

THE SHORTHORN



Fall 2021



HEALTH AND WELLNESS

Take the time to care for yourself

The body is interconnected, and a lack of care in one aspect can affect other parts, said Latoya Oduniyi, Health Services assistant director

BY COLE KEMBEL AND ERICK ESTRADA
The Shorthorn staff

As the campus community continues to navigate through its first semester back on campus, both students and staff are reevaluating how they can feel their best while managing academic responsibilities.

Some consider new class modalities to make their schedules work best. Others take advantage of on-campus services to explore and improve their physical and mental health. One thing all Mavericks can do is take time to consider how to practice self-care.

The World Health Organization defines self-care as the ability of individuals, families and communities to promote and maintain health, prevent disease and cope with illness and disability with or without the support of a health care provider. This definition includes topics like nutrition, hygiene, lifestyle, socioeconomic factors, environmental factors and self-medication.

For undeclared freshman Jenna Clark, self-care means balancing one's academic, social, physical, mental and spiritual needs. She said returning to in-person classes has been beneficial because getting out of her house gives her the energy to get more tasks done throughout the day.

"I'm up, I'm ready for the day," Clark said. "Might as well,



you know, get stuff done."

Time management is critical for balancing different aspects of her self-care routine, she said. Clark makes sure to make time for school, family, friends and herself. She is a Christian and said it's also important to make time to practice her faith.

Business finance junior Edgar Espitia also said practicing his Catholic faith plays a large role in his self-care routine. He said it helps his mental health by allowing him to find strength in hard times. Another aspect of self-care is personal hygiene. Daily regimens can help someone stay free of disease and bacteria, said Latoya Oduniyi, Health Services assistant director.

The body is interconnected, and a lack of care in one aspect can affect other parts, Oduniyi said. For example, oral hygiene can impact not only the health of the mouth and teeth, but also the heart because plaque buildup can flow into the bloodstream.

Clark's advice for people trying to improve their self-care routines is to start slow

and avoid adding too many changes at once. It's easier to accomplish goals when there aren't too many things to do in one day, she said.

Espitia said people can improve their self-care practice by identifying what improvements they want to see in themselves. Waking up earlier, working out and eating healthier are some things he'd like to work on.

Self-care isn't all about making improvements and working, Clark said. It's important to make time for sleep and personal time.

"Don't forget to do things that you enjoy, not always just things that you feel you're obligated to," Clark said.

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PHYSICAL

Balancing school, exercise can help relieve stress

The UTA community discusses the benefits of exercise as a form of self-care and how it can help develop good mental health.

BY ANDREW TINEO
The Shorthorn staff

Four years ago, computer science junior Delfino Mauridi began working out with a friend. Now, he works out three times a week.

Finding the time to exercise can be tough, and there are days where it may not be the biggest priority, but it takes discipline, Mauridi said.

It can be tough mentally for students to study, wake up, go eat and then study again, he said. Mauridi understands studying is important, but when it comes to having free time he feels students can better utilize it.

“If you have extra time, I’d rather you be [working out] for like an hour than be on social media,” he said.

Business management junior McKenly Taylor is a certified personal trainer and



Illustration by Arturo Ramos

fitness nutrition specialist who trained her own clients before attending UTA.

Taylor had to take a break from training her clients, reassessed her goals with fitness

and has made school her main priority. Although she doesn’t have personal clientele, she still trains with her sorority sisters, she said.

Exercising has become a stress reliever for Taylor, and she works out at least six days per week.

“I don’t always want to, you know, cut my food or eat healthy, but I’ve made it a habit of mine that I’m disciplined to do it every single day,” she said.

Taylor said college students tend to struggle with balancing school and working out, but it comes down to discipline. At the end of the day, she feels much better after exercising.

“Every time I would go work out, whether that was at a gym or the [Maverick Activities Center], I always just felt so much better about myself,” Taylor said.

She said a lot of students get so caught up in all of their work and the assignments that they don’t make time to do self-care.

“I’m investing in myself,” she said. “While I spend all day in class and around other peo-

ple, I don’t get a lot of time to myself besides the time that I put into myself at the gym.”

Registered dietician Stacie Ellis said she notices two extremes with college students. One group tends to be stressed, ignore health and rely on fast food.

The other extreme Ellis sees is individuals who are striving for perfection and trying to look like Instagram fitness models, she said.

Ellis said if there is a lot of stress already, it’s not the best time to start losing weight because losing weight itself is stressful.

“Learn to manage your stress first, and then just focus on basic health, healthy eating and exercise,” she said.

Any form of physical activity everyday is good for mental health, anxiety and depression, Ellis said.

“People need to realize that you can be healthy without going to the extremes,” she said.

