

# DAILY COLLEGIAN

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welcome to  
happy valley





# New Student Outfits

Students share fashion advice, predict clothing trends for New Student Orientation

By Olivia Woodring  
THE DAILY COLLEGIAN

Balancing fashion trends with casual comfort, there are many ways incoming Penn State students could dress for their New Student Orientation debut, and a few Nittany Lions offered their niche tips.

“It’s going to be hot outside,” Kavya Jhaveri said — advising students to stick with the classic “shorts and T-shirt” combo.

Breaking down these State College staples, Grace Norris said she is “team athleisure.”

“You [won’t] catch me dead in jean shorts,” Norris (sophomore-marketing) said.

Mapping her usual walking route, Norris said that every time she walks to the HUB-Robeson Center she is “drenched and sweating.”

“Some people are comfortable in jean shorts and a cute top,” Norris said. “More power to them, but I need breathable clothes.”

Agreeing with Norris — and sporting a fashionable athleisure tank — Magdalene Medvetz “only wear[s] athletic clothing,” she said.

From cropped tanks to sweat-wicking shirts, Atharva Kurve said “athleisure” is most common.

“The guys wear 5-inch in-seams a lot,” Kurve (sophomore-civil engineering) said, “so you’ll definitely see those a lot around campus.”

Reflecting on the popularity of athletic apparel, Chrisly Li advises students to “wear more outdoor and walking clothes.”

Students are sure to experi-



Chloe Trieff/Collegian

**Penn State students** walk across campus suiting a variety of styles. Some upperclassmen advise to wear lighter clothing that’s easy to move around in for the summer orientation sessions.

ence those tiresome treks along campus, so “running shoes are kind of a must,” Kurve said, “especially to make sure you don’t feel bad after a long day of walking.”

Jhaveri (junior-psychology) agreed running shoes may come in handy during NSO.

“I feel like a lot of people wear Nike Blazers now,” she said. Whether you want high-top dunkers or low-rise classics, Jhaveri said the Nike shoe proves to be a popular and “comfortable” pick.

Not a fan? Li (junior-supply chain) suggests slapping on “some sandals” as an alternative.

“I think there has been a lot of change [in fashion] since I was a freshman,” Li said, looking back at her NSO in 2019. “I came on the first day dressed as smart casual because I literally didn’t know what was happening. Then I saw all the other girls wearing leggings.”

Ahmed Ojha also recalled his exact outfit during NSO.

“I wore a pink tee and these

gray sweatshorts,” Ojha (junior-economics) laughed, pointing to his pants. “It was an exciting day.”

Factoring in unplanned occurrences, Norris said students should also prepare for State College’s weather whiplash.

“Bring an umbrella,” Norris said, warning students of a sudden storm.

While a majority of the days during NSO are “hot,” Ojha said “it was cloudy” for him as well.

“My go-to outfit is a tank top,

leggings and sneakers,” Zenia Masani said. “But if it’s cold, I will throw a sweatshirt on.”

“Right now, it is too hot for that, but then again, it was literally snowing last week,” Masani (sophomore-risk management) said.

For completing the NSO look-book, Medvetz (freshman-kinesiology) suggested students “carry a bookbag on campus.” Serving as a storage for belongings but also comfort, Medvetz said she feels “awkward without [her] bookbag.”

“One of those cute tote bags you can throw a laptop in would be ideal as well,” Norris said, explaining how she “want[s] one” and sees them trending on campus.

Despite all of these options, students should beware one bag in particular: the drawstring backpack.

“You would die,” Norris said, emphasizing its discomfort during those “sweaty walks.”

Taking these tips into account, Ojha encourages NSO students to “just put yourself out there, give everything and just try to make friends.”

Whether it be the weather or schedule planning, “if something doesn’t go as expected, give it a second chance,” Li said.

Annalie Ayers (freshman-nursing) said at the end of the day, it doesn’t matter what students wear to NSO.

