



The Daily Collegian

For the students. For the glory. Since 1887.

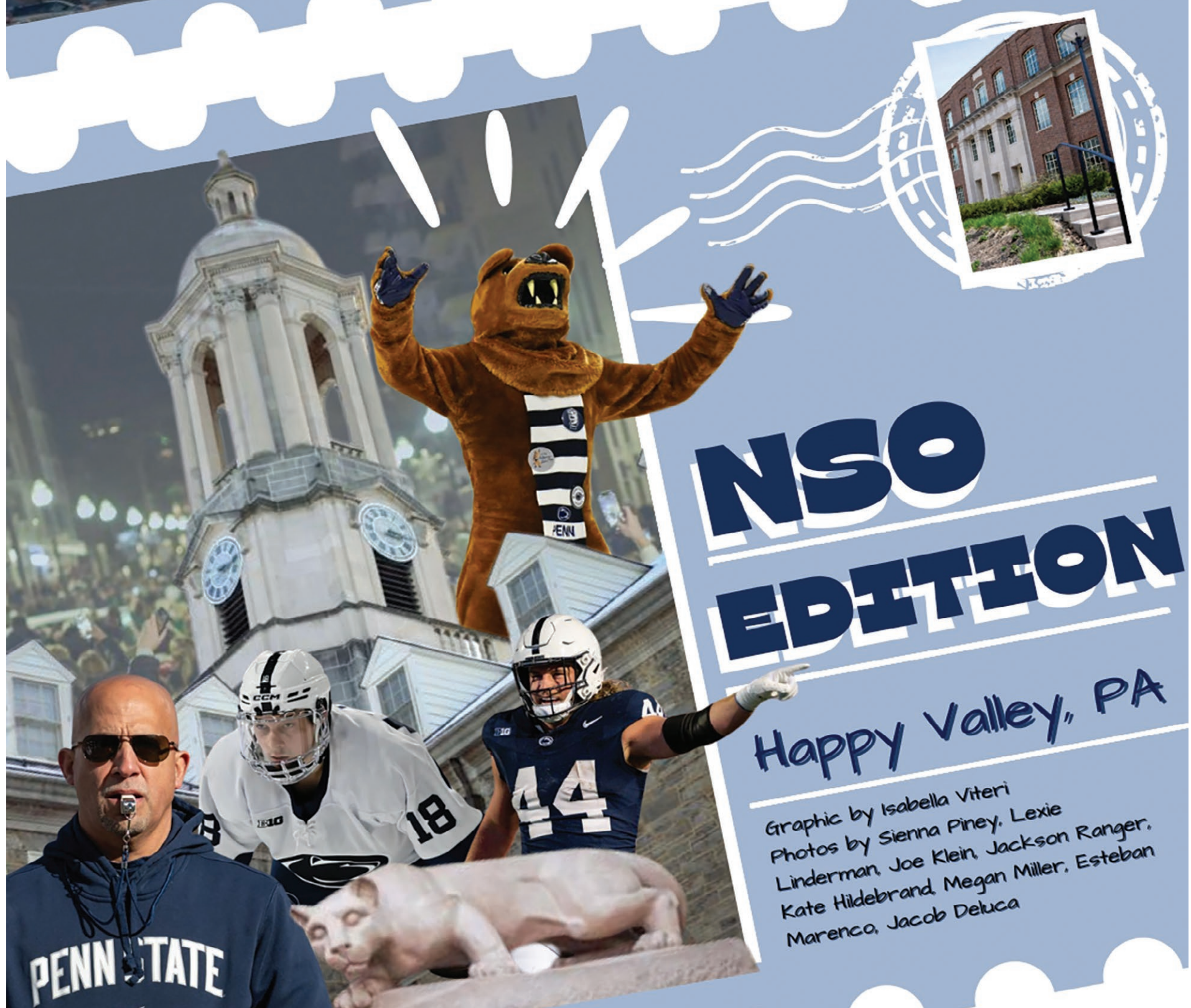
Vol. 125, No. 31

Friday, May 9, 2025

psu.collegian.com

Greetings from

PENN STATE



NSO EDITION

Happy Valley, PA

Graphic by Isabella Viteri
Photos by Sienna Piney, Lexie
Linderman, Joe Klein, Jackson Ranger,
Kate Hildebrand, Megan Miller, Esteban
Marenco, Jacob Deluca

CAMPUS RESOURCES

By Mia Debelevich
THE DAILY COLLEGIAN

The beginning of college can be both exciting and overwhelming for some. To help ease the transition, Penn State offers a variety of resources designed to support students from the start.

Here's roundup of key student services available at University Park.

Counseling and Psychological Services (CAPS)

Located in 501 Student Health Center at 542 Eisenhower Road, CAPS has a wide range of mental health services, including same-day appointments, group counseling and wellness workshops.

CAPS Chat sessions provide informal, drop-in consultations with counselors — and no appointment is necessary.

University Health Services (UHS)

For students far from home or in need of a walkable check-in, UHS is Penn State's on-campus doctor's office. It offers medical appointments, immunizations, health screenings and pharmacy services.

Students can also access sexual health services,



Matt Cropp/Collegian

The Student Health Center sign, which includes the Counseling and Psychological Services, Pharmacy and University Health Services, sits on Penn State's campus on May 7, 2025 in University Park, Pa.

contraception and wellness education in this office.

The Lion's Pantry

The Lion's Pantry is a student-run pantry that offers free groceries and toiletries to students in need, so food insecurity isn't a barrier to academic success.

The organization has its main location at 133 Bluebell Road, and its hours vary depending on the workers' academic schedules since the pantry is staffed by students.

Student Disability Resources (SDR)

SDR works with students who have documented disabilities to ensure access through academic accommodations, assistive technology and testing support.

Students must register and provide documentation in order to receive services.

Paul Robeson Cultural Center (PRCC)

Located on the second floor of the HUB-Robeson Center, PRCC provides support and programming focused on multi-cultural awareness, leadership development and social justice.

The center hosts regular events such as Fun Friday, discussion groups, tournaments and more to create an appreciation of all cultures.

Penn State Global

The Global office supports international students as well as students seeking an education abroad. Its services include immigration advising, transition support and offers workshops on

topics like work visas.

The office, which can be found in 410 Boucke Building, also coordinates global learning programs and international student orientations.

Penn State Learning Center

For students in need of free tutoring, academic coaching and writing support, Penn State Learning Center offers drop-in and appointment-based services for a variety of subjects, including math and foreign languages.

