

# DAILY COLLEGIAN

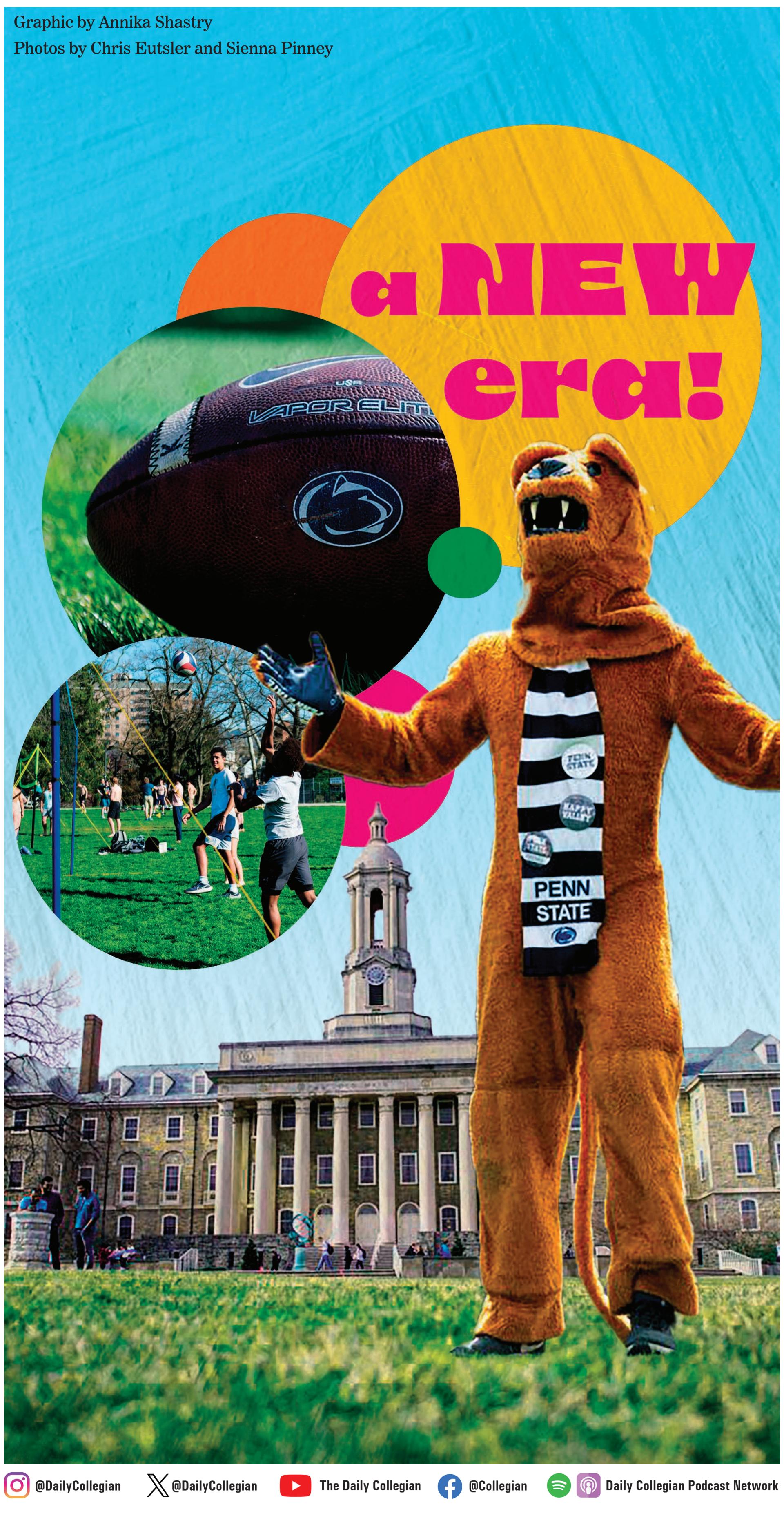
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