“You are all in the same boat.”

*Editor’s Note: Magdalene Medvetz is a former reporter for The Daily Collegian.*

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## Essentials to survive NSO

By Abbie Hornberger  
FOR THE COLLEGIAN

Even with summer about to begin, it’s not too late to start thinking about New Student Orientation for incoming freshmen.

Move-in day for first-year students can be stressful and overwhelming, so before orientation starts, make sure you have all of your items to make your freshman dorm the way you want it to look.

This list of items will help you survive your first day of orientation.

Being at this big campus can be scary enough, so following this list will help you prepare.

### Water bottle

You’ll arrive on campus toward the end of August, so it’ll be hot and humid.

I recommend bringing a reusable bottle, like a Hydro Flask or a CamelBak. They last a long time, and they’re durable. I’ve had my Hydro Flask for over two years, and it’s still the only bottle that I use.

Plus, by walking around campus in the heat and talking to people during orientation, you’ll most likely get thirsty, and there isn’t a lot of break time.

Also, you’re doing the environment a great favor by using a reusable bottle. The plastic bottles on campus can get expensive, too.

### Your Penn State ID

I can’t tell you how many times I forgot my student ID around campus. You need it more than you think you do.

You’ll need it for getting into

your assigned dorm building, swiping in for meals and in any case that paperwork is involved. It took me a year to memorize my ID numbers.

The University Park campus has over 40,000 students, so here’s a reminder to know your ID number because sadly, we’re all just a number.

Also, try not to lose it. A replacement costs \$20, and that can add up if you lose it more than once.

### Pen or pencil

I recommend bringing a pen or a pencil because you’ll probably need it for certain activities during the first day of orientation.

You might need these items if you have to wear a name tag for group activities or for certain icebreakers.

Yes, icebreakers still exist in college, and yes, they’re still just as cringy. Sadly, they’re still mandatory.

One of the most famous icebreakers involves doing a scavenger hunt to find certain traits about new people. You’ll need writing materials to jot stuff down on your papers.

### Campus map and Penn State Go app

If you haven’t downloaded the Penn State Go app or picked up a campus map, you need to.

There are multiple campus map stands around campus, but you’ll most likely get a paper version during New Student Orientation.

The Penn State Go app has many features to help guide your student experience. After signing

in with your Penn State email, there are over 20 different icons to help you.

There’s a maps section, a dining hall icon for meals of the day and what hours they’re open, a news section, a shortcut to the Canvas app and even a CATABus and campus shuttle icon.

My personal favorite from the app that I use every day is the dining hall icon. Since I live in South Halls, I check the menu for breakfast and dinner every single day.

### Your best self

The first couple of weeks of freshman year can be nerve wracking, uncomfortable and maybe even a little awkward.

When you first move in and when you begin orientation, bring a smile and try to be as social as possible.

You’re going to meet a lot of new people in your dorm and throughout your orientation groups, so just remember that everyone is just as nervous as you.

My goal for you is to make at least one new friend, other than your roommate, on your first day.

Do everything you fear. Ask someone to hang out or to go grab food, join clubs and explore campus as much as possible. There are so many amazing opportunities here, and it’s up to you to go out and find them.

With that being said, I’m a 2+2 student from Penn State York, so I never actually attended NSO here on campus.

I still wish you the best of luck, though.



Ella Castronuovo/Collegian

**Between New Student Orientation sessions and advising appointments**, there are several iconic places to check out on campus.

## Places to visit between info sessions

By Victoria Gough  
THE DAILY COLLEGIAN

If you’re reading this, there’s a good chance you’re a newly minted Penn State student in the class of 2026. Congratulations.

New Student Orientation is an exciting time where you get to meet other students, sign up for your classes and explore the area you’ll live in for the next four years.

Here are some must-see stops on Penn State’s campus to discover in between your NSO sessions.

