

'SOMETHING ISN'T WORKING'

Penn State Timely Warning data shows apparent increase in reported sexual violence compared to past

By Kate Irwin
THE DAILY COLLEGIAN

Penn State sent University Park-issued Timely Warnings regarding forcible sex offenses on campus to Penn State students' inboxes more than a dozen times in the first six weeks of classes.

As of Oct. 13, Penn State has reported 13 known forcible sex offenses since Aug. 21.

Reports were especially concentrated the week of Sept. 10, when five reports were made in the span of five days — including two on Sept. 13.

Compared to past semesters, 13 reports in the first six weeks of school is substantial.

The following numbers show the total number of reported forcible sex offenses issued as Timely Warnings in the last six fall semesters at Penn State:

Fall 2021: 13
Fall 2020: 8
Fall 2019: 2
Fall 2018: 7
Fall 2017: 8
Fall 2016: 19

According to the data, 13 reported forcible sex offenses for half of this fall is greater than four previous fall semesters' reports for the full semester.

The following numbers show the total number of reported forcible sex offenses issued as Timely Warnings for full academic years:

2020-21 academic year: 16
2019-20 academic year: 10
2018-19 academic year: 12
2017-18 academic year: 16
2016-17 academic year: 28
2015-16 academic year: 19

Timely Warnings were first reported to students in spring 2015, in which there were 11 forcible sex offenses reported, according to the Penn State University Park and Public Safety Police database.

Below is a breakdown of the campus locations where forcible sex offenses have reportedly occurred so far this fall:

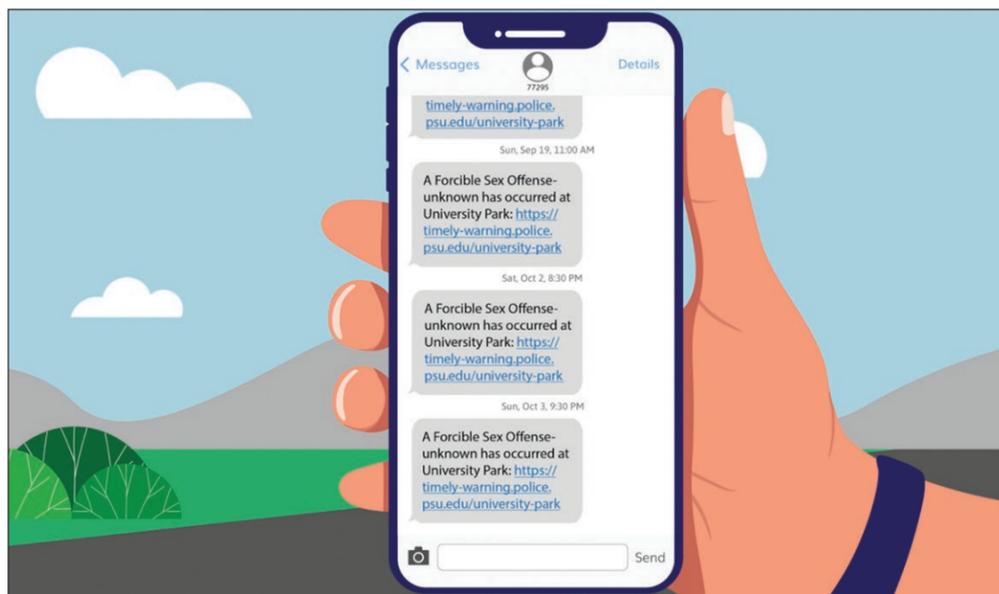
Approximately 23% reported in Beaver Stadium
Approximately 31% reported in East Halls
Approximately 31% reported in Pollock Halls

The most recent forcible sex offense, reported on Oct. 3, was said to have occurred in an unknown fraternity house. Though incidents of sexual violence in downtown State College aren't reported through Timely Warnings — which solely report on-campus incidents — the individual decided to report this incident through the university, according to the State College Police Department.

The Jeanne Clery Disclosure of Campus Security Policy and Campus Crime Statistics Act is "a federal consumer protection law that requires institutions of higher education participating in the federal student financial aid program to disclose information about certain crime on campus, on buildings/property owned or controlled by the university and on publicly owned property within or immediately adjacent to the campus."

Timely Warnings are "Clery Act required notifications that go out to the entire university community to alert of a potential or ongoing threat of a Clery Reportable Offense," according to Penn State.

"Timely Warnings are issued under a set of particular circumstances as outlined in a federal



Graphic by Kaylyn McGrory

As of Oct. 13, Penn State has reported 13 cases of sexual violence through Timely Warnings. This is an increase in reports compared to recent years.

law called the Clery Act," according to Jennifer Cruden, public information officer at Penn State University Police and Public Safety.

However, Timely Warnings issued to Penn State students do not reflect all reported sexual assaults on campus, Cruden said.

Damon Sims, vice president of student affairs at Penn State, said in an Oct. 3 blog post that "through September, there have been 44 reported rapes and sexual assaults at University Park in 2021."

Nine reports of sexual assault and rape on campus were reported in the first six weeks of the fall 2020 semester, according to data from the recently published Penn State police Annual Security Report. These numbers, pulled from internal campus police records, are not yet published for the entirety of 2021, according to Cruden.

Compared to the 13 Timely Warnings in the first six weeks of this fall semester, six Timely Warnings were issued in the first six weeks last fall.

The 2018 and 2019 Annual Security Reports show the number of sexual assaults and rapes in the first six weeks of fall semester classes were 15 in 2018 and 20 in 2019, compared to two and one forcible sex offenses reported through Timely Warnings in the first six weeks of the 2018 and 2019 fall semesters, respectively.

Sims said while the rates of sexual assaults reported through Timely Warnings have been "largely consistent" with those in pre-coronavirus times, Penn State "must expect the number of reported offenses to decline."

"For too long, these offenses have been underreported, and we must continue to encourage those harmed in these ways to report these offenses," Sims said in a statement. "Our many efforts to mitigate and prevent sexual misconduct in our community should result in a decline in the number of reported incidents and Timely Warnings, and anything short of that outcome must remain

unacceptable to us."

With assaults occurring early in Penn State's academic year, conversations have surrounded the "red zone" — the period of time from the beginning of the semester to Thanksgiving that traditionally sees the greatest amount of sexual assaults reported.