The Learning Center can be found in multiple locations: 220 of Boucke Building, 7 Sparks Building or W102 Pattee Library in Sidewater Commons.

Student Aid Office

The Penn State Office of Student Aid assists students with

FAFSA submissions, scholarships, loans, work-study programs and tuition payment planning. Appointments and walk-ins are available throughout the academic year at 314 Shields Building.

Penn State Chaiken Center for Student Success (SSC)

SSC provides direct support for first-year, first-generation and change-of-campus or transfer students through academic coaching, financial literacy workshops and personal development programming.

At 325 Boucke Building, it also offers peer mentoring and connections to campus resources.

Bank of America Career Services

Located across from the HUB-Robeson Center, the Bank of America Career Services provides students with job search resources, resume reviews, mock interviews and overall career counseling. The center also hosts career fairs and networking events.

It is open for drop-in sessions and career appointments, which can be made via the center's website.

In addition to campus wide services, each academic college at Penn State has its own support system for students, whether it be through advisors, professors and initiatives tailored to specific fields of study.

To email reporter: mfd5887@psu.edu
Follow her on X @[miadebelevich](https://twitter.com/miadebelevich)



Kevin Cheng/Collegian

The Lion's Pantry sign sits on the side of the Lion's Pantry building on March 21, 2025 in University Park, Pa.



DOWNLOAD THE
SPOTLIGHT APP TO READ
THE DAILY COLLEGIAN
ON THE GO



Gen eds that won't tank your GPA

By Rubi Orellana
THE DAILY COLLEGIAN

Every Penn State student is required to complete a number of general education credits, unless students have a plethora of college credits from high school.

While some students may find themselves struggling in general education courses, here is a list of some classes that are easy, enjoyable and GPA-boosters.

NUTR 100: Nutrition Applications for a Healthy Lifestyle

Fulfills: General Health and Wellness (3 credits)

This course introduces students to nutrition principles to promote a healthy lifestyle through assessment and application. There are no exams for this class, but there are weekly open book online quizzes and three projects. NUTR 100 also has mandatory attendance as there are TopHat questions to be answered in class.

THEA 100: The Art of Theatre

Fulfills: International Cultures, United States Cultures, General Arts (3 credits)

Students enrolled in THEA 100 watch three separate plays of the student's choice. The options include "John Proctor is the Villain," "Sweeney Todd: The Demon Barber of Fleet Street," and "Much Ado About Nothing." The class is held in-person on Mondays and Wednesdays for 50 minutes. It consists of simple weekly quizzes which replace one day of course work, this allows students to have Fridays off. The midterm and final exam for this course are also quick, simple and online. If you want to learn all aspects of the living art of theatre, this is a perfect introduction class.

AFR 150: Africa in Cinema

Fulfills: International Cultures, General Humanities (3 credits)

This IL and GH course allows for students to study the image of Africa as seen in fiction and non-fiction feature length films, ethnographic and documentary. Students watch a total of 15 films, and take a quiz for comprehension after each. There are no exams, except one midterm analysis pa-

per of a student's film of choice. Classes are once a week for three hours and are being offered Monday, Tuesday and Wednesday at different times.

GEOG 1N: Global Parks and Sustainability

Fulfills: General Social and Behavioral Sciences and International Cultures (3 credits)

Students who are interested in exploring broader themes of sustainability, conservation and socio-ecological systems should consider this class. This course is held asynchronously through the College of Earth and Mineral Sciences. There are no required materials or exams but there are small projects throughout the semester, weekly quizzes based on modules and a final project.

PSYCH 100: Introductory Psychology

Fulfills: General Education: Social and Behavioral Scien (GS) (3 Credits)

PSYCH 100 teaches students an overview of the field including research, theories and applications. Many professors teach this course in the Forum Building, which can house around 350 students. Depending on the professor, exams and workload differ, but participating in research throughout the semester counts towards the final grade.

MUSIC 4: Film Music

Fulfills: General Education: Arts (3 Credits)

This course examines the role of music in the narrative of films created in the 20th and 21st centuries. Some films watched in class are "Casablanca" or "Psycho." The course is held online and at the students own pace.

BISC 3: Environmental Science

Fulfills: Natural Sciences (3 credits)

Students in BISC 3 will explore the root cause of today's environmental crisis and consider the scientific, technological, sociological and psychological impacts on the planet and its inhabitants. While there are no exams in this class, there are weekly journals and Packback assignments that need to be completed. At the end of the semester, students go to

Shaver's Creek Environmental Center with their lab group and enjoy nature through different activities during their hike.

PHIL 119: Ethical Leadership

Fulfills: Humanities (3 credits)

PHIL 119 allows students to have a new perspective on what's right versus what's wrong and how specific philosophers answered these questions. Students will read a variety of literature from class plays, novels, philosophical texts and recent studies of ethics and leadership. This class is held on Monday, Wednesday and Friday by either Derek Aggleton, an associate teaching professor of philosophy, or David Sollenberger, an assistant teaching professor, at different times.

INART 5: Performing Arts

Fulfills: General Education Arts (3 Credits)

This general arts course focuses on the act of experiencing art and the encouragement of critical thinking about such experiences. Students are required to attend six performing arts events on campus throughout the semester and complete related assignments. Classes are being offered by Jason Poorman and Jennifer Partyka. Rooms, dates and times are not yet determined for fall 2025.

EGEE 101: Energy and the Environment

Fulfills: Natural Sciences (3 credits)

Students in this course will learn to make educated judgments in the area of personal energy choices. Fifty minute classes are held in-person on Monday, Wednesday and Friday or students can complete the course asynchronously. Midterms and the final exam are taken online without making it mandatory for students to go to the Pollock Testing Center.

To email reporter: rxo5139@psu.edu
Follow her on X @[ru64014_rubi](https://twitter.com/ru64014_rubi)

Downtown eats

By Jocelyn Bilker
THE DAILY COLLEGIAN

College dining halls are convenient. However, what about when you're craving something a little more exciting?

Here's a roundup of the tastiest LionCash friendly spots that Penn State students swear by.

Raising Cane's

If you're a fan of crispy chicken tenders, Texas toast and crinkle-cut fries with the perfect crunch, this is your spot. The chicken sandwich is another go-to, stacked with their famous Cane's sauce. It's always a win.