### The Arboretum at Penn State

Located at the north end of campus, just across Park Avenue, the Arboretum at Penn State provides a natural escape from the hectic life of a college student.

The Arboretum has something for everyone, from botanical gardens teeming with flowers and butterflies, to grassy fields perfect for picnics, to quiet hiking trails.

Some places in the Arboretum also have tables and benches, making it a great place for an outdoor study session on warmer days in the fall and spring.

### Penn State All-Sports Museum

Located in Beaver Stadium, the All-Sports Museum dedicates itself to honoring the heritage and history of Penn State’s legendary athletic programs.

The museum has exhibits for over 31 men’s and women’s varsity sports programs, as well as three discontinued sports programs. Exhibits include equipment, archival images and, of course, plenty of awards and trophies won throughout the years.

You’re welcome to peruse the exhibits yourself, but guided tours are also available.

### Palmer Museum of Art

If you’re more into art than sports, or if you just want to see all of the culture Penn State has to offer, check out the Palmer Museum of Art on Curtin Road.

The Palmer features permanent and temporary exhibits of any imaginable type of art from all around the world, from baroque art to modern art to ceramics.

You can get through the entire museum in about an hour, and admission is always free.

### Berkey Creamery

Lastly, what is a trip to Penn State without a visit to its iconic Berkey Creamery? With dozens of flavors of ice cream made on site, you’re bound to find something you’ll love.

The Creamery also sells signature coffee blends, gourmet meats and cheeses and merchandise that make perfect gifts.

Stop by the Creamery any day of the week to enjoy a hand-dipped bowl or cone on the sunny patio.

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Chloe Trieff/Collegian

**Students** can consider both practicality and comfort when packing for New Student Orientation at Penn State. The Collegian’s Abbie Hornberger suggests bringing a few items and a positive mindset.





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# Current students give NSO advice

By Haley Pandelos  
THE DAILY COLLEGIAN

Every August, new students eagerly wait for their college experience to start as they move on from high school.

With such a big leap into a new chapter, students must adjust to a new lifestyle.

To help students get acclimated to college, Penn State hosts New Student Orientation over the summer, so incoming students can familiarize themselves with campus resources, set long-term goals and meet other students. Once on campus, extended orientation during the first week further demonstrates campus living.

Due to the pandemic, NSO was moved to an online format, but with most coronavirus restrictions lifted, NSO is returning to in-person orientation.

However, many incoming Penn State students from the past two years, including Allison Surowiec and Manisha Kodavatiganti, have memories of orientation over Zoom.

“While orientation was online over the summer, it was nice to actually have extended orientation on campus and in person,” Kodavatiganti (sophomore-health policy administration) said. “Both sessions went hand in hand though and covered the same information.”

Surowiec (sophomore-biology) said online orientation would’ve been more fun in person, but “the messages of orientation were efficient.”



Ella Castronuovo/Collegian

**Upperclassmen** shared how to make the most out of New Student Orientation and the first few weeks at Penn State. “Getting involved with organizations on campus helped me make connections,” Natalie Downey said.

“It also helped that freshmen were allowed to move in a week before classes started at the time,” Surowiec said. “There wasn’t anything else to do except explore the campus.”

While move-in dates change year to year, Surowiec said incoming students “shouldn’t feel overwhelmed if [they] are lost or don’t know what to do at first because everyone is in the same boat.”

International student Elena

Montenegro said she enjoyed having online orientation because she was still at home in Brazil over the summer. Penn State has a virtual NSO session for incoming international students like Montenegro who can’t make it to campus just yet.

“As an international student, I had no idea how college worked in the U.S. or what the experience would be like,” Montenegro (freshman-architecture) said. “It was great to learn that I had

these campus resources talked about during orientation.”

Montenegro found her extended orientation on campus to be helpful as well, including her orientation leader, who “was very straightforward” about following campus regulations.

While some students don’t remember their NSO experience, they do recall how they got situated on campus.

