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Cover by Haley Walton





HOUSING

Find your perfect fit for the year

Between residence halls and apartments, choosing where to live can be overwhelming

BY MARIE RENEA
The Shorthorn staff

A student's decision to live on campus can be a pivotal moment in their college experience, but choosing where to live can be tricky.

UTA offers various options between residence halls and apartments for students.

Residence Halls

With four residence halls at UTA, there are some comparisons and decisions to be made.

Residence halls have priority for first-time-in-college students, who graduate high school in May or June before their first semester at UTA. Priority assignments are also available to students participating in special programs like those with refugee status, scholarship athletes or those who were formerly in foster care.

Each hall is equipped with furniture, so students won't need to worry about buying a bed frame, desk or storage.

The halls also boast private bathrooms, unlike the communal showers movies portray. The bathrooms are divided, keeping the sinks and vanity-style mirrors away from toilets and showers.

There are different arrangement options between the halls, all offering double suites and private living spaces. Shared spaces offer two beds, while the private option allows individual rooms.

All residence halls are equipped with community kitchens, unlimited laundry facilities, fully-paid utilities, Wi-Fi and common areas where students can socialize.

Those choosing to live in a residence hall are also required to purchase a meal plan, which varies in price based on the type. Meal plans allow meal exchanges

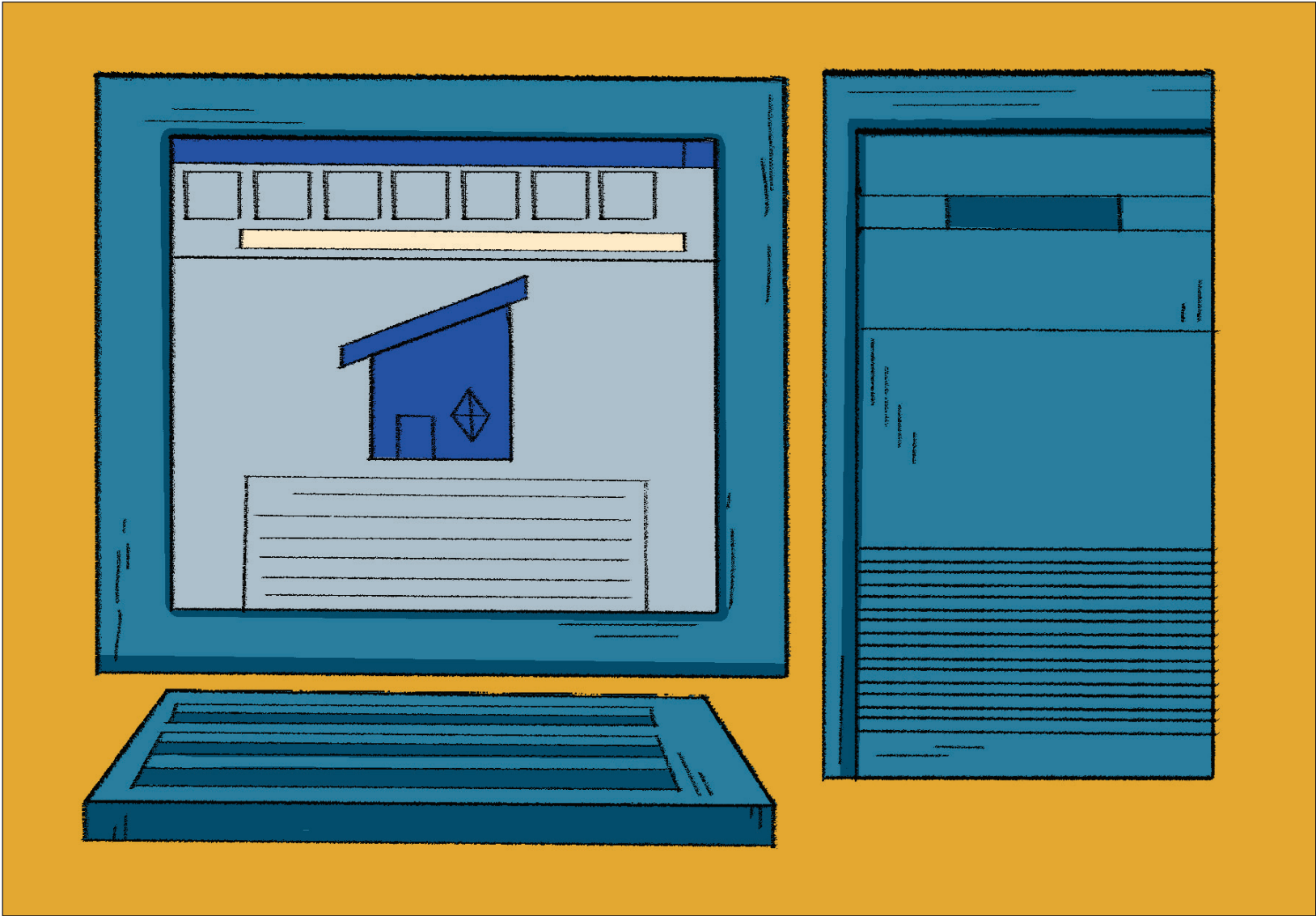


Illustration by Haley Walton

at campus restaurants, as well as meal swipes at Connection Café and Maverick Café, located on East and West campus respectively.

Apartments

There are seven different apartment communities for independent students, each with options to fit their needs.

Apartments can be rented at a by-bed or by-unit rate, depending on the community.

By-bed rentals offer shared living quarters for those looking at a close-knit community.

By-unit rentals are for the more independent bunch, allowing students to live alone or with roommates.

All apartments come with kitchens, living rooms and bathrooms.

Laundry takes a few different forms, with some offering in-unit or on-site wash options.

If laundry is a dealbreaker, be sure to check the laundry facilities on the housing website before deciding on a home.

There are options between furnished or unfurnished units for students looking to bring

in their own furniture or those wanting to check one thing off their list.

In all apartment communities, utilities and Wi-Fi are included in the rent pricing. Some facilities also have a pool.

Apartment communities do not require students to purchase a meal plan.

Which one is right for you?

Residence halls offer proximity to campus, accessible rooms and a traditional college living arrangement.

For students who don't have access to a car, those who have accessibility needs or first-time college students, a residence hall may be a good choice.

Apartments offer privacy and proximity while giving students a feel for what it's like to live independently after college.

For students looking to be self-sufficient or enjoy living alone, a campus apartment may be a good fit.

LIFESTYLE

Keep a clean space, clean mind



Photo illustration by Joel Solis

Increasing productivity with a clean space can improve one’s mental health

BY MANDY HUYNH
The Shorthorn editor-in-chief

Clutter and mess can lead to negative effects like decreased focus, confusion and tension. College is already stressful, so having an environment that contributes to that isn’t helpful.

According to *Verywell Mind*, a publication that is reviewed by mental health experts, people with clean houses tend to be mentally healthier than those with messy or cluttered homes.