Detective Craig Ripka of the State College Police Department, who handles about "85 to 90% of sexual assault reports" in downtown State College, said he is adamant the red zone issue is an incredibly prevalent part of each academic school year. He defined Penn State's red zone as an even more concentrated period of time within the fall semester.

"From the moment students come back to campus to about the second or third week of October — that's usually when... the majority of... sexual assaults [are reported to us]," Ripka said.

Ripka pointed to data from the State College Police Department, which accounts for the borough of State College, College Township and Harris Township. The reported red zone numbers for the past four years are below:

Aug. 15-Sept. 30, 2021: 9 sexual assaults
Aug. 15-Sept. 30, 2020: 8 sexual assaults
Aug. 15-Sept. 30, 2019: 23 sexual assaults
Aug. 15-Sept. 30, 2018: 4 sexual assaults

"First of all, there's a massive influx of people that come back to campus," Ripka said. "Second, you have people from out of town coming in to visit a lot on weekends due to football games."

Ripka also said he believes two other major factors affecting the red zone are the age of students and alcohol-related situations. "You have a lot of college kids who are still teenagers, trying to create a social network while their brains are still developing," he said. "And alcohol, of course, is one of the biggest things that plays a role."

Ripka also explained how the specifics of the football schedule

impact the data rates of crime — including sexual assault.

"When it's a Saturday night game, we know we'll see a lot on the Friday night before when people go out," he said. "It even depends on the opponent — when we play Michigan or Ohio State, those are big weekends, and we'll see that reflected in crime."

This fall semester is the first time many sophomores, as well as freshmen, are experiencing campus life, which some professors said may be contributing to what is now being deemed a "double red zone" — such as Rosa Eberly, associate professor of rhetoric in the department of Communication Arts and Sciences and department of English at Penn State.

Eberly was a panelist at the Penn State Schreyer Gender Equity Coalition's "Sexual Violence on Campus" virtual discussion panel, which included nine panelists in the Penn State community who spoke about sexual violence at the university and institutional transparency on Oct. 5.

"The idea of a double red zone is really clear," Eberly said. "We have a lot of people who have never been to campus before. It's easy for me to say in hindsight that we should have thought of that, but here we are."

Eberly said the knowledge of the double red zone is an opportunity for Penn State to grasp control of the rise in reports for the first half of fall semesters moving forward.

"Let's let the university show that [it] learned something from this and show what it will do differently in the coming fall semesters to make sure that not even a single red zone is a thing anymore," Eberly said.

As a former Penn State undergraduate in the 1980s, Eberly said she has been following the patterns of sexual assault on campus for many years and pointed out the cycle of behavior that repeatedly occurs.

"If you've been observing this for long enough, students have enough time to make progress throughout the academic year, and then April comes, and there's some culmination of progress," Eberly said. "And in May, everyone goes away. So the real challenge is sustaining the change through those transitions of students in and out."

That challenge is one not

"Anyone with a shred of empathy is concerned when one of those Timely Warnings arrives, but that's hardly the whole picture — it's a fraction of the problem [in our culture]."

Rosa Eberly
Associate professor of rhetoric

Penn State to require coronavirus vaccine for faculty, staff

By Phoebe Cykosky
THE DAILY COLLEGIAN

Penn State announced it will require coronavirus vaccinations on Wednesday for all federal employees, contractors and others at University Park by Dec. 8, according to a release.

The vaccination requirement also applies to graduate and undergraduate students who work on a wage payroll at the university, and students supported by graduate assistantships at University Park.

The university said the decision was made in compliance with President Joe Biden's executive order from Sept. 9 requiring vaccination for all federal employees, contractors and others.

Penn State "has determined

that all University Park faculty and staff," regardless of whether they work on federal contracts, must submit proof, the release said.

Penn State employees must be vaccinated unless they have a medical exemption or religious belief accommodation and information on the exempt request is forthcoming, according to the release.

Nov. 24 is the last day individuals can get their final dose to meet the Dec. 8 deadline, according to the release.

As of Wednesday, 81.2% of University Park employees are fully vaccinated, according to Penn State's coronavirus dashboard.



Lily LaRegina/Collegian

To email reporter: pkc5181@psu.edu.
Follow her on Twitter at [@pkykosky](https://twitter.com/pkykosky).

Signs urging the university to mandate coronavirus vaccinations sit next to Old Main's steps during the Student-Faculty Rally to Vaccinate Penn State on Friday, Aug. 27 in University Park, Pa.

ACCOMMODATING PRIDE

Penn State students, faculty discuss on-campus living options for LGBTQ students

By Colton Lucas
THE DAILY COLLEGIAN

Walking through the open quad of West Halls, one can pass a number of traditional brick buildings forming a confined cluster of quaint residential halls.

From the outside, these aging dorms keep much of the inside out, concealing the vast and diverse communities found within.

In Watts Hall, a thriving community currently resides on the entirety of the third and fourth floors and half of the second floor.

Ally House, a special living option Penn State offers for sexual- and gender-diverse students, remains isolated from other living options across University Park, ultimately providing a safe living space for some of the campus' LGBTQ community.

Having lived in Ally House since his first year at Penn State, Necla Kara currently serves as its president, operating as the organizer for executive meetings, a mediator for in-floor conflicts and a coordinator with Penn State Housing to ensure the requirements for special living options are met.

"Most of our residents are trans or genderqueer or in the LGBTQ+ community," Kara said. "[Ally House] provides a really supportive environment for people in the community. We also have a close bond between all our residents — it's like a little family."

Kara said in addition to queer and trans students having the ability to live and communicate with each other in an affirming space away from Penn State's typically cisgender and heterocentric environments, students also have unique opportunities to participate in community-building events and activities.

As part of the requirement for living in Ally House, residents follow a point system that grants them a guaranteed spot for the following year's admission if they receive a certain number of points, which are given when they attend various programming events.

From frequent ice cream socials at Penn State's Berkey Creamery to "Super Smash Bros." tournaments, Kara said residents of Ally House have a range of options to satisfy the points requirement.

Serving as the Points Chair in Ally House, Nick Ferrara said programs are frequently scheduled, with upward of four events held in a week. He said Ally House's executive members directly organize some events and the resident assistant puts together others.

Ferrara (sophomore-digital and print journalism) said the executive board tries to give residents a plethora of options to garner points in order to make the process easier and stress-free for everyone.