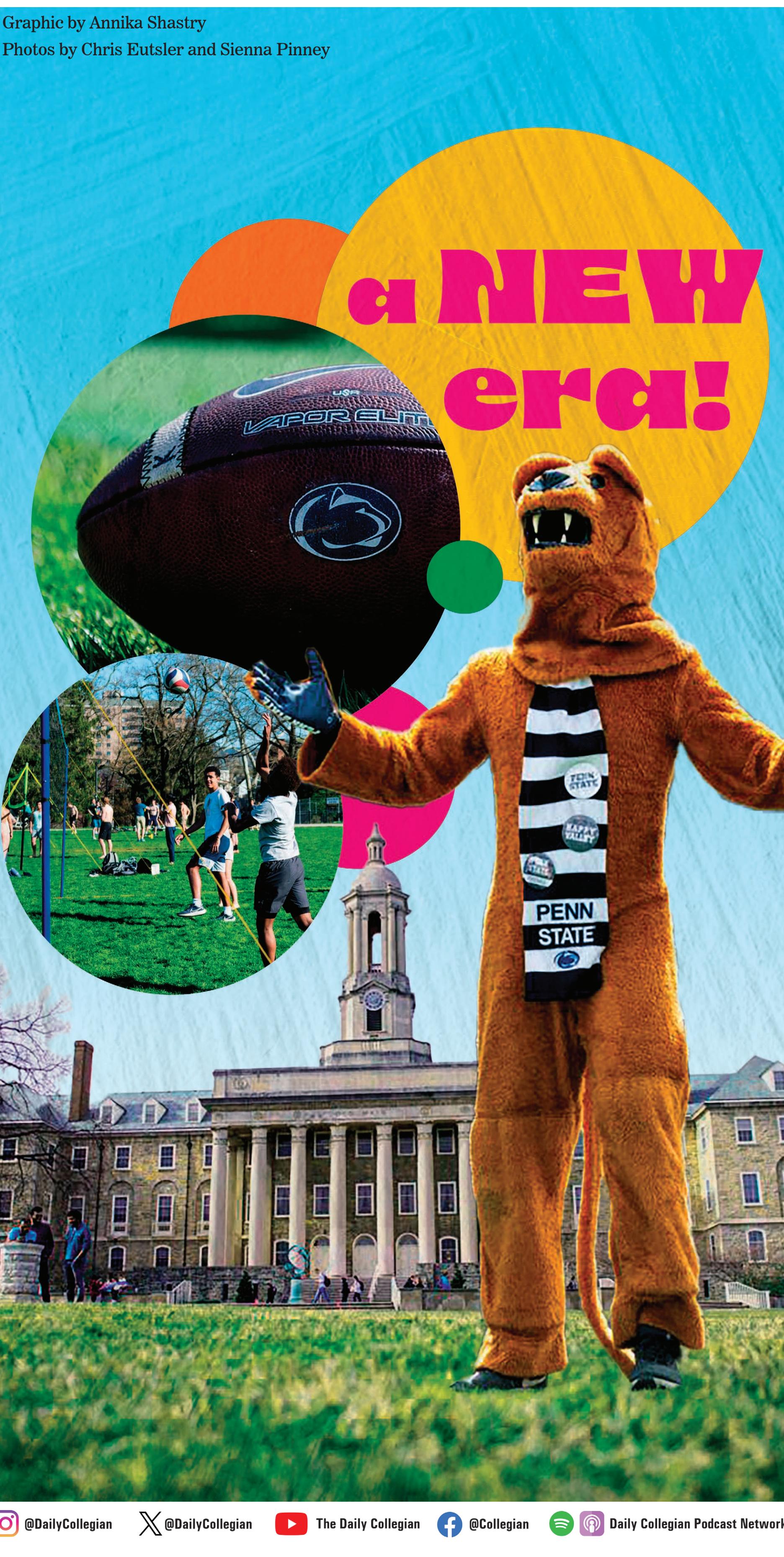
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Graphic by Annika Shastry