Some benefits include improving your

mood and increasing focus.

Here are a few tips and tricks for keeping a clean space.

First is to check what tools you have. A microfiber cloth works best for wiping down surfaces because of its material which attracts dirt and grease, according to the Western States Pediatric Environmental Health Specialty Unit.

Other tools you might need are latex gloves, all-purpose cleaner, mildly abrasive cleaner and glass cleaner, according to an article from *Care*.

If you have a kitchen, it’s best to clean as you cook or throughout the day. Since the kitchen is used daily, cleaning before things pile up or get out of control is important. Tasks like doing the dishes after every meal will help manage the space.

Sweeping your floor at the end of the day can also help you stay on top of the accumulation of dust and dirt.

Another tip includes setting up a cleaning routine. Set a timer and see how much cleaning you can get done in that period. You can set it for 15, 20 or 30 minutes

to clean. When the timer goes off, you’re done. This prevents getting overwhelmed from thinking that you have to devote a large amount of time to cleaning.

If cleaning feels like a challenging task, there’s nothing wrong with asking for help from friends, family or roommates. You can also create a cleaning schedule within your household if you wish to divide the tasks.

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CAMPUS RESOURCES

Maverick Pantry battles food insecurity

From food to proper business attire, the pantry has an array of free resources for students.

BY SATWIK GUNDAR
The Shorthorn staff

Amidst the rising costs of education and daily living expenses, students are increasingly burdened by the weight of financial uncertainty. Fortunately, the university pantry provides essential items to both students and staff in need.

The Maverick Pantry is a campuswide facility dedicated to creating and maintaining equitable access to food and essential items so that all members of the university Community can thrive academically, personally and professionally.

Located at 520 S. Center St., it uses education, support and advocacy pillars to guide its mis-

sion in alleviating food insecurity within the Maverick community, according to its website.

Armanya Pouges, graduate assistant at the pantry, said the organization is donation-based, and its main goal is to fight food insecurity. Similar to a grocery store, the Maverick Pantry provides all necessities but at no cost. Access to essential resources is ensured without imposing financial burdens on students by allowing them to visit and choose up to 15 items per month.

“You’re also a student, so with your studies, trying to balance work and outside life, it’s kind of challenging,” Pouges said. “We try to help students that are in need of assistance with food.”

The Maverick Pantry also features a Professional Development Closet, stocked with attire for job interviews, fairs, internships and related events, all provided at no cost. Access to both



The Shorthorn: Shelby Carter

The Maverick Pantry is a facility dedicated to maintaining equitable access to essential items. Food is an encouraged donation.

the pantry and closet requires an appointment, which can be made every Monday when the group releases the available time slots for the week on their Instagram, she said. According to the website, it also offers cap and gown rentals.

For parents experiencing food insecurity, the pantry offers support as well. A fully stocked parent’s section is available, featuring items like baby food and formula, bottles, bibs, diapers, wipes, blankets, small toys and more.

The Maverick Pantry also has bins located around campus to collect donations, Pogues said.


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FOOD AND DRINK

Five quick, simple dorm meals

Cooking with limited appliances is easier than you think

STORY BY RABBIA K. MOLAI; PHOTOS BY NATANAEL MAZARIEGO
The Shorthorn staff

Moving away from home can be difficult for many reasons, but having repetitive meals doesn’t have to be one of them. Residence halls are allowed to have a limited number of appliances for cooking and storage, the most useful being a microwave and refrigerator.

Here are a few quick and easy meal ideas for your next dorm room feast.

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Hasselback tomato club sandwiches

Ingredients:

- 1 or 2 tomatoes

Cheese of choice

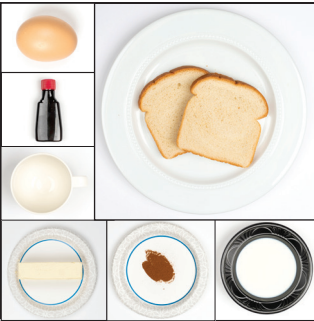
Deli meat of choice

Lettuce
- Avocado

Optional: pepper

Directions:

Cut the tomatoes into four to five slices, being sure not to cut all the way through. Fill each sliver with cheese, meat, lettuce and avocado in any order. Leave in the refrigerator until ready to optionally sprinkle with pepper and enjoy.



French toast in a mug

Ingredients:

- A mug

2 slices of bread

Butter

1 egg

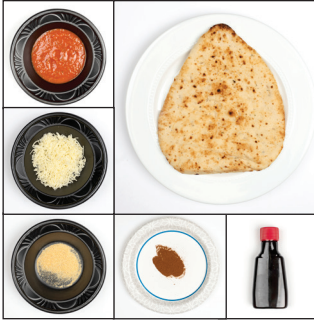
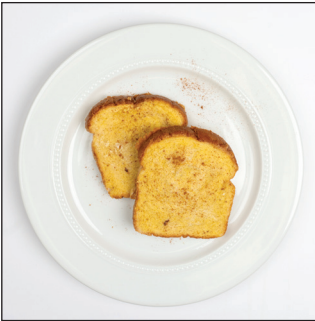
3 tbsp of milk of choice
- Cinnamon

1 tsp of vanilla extract

Optional: powdered sugar, fruit or maple syrup

Directions:

Start by buttering the inside of your mug. Cube the bread, then add it into a mug. Next combine the egg, butter, milk, vanilla extract and a dash of cinnamon in a bowl. Pour the mixture over the bread, soaking and coating it thoroughly. Microwave for one to two minutes and optionally top with powdered sugar, fruit or maple syrup.



Naan cheese pizza

Ingredients:

Directions:

- 1 piece of naan

3-4 tbsp of marinara

Mozzarella cheese
- 1 tbsp of garlic butter

Optional: red pepper flakes

Melt the garlic butter in a bowl, then spread it onto one whole naan (if desired, skip this step by purchasing garlic naan instead of plain). Spread marinara sauce onto the naan and top with as much cheese as your heart desires. Microwave until the cheese is melted and optionally top with red pepper flakes.

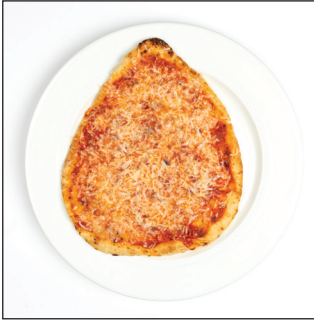


Illustration by Abbas Ghor



Overnight oats

Ingredients:

- ⅓ cup of rolled oats

½ cup of milk of choice

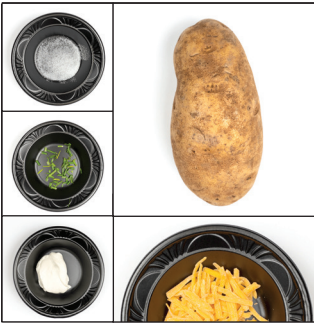
1 tbsp of chia seeds
- 1 tsp of vanilla extract

Fruit of choice

Optional: cinnamon

Directions:

Combine the rolled oats, milk, chia seeds and vanilla extract into a container. Mix and cover, leaving the container in the refrigerator overnight. Before eating, top the mix with fruit of choice and optionally add cinnamon for extra flavor.



