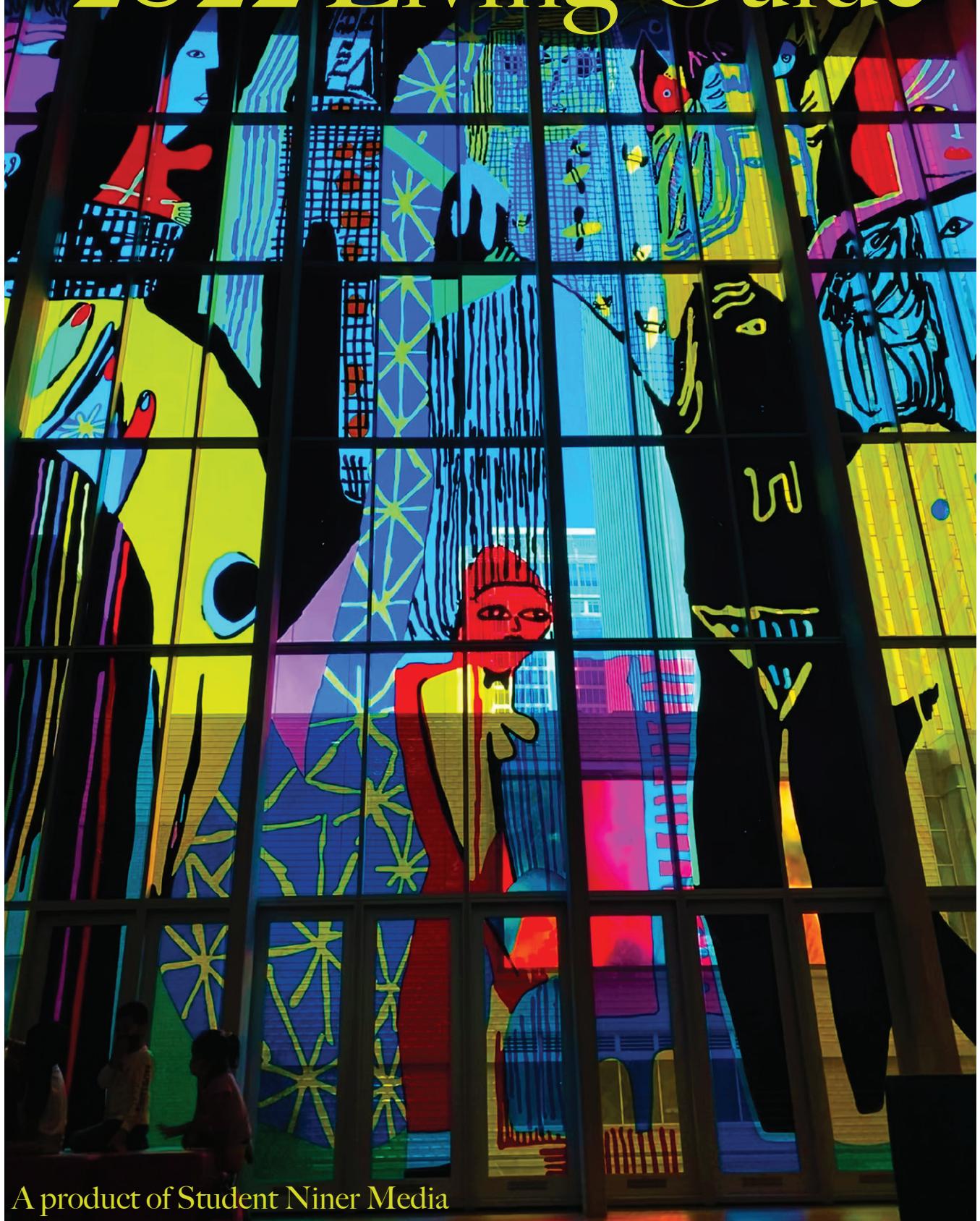


2022 Living Guide



A product of Student Niner Media

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Tips for Managing Stress

by Isabella Perryman
Copy Editor

It's no secret that the life of a college student can be stressful. With deadlines, maintaining friendships and possibly holding a job, college students are under a lot of pressure. But, even if you find yourself more introverted or don't have a job, the course load can still be enough to send you into a stress spiral. So, I've compiled a short list of things that help me when I'm stressed:



Self-care night

Ah, my favorite. Taking a personal night to yourself now and then is super important. You can find me reading a book or playing video games on self-care nights. I also like to eat my favorite food (tacos) and slap on a face mask. Taking a night to yourself to do things you enjoy emphasizes that you are more than just a student; you are a human being. You deserve to treat yourself and to have interests outside of your studies.

