

The atmosphere among the teams is something that should be experienced. It is such a unique experience that can only be found among these teams.

“It also allows you to determine your commitment given the mantra that you are a student first and an athlete second.”

— Hunter Geiger —
Sports Columnist

BGSU athletics highlight the significance of mental health

Megan Finke
Sports Reporter

With a doctorate in leadership studies from BGSU with which he wrote a dissertation on student-athlete experiences, Hesson is very aware and knowledgeable on what could be happening in some athletes.

“(Student Athletic Services has) been doing a lot on our campus, as well within our conference, the Mid-American Conference, to break down some of the barriers that students and student athletes might face and sharing mental health challenges,” he said. “In doing so, we are just trying to create education and awareness along the lines of, where to go and how to receive assistance.”

One of the main resources on campus for student athletes is the student athletic service center which aims to assist these athletes in bettering themselves through academics but also developing the best version of themselves.

With one of the main findings of his research being good time management, there are also other important ways to maintain good mental health as a student athlete.

With constant work and a nonstop schedule, it is not unlikely for student athletes at the collegiate level to deal with stress or even deeper mental health issues as the balance between school, sports and being alone for the first time can be new and difficult.

“Those that are focused academically and on developing themselves holistically outside their sport,” Hesson said. “Then having a relationship with their coach beyond the X’s and O’s of their sport.”

Volleyball setter and defensive specialist, Kerstie Shaw, has been playing volleyball for 11 years. With practice due to pre-collegiate volleyball, she discovered the importance of time management quickly when coming to BGSU.

“Having to balance school and sports has taught me a lot about time-management and staying organized,” Shaw said. “I’ve had to learn to take responsibility and prioritize to be sure I’m getting everything I need to be taken care of.”

PHOTO BY STEPHEN LINSKY

“Student athletes” often experience signs of depression when they are in college.

PHOTO BY IAN CAMPBELL

“Club sports” including soccer, can be even more competitive than high school sports.
How to BG: Cheap places to eat

Lauren Salkiewicz
Reporter

College towns often mean plenty of students looking for cheaper places to eat. After all, who doesn't like a nice warm breakfast, lunch or even dinner for under $10?

Typically, college students spend between $10-$12 on food per day. In BG there are several options for just $7-$10 for a meal. The top five places students spoke highly of were:

- Kermit's Family Restaurant
- Beckett's Burger Bar
- Mr. Spots
- Easystreet Cafe
- Campus Pollyeyes

Bowling Green restaurants offer specials throughout the week for everything from subs, tacos and even full dinner platters.

One favorite place for students is Kermit's Family Restaurant.

"I like it for breakfast; it's super cheap, only like $7 for a meal," senior media production major Jen Albrecht said.

She often goes to Kermit's for breakfast with friends to get scrambled eggs, toast and fruit with coffee. Kermit's offers a variety of breakfast, lunch, brunch and dinner options.

It also has plenty of seating, is wheelchair accessible and accepts takeout orders.

Other Main Street restaurants offer affordable meals or daily specials that appeal to college students eating on a budget.

Beckett's has 50 cent tacos on Tuesdays.

Maddi Mantor, senior psychology and sociology major, and Amber Calabrese, senior criminal justice major, often find themselves at Beckett's Burger Bar when they have a craving for tacos.

The girls were both drawn to the 50 cent taco Tuesdays for the price, and usually spend $8 per person. They also found the tacos delicious.

On the other side of Main Street is another local eatery that serves up specials.

Easystreet's prices might be a little higher, but the dinner platters and daily specials — like $6 appetizers Tuesday nights — offer plenty of food for a student's dollar. For senior public relations major Zach Hall, the chicken, clam and shrimp platters drew him in.

Read the rest at bgfalconmedia.com