Along with unique programming efforts, Kara said Ally House also offers unique restroom accommodations.

Some dorms at University Park have standard bathrooms often separated as "men's" and "women's," while some of the newly renovated dorms in East Halls offer single-person restrooms, which are open to anyone on that assigned floor.

Due to its traditional format in



Lily LaRegina/Collegian

Necla Kara (junior-molecular biology and Spanish), president of Ally House, poses for a portrait in the halls of Ally House, a queer/trans special living option in Watts Hall in West Halls.

Watts Hall, the bathrooms within Ally House are naturally divided by a gender binary. To curb this and help create a more welcoming and inclusive environment, Kara said the signs are covered, and residents are welcome to use whichever bathroom they want, no matter their gender identity, all while maintaining a communal bathroom space.

Penn State Director of Ancillary Services Jennifer Garvin said when it comes to the way Ally House is run, the residents control a majority of the decision-making, and Penn State Housing's role remains focused on providing the support it can to help continue improving that environment.

From programming to bathroom usage, Garvin said it's important that students living within the space are given the power to alter it in a way that better fits the needs of its majority LGBTQ residents.

Even when it came to deciding whether Ally House should expand into a newly renovated area in a different dorm, Garvin said it was students who wanted to remain in Watts and continue expanding within that space. She said she believes keeping the process of expanding and making changes to Ally House should remain an "organic" process that its student leaders lead and fuel.

Beyond the physical differences compared to other residential halls, Garvin said she believes there are innate differences to what Ally House offers LGBTQ students.

"Outside of the physical space... I think there's the pride of the students that live there, and I think safety and comfort — those are the three words that come to my mind when I think of Ally House," Garvin said. "Students enjoy being around others that they can identify with, and there's a safety in living with them and not being accosted by someone who may not understand what [they're] going through."

While Kara said living in Ally House can be a joyful and relaxing break from traditional living options on campus, he also said the actual process of applying to live there can be frustrating and difficult to navigate.

Along with any general troubles navigating Penn State's eLiving system, Kara said students often aren't aware of how to apply for Ally House, especially first-year or transfer students. Part of this

comes from the lack of general student body knowledge on there even being a queer and trans focused living option, Kara said.

Mark Rameker, senior director of residence life at Penn State, said while this concern is valid, it can be difficult to find a balance on how much attention one particular special living option or living learning community receives compared to others. He said no one living option should receive more advertising than another, but he said he understands options like Ally House may not be the easiest to find for new students.

Rameker said student feedback is an important part of the process of finding ways to get the information out to students who need it most, and he said he encourages students to bring any suggestions or concerns they may have to Penn State Housing's attention.

With numerous housing options available for every student at Penn State, Ally House gives LGBTQ students specifically the opportunity to live in an environment where they can thrive, Ferrara said.

"I think for queer and trans students, living in a traditional resident hall can be a big 'what if,'" Ferrara said. "When you are forced to live around people that aren't accepting, it can dramatically swing your enjoyment of your college experience. I don't think anyone deserves that, and that's why Ally House is a thing."

Beyond the confines of Watts Hall though, there are LGBTQ students living in on-campus housing not specifically designed for queer and trans individuals. From South Halls to Nittany Apartments and Suites, some of these students at Penn State shared their experiences in these spaces.

Harper — a student who wished to remain anonymous — said they've experienced both positives and negatives of being assigned to traditional living options at University Park.

From pride flags hanging in the hallways to signs covering the gender marker signs outside the restrooms, there are clear signals within Ally House that indicate it is a queer and trans inclusive and accepting environment.

While this inclusive environment is an incredible space to be in for LGBTQ students, it can also be a barrier for those who are not out to their family or friends, Harper said. This is one of the

reasons they said they chose not to apply to live in Ally House, out of fear their parents may ever want to see where they live.

Working with students who are in similar situations as this student, Garvin said whenever LGBTQ students request a living option that can fit their specific needs, she works with them personally to find a proper match. She said she understands there are many students who are not out to the people around them, and she said she tries to give these students options for living spaces where they can feel safe and secure.

"It's a hard population to get to because who do they feel comfortable talking with?" Garvin said. "I would hope that they know there are people at the university who will be here to support them. I may not be in that situation, but as a parent, I would want someone to advocate for my child — that's how I view my role."

Garvin said she wants any student who feels uncomfortable in their current living situation or who has any insight on what queer and trans living accommodations would work best for students to contact Penn State Housing or the staff within the Jeffrey A. Conrad Center for Sexual and Gender Diversity.

Though she said it can sometimes be difficult to navigate resources at Penn State, Garvin said there will always be someone for LGBTQ students to turn to for help with their housing.

Having lived in both shared living spaces and a single room, Harper said it is great to have a space to themselves where they don't have to worry about what a roommate might think about them, but they said there are still issues with traditional communal bathroom spaces.

"If you don't want to be actively in [Ally House], it's hard to get bathrooms especially that you can go to," Harper said. "Right now, mine is an all-female floor, which is OK, but it's still uncomfortable."

Having to function as a human being and go through their day-to-day routines can become a continuous process of deciding whether they are in a safe space to be themselves and live authentically, Harper said.

While he no longer lives on campus, Max, a student who wished to remain anonymous, said he continuously felt that Penn State Housing did not

work hard enough to provide an adequate living environment for his specific needs.

As a transmasculine person, Max said his requests to be in gender-neutral housing were instead met with his placement in dorms with individuals who were all of the same gender.

In his first year, Max said he didn't even know gender-neutral housing was an option, but he immediately signed up for it for his second year. When he got his rooming assignment, he discovered his request was not fulfilled and was placed on a same-gender floor.

"I was a guy on an all-girls floor... It was awful," Max said. "I was still in pre-transition physically, but I made people uncomfortable in the women's restroom — I was uncomfortable in the women's restroom."

Max said he felt uncomfortable with the idea of having to go to a different floor to use the men's restroom as well because he didn't know how people would react and was afraid whether he would pass as a man. Having to juggle living in that space with discovering his own identity quickly became an anxiety-inducing experience, he said.

Into even his third year, Max said he was placed in housing that was all male but still did not feel completely comfortable. He said he never wanted to come out to his roommates for fear of the consequences that might have come out of that.