Isabella Veneziaie said she strategically planned her sched-

ule to have buildings all around campus.

“When I was scheduling classes, I made sure I selected classes in different buildings, so I was forced to walk around and get used to the campus,” Veneziaie (junior-finance) said. “I went from the Keller Building to Willard to Thomas and other places.”

CJ Besz went to high school with Veneziaie, but he suggested trying to hang out with new people from NSO or organizations on campus, rather than just people students met before college.

“I moved away from my high school friends, except I got closer with Veneziaie through a business fraternity,” Besz (junior-finance) said. “I definitely think taking classes with people you meet or talking to people in classes can be helpful.”

Natalie Downey said she never originally pictured herself going to a big school before coming to Penn State.

“No one I knew decided to go to school here, so I was really overwhelmed at first,” Downey (junior-marketing) said. “There are so many people here in the same situation, and I realized getting involved with organizations on campus helped me make connections.”

Veneziaie agreed that the campus is a decent size, but she said new students will learn that Penn State “is a great opportunity to make connections and get involved within a community.”

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## How to break the ice with bonding activities

By Ria Tambe  
FOR THE COLLEGIAN

New Student Orientation is a chance for prospective students to learn the ins and outs of Penn State. With this preliminary step into the college world comes a lot of introductions and, of course, icebreakers.

Ice breakers are conversation starters that students will never escape. It’s no surprise that during NSO, students will encounter these classics:

**What is your name?**

**Where are you from?**

**What is your major?**

**Why did you choose Penn State?**

These trusty four are necessary for obvious reasons, as they allow students to get to know one another and hopefully be the start of a few friendships.

But there are usually a few extra icebreakers that are tacked on at the end that are supposed to be more entertaining for the students but are either a hit or miss.

Some of the “misses” would have to be the questions about a person’s favorites.

**Favorite food?**

**Favorite song?**

**Favorite movie?**

**Favorite animal?**

There is just nothing juicy with these questions that really tell a person apart from another. In fact, during my time at the Collegian, there were a lot of fun icebreakers at all of our meetings that I’ll share, along with some

I’ve come up with on my own.

**Favorite type of potato?**

I know I just stated that favorites are “misses,” but I love this question because I have never met one person who can’t stand potatoes.

Not only that but a potato can be cooked in so many different ways; it’s such an interesting topic of conversation.

**What is the name of your car if you have one?**

I love this question because of the pure fact that I think everyone has secretly named their car, but no one really uses the name.

Don’t deny it — my car is named Fabio.

**Were you allowed to watch SpongeBob as a kid, why or why not?**

This question was actually an icebreaker from one of my meetings, and I thought it was so funny.

SpongeBob is one of the only childhood shows that kids were allowed to watch or some parents were strictly against. It also just tells a lot about a person.

**As a child, what did you want to be when you grew up?**

At this age and time, I feel like this icebreaker is really fun, especially after students introduced themselves and their current major.

Students’ goals in life have obviously changed through the years and drastically from their first aspiration, so it’s always fun to learn about a person’s first and current goals.

**Would you rather travel to the future or past?**

This is a classic question that can always tell a lot about a person, especially if they choose one of the infamous decades between the ‘70s and ‘90s.

I guarantee you will always come across a person who says they want to see themselves as a baby.

**What is your most used emoji?**

In this technological world, this question is an obvious one. I personally use an extreme amount of emojis in every sentence so I think this is a relevant question.

**What is one item you would bring to a deserted island?**

This question can easily become a “miss” when someone in the group answers that they would bring a boat. Where’s the fun in that?

**What’s the most embarrassing fashion trend you used to wear?**

Last but not least, this one is definitely a great conversation starter because there will be more than one person in the group who relates to the fashion trend you admit to have worn.

NSO is a time for incoming freshmen to meet new people and potentially make lifelong friends. There’s no escaping awkward ice breaker questions from orientation leaders, so hopefully they pick the right ones.