Photos by Chris Eutsler and Sienna Pinney



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# A simple hello goes a long way

By Daniela White  
THE DAILY COLLEGIAN

With over 40,000 unfamiliar faces on campus, it can be overwhelming for incoming first-year students to build community at Penn State.

From classes to clubs, there are a variety of spaces and opportunities to make friends — you just have to put yourself out there.

"First, it was scary because you are so close with people from your hometown, and then you have to start over for really the first time," Sophia Fernandez said.

Fernandez, a first-year studying public relations, said it's "pretty easy" to make friends after getting over that initial fear, because everyone's in the same boat.

When putting yourself out there, Fernandez said the best way is to know what you like about yourself and to try to put your best foot forward with the people you meet.

Ben Rosenbaum got a head-start in friendships as a Summer Session student. After graduating high school, Rosenbaum began college classes only a week later.

"I met my roommate, and he knew a couple of kids from (New Student Orientation), and we went to go meet them," Rosenbaum, a first-year in the Division of Undergraduate Studies, said.



Joel Haas/Collegian

**Students** hang out on the HUB lawn during a warm spring day. As one of the most popular locations on campus, the HUB is a great place to meet new people during your first days on campus.

"There were a bunch of connections I was able to have."

When meeting new people, Rosenbaum said he had random experiences like saying hello to people in different dorm buildings or seeing them multiple times on campus, and "before you know it, they're your best friend."

Rosenbaum put himself out there through classes and organizations, like his THON committee and Onward State.

"Classes are a gimme. You sit

next to somebody in class and get their contact information," Rosenbaum said. "I joined a THON committee, and it definitely introduced me to a wide variety of people. The more friendly you become with other people, the more outlets you will be exposed to."

Spending time on his floor's lounge area was how Benjamin Swart made connections.

"I was lucky that on my floor we had a lounge area where I

could just sit and talk to everyone," Swart, a first-year studying health policy and administration, said. "That's pretty much how I met most of my friends here."

Along with going to the Involvement Fair, Swart was able to meet new people through some of his classes.

Similar to Swart, Gabriel Forbes spent time in his floor's lobby to meet new people.

Outside of the dorm floor, Forbes, a first-year studying

business, said going to clubs like Undergraduate Research and Fellowship helped him make connections.

Forbes said being open to opportunities — even if it's something you think you won't like — and meeting new people will help you branch out.

Living alone, Alven Huang said it was "tough" to make friends at first.

"I had a friend from high school that goes here, and her roommate is friends with everybody who I hang out with now," Huang, a first-year studying computational data sciences, said.

Another way Huang made friends was by talking to people in his classes and getting their social media accounts to stay in touch. His advice for incoming first-years was to not be afraid to talk to people and make connections.

Talking to people he sat next to in lectures and joining Club Powerlifting were some ways Nate Gonzalez made friends.

In addition, Gonzalez said his roommate brought a lot of people to their room, and after interacting with them, he said they quickly all became friends.

"Everybody's in the same boat; everybody knows nobody," Gonzalez said. "Just talk to people."

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## Campus safety resources for new students

By Kate Hildebrand  
THE DAILY COLLEGIAN

From emergency notifications straight to your phone to campus offices, Penn State has many resources dedicated to keeping students safe on campus.

### Safe Walk

Penn State's Safe Walk service provides company for students to walk from one on-campus location to another from dusk until dawn.

Safe Walk operates out of the Auxiliary Police, a uniformed student division of the University Police. Students are on call all night to escort anyone around campus.

To request a Safe Walk, call 814-865-WALK (9255).

### PSU Alert

PSU Alert is the system Penn State uses to send Timely Warnings and other emergency notifications. Timely Warnings inform students of ongoing threats of a Clery Reportable Offense. PSU Alert also sends out severe weather updates.

All Penn State students automatically receive PSU Alerts on their Penn State email. Students can opt-in to receive text alerts at <https://psualert.psu.edu/psualert>.

### Emergency phones

There are three different types of emergency phones located all

across campus.

Two of these three can be identified by the blue lights on top of them, referred to as "blue light phones." One has a receiver and will immediately connect to University Police, and the other also connects to University Police, but instead has a red button and a speaker and will automatically disconnect after three minutes.