Tadashi (x2)

Tadashi offers two locations. Craving a spicy tuna roll or a Philadelphia roll? The sushi location has fresh options that won't disappoint.

Meanwhile, the ramen location serves up steamy bowls of comfort like Tonkotsu, Miso or Shoyu ramen — perfect for chilly days.

The Corner Room

This classic offers more than just its vintage vibes. From juicy burgers to hearty pastas and comforting mac and cheese, it's a great place to sit down with friends and fill up on comfort food.

Yallah Taco

If you're in the mood for tacos loaded with flavor, Yallah Taco hits the spot. This late-night favorite serves up bold Mexican flavors — think burritos, quesadillas and nachos with a spicy twist. It's quick, it's cheap and it'll keep you coming back.

Irving's

When it comes to bagels, Irving's is in a league of its own. Known for their fresh, homemade bagels and spreads, this café is also a solid study spot. Their smoothies, breakfast sandwiches and coffee also make it a great any time of the day.

Giuseppe's Pizzeria

For those nights when



Matt Cropp/For the Collegian

The Corner Room sits on the corner of College Avenue and Allen Street.



Matt Cropp/For the Collegian

Tadashi sits on along West College Avenue.

only pizza will do, Giuseppe's delivers. Their slices are big, cheesy and satisfying, whether you're grabbing one after a night out or ordering a whole pie with friends. Try their specialty pies for something a little different.

Teadori & Mr. Wish

If your day calls for something sweet, chewy and photogenic, check out Teadori or Mr. Wish. Both spots serve up a variety of bubble tea flavors: from classic milk tea to fruity or matcha-based drinks. Mr. Wish also doubles as an Asian snack market, so you can stock up on goodies for later.

Waffle Shop

Who says breakfast has to happen before noon? Waffle Shop is a local legend for a reason. With pancakes, waffles, omelets and more, it's a brunch-lover's dream.

Cozy Thai Bistro

From creamy curries to savory Pad Thai, Cozy Thai Bistro brings rich flavors right to downtown. The spice levels range from mild to fire-breathing, so there's something for every kind of palate.

Indian Pavilion

For those craving Indian cuisine, Indian Pavilion offers everything from chicken tikka masala to vegetarian delights like chana masala and saag paneer. The naan? Absolutely essential.

Ramyun Studio

A hidden gem for ramen lovers, Ramyun Studio flips the script on traditional dining. You choose your ramen from a massive wall selection, pay at the register then heat it up yourself. It has enough flavor options to keep you experimenting for weeks.

Mezeh

Think of Mezeh like a Mediterranean Chipotle. Build your own rice bowl or wrap with options such as grilled chicken, lamb, falafel, veggies and more. It's quick, healthy and full of flavor.

To email reporter: jpb6798@psu.edu
Follow her on X @[jocelyn_bilker](https://twitter.com/jocelyn_bilker)

SUBSCRIBE TODAY!

The Daily Collegian

Stay informed
with a semester subscription

NEWS
SPORTS
FOOTBALL
STUDENT
LIFE

The Daily Collegian print edition is available every Friday
when classes are in session during Fall & Spring Semesters.
First issue is scheduled for Friday, August 29, 2025!

To subscribe please enclose \$30 for a semester subscription.
For delivery outside the United States, add \$28.

Name

Address

City

State

Zip

Checks payable to **Collegian Inc.** Mail to: Daily Collegian Subscription,
2362 Commercial Blvd., State College, PA 16801.

TDC09MAY25

MY VIEW | TERESA PHELAN

Sad, scared and stressed

If you were to look at my high school decision page, you'd think there was no other college to pick from other than Penn State. I committed in November, the first one in my graduating class, so in a way, they were following me.

Fast forward to the fall semester, and I started playing a game with my friends from home where I'd see someone from my high school each day and send a text, "High school person of the day is (insert name)."

No, I'm not a stalker; it just seemed to me that every person who ever attended my high school was now here.

I found comfort in this. Having a familiar face everywhere I went provided a sense of home, and whether they felt the same, knowing that I wasn't completely alone put my mind at ease.

I was told so many times that the people you went to high school with would become a distant memory once college started, but I'm here to tell you

that's not true. If someone is here from your high school, you're going to see them. It's not necessarily a bad thing, and some of my friends in high school are the same people I voluntarily choose to spend my time with here.

If you don't like those people, you're not forced to hang out with them, but don't expect you can escape them.

Just like a typical college freshman, I was homesick, but I had the worst case of homesickness I've ever heard of, and certainly worse than all my friends and peers around me. Every little thing reminded me of home and how badly I wanted to be back.

Even though it's only a two-and-a-half-hour drive, I felt like I'd never be home again, and life was moving on without me.

For someone who thrives on routine, my perfectly crafted one I had for the past four years was ripped from me, and I was forced to create a new one in a strange

place, with a 20-credit schedule and a hot, sweaty West dorm.

I don't view State College as home, and you don't have to either. You don't have to fall in love with your dorm and the people on your floor; you can yearn to go home every weekend, and it doesn't make you any less of a college student.

A town without a Wawa isn't somewhere I want to call home. I'm kidding, I'm kidding, but I truly don't view SC as a home, and even though I'm here nine months out of the year, I view it as a temporary move once a year.

This isn't to say that there aren't aspects of Penn State that feel homey, and I found that over time, the weird feeling in my stomach that would start the minute I started packing to come back would eventually fade.

When I introduce myself to people I say I'm from Berks County, Pennsylvania, and when they give me a blank stare, I tell them, "Oh it's near the Amish."

People love the Amish, so this usually elicits a laugh and a question about whether or not they really don't use electricity.

The point I'm trying to make is that no matter where you're from, and how much you love Penn State, it's OK to miss the people and places that make home feel like home, even if it's the sound of galloping horses and buggies.

When it comes to academics, people are going to tell you that your major is "useless," "a waste of money" or "aren't you going to switch it to something that AI isn't going to completely take over?"

I have friends who switch their majors every month, and those who are undecided and seem to not have a clue where they'll end up, and then there's me. I came in as a journalism major and have every intention of leaving as one.

My NSO leader told me that everyone changes their major at least once, and I thought,

"Except me." I knew what I was passionate about, and I knew I belonged where I am now. For people who aren't on the same track, there are plenty of resources that will help you figure it out, but if you feel you made the right choice, you did.