Breathing exercises

I know, I know! Some people feel pretty silly practicing this one. But, it has absolutely changed the way I maintain stress during the day. When stressed, I take a minute to take three big, deep breaths. I breathe in for six seconds, out for eight. The exercise takes a short amount of time and is perfect for when you're feeling overwhelmed. You can tweak the numbers on the example I gave to fit your needs.



Take a hike

Well, not a literal hike (unless that's your thing). Take some time to breathe in the fresh air and notice things

around you. It doesn't have to be a long walk either! Movement and fresh air are excellent for the body's stress levels, even if it's only done for 10-15 minutes.

Drink water and get some sleep

No, seriously. Drinking water has been proven time and time again to reduce stress levels. Don't slack on this one! If you're addicted to Target like me, go in and find a cute water bottle. It will genuinely shift your attitude towards hydration. Sleep has also been proven to reduce stress levels and may arguably be the most important thing on this list. You probably think that if you have an assignment due, you should stay up until 3:00 a.m. to finish it...no. No assignment is worth your sanity; I've been there and done that. Be open with professors if you're having a rough time and make a plan together.



Set a timer

These tips only help if you're willing to take time out of your day to do them. For some, like myself, that can be pretty difficult. So, when I'm studying or doing homework, I set a timer, and when that timer goes off, I know it's time to take a break for breathing, a walk or drinking water. I also have one designated self-care night a week. As for sleep, I have a timer that goes off at 11:00 p.m. to remind me to go lay down. You are more than a student, and it's okay to take some time so you can feel your best. Prioritize yourself this semester. I promise you're worth it.

Books to Crack Open This Semester



by Emily Kottak
Arts and Culture Editor

One of my new year's resolutions was to read more books. So, instead of scrolling mindlessly through my phone at night, I have been (trying) to read instead. I am trying to read a variety of books this year—all different genres, authors, years and more. I have included three main categories of the books I will be suggesting to check out underneath.

Simple/Nostalgic

1. "Harry Potter" series by J.K Rowling

Many fell in love with Harry Potter and his magical friends years ago. But why not revisit that magic and try and find things you haven't noticed before?

2. Any book by Roald Dahl

Roald Dahl was a British author most known for his many children's books. I grew up loving his books and read nearly every one of his most popular ones. If you want something simple, short and fun, I would definitely recommend books by Dahl.

3. "American Royals" by Katharine McGee

A twist on American democracy—what if George Washington did choose to become a king and America was a monarchy? Find out through the royal family of America and all of their secrets.

4. "The Help" by Kathryn Stockett

This is a historical fiction novel that covers the story of African Americans working in white households in the 1960s. It is a delightful book with important lessons to learn.

Thrillers

1. "Misery" by Stephen King

"I'm your biggest fan..." are the haunting words Paul Sheldon hears when he finds himself alive in the home of deranged Annie Wilkes after a horrific car crash. Sheldon is thankful for being rescued but is terrified when he is trapped in the home of his creepy number one fan, who is completely obsessed with him and has a dark side.

2. "The Silent Patient" by Alex Michaelides

A psychological thriller that covers a woman's acts of violence against her husband and a therapist who is dedicated to finding out why.

3. "The Firm" by John Grisham

A young attorney (Mitch McDeere) finds himself at a law firm that has treated him well but everything comes with a price...

4. "Little Fires Everywhere" by Celeste Ng

Two families in a small town (Shaker Heights) are brought together, but not in the way you would expect.

Popular/BookTok

1. "The Midnight Library" by Matt Haig

A young woman living an unaccomplished and boring life passes away. But is it really the end?