Chloe Trieff/Collegian

**Penn Staters** rock out to Dominic Fike at a Student Programming Association concert in the HUB-Robeson Center on Jan. 14.

## PSU bops to know

By Fernanda Lopez  
THE DAILY COLLEGIAN

Penn State is home to a range of songs that are instantly recognized by students. Found in Penn State playlists across Spotify, these songs — from party anthems to football chanting classics — are crucial for new students to know before coming to Happy Valley.

**“The Spins” by Mac Miller**

A classic song by a Pittsburgh native, “The Spins” will most likely play at every party you go to as a new Penn State student. With catchy lyrics about following your dreams, this song has become a staple in every party playlist.

**“Love Story” by Taylor Swift**

Beloved by Swifties on campus, “Love Story” is a timeless tune sung along in every corner of campus. With its famous intro, this Romeo and Juliet song is one that every incoming freshman needs to know by heart.

**“INDUSTRY BABY” by Lil Nas X and Jack Harlow**

The song of the year to many, “INDUSTRY BABY” makes everyone move.

With its iconic brass intro and lyrics, even The Penn State Blue Band and the pep bands couldn’t resist covering it. With Jack Harlow as Movin’ On’s 2022 headliner, this song will continue to become a staple piece for Penn State students.

**“Diesel” by The Willard Building**

What’s a better way to get into the Penn State spirit than listening to its local musicians?

Named after an important building on campus, “Diesel” by The Willard Building is a must when getting to know State College’s music scene.

**“Kernkraft 400” by Zombi Nation**

Called the unofficial Penn State anthem, this song —

colloquially known as just “Zombie Nation” — plays at every party and football game with no exception.

Joined by the chants: “We Are, Penn State” when the chorus hits, this electronic song is sung by students no matter what time it is.

**“Seven Nation Army” by The White Stripes**

One of the most chanted songs of the last 10 years, “Seven Nation Army” is sung along at sporting events, parties and even when riding the CATABus. Recognized by people around the globe, this song has also become a must for Penn State students.

**“Fire Burning” by Sean Kingston**

Released in 2009, this timeless pop tune has never stopped playing at every party or event at Penn State since its release.

With lyrics like, “Somebody call 911 // fire burning on the dance floor,” this song is both fun and unforgettable.

**“All Of The Lights” by Kanye West**

With an instantly recognizable brass intro and Rihanna’s voice, Kanye West’s classic gets any student on their feet and dancing.

Found on every Penn State football playlist, this song is a celebratory anthem.