Eventually, Max said he came to the conclusion Penn State Housing was not going to accommodate his needs and realized on-campus housing wasn't a viable option for him.

While she said there are sometimes mistakes made or incidents to be resolved with on-campus housing, Garvin said via email students should understand her department "strives to accommodate all students."

Garvin said if any student is in a position where they feel uncomfortable in their current housing situation, Penn State Housing staff are always available to ensure students feel safe and comfortable. She said conversations with students remain "private and confidential."

"If a student feels that their room assignment is not meeting their [needs], [then] they should reach out to me so we can have a personal conversation about housing options available," Garvin said. "I am available as an advocate and truly care for each student's wellbeing and will gladly work with any student who needs support."

While things may be improving for some LGBTQ students living on campus at University Park, Kara said there is still work to be done to make sure no queer or trans students experience feelings of distress in a place meant to be their safe space.

"I know someone who dropped out of Penn State because he didn't know Ally House existed, and he couldn't find a community — living was so hard for him," Kara said. "It can really destroy your college experience having these negative experiences... That's where you go to study, to live, to sleep. If you don't feel safe there, then you may as well not be there."

To email reporter: cp15368@psu.edu. Follow them on Twitter at [@ColtonPLucas](https://twitter.com/ColtonPLucas).

Students scared by 'PSFlu' campus takeover

By Anjelica Rubin
THE DAILY COLLEGIAN

Every time student Eliot DeVita stepped into a lecture hall this past week at Penn State, the sound of coughing filled the room.

"I brace for it every time I have a lecture, which is frequent since I'm a freshman," DeVita (freshmen-psychology) said. "I guess now, I'm kind of getting used to it, but for it to be going on so long, there are some serious concerns I have for the student [population]."

This mysterious illness, branded by students as the "PSFlu," has taken over campus the past couple of weeks and does not seem to be slowing down anytime soon, according to DeVita.

"The term 'PSFlu' has traveled around a lot this year, and I think it sums up the illness perfectly," DeVita said. "Everyone keeps getting the same symptoms — cough, runny nose, congestion — the only difference is really the severity in my opinion."

DeVita said while she does not know anyone personally who has been affected by the illness, she said she thinks everyone at Penn

State is "bound to experience the worst of it" at some point.

"It is really distracting," DeVita said. "Try focusing on your professor when you also don't want to get any germs from the person who sat next to you who is not doing so hot. It's just an impossible situation because you just can't miss class now that everything is back in person."

Like DeVita, Sara Cross said she is worried about how being sick will affect her performance in the classroom.

"I don't want to get behind if I can help it," Cross (freshmen-kinesiology) said. "Being sick was so much more frustrating than it had to be because I had to keep up with schoolwork at the same time as I was trying to heal."

Cross said she has been coughing "on and off" for a little over a month.

"It first started out as allergies after I found out I was quite allergic to ragweed," Cross said. "But then pink eye was going around on my floor, and then soon after, I ended up getting this awful cold I am still dealing with today."

Cross said a visit to Penn State University Health Services

provided her the needed antibiotics for conjunctivitis — commonly known as "pink eye" — but said her developing cold was not as straightforward.

"Honestly, other than a negative COVID test, there is not a lot you can do," Cross said. "It's like most people only care that you do not have the virus."

When it comes to the coronavirus, Cross said she has been vaccinated and hopes to rely on that immunity this fall nevertheless.

"Even though I have been quite sick, and I am still experiencing repercussions of that, it is not going to stop me from enjoying my first year in college," Cross said.

Fall football weekends have been an excuse for Cross to take care of her body all week in order to feel "well" enough to go out, she said.

"I used to go out every weekend, especially because of the four straight home games we had, but I couldn't keep up," Cross said. "It was like a cycle, I would continue to feel worse the next day, and it ended up not being good for my mental wellbeing."

Cross said after staying in



Ernesto Estremera Jr./Collegian

University Health Services is able to provide care and resources to students who may feel sick.

last weekend, she can feel the benefits of the extra rest.

"Even so, I'm used to getting the common cold in previous years," Cross said. "Even now, I knew how this was going to go from the first day I heard the saying 'PSFlu,' but I had gone long enough since the beginning of the

pandemic without getting sick that I did not take it seriously."

Halfway through the fall semester, Naks Sharma has yet to experience any sickness, and he considers himself one of the "lucky ones."

Visit collegian.psu.edu to read the full story.

'CRASH AND BURN'

Penn State students reflect on effects of toxic productivity

By Jeremiah Hassel
THE DAILY COLLEGIAN

Go to class. Do homework. Repeat. This is the perpetual routine many Penn State students find themselves trapped in each semester — eliminating the potential for social interaction, leisure activity and, for some, a healthy mental state.

In the midst of the seventh week of classes for the fall semester, the prevalence of “toxic productivity” has raised concerns among members of the student body.

Student Jaden Condiles said the phenomenon is not an uncommon one in University Park.

“People tend to overwork themselves, stress themselves out, but that’s just how it is,” Condiles (sophomore-biobehavioral health) said. “You can’t help it when you have all these assignments piling up.”

Toxic productivity, also known as “workaholicism,” refers to a work ethic or work environment in which an individual or group is encouraged to undertake more than they can handle — leading to physical or mental health repercussions.

According to Psychology Today, “those who never stop working tend to work less efficiently and struggle to maintain focus.” Said individuals are also at “a significantly higher risk of depression and anxiety,” as many tend to feel guilty for not completing more tasks, even after some are complete.

Clinical psychologist Barbara Killinger described toxic productivity as “a soul-destroying addiction that changes people’s personalities and the values they live by.”

Even though students are only in the seventh week of classes, student Luke Smith said he has seen the effects of toxic productivity on his peers.

“It’s a real thing in college,” Smith (freshman-political science) said. “A lot of people crash and burn from the fact that they overextend themselves.”

The culprit, Smith said, is overcommitment to classes and the achievement culture Penn State fosters.

“People hold on to classes just out of pressure — classes that they should drop that they’re not equipped for just because they feel like they should be [taking them],” Smith said. “I think people bite off more than they can chew.”

Students “need to pace themselves better,” Smith said, and “consider the big picture of having to do this for four years.” Maintaining his mental health is personally more important to Smith than expected productivity levels, he said.

“A lot of students have to realize that it’s not just an effort for this semester,” Smith said.