2. "The Seven Husbands of Evelyn Hugo" by Taylor Jenkins Reid

This book has been doted on all over the internet—particularly TikTok—for being absolutely amazing. The historical fiction novel tells the story of Hollywood star Evelyn Hugo at 79 years old, giving her last interview. But there is much more about her life that nobody knew...

3. "It Ends with Us" by Colleen Hoover

Lily has just finished college and meets a boy she falls in love with. But when her first love comes back, her new relationship faces some big challenges.

4. "Where the Crawdads Sing" by Delia Owens

Kya Clark lives a very different life than most. She is not prim and proper and is referred to as "Marsh Girl." So when a murder happens in a small town, Kya is immediately a suspect. But you don't know everything about everyone. Secrets thrive in small towns.

Try exploring new book titles this semester, and you are sure to learn more and get that page-turning excitement again.

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Eight Alcohol Things



When I first moved to Charlotte for school, I was shocked by the number of people who insisted there wasn't anything to do here but eat and drink. Compared to the average small town that boasted a Target and a movie theater (the latter of which was shut down in my hometown, by the way), Charlotte was a bustling city of excitement to me.

Being new to the area, however, I didn't really have a good response to the people who were searching for alcohol-free outings. Since then, I've had a few years to explore and want to share eight activities to get you started:

1. Paint a custom mug, plate or other ceramic item at Paint Your Hearts Out

A friendly woman in Concord runs this small business. For as low as \$5, you can paint small ceramic objects such as paperweights, spice jars and figures to be fired in the kiln. Bigger objects like mugs and plates will cost around \$20, but the cost includes the paint and firing.

2. Visit a museum in Uptown

Uptown Charlotte has several different museums: the Mint Museum, Bechtler Museum of Modern Art, Levine Museum of New South, NASCAR Hall of Fame and more. The wealth of interesting history can keep you busy all morning. Best of all, these museums are light-rail accessible, and admission to most of them is under \$10. Visit each museum's site for different information.

3. Go to a music or theater performance in a Charlotte theater—they may have discounted student tickets

Some of the best nights out I've had was when my friends and I managed to score \$170 theater seats for about \$35. Every so often, local performance venues

by Olivia Lawless
Staff Writer

like the Blumenthal, Belk Theater or Knight Theater will offer student tickets at a steep discount for those willing to wait in line before the performance. Go to their websites and sign up for emails to get news of upcoming performances. While many of their ticket prices are very expensive, there's a good chance you can find smaller-



Free to Do in Charlotte

Photos of AMF University Bowling, Mint Museum Uptown, & The Evening Muse
courtesy of AMF University Bowling, Mint Museum, & The Evening Muse

scale productions, special discounts or cheaper seats on the upper levels.

4. Plan a chill Saturday morning at a farmers' market and used bookstore

If you're someone who wants to be up and about before noon on a Saturday, knows they need to eat more vegetables or has been meaning to read more, this is a perfect option to hit all three of those goals. Charlotte has plenty of local farmers' markets and used bookstores that can help you have a peaceful or productive morning. I haven't been to a local market yet, but Book Buyers and Second Look Books are some cool shops to check out.

5. Get in an afternoon game of mini-golf or bowling

Not every evening needs to be an extravaganza. Visit any of the nearby bowling lanes or mini-golf venues to spend casual time hanging out with your friends. AMF University Bowling lanes are nearby, as well as Monster Mini



Golf, which is an indoor venue right in McCollough Commons.

6. Take yourself on a work/lunch date to 7th street market

I did this a few times on the weekends when I felt like I needed time to myself. Take the light rail up to 7th street market, an indoor market area with different shops, to spend an hour or two working or reading—whatever suits you. The food is a bit pricey, so if you're not in the mood to spend money, eat beforehand and just order a coffee. Whether you actually get food or not, this can be a great solo activity to relax.