**“Crank That (Soulja Boy)” by Soulja Boy**

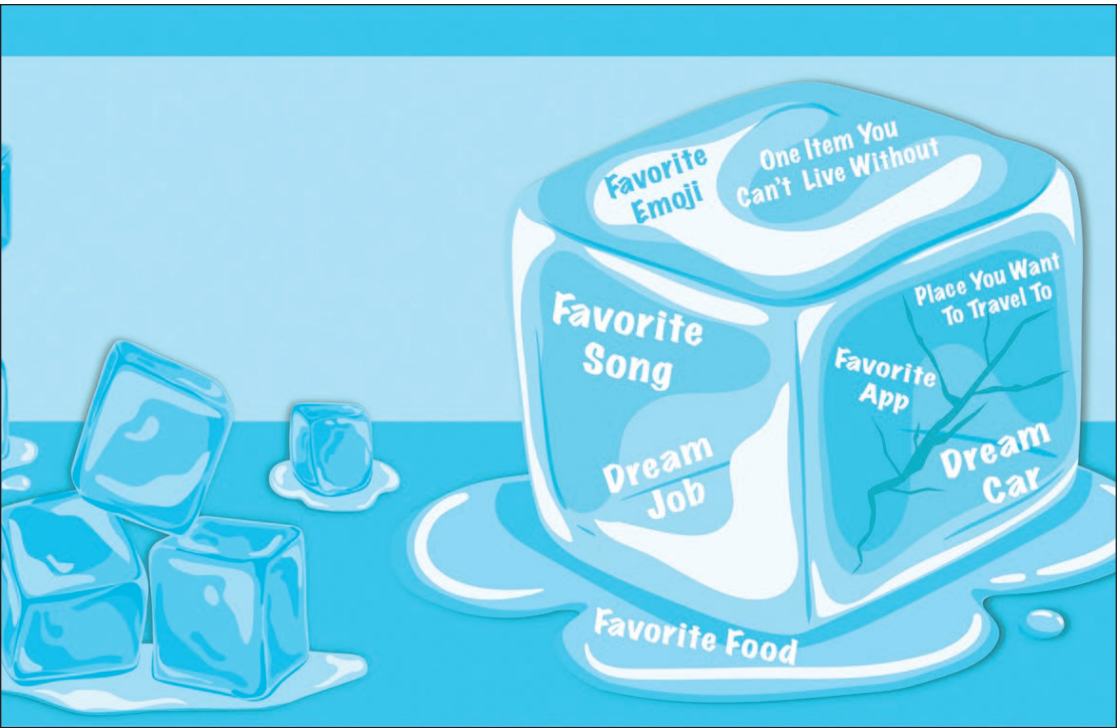
Soulja Boy’s most beloved song thanks to its famous dance — now part of American culture — is a small but important piece in every American college experience.

The ad-lib “yuu” is sung by any student at any given time.

**“Feel It Still” by Portugal. The Man**

The radio friendly song by the Alaska-native band Portugal. The Man is played almost everywhere — from stores on College Avenue to dining halls across campus.

Visit [collegian.psu.edu](http://collegian.psu.edu) to read the full story.



Graphic by Steven Vetri

**Icebreakers** are a common activity used at orientation to help new students meet and connect with each other. The Collegian’s Ria Tambe shared the best and worst icebreakers to expect.



# ‘PLAYING CATCH-UP’

PSU 2+2 students adjust to University Park after moving in from commonwealth campuses

By Danny Gotwals  
THE DAILY COLLEGIAN

Every year, incoming Penn State students must attend New Student Orientation to become familiar with academics, culture and resources. However, students who transfer from commonwealth campuses through Penn State’s 2+2 plan don’t have a traditional NSO experience.

For Katherine Myers, who attended Penn State Altoona, meeting people at the university’s main campus proved harder than meeting people at Altoona.

Myers (senior-plant science) said “the whole climate” at main campus is different.

At Altoona, Myers said “all the classes were smaller, and all the clubs were smaller.”

“Because the classes were smaller, there was more personalized attention with professors,” Myers said.

Even at Altoona, Myers said she didn’t have an orientation.

“I never had to do anything like [an orientation],” Myers said. “[Altoona] had a virtual tour that wasn’t required,” which Myers said she didn’t take.

For 2+2 students, NSO offers a virtual Change of Campus Orientation to welcome students to their new lives at Penn State’s

main campus. Myers said she adapted to main campus within “a couple weeks” despite not attending a traditional NSO.

“Everybody manages [to get acclimated anyway],” Myers said.

Myers said Penn State should provide 2+2 students with a “weeklong [NSO] crash course” that teaches students skills like time management tips.

The course should give advice for classes from faculty and former 2+2 students — since classes are different at University Park, Myers said.

NSO should also guide 2+2 students toward involvement resources, according to Myers. She said she met many people through clubs, and “it would have been helpful” if NSO would have directed her to them immediately.

The Change of Campus Orientation provides information about programs and resources available to support students, as well as involvement opportunities at University Park, according to its website.