The third type of emergency phones, which are identical to the previous but without a blue light, are located near residence halls and allow students to call into a residence hall to be escorted into the building.

### University Police and Public Safety

Separate from the State College Police Department, the University Police serve all 22 Penn State campuses. They are a fully operational police unit, including K-9 units and a Student Auxiliary Unit.

University Police have jurisdiction on university-owned property or within 500 yards of university-owned property.

To contact the University Police, call 814-863-1111. In an emergency, call 911.

### State College Police Department

The State College Police Department serves anywhere in State College that isn't University

owned property, including downtown State College. The precinct is located at 243 South Allen Street.

To contact the State College Police, call 814-234-7150.

### Title IX Office of Ethics and Compliance

Title IX is the university office that deals with sexual misconduct, harassment and assault. To file a report or learn more about the office, visit <https://universityethics.psu.edu/our-expertise/title-ix>

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## Follow the Pollock Brick Road

By Sienna Pinney  
THE DAILY COLLEGIAN

Much like a lost and confused Dorothy getting to Munchkin Land in "The Wizard of Oz," arriving on campus as an out-of-state student overwhelmed me.

I'm from Roseville, California, which is not the shortest trip to Happy Valley. My first time on Penn State's campus was move-in weekend with my parents.

Lost and confused is an understatement. I started at the Bryce Jordan Center to get my student ID, the key to my dorm and a new student information packet.

Following COVID-19 precautions, I hopped on a bus to the White Building for a rapid test before moving in.

After the test, I texted my parents that I would try to get back to the BJC to meet them before finding my dorm — I later learned my dorm was across the street from where I was standing as I texted them.

After walking in circles, I figured out how to get on a bus to the BJC to reunite with my parents.

Fast forward a few days, and I was determined to find my

PSYCH 260 class in the Willard Building. I lived in McElwain in South Residence Halls, on the corner of Shortridge and Pollock Road.

Dear reader, if you're ever trying to get to Willard from McElwain, please walk straight down Pollock Road, and you'll find it just past Old Main.

Or, you can follow Google Maps for nearly 35 minutes, ask a lovely stranger for help and realize that you're 20 minutes late already, so you skip the first day of class because you're late and sweaty from stress.

### Make your map of Penn State

Getting lost on campus led me to draw "Sienna's map of Penn State" to avoid further incidents. I started with a road straight down the center of my page and wrote "Follow the Pollock Brick Road" to the tune of Dorothy's song, "Follow The Yellow Brick Road."

There are a lot of buildings and winding sidewalks on campus. Draw the buildings you need to filter the noise to determine where you're going.

### Make friends in class

Dorothy didn't make it to the Emerald City alone, and you're not going to want to struggle through CHEM 110 or MATH 26 without some friends. They don't need to be in your wedding, but you should get their contact information and learn their names.

While I don't stay in touch with everyone I sat next to and yapped with in class, I have found some of my closest friends by talking to the people around me. Having someone to send me notes when I miss class or confirm due dates is a major stress relief.

One of the hardest parts of being an out-of-state student is knowing all of my friends are at home while I'm off on this giant campus alone. Seeing a friendly face in class made it easier to face feeling alone, and it's easier to get myself to class.

### Learn about the "big things"

Beaver Stadium, the football stadium, is where it's at in the fall. You don't have to be a football lover, but you will want to know who Penn State is playing against. Tailgating and the student section are the biggest game day

attractions other than the actual game.

Berkey Creamery, near Beaver Stadium, tends to have a long line on game days, during Family Weekend and on weekdays when the weather is nice. While the sweet treats are pricey, you should try a flavor or two.

If you take a short walk up Shortridge, you will reach the Arboretum, where you'll find a boardwalk leading up to a fountain and the garden area. Not only is this a good study spot, but the Arboretum hosts events throughout the year. Grab some friends and attend workshops to take a break from studying.

The Kern Graduate Building might seem like a strange addition to this list, but if you're a beverage girl like me, knowing where to find the on-campus Panera is essential. Plus, there are study spaces and a large lecture hall where you may find yourself attending class in this building.