Penn State spokesperson Lisa Powers said students can reference the syllabi for each course to discern the amount of work necessary.

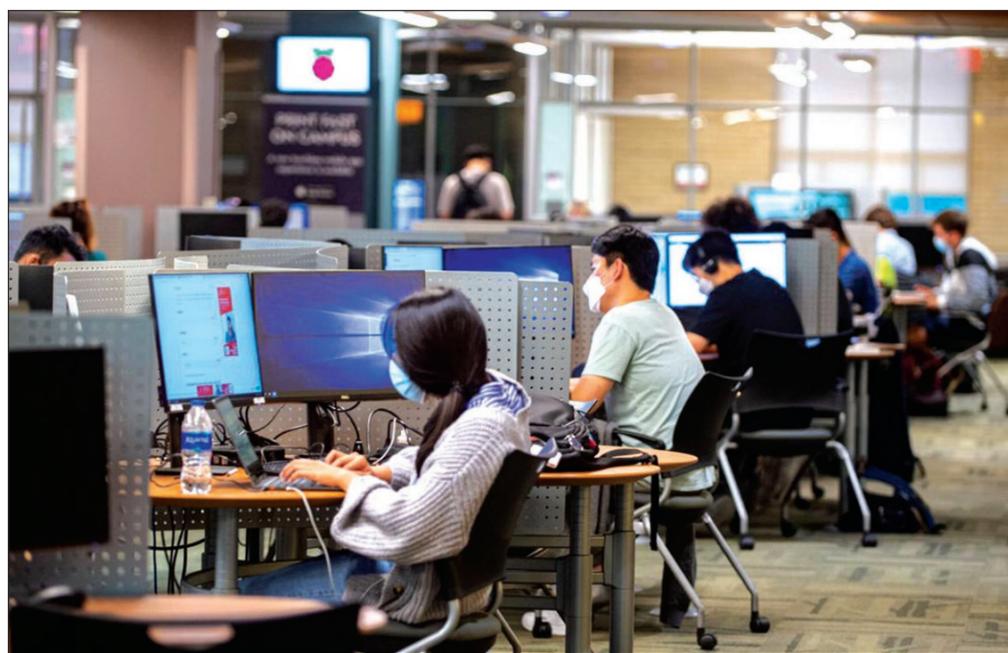
Counseling and Psychological Services, Powers said, is a resource students “can tap into” should they feel “taxed” from their workload.

For student Tristan Farnell, Penn State’s achievement culture is a direct facet of its tuition rates, he said.

“With how the costs are added up, you are incentivized to take a certain amount of classes, and you feel forced to skip certain classes and take the advanced forms you might not be ready for just to save money,” Farnell (freshman-computer science) said. “It really incentivizes you to push yourself, whereas that might not be the best idea for you mentally if you want to get the best success out of your college career.”

The university raised its tuition rates for the 2021-22 academic year July 15, increasing in-state tuition by 2.5% and out-of-state tuition by 2.75% — about \$224 and \$481 more, respectively. Several students spoke out about the increase, though no actions from the university resulted.

According to Powers, Penn State offers several resources for



Jeremiah Hassel/Collegian

Students study in the Pattee Library on Wednesday, Sept. 8. Some Penn State students said the pressure to be productive in college can be damaging to their mental health.

students struggling to pay tuition through its Office of Student Aid. The federal government can also provide support to students, Powers said.

Grades are often the greater focus for students than their mental health, Farnell said.

Student Emily McCarty said she believes Penn State’s achievement culture is based not only in its tuition rates but also in its reputation as a state university.

Powers said “Penn State is a world-class research university to which tens of thousands of students apply each year.”

But with in-state students paying between approximately \$33,056 and \$36,278 per year and out-of-state students paying between \$50,634 and \$53,856 per year, McCarty (senior-hospitality management) said expectations are high for students who don’t want to “waste” their money.

“You definitely have a name to live up to when you come here,” McCarty said. “It doesn’t matter if there’s a big workload or

anything. You’re expected to do it.”

McCarty also said she believes professors should limit the amount of assignments given to each student and consider the number of classes each student is taking.

Currently, the university does not regulate the amount or type of work given in courses, according to Powers.

However, the University Faculty Senate, in policy 40-23, requires a minimum of 45 hours of “work planned and arranged by the university faculty” per credit hour in a course, which the policy said could total more based on the subject matter. Laboratory courses with “sufficient additional outside preparation” require a minimum of 25-45 hours, according to the policy.

For students experiencing issues with instructors, attempted communication with the instructor in question is the first step to address academic concerns, according to Powers. If problems persist, students can reach out to

the department head, school director or the director of academic affairs most closely affiliated with the department and the course, according to Penn State Keep Learning.

An academic concern form from Keep Learning and the Penn State Hotline — 1-800-560-1637 — are also paths students can take to have their concerns addressed, Powers said.

Despite Penn State’s established avenues for addressing concerns, student Erin Hanlon said she believes “there’s nothing the university can really do about” her stress and “overwhelmed” state.

Hanlon (freshman-forensic science and premedicine) did, however, acknowledge the presence of the university’s multitude of resources for students struggling with mental health or academic issues — resources that Deanna Lasorda said she believes students should be taking advantage of.

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How to study for midterms effectively

By Magdalena Nygard
THE DAILY COLLEGIAN

Give yourself a reward

That time of the semester is upon many Penn State students: Midterms are here. But don’t stress, if managed well, every student can ace them.

Here are 10 tips and tricks to follow so you can do well and prove to your parents you aren’t just hanging out with your friends in college.

Study

Although this might be a no-brainer, you’d be surprised how some students just wing it and hope for the best.

Don’t be that student — be prepared and start studying at least five days before your test. This fundamental tip might just save you from teetering between an A or a B grade.

Get some rest

“Some” is relative. You should be getting eight hours of sleep the night before your test — no matter how tempting it is to pull an all-nighter.

You’ll be well rested and alert for your test. And as a plus — you won’t nod off while you’re taking the test.

As a general rule, you should always get eight hours of sleep, but as college students, that doesn’t always happen. However, prioritize it on test day.

Schedule study time

Budget your time around the classes you already have, and specifically build your study time around your prior commitments.

Since most people don’t leave the house without a phone, download a calendar app to alert you when it’s time to study. With a lot on your plate, it can be easy to forget to allot time to study.