Microwave baked potato

Ingredients:

- 1 russet potato

Olive oil

Salt

Cheddar cheese
- Sour cream

Chives

Optional: cooked bacon

Directions:

Use a fork to pierce small holes all around the potato. Cover in oil, sprinkle with salt and microwave for seven to nine minutes. Once cooled slightly, cut the potato vertically and fluff the insides with a fork. Top with cheese, sour cream, fresh chives and cooked bacon if desired.



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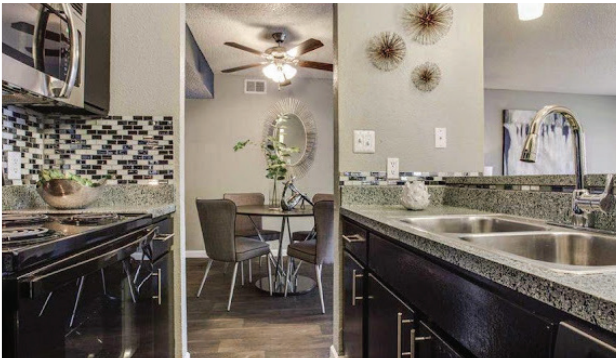
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CAMPUS RESOURCES

Where to have a stress-free study session

Here are some locations around campus for students to study productively

Science and Engineering Innovation and Research Building



The Commons



Central Library



STORY BY JAMES WARD;
PHOTOS BY NATANAEL MAZARIEGO
The Shorthorn staff

During the school year, students will have to prepare for finals and midterms. Sometimes, it's good to get out of the house and away from distractions.

Here are five study spots around campus.

Central Library

Located between the Life Sciences Building and the Chemistry and Physics Building, the Central Library offers both quiet and collaborative spaces.

The first floor features the FabLab, including 3D printers and scanners, kilns, printmaking services, computer numeric controlled milling and laser

cutters. The Studios are also on this floor and include spaces and resources for podcasts, photography, sound design, virtual production and robotics among other fields.

The second and third floors are open spaces for collaborative study. The sixth floor is also open but only when there are no events scheduled. These floors have group tables and desktop computers for studying.

The fourth and fifth floors are for quiet study, including single-person desks and desktop computers. The Writing Center is also found on the fourth floor.

Private rooms can be reserved on the library website. They accommodate anywhere from two to 10 people for varying purposes.

West Campus, Science and Engineering libraries

The West Campus Library is located on the first floor of the College of Architecture, Planning and Public Affairs Building while the Science and Engineering Library is in the Nedderman Hall basement.

The West Campus Library features a core print collection and digital resources related to art, architecture and music. A study room for up to four people is also reservable on the UTA Libraries' website.

The Science and Engineering Library features a core print collection and digital research resources related to science and engineering. Additionally, the library has four study rooms of varying capacities which can be reserved on the UTA Libraries' website.

The Commons

Located between West Hall and the Maverick Activities Center, this building features multiple dining options, tables, a common area and five meeting rooms.

Outside

When the weather is right, there are several campus locations great for outdoor study sessions, like the deck outside the College of Business Building. This deck includes benches and picnic tables. There are also picnic tables and chairs near the University Center mall and Brazos Park.

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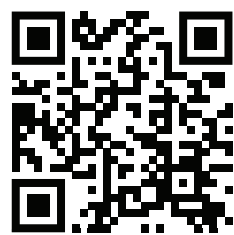
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RELATIONSHIPS

Decompress away to solve problems

Communication is key to solving roommate issues but taking time to cool off can help



Illustration by Haley Walton

BY AMANDA ALDRIDGE
The Shorthorn staff

Being a college student comes with new experiences and challenges. For some, that means having their first roommate, which isn't always perfect.

Students having roommate problems may want to get away and take some time to cool off. There are a variety of places on and off campus where students can escape, and for those in a situation where they can't leave their living space, there are at-home meditation techniques as well.

Kristen Myrick, counseling specialist and Arlington Hall residential outreach counselor, said because students come from different backgrounds, their values may differ from their roommates. She said most problems stem from small things

like cleanliness and setting boundaries, but communication is key to working through problems.

When students are having issues with mental health, communication or conflict resolution skills, Myrick said attending a Counseling and Psychological Services therapy session is a good idea. For students experiencing problems that break the housing contract, she said to go to the resident director.

CAPS offers single sessions for problems not significantly impacting your mental health, like how to navigate a specific conversation, she said.

"That could be a really good option. You're just meeting with a counselor for one single session because it's seen as something that a counselor could help

coach them through and help get resolved," she said.

Myrick said students living on campus should visit the main dorm lounge, a study lounge, the University Center or the library to clear their head if roommate issues arise. She said CAPS offers the Mindful Moments event in the UTA Planetarium once a week for mindfulness-based exercises led by a lead clinician. For students living off campus, she said going to a quiet place like the public library is a good option.

When students are in a situation where they can't leave their living space, Myrick said they can try taking a hot or cold shower, listening to music, watching a YouTube video or meditating through the Therapy Assistant Online app. The app includes different modules on meditation

and conflict solutions. Students can sign up using their UTA email.

Myrick said she also suggests progressive muscle relaxation, a guided meditation where someone is closing their eyes, doing deep breathing and tensing different parts of the muscles to release the tension.

"I always tell people with mindfulness stuff, 'it sounds kinda weird at first but just give it a try and see if you like it or not,'" she said. "Because that's a way of tensing your muscles, releasing them, so you're kind of letting go of that anxiety a little bit."

There are other meditation techniques students can try as well, like picturing their thoughts on a cloud and watching it drift away or watching meditation videos, Myrick said.

Avery Gray, resident assistant for the Heights on Pecan, said residents mainly come to her about cleanliness issues, and she suggests trying to talk to their roommates before anyone else. She said most of the time the roommate didn't know there was an issue to begin with, and if it had been brought up to them they would've changed it.

Gray said students can get their comfort food, go to the library or take a walk to decompress before going back to their room. If they can't leave their room, she said to use noise-canceling headphones and play music to escape the situation, use deep breathing techniques to get their heart rate down, play video games or read a book.

When trying to solve roommate problems, she suggests talking to their roommate, then talking to their RA and if the issue is still escalating to talk to their resident director.

"The biggest thing for solving any problem is communication with whoever you're having an issue with," Gray said. "Also checking yourself and making sure you're not in the wrong. If you need to go to a third party do that. Talk to some friends but also check yourself and make sure you're coming from a reasonable point of view."

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LIFESTYLE

Moving on and out of the house

Here are five things students should know about transitioning into college

BY ALEXIA MUÑOZ
The Shorthorn staff

Students moving out of their parents' house can learn a lot as they move onto campus for the first time. From navigating unfamiliar people to spaces, it takes time for newly independent students to adjust to being on their own.