Be there, you'll find the iconic Lion Shrine.

Continue reading here:



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Sienna drew a map of Penn State to help her navigate campus as a first-year student from California. Included are major attractions like Beaver

Stadium, the Lion Shrine, the Willard Building and others.

Ritamarie Montagna/Collegian

# Fun Gen Eds to take at Penn State

By Kate Hildebrand  
THE DAILY COLLEGIAN

Many first-year students have yet to be admitted into their major, or have a ton of prerequisites to take before getting there, making general education classes a big part of the college experience.

Generally, Penn State requires students to take writing and speaking, quantification, arts, humanities, natural sciences, social/behavioral sciences and health and wellness courses in addition to their major requirements.

It may seem like a lot, but there are many unique classes to take at Penn State to fill these requirements.

## COMM 150N - The Art of the Cinema

*Fulfills: General Arts, General Humanities, Interdomain (3 credits)*

This class is held twice a week in the State Theatre downtown. On Tuesdays, there is a short lecture and then a film screening. The class covers everything from silent films to sci-fi films like "2001: A Space Odyssey" to modern films like "Everything Everywhere All at Once."

## GEOSC 10 - Geography of the National Parks

*Fulfills: General Natural Sciences (3 credits)*

Students enrolled in this asynchronous class go on virtual field trips and explore other resources to learn about the national parks.



Chris Eutsler/Collegian

The "We Are" sign sits outside of Penn State's Intramural Building on March 26, 2024. The statue was dedicated in 2015 and was a gift of the class of 2015.

*Fulfills: General Natural Sciences (3 credits)*

Students enrolled in this asynchronous class go on virtual field trips and explore other resources to learn about the national parks.

The class focuses on the evolution of national parks and

specifically highlights the implications for humans, including earthquakes and volcanic eruptions.

## INART 205 - Introducing the Beatles

*Fulfills: General Arts (3 credits)*

This course explores the lives and works of The Beatles, focusing on their sociocultural and musical impact.

It also focuses on their sonic development, as well as their evolution as songwriters and the themes of their lyrics.

This class fills the general arts requirement.

## KINES 77 - Yoga for a Lifetime

*Fulfills: General Health and Wellness (1.5 credits)*

Students in this course will practice yoga, including postures, breathing techniques, meditation and more.

This course requires students to create a wellness program with yoga at the center and teaches students about the foundations of yoga and other Eastern-based movement practices.

This course is interdomain and can be used to fill the general humanities and natural sciences requirements.

## MATH 34 - The Mathematics of Money

*Fulfills: General Quantification (3 credits)*

Math of Money teaches students about personal finance topics like interest, investments, mortgages, taxes and credit cards.

Students will use linear, logarithmic, exponential and geometric equations to learn about these topics.

## PLANT/ANTH/HIST 129N - Chocolate Worlds

*Fulfills: General Humanities, General Natural Sciences, Interdomain (3 credits)*

This integrative course teaches students about the complex history of chocolate, from its roots in communities indigenous to the Americas, to Hershey and Europe.

Students will focus on cocoa beans and their uses, the science behind cocoa farming, chocolate making and the chocolate industry.

This course is interdomain and can be used to fill the general humanities and natural sciences requirements.

## KINES 10 - Techniques in Rock Climbing

*Fulfills: General Health and Wellness (1.5 credits)*

Students in this course learn the foundations and technical skills required to rock climb competitively or recreationally.

There is a focus on belaying, psychological aspects of climbing and how to use the equipment. This course takes place at the Intramural Building, home to a rock climbing wall.

## GAME 220 - Introduction to Game Design

*Fulfills: General Arts (3 credits)*

Students in Intro to Game Design will explore the history of games and their role as aesthetic objects and cultural significance. Students will learn to design games that are meaningful and entertaining.

This course focuses not only on video game design, but takes a broader approach and includes board games, card games and more.