Every single person who has set foot on this campus has felt unsure, hesitant and worried about their freshman year. I wish I had someone telling me there are going to be moments that quite honestly suck and maybe you'll be me, crying over chinese food during Thanksgiving break, wondering if I made the right decision.

Things will get better, and you'll find yourself surrounded by the very people you hoped you'd find.

Teresa is the lifestyle and opinion editor for The Daily Collegian. She is a rising junior studying digital and print journalism with a minor in sociology. Email her at tpp5354@psu.edu and follow her on X @[tphelan32](https://twitter.com/tphelan32)



Cartoons by Ethan Capitano

MY VIEW | ELBIA VIDAL CASTILLO

Finding your place at Penn State

We all arrive at college the same way — nervous, with a suitcase in hand and thousands of unanswered questions swirling around in our heads. Maybe back in high school, you knew everyone in your class. Even at larger schools, there's often a sense of familiarity that's comforting.

Leaving behind your family's warmth, the laughter of your hometown friends and the daily rhythms of your old life isn't easy. But it's a necessary step for growth.

Entering college means giving yourself the chance to learn new things, challenge your comfort zone and build a new version of yourself.

When you first get to Penn State, it's common to feel out of place. I did — more times than I care to admit. Like so many others, I wondered how to make friends, feel comfortable and how to turn this big, unfamiliar place into something that felt like home.

During my first weeks in State College, living in Robinson Hall, what helped me the most was getting involved in student organizations. Penn State has hundreds of clubs, and there's something for everyone. Whether you love to write, cook, play chess, or want to learn yoga, you'll find a place where you belong.

The involvement fair at the

beginning of each semester is a great starting point. It's an energetic space full of possibility. If the crowds overwhelm you or your schedule doesn't allow it, that's okay. Most clubs are very active on Instagram and regularly post meeting details and events. All it takes is one message or one click to find a new opportunity.

While the first meeting might feel awkward or unfamiliar, don't give up too quickly. Give the club a few chances. Talk to the people next to you. Introduce yourself to the executive board, they're there to welcome you.

With time, you might not feel at home or you might become a leader. Many students, including myself, found new confidence by joining a club they loved and eventually taking on a leadership role. It's incredibly fulfilling and a great way to grow personally and professionally.

One of the most exciting parts of college is the chance to discover new sides of yourself. Maybe you've always wanted to try rock climbing or take up dance, but never had the chance. Now is the moment. You don't have to be good at something to try it. College is about

exploration, and sometimes the passions you never considered end up being the ones that change your life.

I found some of my closest friends by signing up for classes that genuinely interested me. It's true that making friends in class can be tricky — bridging the gap between classmates and real friends isn't always easy. When you enroll in courses you're excited about, like creative writing or art, you meet people who share your passions.

That's how I met my best friend — in an international literature class.

She mentioned a book, I chimed in, and the rest was history. Another friend and I bonded over his blog about Webtoons. If someone in class seems approachable or shares your interests, don't be afraid to start a conversation. The worst that can happen is silence, and if that's the case, they're the ones missing out.

Beyond clubs and classes, I'd also recommend attending campus events. Penn State hosts a wide variety of them, from fall festivals to cultural showcases.

“Entering college means giving yourself the chance to learn new things, challenge your comfort zone and build a new version of yourself.”

Elbia Vidal Castillo

These events are a great way to invite new friends, strike up conversations with people and enjoy the vibrant community around you. Many of the students you'll meet are just as eager to connect as you are.

One last piece of advice: say yes when it feels right. I know it's easy to retreat when everything feels overwhelming, but try not to. If someone invites you to a movie night or a book club, go. You might end up making a new friend — or at the very least, a new memory.

Introduce yourself to your dorm neighbors, attend the floor events and let yourself be part of something new.

It's okay to feel overwhelmed. Change isn't easy, but it's a great teacher. Pushing through discomfort, trying new things and allowing yourself to be open to connection will help you find your people. Once you do, Penn State will begin to feel a lot more like home.

Elbia is a news reporter and columnist for the Daily Collegian. She is also part of the Newsletter Staff. She is a fourth-year studying sociology and english, with minors in Spanish, Journalism and Global Studies. Email her at ekv5127@psu.edu and follow her on X @ [elbia_vidal](https://twitter.com/elbia_vidal)

Daily Collegian

Collegian Inc., 115 Carnegie Building,
University Park, PA. 16802 ©2025 Collegian Inc.

BOARD OF EDITORS

Editor-in-Chief
Mercedes Hamilton
Managing Editor
Kahlie Wray
Digital Managing Editor
Avery Tortora
News Editors
Rachael Keller
Nadya Solometo
Sports Editor
Lexie Linderman
Football Editor
Avery Hill
Photo Editor
Alexandra Antoniono
Visual Editor
Samantha Pach
Opinion Editor
Teresa Phelan
DEI Committee Chair
Chayil Dozier
To contact News Division:
News, Opinions, Arts, Sports, Photo, Video, Graphics
814-865-1828

BOARD OF MANAGERS

Business Manager
Amy Schafer
Vice President
Zack O'Brien
Sales Directors
Rhea Khettry
Sri Ginith
Marketing/Creative Director
Tyler Nolt
Business Insights Directors
Rohan Badami
Jonathan Zavialov
Fundraising Director
Chris Burnis
Advertising Manager
Scott Witham
To contact Business Division:
Advertising, circulation, accounting and classifieds
Phone: 814-865-2531
9 a.m. to 5 p.m. weekdays

We want to hear from you

Send us your comments on our coverage, editorial decisions and the Penn State community.

Email: editorinchief@psucollegian.com

Online: psucollegian.com

Postal Mail/In Person: 115 Carnegie Building, University Park, Pa. 16802

Letters should be about 400-600 words. Student letters should include class year, major and campus. Letters from alumni should include graduation year. All writers should provide their email address and phone number

for verification. Letters should be signed by no more than two people. Members of organizations must include their titles if the topic they write about is connected with the aim of their groups. The Collegian reserves the right to edit letters. The Collegian cannot guarantee publication of all letters. Letters chosen run on The Daily Collegian website and may be selected for publication in the print edition. All letters become property of Collegian Inc.

Who we are

The Daily Collegian's editorial opinion is determined by its

Board of Opinion, which is made up of members of its Board of Editors, with the editor-in-chief holding final responsibility for content. The opinions expressed on the editorial page are not necessarily those of Collegian Inc., a separate institution from Penn State.