Quinton Lane, Apartment and Residence Life assistant director, said once students get to campus, they have the opportunity to stand on their own two feet and navigate being an autonomous, independent adult, which has its obstacles.

Here are five things students should know before moving to campus:

Campus resources

UTA has several student services available on campus, providing students with support and resources when they need it.

There are emergency funds that supply assistance and housing for students facing temporary financial crises or homelessness due to emergencies. Additionally, the Maverick Pantry works to ensure access to food and essential toiletry items.

"The first line of contact students have is their RAs, who live throughout the wing of their building," Lane said in an email. "These are upperclassmen who are trained in mediation and navigating the numerous campus resources available."

Students have access to community resources such as Health Services, Parking and Transportation Services, Counseling and Psychological Services and the UTA Police Department, along with many more. There are also academic tools available such as the Career Development Center, tutoring and academic coaching.

Packing list

When moving to campus, students should bring anything that would make them feel comfortable in their new space, Lane said.

Residence halls are equipped with university-issued furniture like dressers, beds and nightstands, but items such as bedding, curtains and fans are not provided. To make a dorm more comfortable, students are recommended to pack bedroom, bathroom and cleaning items.

Lane suggests bringing clothes that are weather appropriate and transition them as seasons progress to make room for everything since closet space is limited. For example, if someone is moving in

the fall, they don't need big winter coats at that time.

Students should also be aware of the items not allowed in the dorms including candles, extension cords and certain kitchen appliances.

Living with a roommate

When students first move in, they have to adjust to sharing a living space with someone they've just met. This can cause issues to arise quickly in a student's residential experience.

Differing sleeping, cleaning and activity habits can lead to disagreements.

"The biggest way to overcome all obstacles is to have an intentional

one-on-one conversation with your roommate from the very beginning to have a conversation about the boundaries and expectations of the shared space," Lane said.

Roommates can experience frequent issues that can lead to a larger conflict if they don't have an honest discussion when they first move in. RAs can help students mediate a conversation to get roommates to communicate issues with each other.

Budgeting

Keyla Ramos, emergency assistance coordinator for the Dean of Students, said financial literacy is something a lot of students don't

have because they are, unfortunately, not taught it.

Students face several financial responsibilities when they get to college, starting with paying tuition and living expenses, Lane said. Learning to manage money is not always easy but it is a necessary skill to begin learning while in school.

According to Federal Student Aid, budgeting helps students determine if they have the resources to spend on items they want versus those they need. Making a list of each can help set boundaries and determine what items should be incorporated into someone's budget.

Keeping track of spending can also help students manage their money. The Student Money Management Center assists with financial needs and can help people create a budget.

Grocery shopping

Food is a variable expense in a student's budget, Ramos said. About 52% of UTA students have reported having some type of food insecurity, he said.

It can be stressful for students who have never grocery shopped for themselves, she said. Making a list and shopping once a week can help get the worry out of the way and streamline the process.

At the Maverick Pantry, students commonly grab peanut butter, granola bars, rice, spices and condiments. Purchasing kitchen staples will allow students to cook and plan out meals for the week.

"I encourage students to find foods that they enjoy eating and incorporate it into their diet," Ramos said.

@ALEXIADMNZ

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Illustration by Lita Cruz

"Once students get to campus they have the opportunity to stand on their own two feet and navigate being an autonomous, independent adult, which has its obstacles."

Quinton Lane

Apartment and Residence Life assistant director



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CAMPUS RESOURCES

MAC offers students fitness services

Students can take advantage of various workout facilities and classes at the center

BY MATTHEW TIBEBE
The Shorthorn staff

At the start of the semester or in the midst of midterms, students may seek ways to relax the mind and body. The Maverick Activities Center is an option with various resources for students to enjoy.

Some students may only know the MAC as a place to work out or play basketball. However, the MAC offers many programs, courses, events and membership services that students can take advantage of.

Most services offered at the MAC are complimentary for fee-paying students.

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- Rock climbing wall
- Table tennis
- Game room with billiards

Fitness and Wellness

Group Fitness offers several courses, including Zumba, cycling, yoga and kickboxing. A full list of the classes with dates and times can be found on the Campus Recreation website.

The MAC offers personal training through safe, effective and efficient programs catered to each client's needs. Prior consultation is required to hire a personal trainer. To schedule a consultation, visit the Campus Recreation website.

Campus Recreation offers therapeutic massages. Fees vary depending on the length of single-session massages. Multi-session packages are also available for frequent visitors. To purchase a session, students can go to the Services and Information desk inside the MAC or online.

Sport Programs

Campus Recreation also hosts intramural sports at the MAC and various campus locations. Intramural sports combine competitive and recreational play, allowing students to compete against one another. Available sports change each semester and have different registration deadlines. To see the spring semester schedule, visit the intramural sports website.

@BABYBOIMATT
news-editor.shorthorn@uta.edu



The Shorthorn: Shelby Carter

The upstairs area of the Maverick Activities Center offers various equipment and facilities. The MAC has over 90 pieces of cardio equipment and a free weight area.



The Shorthorn: Shelby Carter

Students stroll into the Maverick Activities Center on March 26. The center is open weekdays from 6 a.m. to midnight and weekends from noon to midnight.