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INTELLECTUAL

UTA community shares tips to avoid falling behind

Properly planning one's schedule allows students to prioritize the important things in their lives and accomplish everything they need to get done.

BY TAYLOR GOIT AND HANNAH EZELL
The Shorthorn staff

During the pandemic, journalism junior Lyndsey DeWitt worked 40 hours a week between two jobs and attended school full-time. She was able to set aside time to study and do homework before going to work.

However, she described her time management skills as “not that great” going into the new school year.

According to a study by FileMaker Inc., 48.4% of college students said they don't have enough time to do their schoolwork, and 87% of students said better time management and organization skills would help them get higher grades.

Jacob Croasdale, associate director for Experiential Learning, said

ONLINE

For tips on how to succeed in online courses, such as turning off social media or other distractions that prevent you from staying on track, go to theshorthorn.com.



students should practice time management to prioritize more important things in their lives.

Students tend to think good time management begins with creating good habits. While people often make a set goal, it changes from time to time, Croasdale said.

“We really have to be willing to not only change our mindset but start to take the actions towards time management or whatever that goal is,” he said.

Croasdale said students have a hard time using tools to build time management habits, and they should use a calendar or a physical planner to help manage their time.

English junior Jackie Morales said she uses a planner to keep track of her work. Morales organized all of her assignments by date and set



Illustration by Arturo Ramos

a specific time to complete that assignment when she fell behind in her classes to avoid feeling stressed and overwhelmed, she said.

“I do it weekly and monthly, so it's always color-coded with the classes I'm taking,” Morales said.

Croasdale said students should also write down what methods work for them and stay consistent with those habits.

Students feel pressured to be involved in many things to portray themselves as being successful, he

said. In reality, the most successful people only involve themselves in activities of their interest.

Aerospace engineering freshman Declan Cain said he takes a step back and plays his guitar or games to readjust and get back into the right mental state for his school work.

Cain said he once reached out to his professors because he felt the stress of school during the pandemic and recommends students do the same.

“At least for me, the times I fall behind is when I'm not mentally prepared, going through something, or basically just kind of out of it, in a hole,” he said. “Otherwise, I'm soaring without even trying.”

Croasdale said students usually struggle with saying “no” and keeping their tasks in order.

“Learning how to build those habits is challenging,” he said. “They need to be intentional to utilize the tools that we have to be good time managers and really prioritize the things that we are gonna invest our

time into.”

Croasdale said students should start with small goals and focusing on being successful with those.

Computer science freshman Ayden Koyanagi said he reaches out to his classmates when he falls behind.

“If we're struggling together, I can try to see if we can try to work on the same assignment, for example,” Koyanagi said. “Or just see what they're doing and how I can compare my routine with them.”

Koyanagi said working in stages can help students become more organized. He likes to set aside a set amount of time for work and breaks.

Morales said if students feel like they're falling behind in classes, they should take it day by day.

“Make sure you get stuff done on that day,” she said. “Don't procrastinate even more because it's just going to be worse in the end.”

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PROFESSIONAL

How to build and maintain a daily routine

Routines are a way to schedule your day and stay consistently productive.

BY MANDY HUYNH
The Shorthorn staff

Biology freshman Mia Arnsworth said her daily routine starts by waking up at 9:30 a.m., having breakfast in her dorm, going to class and meditating between classes.

A routine keeps students living away from home like Arnsworth busy and distracted from homesickness. Some people use routines to provide direction on the next

task and be more productive.

Arnsworth struggled with homesickness after visiting home during Labor Day, she said. Since then, she's been getting in tune with her schedule and focusing on school.

“[A routine] will push me to start being more focused so I can not be reminded of not being home,” she said.

Her routine is based on her class schedule, she said. Since

she's a night owl, she avoids scheduling her study times in the morning and slots most of them in the afternoon.

She uses a physical planner, a wall calendar and digital reminders on her iPad and recommends visually oriented people use a wall calendar and tech-junkies use Google Calendar.

Melissa Smith, director of Academic Engagement, said students can use

many different organization tools depending on their personality.

“If you don't know which one actually works for you, then you may be trying to, you know, fit a square peg into a round hole, that may not work for you,” Smith said. “It's like building a muscle or like exercising a muscle.”

The more you work at it, the stronger you get.”

ger you get.”

Criminal justice sophomore Melanie Anton said she sticks to her schedule because she won't do her schoolwork well otherwise.

Anton recommends students take breaks by scrolling on their phone, walking around campus or trying a new place for lunch. It's a mental break from some responsibilities, she said.

Undeclared sophomore Lia Malone said people should slowly build a habit instead of forming it overnight.

For students who have trouble staying committed to a routine, Malone suggests to slowly incorporating a task into their schedule day by day.