About the Collegian

The Daily Collegian is published by Collegian Inc., an independent, nonprofit corporation with a board of directors composed of students, faculty and professionals. Penn State students write and edit the paper

and solicit advertising for it.

During the fall and spring semesters, The Daily Collegian publishes on Fridays. Issues are distributed in on-campus news-stands, with PDF copies available on The Daily Collegian's website.

Complaints

News and editorial complaints should be presented to the editor. Business and advertising complaints should be presented to the business manager.

Scan to access PDFs of past Daily Collegian issues.

Balancing books and burpees

By Ella Kurovsky
THE DAILY COLLEGIAN

There are plenty of fitness locations spread throughout campus for the gym rats. Keeping a balance in college is key to staying on track and still enjoying some Berkey Creamery ice cream every now and then.

Penn State boasts seven recreational facilities on the student affairs website, including the IM Building, IM Fields, Hepper Fitness Center, McCoy Natatorium, Stone Valley Recreation Center, The Tennis Center and White Building.

If you're looking to lift some weights or take a jog on the treadmill, the IM building has those and more. Located on Curtin Road, between East Halls and Beaver Stadium, this facility offers a variety of free weight stations, dumbbell areas and cardio machines.

For those more into activity based workouts, the center also has an indoor turf field, indoor track, martial arts rooms,

table tennis, racquetball courts, a 40-foot climbing suite and bouldering wall.

If you like staying active with friends or just have a competitive edge, a game of IM football or soccer with some fellow Penn Staters at the IM Fields could be a perfect afternoon. Located behind the Natatorium, Bigler West Field hosts Club Sports practices and other intramural programs.

The Park Avenue Fields, on East Park Ave, are a total of 12 acres and hold evening Intramural Sports leagues and Club Sports practices. The West Fields host similar events and are among some great places to get outside.

Over on Burrowes Road, tucked into Rec Hall, the Hepper Fitness Center is filled with free-weight sections, treadmills, ellipticals, bikes, steppers and rowers. They also offer personal training packages for those looking for a more personalized workout experience.

The McCoy Natatorium on Bigler Road is perfect for taking a

dip in the pool on hot days in Pollock Halls. The Natatorium offers chances to partake in recreational swimming, club sports, intramural events and other aquatic events.

With indoor and outdoor swimming pools, you can stay active all year round, even during 20 degree Pennsylvania mornings. If you're more into hiking and exploring the beautiful valleys in the Keystone State, Stone Valley Recreation Center is a great spot to get out and take in the sunshine.

14 miles from campus, the recreation area includes over 20 miles of trails, the 72-acre Lake Perez, a picnic area, challenge course and even cabin and pavilion rentals. Paddle boats, canoes and kayaks are all rentable by students during a day trip to Lake Perez.

Over on Millenium Drive, that fresh rubber smell of tennis balls is a big draw to the Tennis Center, or maybe just the fact that people enjoy playing tennis. Tennis Center memberships are available to students, faculty, staff and



Jacob DeLuca/Collegian

The Intramural Building stands on Curtin Road on Saturday, April 19, 2025 in University Park, Pa.

community members who are interested in honing in on their racket skills.

Programs are offered for all levels from beginner to tournament, so don't feel afraid to try your hand at tennis for the first time.

Centrally located on campus, next to the HUB, the White Building is a popular gym spot for students.

The strength and fitness center holds 75 plate-loaded stations,

50 free weight stations, and 60 cardio machines. The facility also houses an indoor pool, two basketball courts and multi-use rooms for scheduled group fitness classes and more.

With so much on a student's plate, Penn State's fitness facilities make it easy to stay in shape and have fun while doing so — all without missing a beat.

To email reporter: epk5454@psu.edu
Follow her on X @ [ella.kurovsky](#)

Do's and don'ts of roommate living

By Sawyer Hadlum
FOR THE COLLEGIAN

Let's face it. Transitioning from a high school senior into a first-year college student, while certainly exciting, can be a stressful and intimidating time.

Moving away from home can be daunting, especially when it means living with a roommate, possibly a completely random one.

However, something that students will come to realize is that despite one's best efforts, whether you went random or are rooming with someone you already know, differences will undoubtedly arise. It's simply the reality of living in an 11-foot by 15-foot unrenovated dorm (thank you Porter Hall).

Here are some do's and don'ts of living with a roommate. First-years listen closely.

doubtedly have at least some commonalities in trying to get to know someone.

Regardless of ethnicity, beliefs or background, we can all relate to one thing: each one of us is among more than 49,000 students here at University Park.

Getting to know your roommate can help make leaps and bounds in terms of connecting two different people who may have met each other by chance.

Don't:

Get too worked up over arising issues. It can be difficult to execute when push comes to shove, but oftentimes, living in a tiny dorm room causes small issues to gradually snowball into bigger ones. Whether it's a nagging pet peeve your roommate has or general disagreements, small issues that shouldn't warrant much attention unintentionally become bigger when living in such cramped quarters..

Many times, these issues can be easily solved by talking with your roommate and recognizing

the conditions in which you both live at the time.

Do:

Have fun with your roommate. Believe it or not, college can be a lot of fun. With tons of outside activities to do on campus or downtown, along with hanging out in the dorms or commons, there's no shortage of entertainment at Penn State. Don't even get me started on the phenomenon that is tailgating during football season.

Try to find things that interest both you and your roommate or if you're feeling bold enough, get out of your comfort zone and try something new. From laser tag to axe throwing to pottery painting, State College offers nearly everything to those willing to give it a try.

Don't:

Mess with stuff that isn't yours. I feel like this goes without saying, but if it's not your property, without your roommate's permission, don't mess with it.

Regardless of what it may be, if your roommate doesn't want you touching it, just don't. Living with someone new can be challenging enough as it is without having to worry about personal boundaries. If it isn't yours, don't assume you have a right to it.

Do:

Find a good study spot outside of the dorm room. Whether it's somewhere on campus or at one of the countless businesses downtown that welcome students, Penn State offers an unlimited number of study spots.

From the Pattee and Paterno Library in the heart of campus to Webster's Bookstore Cafe, there are plenty of places for students wanting a change of scenery.

Such a change can help to minimize roommate issues, as both parties aren't constantly in direct proximity to each other all the time.

Don't:

Be messy beyond reason. Nobody likes a slob. I say "beyond

reason" because, as a college student who knows the habits of other college students, people get busy. When people get busy, sometimes cleanliness unfortunately becomes a second thought. However, please, please, please try your best to keep a tidy enough space that is manageable.