7. Jam out in Charlotte's smaller music venues

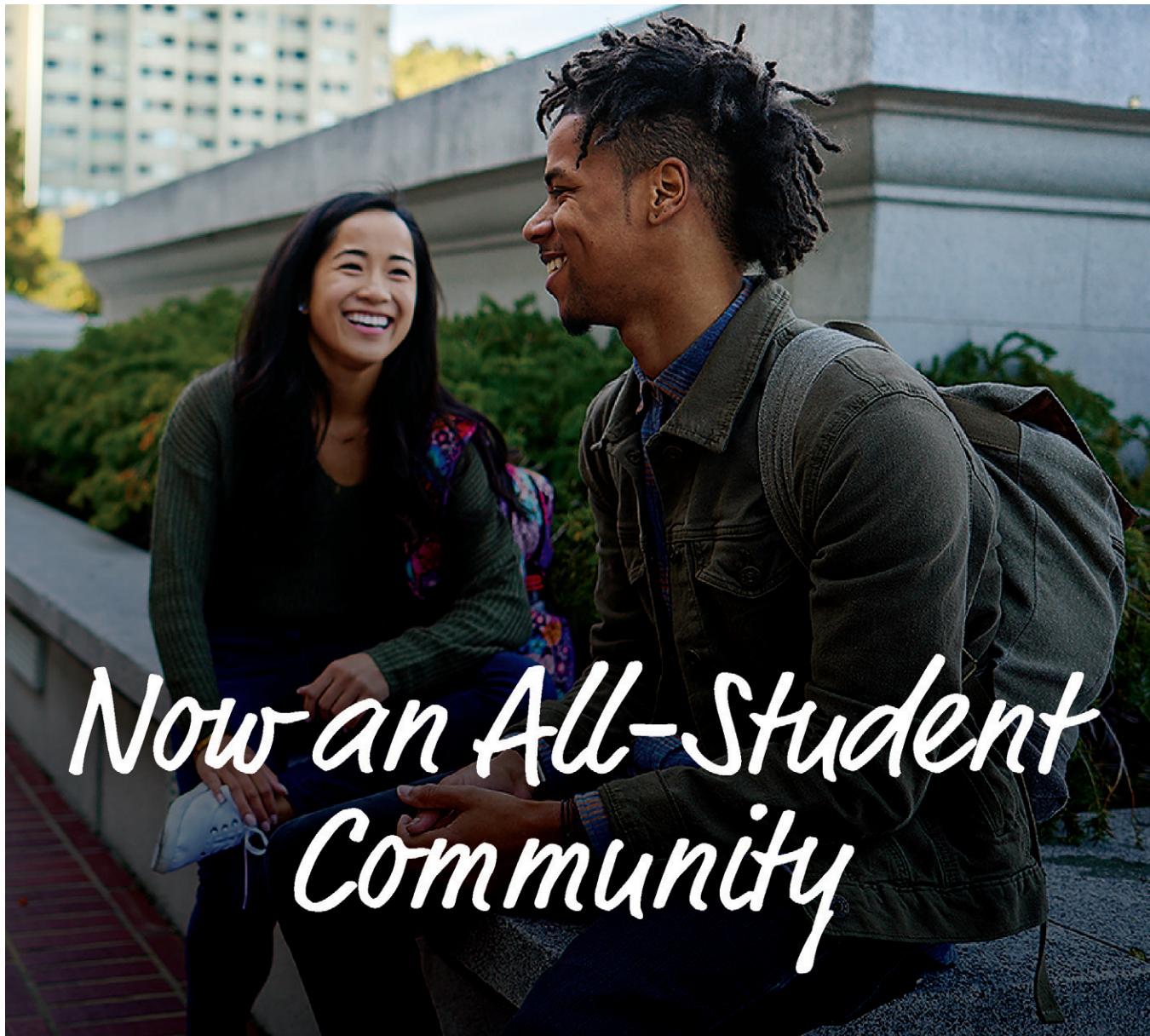
Not prepared to pay \$250 for a

concert at the Spectrum Center? No worries. The Evening Muse, The Underground and The Fillmore are some of Charlotte's venues that are a bit smaller and have a rotating slot of musicians and comedians. Tickets will be pricier for more popular artists, of course, but they can also go down to as little as \$10.

8. Try something new

If you're feeling adventurous and ready to spend a bit more money than usual, you can try something you haven't done before (or in a while). Charlotte has escape rooms, climbing gyms, cooking classes, karaoke and ghost tours Uptown, as well as many more activities you can find if you just google them. Most importantly, keep an eye out for seasonal events such as fairs, food festivals, walk/run races and more.