Don’t cram the night before

This goes hand in hand with scheduling your time. Cramming is scientifically proven to not be useful for remembering the material taught in class.

Your brain will not retain information you’ll need on the test, which is why it’s important to remember to schedule time beforehand to ensure you do your best on your test.

To motivate yourself, after a study session, pick your favorite show to watch or go get ice cream.

You did a good job: Pat yourself on the back for work well done.

Just like how your parents trained you to say “please,” and “thank you,” rewarding yourself will reinforce good behavior and help you ace your tests.

Make flashcards

Old-fashioned notecards or Quizlet will do just fine. Using flashcards multiple times during your scheduled study sessions will reinforce the material you learn during class.

Make it fun and a game with your roommate. They can hold up the flashcard, and when you get a question right, you get a piece of your favorite candy.

No, you’re not a dog — you just want to do well on your test.

Study with a group

Get together with some of your classmates to study. This is a great way to study and make some friends at the same time.

If you’re like me, you get distracted when you’re studying alone, so studying in a group might keep you on track and focused.

While you’re at it, book a study room in the Pattee and Paterno Library.

Lean on your professors and advisers

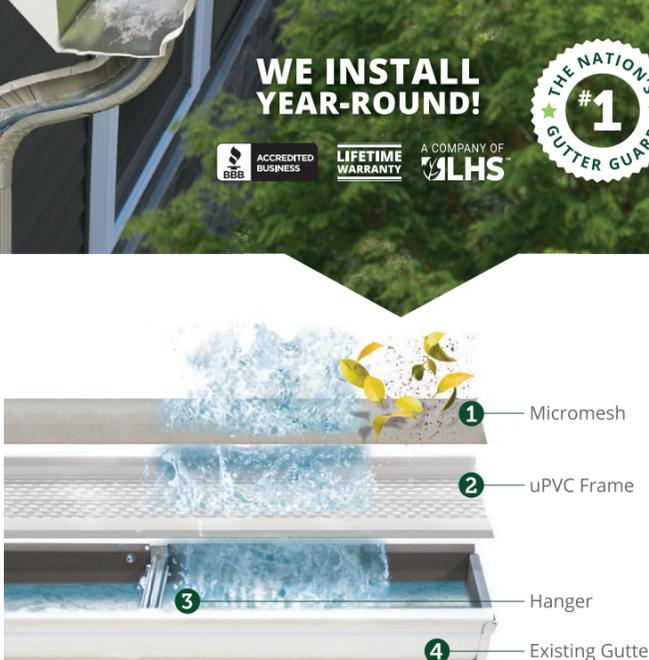
Penn State has a lot of different resources provided for students on campus. If you need extra help with the material, go to your professors. If you are struggling mentally with the stress, book an appointment with an adviser.

Scheduling just a 30-minute session with an adviser or professor could be the thing to get you back on track to ace your midterms.

Get organized

Use a planner to keep yourself on track for your exams and organize your notes.

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Employee vaccine mandate too little, too late

OUR VIEW

As good as an employee mandate is, Penn State still has work to do, including mandating vaccines for students next

In compliance with the Sept. 9 executive order from President Joe Biden, Penn State announced on Wednesday it will require coronavirus vaccinations for all University Park federal employees, contractors and others by Dec. 8, according to a release.

The mandate also encompasses graduate and undergraduate students who work on a wage payroll at the university, as well as students supported by University Park graduate assistantships.

Due to the Dec. 8 deadline, the last day faculty members can receive their final vaccination dose is Nov. 24. Approximately 81.2% of University Park employees are already fully vaccinated as of Oct. 13, according to the university's coronavirus dashboard.

Faculty and employees can be excused from the vaccine through medical exemptions or religious belief accommodations. The release states information regarding the exemption process will be forthcoming.

Those who fail to comply with the university's mandate could be subject to employment sanctions and even termination, according to Penn State spokesperson Wyatt DuBois.

Commonwealth campuses

are not subject to this requirement, and the only other Penn State institution required to be vaccinated is Penn State at the Navy Yard due to Philadelphia's vaccine mandate.

Following the urges from many professors to mandate the vaccine, Penn State has finally made the correct decision. As a step in the right direction, this choice hopefully will serve as a precursor for a student vaccine mandate.

But just because Penn State mandated the vaccine for federal employees, it doesn't mean it deserves praise. Calling it a decision gives the university too much credit as the major reason why this requirement was made is a result of the Biden administration's order.

According to Penn State News, University Park has roughly 1,000 federal contracts tied up into varying departments, such as the Applied Research Laboratory

and various colleges. Federal funding for this has a collective value well over \$500 million, and there are also certain federal grants and cooperative agreements possibly affected by the mandate.

While Penn State shouldn't be accosted for mandating the vaccine, the criticism should stem from how delayed this decision came considering the initial release of the executive order. With under 20% of all faculty members being unvaccinated, it comes across as too little, too late.

Because both students and faculty are closing in on a 90% vaccination rate, why waste more time by not mandating the vaccine for both parties? Considering the amount of nationwide universities and the majority of Big Ten schools already requiring full vaccination prior to the executive order, Penn State is still behind the curve — even with this small step forward.

Though it may be easier to mandate the vaccine for just employees because the university is paying their salaries while students pay to attend, there should be no excuse at this point to incorporate all members of Penn State in this requirement.

The mandate also needs to apply to the over 20 commonwealth campuses across the state. These campuses may not employ the amount of people on federal contracts compared to University Park, but it doesn't change the fact that members of these universities are still a part of the Penn State community.

Since academia is viewed as a typically left-leaning institution, this mandate shouldn't have too drastic of an effect on Penn State's faculty with the exception of a few cases. Professors shouldn't stop in their efforts to hold Penn State accountable to require vaccines for students, especially after their work done

with the protests held thus far.

The true demographic at risk of punishment at the university is the typical blue collar worker. According to an article done by PubMed Central, those in blue collar occupations are more hesitant toward the vaccine compared to white collar occupations. The pushback Penn State will receive from these employees will be something to keep an eye on as the sanctions haven't been specified besides possible termination.

There's also the emphasis Penn State President Eric Barron placed on "bipartisanship support" in regard to funding as a reason why the vaccine wasn't mandated in the first place. The open letter penned by Barron in August serves as an overlaying reason as to why it wouldn't be out of character for the university to not require the vaccine for all.