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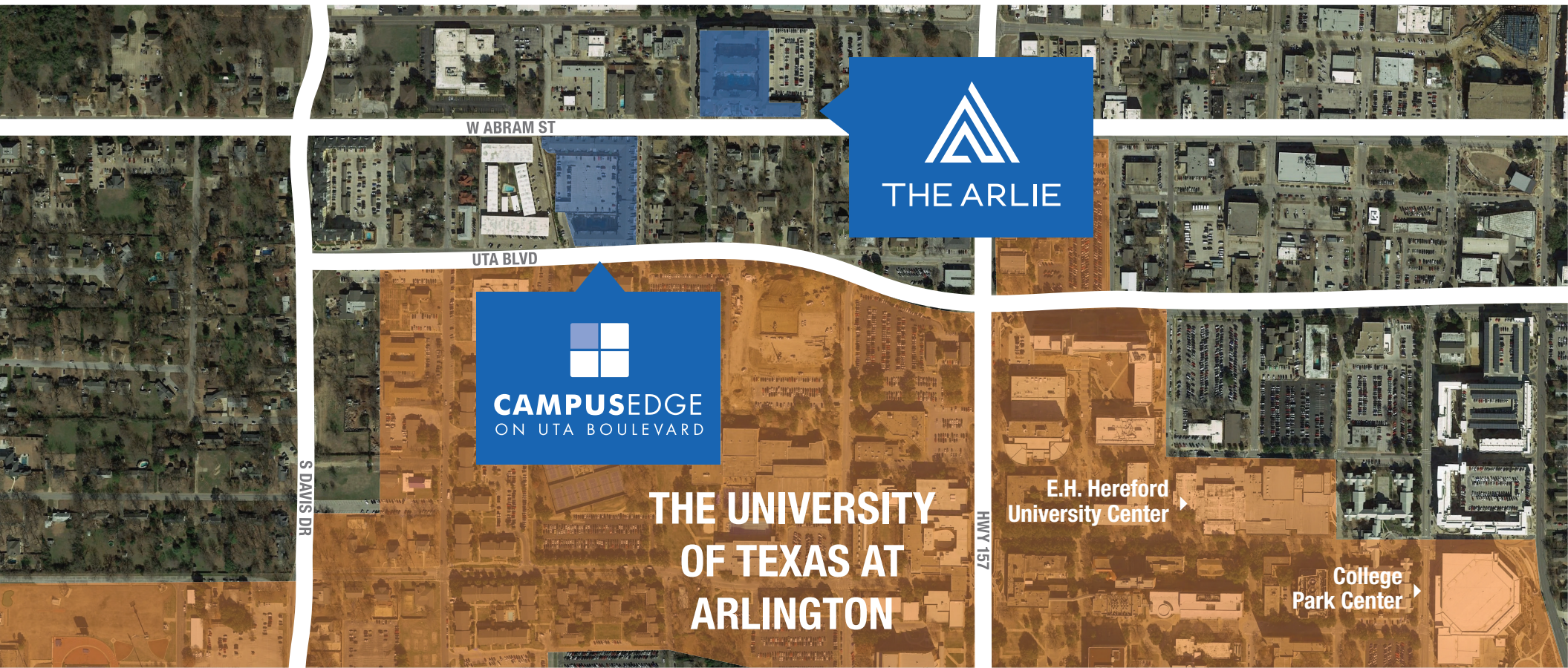


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HEALTH SERVICES

Health Services opens door to safe sex

The facility breaks down access barriers with its Condom Closet, educational sessions and emergency contraceptives, making safe sex practices accessible to students

BY HANNAH GARCÍA
The Shorthorn news editor

Students may stress or feel uncomfortable finding health care resources on campus, but with access to free condoms, birth control and educational sessions, practicing safe sex can be simple.

UTA Health Services is an accredited health care facility that strives to provide eligible students with quality, accessible, comprehensive and cost-effective care, according to its website. Resources include a medical clinic, pharmacy, gynecological services, psychiatry, immunizations, x-rays and more.

The Office of Health Promotion, a branch of Health Services located in the basement of the facility, additionally supports students' health and well-being by engaging and empowering them to make positive changes and choose healthy behaviors.

Alexis Washington, health promotion assistant director, said the office focuses on outreach and education. Using the nine dimensions of wellness model, they meet students where they are to remind them of their resources.

Washington said she wished more students knew about the free services the office offers, including one-on-one health education sessions and wellness workshops for student groups or classes.

She said, one of their most popular sessions focuses on sexual health education. The office often sees students who may not have gotten a proper, comprehensive K-12 sexual education or didn't have conversations on the topic. They begin with basic information to gauge the person's knowledge, but participants are always allowed to ask questions.

To make safe sex practices

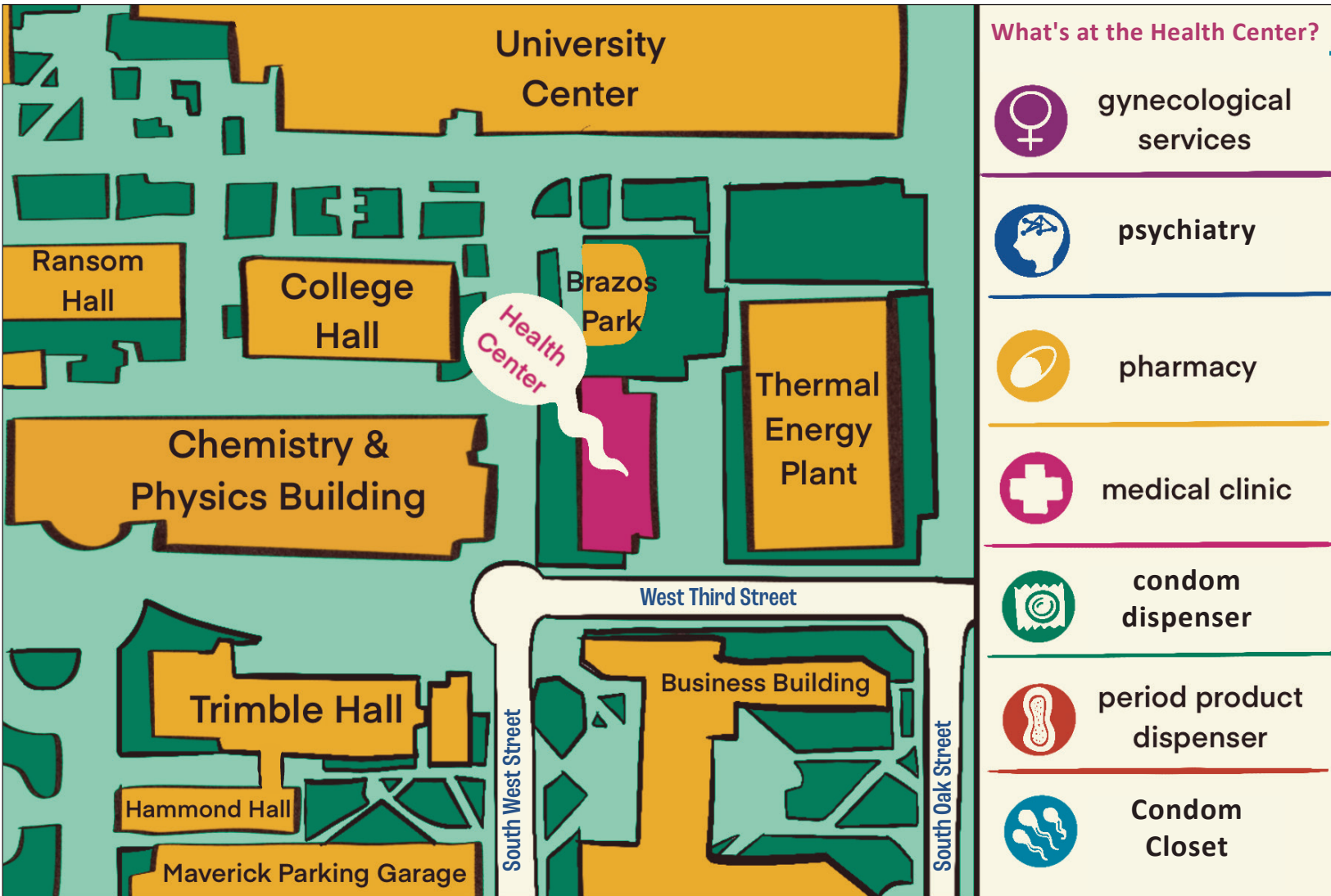


Illustration by Kennedie Hakes

more accessible, the office offers a Condom Closet. Each session is about 15 minutes, accompanied by a staff member, students can go to the closet to pick whatever they need and ask as many questions as needed. Instructions and demonstrations for product use can be provided as well, Washington said.