As I said initially, this is really just the start. There are so many options to have a good time on the weekend without needing to get drunk or be 21 years old—you just have to look for them.



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Shows We Recommend (to STOP Watching at a Certain Point)

by María Solano & Elizabeth McGuire
Video Editor & Asst. Video Editor

Does this sound familiar? You find a show so incredible that everyone should know about it. But a few seasons later, it's obliterated by incompetent creators, leaving you empty inside. You still want to share it, but it's hard to recommend something that's part masterpiece and part disaster. So, here are some of our favorite shows and the exact point you can throw the whole program into the dumpster and Google the ending.

María's recommendations:

"Elite" (until season 4)

This Spanish show became a guilty pleasure of mine. The plot involves a murder mystery in every season, and the characters are students from a rich, preppy school, with multiple secrets that get revealed as the show keeps moving forward. Although this might sound like a repeated trope in teen dramas, it's an interesting story. I was engaged with the first three seasons of the series. The relationships between the characters were vital for me to keep watching, and I was satisfied with the season three finale. It brought closure to every plot, and it didn't need to continue for more seasons. Season four was unnecessary to me. Most of the original cast members didn't come back for it, and I found it very challenging to actually care for the new characters that were being introduced.



You'll be set by only watching the first three seasons of this show.

"Euphoria" (until season 2)

"Euphoria" was one of my favorite TV shows of all time, but this new season has brought me nothing but disappointment. This might sound like an early call since the show's still on the air, but season two's preventing me from enjoying it as much as I did. The pretty visuals don't do it for me anymore. This season has no plot whatsoever, the writing is all over the place and some characters' developments are being thrown away after building their personalities for a whole season. It's also included even more explicit content that's completely unnecessary at some points. I still recommend watching the first season, as it explores important themes like drug addiction and relationship abuse, and the acting is fantastic, but season two is a big no.

Elizabeth's recommendations:

"Lost" (until season 4)

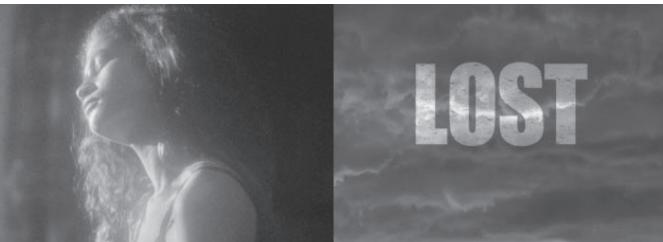
Firstly... no, they weren't dead the whole show. That misinterpretation comes from a confusing final twist that's no more explainable than the rest of the unsatisfying conclusion. "Lost" follows plane-crash survivors on an island littered with mysteries. Each of the captivating characters is

tested by supernatural elements. They're forced to confront their strengths and weaknesses while battling polar bears and an ominous smoke monster. The presence of polar bears on a tropical island with a smoke monster is the best example of how the writers got... lost (sorry) balancing fantasy and science fiction. Is everything the result of scientists running amuck or immortal beings having a cosmic pissing contest? How about both?

Basically, nothing's explained until season six, and you won't care by then.

2005 "Doctor Who" (until season 8)

This occasionally cheesy but charming show has lore limited only by the showrunner's imagination. Russell T. Davies did an incredible job in the beginning. His successor, Steven Moffat, was also amazing until he ran out of ideas. Moffat and his successor then let power go to their heads and rewrote the title character's five-decade history. Of course, that's more my personal grievance as a fan rather than a testament to the show's quality. But most episodes from season eight onwards just fall flat with few memorable characters, uninteresting plot lines and awful callbacks to the Davies era that reek of desperation.



Top Three Study Locations On Campus

Get your grind on, with the appropriate scenery of course

by Jake Pierce
Asst. Arts and Culture

Like it or not, studying is a huge part of every college student's life. While many of us try to make time for things like social life, athletics, clubs and other campus-life activities, it's an inevitable truth that college students sometimes have no other choice but to plop down for a couple (read: many) hours and bury their nose in some books. However, there's no law that says that schoolwork

Photos of campus study spots
courtesy of Niner Times Files

has to be done within the confines of the four beige walls known as a student dormitory. In my own experience, finding a place to study with just the right noise level and scenery actually helps me be far more productive. So, I want to share three recommendations for spots on our beloved campus that may just help you bang out that next paper or get through your next reading assignment.