Because there was such an emphasis on a return to in-person learning, Penn State will base its future decisions on the idea of keeping a sense of "normalcy" on campus. While it's still far from normal, the onus is still on the university to do more to return to an atypical year.

An employee vaccine is good, but there's still more work to be done.



Comics by Davis Huth

MY VIEW | Braden Dyreson

How Penn State football can improve upon its season

Editor's Note: The following column is not reflective of the editorial stance of The Daily Collegian, nor is it reflective of any sane or competent person's view on Penn State football.

So we lost. I mean, "we" as in Penn State lost — I was on my "A" game all Saturday. This is on the team, not me.

In spite of the loss to Iowa (what even is an Iowa?) we still have a chance to become the national grand master champions of college football or whatever.

I'm known for neither knowing or caring about football, and that's why I believe I'm more than qualified to give Penn State the advice it needs to become everything it wants to be.

Don't lose

This may seem like pretty basic advice, but we were unable to follow it this past week. It's essential in the game of football not to lose.

You have to make sure your number of points is more than the other team's number of points. Even if it's only by one point, all you need to do is make sure your point total is bigger than your opponents.

How do you make sure that happens? I don't know.

Penn State's going to have to hire me on as coach to obtain that level of advice. But in broad strokes, make sure you've scored

more points than the other team.

The game has two halves

It's essential to remember American football has two halves

(I guess anything that can be divided has two halves on a certain level, but that's a discussion for another time).

Therefore, it's important not just to be winning at halftime, but at the end of the game as well. It's a marathon, not a sprint — but it's also football, not track.

Penn State was winning half-way through the game, but that doesn't really matter — you only have to win the second half.

Don't get hurt

It's really hard to do anything when you're hurt, but it's especially hard to play football with an injury.

This was clearly demonstrated with Sean Clifford's injury this past Saturday.

Notice how we lost after Clifford was hurt — a clear correlation and perhaps causation between the two.

Follow these simple tips and tricks, and I guarantee Penn State will go on to have an undefeated season.

This has been Braden Dyreson, ESPN.

Braden Dyreson is a junior majoring in philosophy and is a columnist for The Daily Collegian. Email him at bsd5216@psu.edu or follow him on Twitter at [@BradenDyreson](https://twitter.com/BradenDyreson).

"Even if it's only by one point, all you need to do is make sure your point total is bigger than your opponents."

Braden Dyreson

We want to hear from you

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THE SHREWSBERRY ERA

Coach Micah Shrewsberry stresses 'competition' early on in the season

By Spencer Ripchik
THE DAILY COLLEGIAN

Penn State opens up the season on a new chapter — the Shrewsberry chapter.

With new coach Micah Shrewsberry at the helm, practices and the day-to-day activities look different.

One thing that hasn't changed is the battle between competitors on the court.

With Oct. 5 marking the fifth day into the regular season, Shrewsberry praised the early mentality that his players have brought to practice.

"The best thing about this team is that they love to compete," Shrewsberry said. "We're excited about where we are headed."

As the season is still young, Penn State is trying to avoid early injuries, but it could not avoid the injury to senior guard Myles Dread.

Shrewsberry said the injury to Dread is minor and should not keep him out of the game long.

In practice, Dread went through the regular warm-up routine with the team, but as the blue and white started to get into the more physical drills, he found refuge on a spin bike.

While watching practice, the new head coach gets nervous sometimes with how hard the players perform.

"It's still early, so a big thing for us is making it to the season as well," Shrewsberry said. "A bunch of guys love to compete, and they go after each other tooth and nail every day."

"Sometimes I grit my teeth and close my eyes and hope it turns out well."

In the offseason, Penn State added a wave of veteran transfers as three fifth-year players joined



Courtesy of Penn State Athletics

Micah Shrewsberry, Penn State basketball's new head coach, has brought new strategies to practice. "The best thing about this team is that they love to compete," Shrewsberry said.

the squad. The Nittany Lions added forward Greg Lee, guard Jaheam Cornwall and forward Jalanni White.

In addition to those fifth-year players, the blue and white retained forward John Harrar, who led the team in rebounds last season averaging 8.8 per game.

Leading the team in boards, Shrewsberry looks to keep Harrar's role the same, but it has been built upon since last season.

"We want John Harrar to play as much as possible," Shrewsberry said. "He's a big

part of what we do offensively and defensively. I think his game has expanded."

In total, the Nittany Lions brought in three new players who are over 6-foot-7 in junior forward Jevonnie Scott, White and Lee.

Shrewsberry has been utilizing the new players to throw different looks at Penn State's "big man", Harrar.

"I think that bringing in guys who aren't similar to him but play the same position gives you different options to play," Shrewsberry said.

"We'll throw a bunch of guys out there that might make some funky-looking lineups, but it all has a plan behind it."

Lee is 6-foot-9, which ties Harrar's height, which adds another new wrinkle to the Nittany Lions considering size was something Penn State lacked last season.

Shrewsberry appreciates how the transfers, like Lee, have been pushing themselves in the weight room and how they push the returners.

"Some of the new guys have

really pushed the envelope with how hard they work," Shrewsberry said.

"For as great of a competitor John Harrar is and how hard he works, Greg Lee is right there next to him."

To allow for more high-intensity practice, there is a new way Penn State runs its sessions this year.

Shrewsberry keeps practices short to allow for players to give their full potential day in and day out.

"I try and keep practices short," Shrewsberry said. "We go short bursts of hard intensity, hard competition for a short amount of time."

From the beginning of the season, the new coach wants to make the competition a theme throughout the season.

Shrewsberry recognized the competitive spirit when he walked into his new office and now sees it within the new faces.

"The guys we have brought in have the same competitive spirit that returners have," Shrewsberry said.

Shrewsberry spent five seasons coaching for the Boston Celtics, so he has experienced what it takes to play at the next level.

For his collegiate athletes, he wants to make sure they have one thing wrapped around their heads before entering the league — competitiveness.

In the offseason, Shrewsberry thinks his players have encapsulated that mindset.

"The competition level and how hard they go has been ingrained in," Shrewsberry said. "To win in this league you have to play as hard as possible. That's something that we are trying to build off of."