Appointments can be made through the office's website or through its Instagram page @healthymavs. Some items provided by the Condom Closet include flavored, non-latex and internal condoms, dental dams and water-based lubes.

"We're able just to give them a bag and they can take as much as they need, we just remind them 'this doesn't have to be your only visit,'" Washington said. "You don't have to stockpile it all now, you can come in as many times a semester as you need."

To expand access for students, the office installed a condom dispenser filled with external, latex condoms and water-based lube, outside the Health Services lobby. Alongside it sits a free period product dispenser, which can also be found in over 70 locations around campus.

Washington said the campus will soon expand condom dispensers across campus, including places like the Maverick Activities Center, residence halls and the University Center.

The Health Services' pharmacy is open to all students, even those not enrolled in the student health insurance plan, and she said does not require an appointment, she said.

This academic year, the office has been able to significantly cut costs of certain products, making birth control pills \$12, pregnancy tests \$10 and emergency contraceptives \$5.

"It really breaks down a lot of different barriers to access, the first one being financial so students don't have to pay for these, especially if it's an emergency," Washington said.

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CAMPUS RESOURCES

Everything to know about counseling

Counseling and Psychological Services provides support for students' mental health



Illustration by Kennedie Hakes

BY PEDRO MALKOMES

The Shorthorn associate news editor

Between stressful exams, all-nighters and packed schedules, the college lifestyle can impact students' mental health.

Accessible to all students, Counseling and Psychological Services provides mental and emotional support through counseling and psychiatry sessions. Sessions are available in person or virtually from 8 a.m. to 5 p.m. Monday through Friday.

Adjusting to a new environment in college when students

are becoming more independent and less reliant on their parents may create issues, said Joseph Allberg, assistant director of mental health and outreach promotion.

"It's very normal to need a little bit of feedback and guidance to adjust to those normal stressors of life," Allberg said.

Students are offered six free counseling sessions per semester. Additional appointments cost \$10 each, except for group counseling, which is always free but requires a referral. Psychiatry sessions cost \$20 for an

initial assessment and \$10 per follow-up session.

Appointments can be scheduled by calling (817)-272-3671 for counseling and (817)-272-2771 for psychiatry.

CAPS also provides free crisis support through the 24-hour MAVS TALK line at (817)-272-8255. During business hours, students can call the crisis counselor on duty to schedule an urgent appointment at (817)-272-3671.

Separate from on-campus CAPS services, the TimelyCare app is another free UTA resource.

The app provides 24-hour emotional support calls, nine free scheduled counseling sessions per year, psychiatry sessions, health coaching and other resources.

Emphasizing that counseling doesn't require commitment to a schedule, Allberg said students can schedule one session or several.

Students looking to support their mental health through other activities can attend a variety of events hosted by CAPS, including the Pickleball Workshop or Mindful Moments Under the Stars, an event allowing students to medi-

tate in the UTA Planetarium.

Allberg said college is a large part of people's lives and is a transitional period that deserves recognition.

"If you don't get that check-in with your mental health, you can literally go through all of college thinking 'oh, I love my career, I love my job, I love this subject,' and not really ever inventory that," he said.

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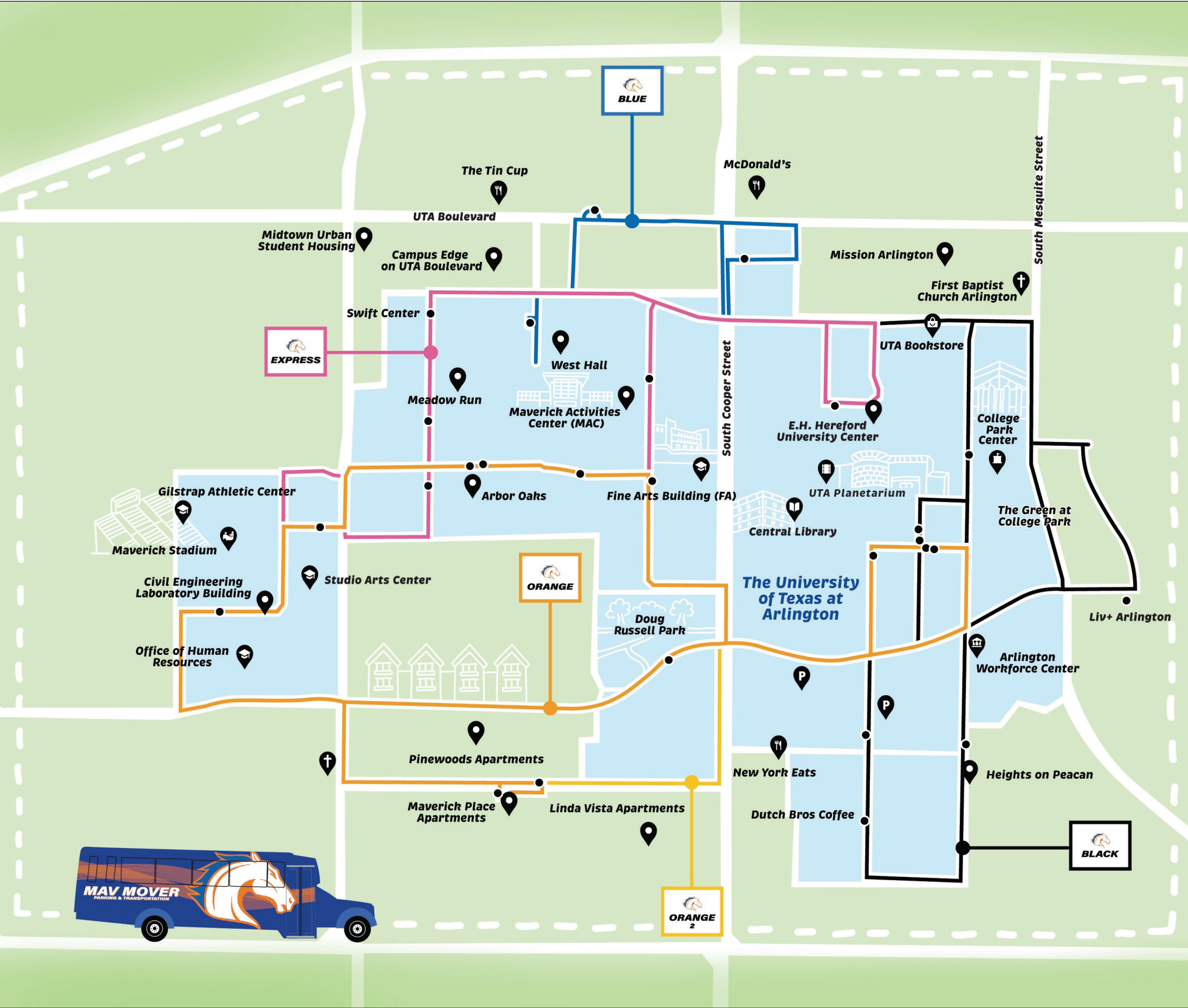
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TIME MANAGEMENT

Mastering the art of organization

From time management to tracking daily tasks, organization can be a vital skill

BY ELLA SCOTT

The Shorthorn engagement editor

Time management is a necessary skill beyond college. When lunch with a friend, hours of studying, family dinner and a shift at work fight for your few free hours, knowing what to prioritize and how to make the most of your time helps manage all those tasks.