1. "Ascend" Sculpture

Located beside the Popp Martin Student Union, this piece of art depicting two figures reaching the top of a long and winding staircase serves as the focal point for a small plaza. The handful of tables scattered around this sculpture provide a great area for work (weather permitting, of course). The views of Craver Rd. and a pleasant wooded area make for an environment with plenty of things to look at when your eyes are growing tired of your textbook or computer screen. What's more, the area usually carries an ambient noise level that is perfectly manageable, especially with headphones. You may hear the occasional conversation of people stopping for lunch or the general rumble associated with foot traffic. But if you're someone who feels more productive under the general background noise of places like coffee shops or cafes, the plaza surrounding the "Ascend" sculpture provides a very similar feeling with the added benefits of fresh air and sunshine.

2. South Village Crossing, 2nd Floor

A possible contender for the title of "Coziest Spot at UNCC," the second floor of the South Village Crossing building hosts a warm and inviting seating area. In the evening time, the area becomes filled with a yellowish-orange hue from both the overhead lights and the built-in fireplaces in several of the walls. A variety of seating options, ranging from high-top tables, individual cushioned chairs and even sofas, mean that you're sure to find a position that fits you. This location also tends to have a relatively low noise level and light-to-average foot traffic, meaning fewer distractions for those who feel easily ripped away from their task at hand.



3. Atkins Library



While a library may be perhaps the most obvious suggestion imaginable in terms of study locations, what sets Atkins apart is the number of options you have available to find the perfect spot for you. Like a bit of ambient noise or want to study with a group of friends? Then the large tables and rent-ahead study rooms located on the first three floors of the building are for you. Prefer absolute silence and a place to buckle down by yourself? Moving to the upper floors of the building presents areas with more spread-out seating arrangements and near-total peace and quiet. Add to this the specialized rooms that Atkins has to accommodate a variety of tasks such as video production, gaming, rare-book study and more, and you have a building where students are sure to find the right place to achieve their goal no matter what it is.

Do you know how to study effectively?

Study tips, note-taking tips and general academic organization

by Jessica Ceballos
Asst. News Editor

Drawing of note-taking
courtesy of Xavier Vergés via flickr



I have been in college for three years now, and I have been a student for almost 15 years.

I still struggle taking good notes, studying and being organized. So I have compiled a comprehensive list of tips that can be utilized for success.

Organization tips:

I recommend having a planner or agenda. Having this will aid in knowing when your assignments are due and how long you have to accomplish them.

I also suggest making a "battle plan." In my battle plan, I have written out what I will complete each day. These tasks can be as simple as reading chapter one and taking notes on Monday, and completing exercise number three on Tuesday. You can use the battle plan to stay on track and submit your assignments on time.

Being organized will help you become better at time management. If you hold yourself accountable and stick to your plan, you will be a successful student.

Note-taking tips:

Students take notes in a variety of ways. Maybe you have found one that works for you, or maybe you are looking for a more effective

way to take notes in class. I will suggest typed Cornell-style notes versus handwritten notes.

In the Cornell style, students will divide their papers into three sections. One section will have main points and vocabulary on the left. Another will have the actual notes in the middle and the right. The last section will have the summary at the bottom of the page.

Every note-taker is different. Writing by hand is a good way to take notes to make sure the material is sticking. If you have colored pens or highlighters, it will make writing notes easier to read and study later on. Handwriting notes helps solidify the information in your brain, but maybe your professor speaks too quickly, so I suggest typing notes while in class, then re-writing by hand to make sure you understand the material.