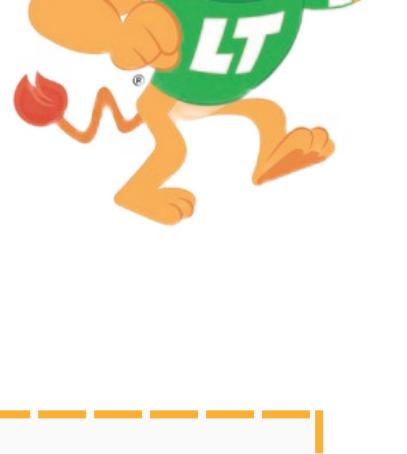
To email reporter: [keh6075@psu.edu](mailto:keh6075@psu.edu).  
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A Penn State student climbs the rock wall at the Intramural Building on Oct 16, 2017

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# A guide to Penn State dining halls

By: Cearra O'Hern  
THE DAILY COLLEGIAN

Penn State dining halls provoke some serious food for thought.

Where are the dining halls located across campus? What kind of food do the dining halls serve? Are the chocolate chip cookies of Waring Square Buffet @ West the cookies of Santa Claus' dreams?

Fear not, first-year students. The answers to these questions and more awaits.

Here's a guide to the five dining halls at Penn State.

## East: Findlay Commons

Findlay Commons is in the heart of East Halls, a residence area dedicated to first-year students. The food district houses a traditional buffet, a market that accepts the Supplemental Nutrition Assistance Program (SNAP) and food-court-style restaurants.

Students can plate piles of pizza or pasta inside the East Food District. Flipp's Grill features fried favorites: mozzarella sticks, french fries and chicken tenders.

Fresco prepares fresh-grilled Mexican fare while Bowls @ East concocts refreshing açaí bowls with toppings like fresh fruit, Nutella and chocolate chips.

On a Roll serves some cheeky wordplay with its wraps and



Esteban Marenco/Collegian

Students can access five dining commons on campus: Findlay Commons, Warnock Commons, Pollock Commons, Redifer Commons and Waring Commons.

sandwiches. PURE is certified kosher and free of the top nine allergens of dairy, eggs, peanuts, tree nuts (excluding coconut), fish, shellfish, soy, wheat/gluten and sesame.

Edge @ East brews the sips and snacks of Starbucks for first-year students. Gourmet goodies prepared inside the Penn State Bakery are available at the countertop cafe.

The East Food District at Find-

lay Commons fuels most first-year students, and that's a lot of mouths to feed.

## North: Warnock Commons

The North Food District at Warnock Commons is the quietest dining hall on campus. Located in the corner of North Halls, the food district offers the least variety of food.

The Northside Buffet is a traditional buffet that offers a rotation of entrées, salads, sides and desserts prepared daily. Greens + Grains @ Market North is a newer addition to the food district and lets students build their grain bowl or salad.

Grill @ Market North serves burgers and chicken sandwiches. Unique to the North Food District, Halal Cart fixes falafel, chicken shawarma and flatbread chips for students' cart cravings.

Market North stocks dorm room shelves for students in North Halls, containing grocery and household essentials.

The North Food District at Warnock Commons is small but mighty. You can't ask for more than that.

## Pollock Commons

Pollock Dining Commons was the first dining hall I ever experienced, and what an experience it was.

Pollock Dining Commons houses a traditional buffet with bright-colored seats and a comic book-themed room. Market Pollock meets all your convenience store needs, from snacks to silverware.

Market Pollock Asia Kitchen is tucked away inside Market Pollock. The kitchen offers an "Asian concept" to campus dining with bubble teas, appetizers and customizable bowls.

Pollock Dining Commons is an open space to consume and con-

verse. If only shawarma could be eaten inside the comic book-themed room. I'd feel like a true Avenger.

## South: Redifer Commons

Bowls @ South are better than Bowls @ East. I stand by that.

The South Food District at Redifer Commons serves the residents of South Halls. The location welcomes students from all over campus with its convenient location.