Brady Smith, who attended Penn State Altoona, said the Altoona campus is “a good transition between going to high school and going to University Park” because over 4,000 students are enrolled at Altoona — a small



Olivia Estright/Collegian

**Penn State students** study quietly in the Paterno Reading Room, which is also known as the “Harry Potter” lounge. Penn State’s 2+2 students described the transition from commonwealth campuses to main campus.

step up from most high school enrollment numbers.

Smith (senior-criminology) said it was easy to meet people at Altoona, especially because it has an ROTC presence, which Smith said he’s a part of.

In fact, Smith said ROTC members from Altoona would commute to University Park for leadership labs and fitness training.

Smith never received a campus tour of University Park, he said, and he still doesn’t know where many of the buildings are.

Smith said class sizes at University Park require an “adjustment” on the transferring student’s part since the largest class he had at Altoona was around 80 people. He said he’s had some classes of around 300 people at University Park.

“At Altoona, I know my teachers on a first-name basis,” Smith said. “I talk to them every day; they call on you in class. You come up here and get into a class of 300 people, [and] they don’t know if you’re there or not.”

Smith also said he never had a teaching assistant for any classes at Altoona.

“The fact that my professor wasn’t grading my work, and then I would have to go to a TA to ask a question and not the professor,

I didn’t understand that at all,” Smith said of University Park.

According to Smith, his “support system” within ROTC allowed him to ask questions and work through differences between the campuses.

Smith said Penn State Altoona has “a college campus feel.”

“You have the dorms, you have the dining facilities, you have teams and clubs on campus, and you’re close to University Park,” Smith said.

Smith said many Altoona students would come to University Park to watch football games or to visit friends on weekends.

Panayioti Kounoupis, who attended Penn State Lehigh Valley, said the Lehigh Valley campus felt “almost like an extension of high school” — partly because many of his high school friends also enrolled.

“You commute to and from it; you don’t really live there. You just kind of go, do your coursework, leave, maybe do some group work,” Kounoupis (junior-corporate innovation and entrepreneurship) said.

Kounoupis said his orientation at Lehigh Valley did help him become familiar with LionPATH and alumni resources.

The orientation was not a “deep integration” into Penn State

culture, according to Kounoupis, because he said he wasn’t able to attend as many events, although he was able to go to some career fairs.

Once he arrived at main campus, Kounoupis said switching advisers was “a terrible process.”

Every commonwealth campus has a designated adviser for students who are changing campuses at Penn State, according to the University Registrar.

For Kounoupis, enrolling in required classes has also been a “headache” because he wasn’t at University Park for two years.

Kounoupis said he knows other 2+2 students who are delaying their graduation due to class scheduling conflicts, and he will have to take heavier course loads during various semesters in order to graduate on time.

“You’re almost playing catch-up to all the people who have been here,” Kounoupis said.

According to Kounoupis, he knew he was going to transfer into Penn State’s Smeal College of Business when he first enrolled at Lehigh Valley, and even though he focused on completing his business prerequisites at Lehigh Valley, he still found it difficult to transfer his credits.

Visit [collegian.psu.edu](http://collegian.psu.edu) to read the full story.



Ryan Bowman/Collegian

**The Pattee and Paterno Library** is a place on campus where students can do work and meet up with friends.



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## Lion’s Paw Alumni Association



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We warmly welcome  
the Class of 2023  
in anticipation of  
an exceptional year!



# THE NSO EXPERIENCE

**Teagan Mayr**  
FOR THE COLLEGIAN

As my freshman year comes to a close, the countdown for the class of 2026 to come to campus begins.

It's hard to believe that a year ago today I was studying for my Advanced Placement exams and finals with a horrendous case of senioritis. Even with the excitement of coming to college, I couldn't help but face anxiety about beginning this new chapter.

While my introduction to the college experience was chaotic, to say the least, I remember the fear of leaving everything I had known to go to school.


If it were up to me when I first came to campus, I would have probably never left my room. However, New Student Orientation quickly integrated me into campus life.