Students can become a bit careless, but try to stay conscious of it, as your roommate certainly will be if it starts to get bad and creeps its way onto their portion of the room.

Living with someone new, especially in such tight conditions and in an unfamiliar place, can be challenging. Unless you've had to share a bedroom with siblings in the past, for most, it is a brand-new experience. However, just because it's a new experience doesn't mean it has to be a bad one. With a little effort, communication and respect, you may just find yourself a best friend for years to come.

To email reporter: smh7597@psu.edu
Follow him on X @ [sawyerhadlum](#)

Online Tutoring for Penn State Students

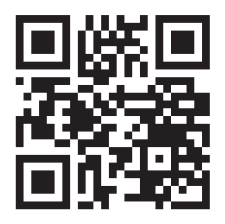
Don't Study Hard, Study Smart!

-  Asynchronous instruction customized to your Penn State courses and instructors
-  Review guides with notes, formulas, and sample problems
-  Practice exams with detailed solutions
-  100% Free Exam 1 Reviews



ACCTG 211	BA 342	BIOL 110	CHEM 110
CHEM 112	ECON 102	ECON 104	FIN 301
MATH 021	MATH 022	MATH 110	MATH 140
MATH 141	MATH 220	MATH 230	MATH 231
MATH 250	MATH 251	MGMT 301	MKTG 301
PHYS 211	PHYS 212	PHYS 250	PHYS 251
SCM 200	SCM 301	SPAN 3	STAT 200

LionTutors®
Visit LionTutors.com for more information

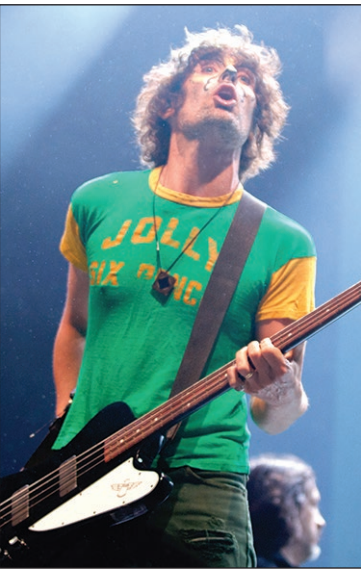


A YEAR IN THE LIFE

What incoming Penn State students can look forward to



Joey Tiger/Collegian
Lily Mayer, a third-year studying data science and statistical modeling, rides down a zipline on the HUB Lawn during the SPA Mobile Zipline event on Nov. 11, 2024 in University Park, Pa.



Matthew Kemper/Collegian
The All-American Rejects perform at Movin' On on May 2, 2025 in University Park, Pa.



Alexandra Antoniono/Collegian
The crowd dances while Sage the Gemini opens for Swae Lee during the LightsUP concert at the HUB-Robeson Center lawn on Aug. 30, 2024 in University Park, Pa.



Jonah Richmond/Collegian
Penn State students throw snowballs at the East Halls on Dec. 5, 2024 in University Park, Pa.



Kate Hildebrand/Collegian
The Penn State wrestling team celebrates after winning its 13th national title at the NCAA D1 Wrestling Championships in the Wells Fargo Center on March 22, 2025 in Philadelphia, Pa. The Nittany Lions won the team competition with a score of 177.



Kate Hildebrand/Collegian
Mackenzie Bronk, Blue Sapphire, and Carson Pedaci, Drum Major, lead the Blue Band into the stadium at Penn State's Homecoming football game against Illinois in Beaver Stadium on Sept. 28, 2024 in University Park, Pa. The Nittany Lions beat the Fighting Illini 21-7.



Samantha DiCamillo/Collegian
A group of students pose during the Holi Festival on April 18, 2025 on the HUB lawn in University Park, Pa.



File Photo/Collegian
Fireworks go off after the Penn State football Homecoming game against Illinois in Beaver Stadium on Sept. 28, 2024 in University Park, Pa. The Nittany Lions beat the Fighting Illini 21-7.



Esteban Marenco/Collegian
Participants celebrate after completing the hotdog race during Penn State baseball's dollar dog night game against St. Bonaventure in Medlar Field at Lubrano Park on March 19, 2025 in University Park, Pa. The Nittany Lions beat the Bonnies 10-5.



Matthew Kemper/Collegian
Participants dance during a performance by Go Go Gadjet during the 53rd THON in the Bryce Jordan Center on Feb. 23, 2025 in University Park, Pa.

Must-know PSU songs

By Jocelyn Bilker
THE DAILY COLLEGIAN

Here’s your guide to the songs that will define your college soundtrack.

“Sweet Caroline” – Neil Diamond
Played during the fourth quarter of football games and at campus events like Homecoming and THON, this one is all about the crowd response: “Bum bum bum!” and “So good! So good! So good!” It’s a feel-good song everyone knows, no matter the decade.

“Say Amen” – Panic! At The Disco
This song is a pre-game ritual. Right before the football team charges onto the field, the entire stadium belts out this high-energy anthem. When the beat drops and 100,000+ fans start jumping, you’ll feel the roar in your chest. Pro tip: learn the lyrics now, because you don’t want to be the only one not shouting along.

“Mr. Brightside” – The Killers
This early 2000s hit has become a Gen Z anthem. It’s often the

closing song at parties and bars. Everyone screams the lyrics and dances with strangers who feel like lifelong friends.

“Levels” – Avicii
No Penn State playlist is complete without some EDM. “Levels” is a nostalgic throwback that’s still a favorite at parties and pep rallies. It captures the high-energy spirit of student life in Happy Valley.

“Party in the U.S.A.” – Miley Cyrus
Unexpected? Maybe. Don’t be surprised when this classic comes on at a party and everyone knows every word. It’s an unofficial anthem of good vibes, nostalgia and Penn State energy.

“No Hands” – Waka Flocka Flame
A true college party classic, “No Hands” never fails to get the crowd hyped, whether it’s blasting at a frat house, tailgate or apartment pregame. If you don’t know it yet, you will soon.