Organizing a to-do list

Many college students seem to struggle keeping a to-do list or any kind of organization mechanism, possibly since they don't understand the purpose and options they have.

A traditional monthly calendar can help keep track of important events or meetings coming up, not including daily tasks. A weekly planner is beneficial when keeping track of recurring meetings, classes, a work schedule and any quick events or plans that pop up.

To-do lists can be an unorganized person's best friend. Even writing tasks on a sticky note each day can help keep things organized.

One way to get the most out of your to-do list is to organize it. Having one for personal tasks, like taking the trash out, one for school-related work or activities and one for your work obligations can help separate tasks into categories.

Then you would only look at the work to-do list while at the office, the school one on campus and the personal list while at home. This can aid in not feeling overwhelmed by a lengthy check list.

Another tip is to organize your to-do list into an inverted pyramid. Put tasks that must get done in a timely manner or are most important at the top of your list and tasks that could wait until tomorrow at the bottom.

To-do lists can be less effective when including more than 10 items.

In an article for the peer-reviewed journal published by the American Academy of Family Physicians, Sarina Schragger, medical editor of *Family Practice Management*, said to limit the number of tasks on your daily list to what you can reasonably accomplish.

"If you don't accomplish an item, you can move it to the start of your to-do list for the next day," Schragger said.

A recent study by Frontiers in Psychology found that writing by hand is crucial for memory formation, rather than typed writing.



Photo illustration by Ronaldo Bolaños

This demonstrates that keeping all calendars and to-do lists on paper may help to remember those tasks and events better.

Schragger mentioned to-do list apps like Tick Tick, Any.do and Google Tasks may be helpful on the go. While she's tried multiple electronic to-do lists, she said she always goes back to pen and paper.

"Nothing beats the sense of accomplishment I get by crossing off a task on a paper list," Schragger wrote.

Maximizing your time

Finding time management tasks that work best for you can be the secret to maximizing all 24 hours in a day. Tidying up and opening mail daily are common tips for staying organized.

However, if you prefer to spend a Sunday catching up on laundry, cleaning up your desk and going through old items in the fridge, then do so.

If you don't have a whole day available to catch up on the little tasks piling up, then cleaning daily may be a better fit.

In a *Washington Post* article, Nicole Anzia, owner of an organization company called

NEATNIK, recommended sticking to routines, identifying priority tasks, completing simple tasks as soon as they pop up and remembering that "good enough is good enough."

"People who stay organized don't wait until they're overwhelmed by papers, packages or laundry to take action," Anzia wrote. "They spend 10 or 15 minutes each day straightening up and clearing off surfaces, tossing or recycling papers and trash, hanging up clothes or filing paperwork."

However, not every organizational technique works for everyone. Remember to analyze the week ahead to plan for small or larger tasks, and find what works best for you.

Creating a work-life balance

Possibly the most daunting organizational skill, especially for workaholics, is managing an ideal work-life balance. While you may want to get better at your evolving career or further excel in class work, it is vital to prioritize personal relationships and your mental health.

To personalize a work-life balance, taking online courses or working a job with specific

hours that better fit your schedule may be ideal in college.

Michael Boyles, content marketing specialist and contributing writer for Harvard Business School Online, recommends communicating effectively and honestly with your employer and practicing self-care regularly.

"Over-focusing on assignments can result in burnout," Boyles wrote in an article. "Be realistic about what you can accomplish and complete tasks at a reasonable pace, rather than trying to do too much in too little time."

Being a "yes" person can put too much on your plate. Learning when to say "no" to new assignments or projects can be vital when possible.

College and life thereafter can be difficult to navigate, but managing a healthy schedule, utilizing to-do lists and finding balance in all your hobbies and commitments can only benefit you.

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FOOD AND DRINK

Local restaurants offer UTA student various discounts

Finding a place to eat off campus can be expensive. Here are local restaurants that offer discounts.

BY SAIRAM MARUPUDI
The Shorthorn staff

At the end of a busy day, the last thing on a student's mind is finding a place to eat. Here are seven local restaurants that offer discounts for UTA students.

Grease Monkey Burger Shop and Social Club
10% off any food purchase
Grease Monkey Burger Shop and Social Club is located at 200 N. Mesquite St. The restaurant offers a variety of burgers and a build-your-own option to satisfy any cravings. The Arlington location's kitchen is open from 11 a.m. to 9 p.m. Monday and 11 a.m. to 10 p.m. Tuesday through Sunday.

Old School Pizza Tavern
10% off any food purchase
Old School Pizza Tavern is located at 603 W. Abram St. and offers choices like pizza and calzones. The restaurant is open from 11 a.m. to 10 p.m. Monday through Sunday.

Flying Fish
20% off any food purchase, not valid with other coupons
Flying Fish is located at 300 E. Abram St., Suite 170 and offers a variety of seafood with a Cajun twist. The restaurant is open from 11 a.m. to 9 p.m. Sunday through Thursday and 11 a.m. to 10 p.m. Friday and Saturday.

J. Gilligan's Bar and Grill
10% off any food purchase
J. Gilligan's Bar and Grill is located at 400 E. Abram St. and is open daily from 11 to 2 a.m.



Photo Illustration by Joel Solis

Monday through Sunday. The restaurant is known for its Irish nachos and live music.

Tikka Bowl and Tacos
10% off any food purchase
Tikka Bowl and Tacos is lo-

cated at 4144 S. Cooper St. The restaurant offers various South Asian dishes including biryani and naan. It is open from 10:30 a.m. to 9 p.m. Sunday through Thursday and 10:30 to 10 p.m. Friday and Saturday.

Maverick's Bar and Grill
10% off food and non-alcoholic beverages
Maverick's Bar and Grill is located at 601 E. Main St. The restaurant's menu features items ranging from burgers to salads. It is open daily from 11 a.m. to 10 p.m.

Inclusion Coffee
10% off your order
Inclusion Coffee is located at 101 E. Abram St. Although primarily a coffee shop, the Arlington location also serves food and pastries. It's open from 7 a.m. to 7 p.m. Monday through Friday and 8 a.m. to 8 p.m. Saturday and Sunday.