Southside Buffet @ South Food District is a traditional buffet for students to fill their plates. Piatto Felice prepares pizza and cheese breadsticks, while Redifer City Grill cooks casual foods like mac and cheese bites, grilled cheese and cheeseburgers.

Urban Garden features a salad bar with hot food or grab-and-go options. Choolaah Indian BBQ offers ancient northern Indian cuisine with power bowls, samosas and chai.

You might find yourself in a Pickle while in the South Food District. The sandwich shop creates made-to-order subs and wraps for students.

Like the other locations, Edge @ South serves Starbucks drinks and dishes. Louie's Market houses convenience store products inside Redifer Commons.

Who's Louie? I wish I knew.

## West: Waring Commons

Located in the western corner of campus, the commons satisfy students' stomachs in West Halls. Waring Square Buffet @ West is a traditional buffet with a twist.

The buffet has a Berkley Creamery ice cream bar.

Creamery ice cream with chocolate chip cookies? Even my sweet tooth is smiling.

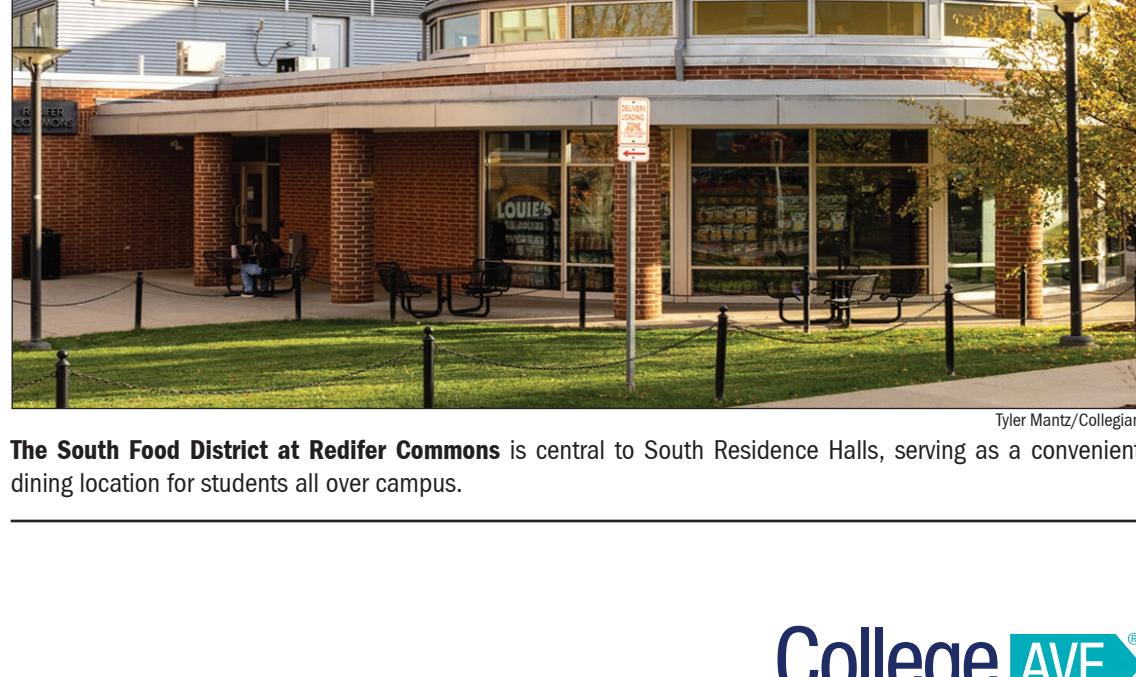
West Deli & Grill has easy lunch and dinner classics like cheesesteaks and chicken tenders. Pizza @ West serves fresh slices and Penn State Bakery desserts.

Market West and Edge @ West shouldn't surprise students. The two features are staples of Penn State dining halls.

Happy feasting, first-year students.

To email reporter: [ceo5312@psu.edu](mailto:ceo5312@psu.edu).

Follow her on X at [@CearraOHern](#).



Tyler Mantz/Collegian

The South Food District at Redifer Commons is central to South Residence Halls, serving as a convenient dining location for students all over campus.

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