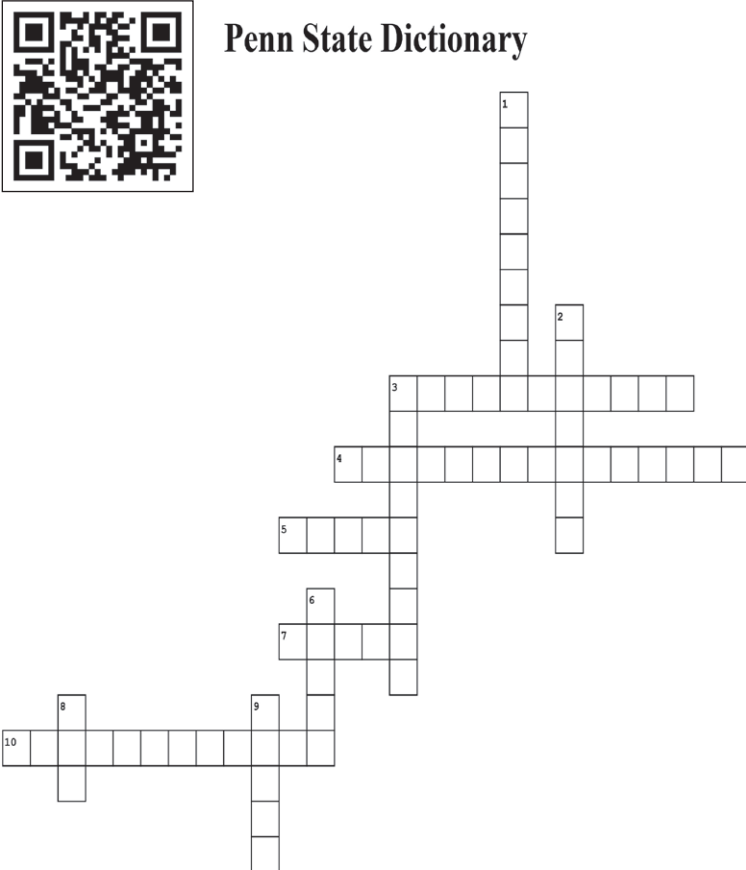
“Fein” – Travis Scott
Travis Scott’s “Fein” has become a staple for turning up on

campus. With its smooth beat and catchy flow, it’s a must for parties, especially when you’re vibing with friends at a tailgate or club.

“Mo Bamba” – Sheck Wes
If you’ve been to a Penn State football game, you’ve definitely heard this song. The unforgettable hook is a staple for getting the student section jumping.

Scan the code for a playlist of Penn State essentials.

To email reporter: jpb6798@psu.edu
Follow her on X @jocelyn_bilker



- Across
- Down
3. – Student-made holiday full of green and day parties between spring break and THON.

4. – Controversial campus figure who stands in front of Willard in a red hoodie.

5. – A daytime party, often part of Greek life festivities.

7. – The iconic Penn State chant.

10. – Tents of students camping out before big football games.
1. – Unofficial name for the wave of colds that spreads through campus each semester.

2. – Stretch near campus packed with fraternity houses.

3. – First week of classes when things are chill — academically, at least.

6. – The iconic Penn State chant.

8. – THON acronym that means “For The Kids.”

9. – Hop on for a campus ride.

Penn State dictionary

By Jocelyn Bilker
THE DAILY COLLEGIAN

As a Penn Stater, you’ll quickly notice campus has its own language. From quirky nicknames to iconic phrases, these are some of the terms that make up the unofficial Penn State dictionary.

Bloop and Whoop
CATA buses provide free rides



Joel Haas/Collegian file photo

Students wait in line for a bar on State Patty’s Day.

around campus and downtown, with the two most-used routes being the Blue Loop and the White Loop. Instead of calling them by their full names, students affectionately refer to them as the “Bloop” and “Whoop.” Catching the “Whoop to class” might just become part of your daily routine.

Willard Preacher
If you hear someone pas-

sionately debating outside Willard Building, that’s the Willard Preacher, Gary Cattell. Known for his controversial speeches and signature red t-shirt, he’s been a part of the campus scene for decades.

FTK
You’ll see “FTK” all over campus, especially in February during THON. It stands for “For The Kids,” the heart of Penn State’s 46-hour dance marathon that raises millions for pediatric cancer.

At Penn State, it’s more than an acronym — it’s a movement.

State Patty’s
This is a student-made holiday celebrated the weekend after THON and before spring break, created so students wouldn’t miss out on St. Patrick’s Day (despite the fact that spring break hasn’t fallen on St. Patty’s Day since

2007). Known for all-day partying and packed bars, it’s a wild part of Penn State’s social scene.

PSU Plague
At some point each semester, especially during the colder months, Penn State students find themselves battling what’s known as the PSU Plague — a wave of colds, sore throats and coughs that sweeps across campus. With thousands of students sharing classrooms, buses and dorms, it spreads fast and hits hard.

Hand sanitizer, tissues and tea become essentials during this time.

Sylly Week
The first week of classes is often referred to as “Sylly Week.” It’s known for minimal homework and a busy social calendar before the real academic grind kicks in. Just don’t get too comfortable — it doesn’t last long.

Darty
Otherwise known as a daytime party, a darty often happens when it’s warm outside. Darties are not only a huge part of Greek life but are a large chunk of off-campus social scenes as well. Think music and all of the red Solo cups you could possibly imagine.

Frat Row
Whether you’re attending a party, rushing a house or just walking by, this stretch near campus is lined with fraternity houses and is a recognizable part of the social landscape of Penn State.

Nittanyville
Before big home games, students camp out in front of Beaver Stadium for the best seats. This tradition is part tailgate, part sleepover, all Penn State spirit.

To email reporter: jpb6798@psu.edu
Follow her on X @jocelyn_bilker

College AVE

A Better Student Loan Experience.

We’re here for more than just your loan. With flexible options to fit your budget and resources to guide you, we’ve got your back through every step of your college journey.

3-Minute Application

Helpful Tools and Resources

Great Customer Service

Flexible Loan Options

Enter to Win a \$1,000 Scholarship¹

We pick a new winner every month and you could be next!

College Ave’s student loan products are made available through Firsttrust Bank, member FDIC, First Citizens Community Bank, member FDIC, or M.Y. Safra Bank, FSB, member FDIC. All loans are subject to individual approval and adherence to underwriting guidelines. Program restrictions, other terms, and conditions apply.

1 No purchase necessary to enter or win. See official contest rules for details.

WE RESERVE THE RIGHT TO MODIFY OR DISCONTINUE (IN WHOLE OR IN PART) THIS LOAN PROGRAM AND ITS ASSOCIATED SERVICES AND BENEFITS AT ANY TIME WITHOUT NOTICE. CHECK WWW.COLLEGEAVE.COM FOR THE MOST UP-TO-DATE INFORMATION.