I was probably one of the most unprepared students coming into the NSO curriculum, having just uprooted my life from Orlando, Florida, two days prior. Somehow I made it out intact, and I'm here to give you some tips and tricks on how to survive your NSO experience.

**Go to the NSO events**

This may sound cheesy, but go to the events that the NSO program offers.

It may be enticing to dive right



into the party culture on campus during your first week, but trust me, you'll have the rest of the year to go to these parties, but you'll only have one week for NSO.

My roommate and I came to campus knowing practically no one, as we were both out-of-state students. Reluctant to join the big crowd that is Penn State, we finally convinced each other to go to one of the first-year bonding events in the HUB-Robeson Center.

The event had several life-sized arcade games and plenty of crafts for students to take part in. To this day, my roommate and I still have our felt art hung up on our fridge.

Push comes to shove, if you hate the NSO events, it at least gives you something to complain about and bond over with your roommate.

**Check your email**

Admittedly, one of my great faults is that I'm awful at checking my email. If the notification isn't clearly displayed on my lock screen, it's out of sight and out of mind.

During your week at NSO, your inbox will be consistently full of emails from your college and NSO staff. While it seems draining, read the emails and actually take note of their contents.

The majority of my NSO program was online due to the



**Penn State Lion Scouts** give campus tours to incoming students outside of the Thomas Building. The Collegian's Teagan Mayr recounted her experiences as a new student attending orientation.

pandemic; however, we were all required to attend an in-person session once we came to campus.

Caught up in all of the chaos of moving into my dorm, I failed to check the date of my in-person session and just assumed that my session would be the next day. After rushing from the HUB to the Thomas Building, inevitably getting lost, I arrived at my session about 15 minutes late to find out there wasn't a seat for me.

It was then that I figured out I had gone to the wrong session, and I sat on the floor for the remainder of the session.

**Meet your neighbors**

My roommate and I had the opportunity to meet our neighbors during the first-year convocation.

Throughout the year, you will find that many students have varying levels of relationships with those on their floor, but it's important to still know the people you're living with. I'm not particularly close with the girls who live next door to me, but we still look out for each other if someone needs something or for quick banter in the hallway.

However, we found ourselves completely reliant on our neighbors during the NSO program. It's much easier to be in a crowd of lost people as opposed to being

lost on your own. We would get dinner together and try out the various food options on campus. Knowing that you have someone super close by who is experiencing the same challenges as you is comforting.

Who knows? Your neighbors could end up becoming your best friends.

**Make a connection with your academic adviser**

During NSO, you get the opportunity to meet privately with your academic adviser to discuss your educational goals and to register for fall semester classes.

Your academic adviser will be someone you rely on for the majority of your time at Penn State. I have shamelessly emailed my adviser at all hours discussing with her my academic plan and what I need to work toward.

Although I've only been at Penn State for one year, I've scheduled numerous meetings with my advisers. It's important to pay attention to what your adviser recommends to you and how you can get in contact with them throughout the year.

Registering for classes and meeting with your adviser for the first time can be scary, but remember, they are there to help you accomplish your goals.

**Take a deep breath**

There will inevitably be a point during NSO when you feel unprepared, and that's OK. NSO is a program to help ease first-years into campus living and the college experience. You're not expected to know everything on the first day.

As time progresses and you become more acclimated to campus life, it will feel easier to handle the load of new responsibilities, and it's OK if some mistakes happen along the way. Everyone in your NSO program is just as nervous as you are and will focus on themselves more than your actions.

While it's important to try to make the best of your NSO experience, you still have a whole year ahead of you to explore what Penn State has to offer.

**Conclusion**

At the end of the day, NSO is a very small blip in the college experience that everyone goes through. Whether it be information overload or first-day jitters, everyone experiences the same wide variety of emotions.

NSO is a time for learning and taking the first step into your career at Penn State. Take the time to enjoy it and the new experiences NSO has to offer.

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