To email reporter: sqr5748@psu.edu. Follow him on Twitter at [@RipchikSpencer](https://twitter.com/RipchikSpencer).

Gladieux journeys to success

By Kailee Warner
THE DAILY COLLEGIAN

Sophomore forward Sophia Gladieux is an important piece to the puzzle that is Penn State field hockey.

Coach Char Morett-Curtiss first discovered Gladieux when

she was in sixth grade when her club team traveled to the Field Hockey Complex for a tournament.

"I was a flashy player at that age, I could hold my own when it came to stick skill," Gladieux said.

Continuing to improve, Gladieux had quite an impressive high school career.

Gladieux is from Boyertown, Pennsylvania, where she attended Oley Valley High School. She was a four-year starter as well as being named first team all-state four years in a row.

When it comes to awards, Gladieux had some of those under her belt as well.

She has earned the Spotlight on Berks Sports Female Athlete of the Year Award and was named the Berks County Player of the Year and MVP three times.

Gladieux was the highest scoring player in the nation for two years, and the second highest for two years. She graduated with 206 goals, four division championships, four Berks County titles, three District 3 championships and two state title games.

As the 2019 Max Field Hockey Pennsylvania Player of the Year,

a Max Field Hockey Top-10 player three years in a row and a three-time NFHCA high school All-American first-team selection, Gladieux caught the attention of Division I college coaches.

Morett-Curtiss kept tabs on Gladieux and went to see her play in an indoor tournament when she was a freshman in high school.

By that time, Gladieux was one of the best players in the country.

"I noticed her being really fast, and she had a flair with stick skills and speed," Morett-Curtiss said. "She was just head and shoulders above the rest of her class."

Gladieux and Morett-Curtiss had multiple discussions and continued to build a strong relationship.

For Gladieux, her decision on where to continue her playing career came down to Duke and Penn State.

"I kept Penn State at the top of my list, nothing compared to it," Gladieux said. "I was able to visit quite often and was very comfortable on campus. Penn State was home."

Ever since making her decision, Gladieux has made quite the impact on the Nittany Lions' team.

Gladieux led the blue and white in goals scored last season as a freshman with 12, four of which were game winners.

During the Nittany Lions' game at Michigan State in the 2020-21 season, Gladieux scored four goals.

Her explosion against the Spartans becomes even more

impressive when taking into account that senior forward Brie Bednarski was the only player to score more than four goals the entire season for the blue and white.

After scoring another goal in the following game, Gladieux earned her first Big Ten and National Offensive Player of the Week awards.

To begin a long list of collegiate honors, Gladieux was named the Big Ten Freshman of the Week twice, first team All-Big Ten, NFHCA first team All-Region and NFHCA second team All-American in her debut season.

This season, Gladieux has proven her ability to score from almost anywhere in the circle.

"[Gladieux] should be on ESPN highlights top 10 almost every weekend," Morett-Curtiss said. "The shots she scored against Maryland and Indiana are shots you just don't see being scored the way she scores them."

The reason behind Gladieux's offensive success is her signature back-handed shot that she has perfected.

According to Gladieux, having that skill has proven to be helpful in multiple games because it is not something the goalies are used to seeing.

Statistically, this has proven to be true, considering Gladieux has found herself at the top of the leaderboards for the Nittany Lions once again with 10 goals so far this season.

The sophomore also leads the Nittany Lions in points with 26. She has been named the Big Ten Player of the Week twice so far in 2021.

Gladieux still has places that she can improve, however.

"One thing we kept talking to [Gladieux] about last year was that she doesn't have to do it all," Morett-Curtiss said. "If she could recognize space a little earlier and eliminate time polishing the ball, she'd be a lot more dangerous."

According to her coach, something special about the sophomore is her ability to work just as hard off the field as she does on it.

Morett-Curtiss explained that Gladieux will come in to watch game film weekly to look for ways she can improve for the next game.

Visit collegian.psu.edu to read the full story.



Lily LaRegina/Collegian

Quarterback Sean Clifford (14) scores Penn State's second touchdown during the team's game against Iowa on Saturday, Oct. 9.

Roberson, Clifford essential to offense

By Max Ralph
THE DAILY COLLEGIAN

At this time last year, Penn State fans may not have had the same reaction to Sean Clifford getting injured as they did Saturday night.

He's been revitalized as a quarterback, showing much more consistent play and commanding respect from fans and teammates alike.

When he went down with an injury early in the game against Iowa, it undoubtedly took the wind out of the Penn State offense's sails.

Redshirt sophomore Ta'Quan Roberson stepped in his place, and the offense sputtered for rest of the night.

There were false starts galore, there were no explosive plays and there was no identity for the Nittany Lions' attack.

Roberson finished the night with 34 passing yards on 7-for-20 passing, including a pair of interceptions.

After the game, he met with the media on the field.

"I just feel like it's something that we have to do," Roberson said following Penn State's 23-20 loss to Iowa.

Fans will — and already have — place much of the blame on Roberson for his performance in the game. Among a million other factors Saturday, he's the first to say he needs to be better.

"Yeah, I do," Roberson said when asked if he felt a sense of

responsibility. "But then again, it's a team game. Come back in the building tomorrow, and let's work."

The backup quarterback certainly didn't play his best football in relief against the Hawkeyes, and the lack of offense in the second half played a major factor in the way the game turned out.

It's hard for his teammates to expect much from a quarterback whose first meaningful college football snaps come in the hostile environment of Kinnick Stadium with fans breathing down his neck, though.

"I honestly feel like [Ta'Quan] didn't do terrible for his first game. He was just put in really funky situations," offensive lineman Rasheed Walker said. "It's already hard enough to play here with these crazy fans. I think Ta'Quan was ready. What he showed me today, I'm really proud of him. I feel like he came in and just tried his best."

Following the loss, the team rallied around the young gunslinger.

"We surrounded him," wide receiver KeAndre Lambert-Smith said. "It don't matter how he played. That's still our teammate at the end of the day. That's our brother. We go to war with him, and we got his back 100%."

Roberson made a few nice plays late in the game with his legs to extend drives, but first downs were few and far between for Penn State.

Visit collegian.psu.edu to read the full story.



Regan Gross/Collegian

Midfielder Sophia Gladieux raises her stick to hit the ball into the goal during the match against Bucknell University on Saturday, Oct. 9.