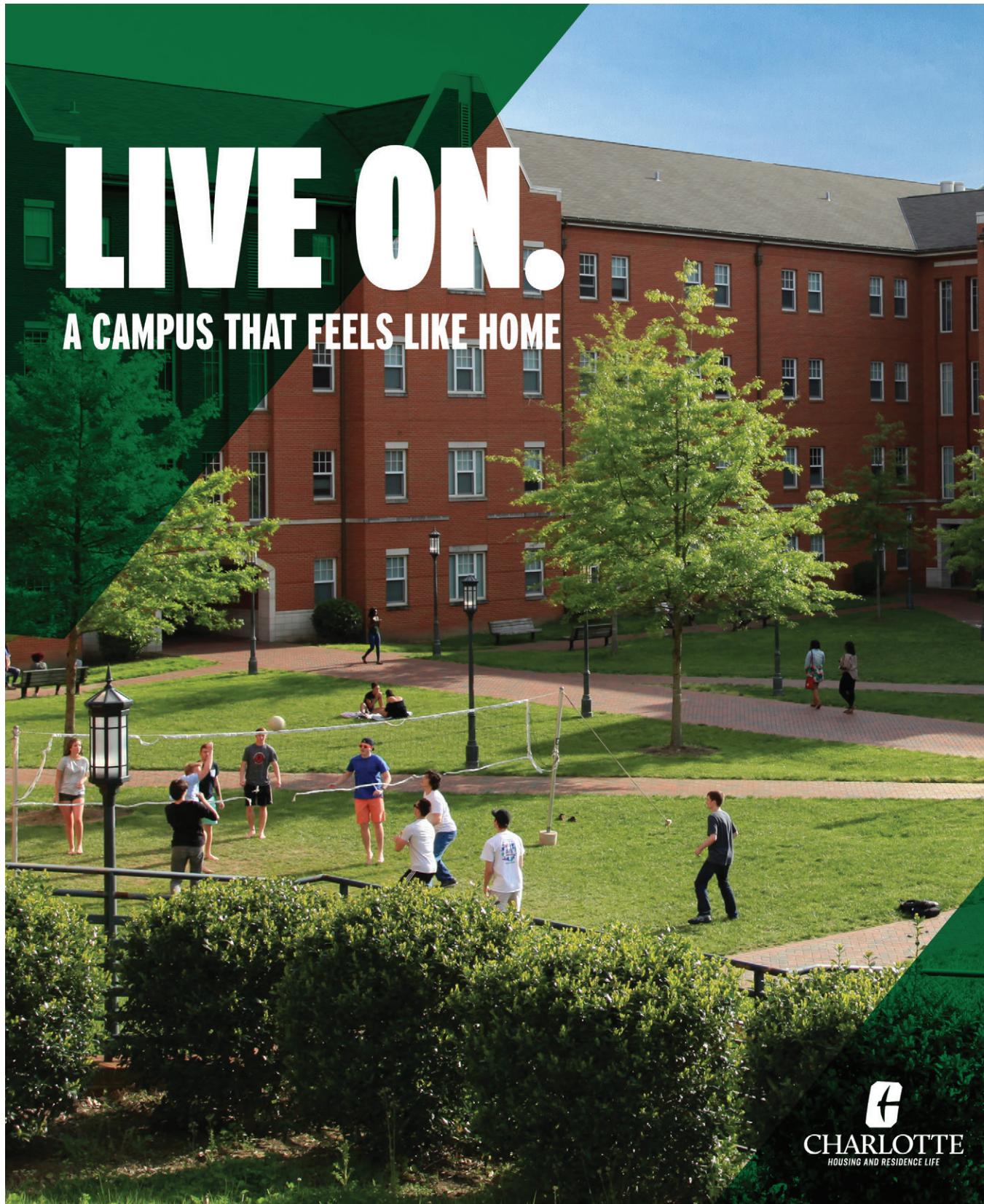
Study tips:

Before studying, make sure you are in a quiet space with little to no distractions, such as a phone or television. The first step is to write a study plan down. This plan should have what will be on the exam or test. This can be prompted by the professor's study guide. Then, collect all of the

information materials you will need to study, such as PowerPoints, textbook readings, vocabulary, and notes from lectures. Then, base your plan on what needs to be memorized such as definitions and keywords and what needs to be understood on a practical/application level. Now, review the material. The definitions and keywords can be studied using flashcards or online programs like Quizlet. For the practical or application questions, find examples on the internet or in your notes to test to see if you understand the material to apply it. Finally, don't forget to take frequent study breaks. Eat a snack or walk around the room during your break because your brain needs circulation. Studying, if planned out, should be a multi-day process because your brain has time to digest the information if it is given multiple chances to see the material.

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