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STUDENT ORGANIZATIONS

Kendo strikes campus with motivation

The club welcomes all members, practicing Mondays and Wednesdays

BY JAKOB GORTON
The Shorthorn staff

Coming out of high school, Sebastian Katra, kendo club general officer, was eager to try some sort of martial art in college. After choosing UTA, Katra looked up the school’s martial arts clubs and found UTA’s kendo club.

This semester, the club has been practicing from 7 to 9 p.m. Mondays and Wednesdays at the Maverick Activities Center in room 102A and the Physical Education Building in room 201 respectively.

Kendo president Deryk Tran said kendo is a very traditional martial art. The sport is practiced using wooden swords made of bamboo called shinai, while wearing protective armor called bogu. Translated from Japanese, the term kendo means “way of the sword.”

Kendo consists of four different types of strikes: head, wrist, torso and throat strikes. The throat strike is not permitted unless you are more experienced with kendo. This is due to the potential risk of injury from the strike if done improperly, Katra said.

According to the rules of kendo, the name of a strike performed must be called out simultaneously by the attacker while dealing said strike, which is then verified by judges. A match is won by the first combatant who scores two points or strikes. Additionally, fouls are given for penalties during a kendo match.

“Let’s say I’m going up

against someone and I get two strikes,” Katra said. “That means I lose the match and then they win the match.”

As one of UTA’s smaller clubs, Tran said current members have done all they can to promote themselves, from live demonstrations to activity fairs and being present at UTA’s summer orientations. They also focus on the club’s social media presence through its Instagram account @utakendo.

“It’s already a very niche sport, and it’s not something most people are interested in,” Tran said. “Because, again, it’s a very traditional martial art.”

Tran said a lot of people want to get into the fast-paced action of kendo right away, but it takes time and effort to reach a high level of ability.

“There’s a lot of etiquette,” he said. “There’s a lot of steps that it takes to get to actually being able to practice kendo at a level where you’re able to enjoy it to its fullest.”

Club treasurer Eli Cordova recommends looking up beginner kendo videos on YouTube to learn more about the sport for those interested in getting into it or joining the club.

“Kendo as a sport is pretty difficult to get into because it’s a really big learning curve, and it can be a bit expensive to start off,” Cordova said. “So we try and be as open as possible with our club and have people just come on in. We’re trying to provide



The Shorthorn: Natanael Mazariego

Civil engineering junior Brock Simonton, left, strikes economics senior Eli Cordova April 10 in the Physical Education Building. They used a bamboo sword.

as much equipment and experience as we can.”

During the first few weeks of practicing, it may get discouraging when comparing oneself to more experienced members, Katra said.

“If you keep pushing forward and you ignore those thoughts, you’re gonna become better and you’re gonna become just like the officers,” he said.

To get more information about the club, those interested can visit the Instagram page or join the club’s Discord group with the link in their bio.

@JWHEELS_1
sports-editor.shorthorn@uta.edu



The Shorthorn: Natanael Mazariego

Coach Nathan Williams meditates with students before a demonstration April 10 in the Physical Education Building. Breathing exercises are used throughout practice due to the taxing movements performed.

1, 2, & 3

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A collage of three images showcasing the Lenox Cooper apartment complex. The top left image shows a modern, open-concept living and dining area with contemporary decor, including a large island, armchairs, and a dining table. The top right image shows a kitchen area with a dark island and a view of the building's interior. The bottom image is a large photograph of the exterior of the apartment building, a multi-story brick and stone structure with a resort-style pool, lounge area, and outdoor seating.

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RECREATION

Billiards, archery hit the mark

UTA has many recreational sports leagues, including a billiards and an archery team

BY ORLANDO TORRES
The Shorthorn staff

Joining a recreational sports league allows students while momentarily taking their minds off responsibilities. These leagues encourage socialization, build confidence and promote good sportsmanship. With several recreation options on campus, here are two activities students may consider.

Billiards

While billiards date back centuries, it’s unclear who first invented the game. However, King Louis XI of France is credited with owning the first indoor billiards table in the 1400s, according to Blatt Billiards.

The UTA Maverick Billiards club plays two types of games, 8-ball and 9-ball. 8-ball is played with 15 balls and the cue ball, while 9-ball requires balls one through nine to be pocketed in numerical order.

Computer science senior David Nguyen said he began hanging around the club with a friend but didn’t get serious about the game until this past semester.

“I’d say I’m pretty addicted to it,” Nguyen said. “Sometimes when I’m outside of the pool hall, I would be thinking of playing pool and that makes me want to come back to the MAC to play some pool.”

A \$20 recurring fee at the beginning of each semester grants members access to the pool hall, coaching, tournaments and equipment. Students may bring or buy their own equipment, with a 10% discount at Fort Worth Billiards provided to members, Nguyen said.

More information can be found on the team’s Instagram @utamaverickbilliards.

Practices are held from 6 to 9 p.m. Wednesdays and Thursdays



The Shorthorn: Christine Vo

Computer science sophomore Abdul Wahab hits the cue ball April 11 at the Maverick Activities Center. Billiards is in Room 135.



The Shorthorn: Christine Vo

Nursing junior Aiden Gasbarro aims his bow and arrow during a practice session April 11 at the Physical Education Building. Gasbarro is a student coach, the vice president of the UTA Maverick Archery club and has been a member since 2020.

in the Maverick Activities Center Room 135.

Members can compete in tournaments held against other schools for trophies and, more

recently, cash prizes.

Within this past semester, the club hosted a fundraiser for Mission Arlington, splitting a portion for the cash pool.

Archery

Archery is one of the oldest sports that’s still practiced today, dating back to around 20,000 BC., according to World

Archery. In 1900, archery was first introduced in the Olympics and, after a 52-year hiatus, it has remained a staple since 1972.

Interactive media senior Nyssa Joy joined the archery club in 2020 when it was founded. She welcomes everybody to join, no matter their experience levels.

They do not currently compete, but students are able to build strong listening, teamwork and communication skills through whistle commands, Joy said. The commands help archers become aware of their surroundings so they can shoot accurately and safely.

“We strive on just encouraging people to try something new,” she said.

It’s a tight-knit group and team bonding has been an enriching experience for her, Joy said.

The club meets from 6 to 8 p.m. Mondays and Thursdays in Gym 201 of the Physical Education Building.

There’s a \$50 recurring fee each semester but which helps purchase equipment, she said. Members get a T-shirt after signing up and are provided with access to the club’s equipment and range.

Students can bring their own equipment after it’s inspected for safety reasons, Joy said. Prior to shooting, students must fill out waivers, attend an information session and take a safety quiz.

Students can find more information on events and how to join on the club’s Instagram @utamaverickarchery.

Everyone is welcome regardless of background or disabilities. The group is committed to bonding and getting to know its archers, she said.

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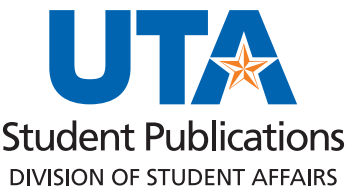
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