©2025 College Ave. All Rights Reserved.

Must-have apps for every Penn State student

By **Gabrielle Marston**
THE DAILY COLLEGIAN

Transitioning to Penn State can be seamless for some, but for many, there are an array of challenges. Thankfully, there are several technological resources to make things easier.

Here are some must-have apps to ease the transition into a Penn State student.

Canvas Student

The Canvas platform is used at Penn State by students and faculty. It's used for completing assignments and helps students keep track of modules and other classroom materials. The app also features a calendar that has the due date for each assignment listed.

This app sends notifications right to your phone, like announcements or changes made within your class. The platform also has an inbox feature that allows you to contact your professors and fellow students.

Penn State Go

This is the "all-in-one" app for campus news, maps, dining and bus schedules. With your Penn State account, you have access to things like Starfish (a tool for scheduling appointments with faculty), along with alerts for campus events, announcements and even event countdowns.

You can also use the app to track the buses and locate the stops and times they are running, so you can be aware of any delays in real time.

Campus Recreation

With a large assortment of activities offered at Penn State, Student Affairs has Campus Recreation. This helps students find fitness classes such as tennis, wall climbing and intramural sports.

The app also allows you to reserve workout rooms, check gym hours and browse several programs to get involved with.

Paw Prints

Throughout the semester,

there may be times you find yourself needing to print out classroom materials. For those who forgot to add a printer to their move-in checklist and need access to one, Paw Prints easily allows you to upload and manage print jobs at any PSU printer right from your phone.

Grammarly

Grammarly is an easy app to install and use from either your phone or laptop. It can be a second pair of eyes and catch any grammar mistakes, help to avoid plagiarism and improve writing on papers and emails.

Forest

Whether you're studying or cramming last minute, Forest is useful for limiting phone distractions. The app allows you to set a duration of time to "focus," and users can "plant a tree," which will grow as you complete your tasks.

If you use your phone during the focus period, the planted tree will begin to die, giving you an incentive to stay focused. The company Forest also donates to tree-planting organizations based on user activity.

GroupMe

Many Penn State organizations and clubs use this app to communicate with each other. It works just like your standard messaging app, with notifications going right to your phone, and allows you to join as many groups as needed.

Users can join with a QR code or manual code. It's used to share any information, event details or questions within your group.

Student Beans

As Penn State students, we have access to exclusive student discounts at some of students' favorite major retailers. By simply signing in with your Penn State credentials, you can unlock many savings.

To email reporter: gmm6030@psu.edu
Foollow her on X @ [_gabbyyyym](#)



Samantha Wilson/Collegian file photo

A blue light emergency telephone pole stands next to the HUB Lawn on Tuesday, Nov. 6, 2018.

Emergency services for incoming students

By **Lily Groover**
THE DAILY COLLEGIAN

The university offers many resources to keep students, staff and visitors safe.

Here are some of the on and off-campus emergency services available to students.

State College Police

The State College Police Department is responsible for providing law enforcement and public safety services to the community in areas not owned or used by the university, which includes downtown State College.

Dialling 814-234-7150 will connect you directly to the department. In an emergency, call 9-1-1.

University Police

University Park has its own police force who are committed to campus safety. According to the website, the Penn State police division is a "full-service police agency," which means they have full law enforcement authority.

Calling 814-863-1111 will connect callers directly to a University Police dispatcher. In an emergency, call 9-1-1.

Emergency Telephones

The Emergency Phone System was created to provide security to the people on campus. The phones are located at poles

with a bright blue light for easy recognition, and are scattered throughout campus.

Picking up the receiver and pressing the red button will immediately connect you to a University Police dispatcher.

There is another type of emergency phone located by the entrances of residential halls. The phones can also be used for visitors who want to be escorted into dormitories.

Safe Walk Program

The Safe Walk Program was designed for Penn State students, employees or visitors who may feel unsafe or vulnerable walking alone on campus at night.

To request a safe walk, call 814-865-WALK (9255) and a member of the Auxiliary Police, an uniformed student division with the University Police, will accompany you. The Safe Walk Program is available dusk to dawn, 365 days a year.

PSU Alert

This system is used to keep the public informed of campus emergencies. Whether it's a weather related closure, a security threat or another urgent situation, PSU Alert delivers timely updates directly to the user's phone.

To sign up to receive alerts, visit www.psualert.psu.edu.

Report a Concern

Penn State said they have a

'see something, say something' philosophy, which makes it easy for anyone to report suspicious behavior. Most reporting tools offer the option to report anonymously.

Online forms include reporting student misconduct, hazing and more. All report forms are available on the Penn State Student Affairs website.

Students also have the option to report a concern in-person at the Office of Student Accountability and Conflict Response in 120 Boucke Building.

Penn State Crisis Line

Penn State has a 24/7 crisis hotline for those experiencing a mental health crisis, sexual assault, stalking or any other immediate emergency. This resource is available for any student on any campus.

Call the Penn State Crisis Line at 877-229-6400 or text 'LIONS' to 741741.

RealResponse

On April 29 the university transitioned to RealResponse as its official hotline report. It's a secure system that allows for anonymous communication via text, mobile app or website.

You can anonymously send texts to 888-778-8173.

To email reporter: llg5288@psu.edu
Follow her on X @ [lilyyleche](#)



Enhance your Penn State experience

Center for Penn State Student Entrepreneurship

Gain the knowledge and experience you need to succeed as an entrepreneur in any field through resource support and the Entrepreneurship and Innovation Minor.
cpsse.psu.edu

Penn State Chaiken Center for Student Success

Build a strong foundation and excel with the tools and support to navigate your academic journey—from success coaching and first-gen programs to school supplies and more.
success.psu.edu

Penn State Learning

Unlock your potential with free guided study groups, exam reviews, peer tutoring, and writing assistance available on campus or online.
pennstatelearning.psu.edu

Student Orientation and Transition Programs

Engage in the college experience at President's New Student Convocation and other Penn State Welcome Week events designed to help you adjust to your first semester.
welcomeweek.psu.edu

Undergraduate Research and Fellowships Mentoring

Embrace your curiosity and intellectual passions through faculty-guided research, creative work, and competitive fellowships in the U.S. and abroad.



Scan the QR code to learn more about Undergraduate Education programs at undergrad.psu.edu.