“I think that's just sort of a price you pay with like school in general,” Malone said. “It just kind of forces you to have [a routine].”

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Illustration by Cristina Del Coro Trio

PHYSICAL

A stretch for the body, a break for the mind

Students can practice their yoga skills at the Maverick Activities Center from Mondays to Thursdays.

BY JULIA MENDOZA
The Shorthorn multimedia editor

There are different ways to relieve stress and be active. Some people run, bike or lift weights, but yoga is one of the most stress-relieving activities a person can do.

Yoga is a system of physical postures, breathing techniques and sometimes meditation that can help reduce stress and lead to self-improvement.

Dustan Medford, critical languages and international studies freshman, began practicing yoga this semester and became interested in its relaxation component.

“I just wanted something to like
relax because I knew that doing all



The Shorthorn: File photo

of fitness, has been practicing yoga for 15 years and has taught yoga for seven years.

Ortiz said the impact of yoga goes beyond the mat.

“It’s about like what you learn in the class,” Ortiz said. “You just take [what you learn], you know, on your everyday life when you get up, and just being present, being thankful, being grateful, taking one thing at a time.”

People sometimes enter a yoga class expecting to work out, but the benefits reach their entire state of being, Ortiz said.

Yoga is known for balance and breath. Which both relate to the body, mind and state of being. Ortiz said when flowing through poses, one must focus on breathing to gain stability for their body.

People can also apply the breathing practice to stressors in life. Yoga is all about connecting the breath to the

body, Ortiz said.

“The only thing that you need for yoga is to just show up for yourself and breathe,” Ortiz said. “If you can breathe, you can do yoga.”

Ortiz said she tries to bring empowerment to students when instructing yoga. Students can participate in yoga at the Maverick Activities Center from Mondays to Thursdays during the afternoon.

Ortiz said if students instill the habit of health and yoga early, they can see the benefits as they age.

Information systems senior Valaree Wright participates in the yoga classes at the MAC. Wright said although this is not her first experience with yoga, she found out about the classes this semester and is now hooked.

As a student who takes 18 credit hours and works a part-time job, attending a yoga class is the only time she gets to relax and decompress dur-

ing the week, Wright said.

Wright said people tend to misconceive that only women do yoga. She said she's seen men attend the classes, enjoy the activities and be as flexible as women.

After attending her first yoga class at the MAC, Wright said yoga has helped improve her posture and makes her feel taller because of the stretches.

There are many benefits of doing yoga. The body may find balance, the mind may find focus, but at the end of the day, one's state of being can take time to rest, according the website Healthline.

“That’s what yoga is about, it’s just bringing all the attention and focus to yourself because you don’t get to do that on a daily basis,” Ortiz said.

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SCHEDULE

INSTAGRAM

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PHYSICAL

Healthy options for eating on, off campus

Drinking enough water and avoiding excessive snacking are ways students can implement healthier eating habits.

BY MARILYN SCHONEBOOM
The Shorthorn staff

Psychology junior Aliyah Lalani eats two meals a day with a snack in between. These meals incorporate protein, vegetables and carbohydrates for balance.

Lalani said she was a victim of bored snacking and decided to eat healthier during high school. She started working out more, meal prepping, cutting out excessive snacking and paying attention to her diet.

Lalani works at the library on campus and prepares dinner for her shifts. She usually sticks to places like Panera Bread or gets sushi if she buys food on campus.

UTA offers a variety of places to eat with different types of food. Many students may find it difficult to maintain a balanced diet while handling the stress of college and living on their own.

“A lot of times people want to go all-in or nothing,” registered dietitian Stacie Ellis said. “They feel like ‘Oh, I have to eat super healthy,’ so they’ll try to eat super clean and healthy for a period of time, and then they end up getting drained and give up.”

Ellis recommends students start with creating a habit. They can try to incorporate fruits and vegetables

with every meal instead of going all-in.

Along with Ellis’ recommendations, Lalani recommends drinking plenty of water.

“A lot of people have coffee and, obviously, that’s fine and everything, but coffee is not water,” Lalani said. “You still need to drink all your water.”

English junior Lindsay Antkowiak also brings her food to campus. Antkowiak is trying to be plant-based, so she snacks on cucumbers and plant-based ranch or protein bars throughout the day and has a big meal at dinner.

Antkowiak said she avoids buying food on campus to save money and gets coffee whenever she feels hungry.

For students who eat plant-based or

want to eat healthier, Antkowiak recommends going to the Market at University Center and the veggie trays offered at Starbucks.

Ellis said students who have a meal plan while living on campus can also have a healthier diet. UTA’s Maverick Dining website and application allow students to see what on-campus restaurants and cafeterias offer.

Students who live off-campus or buy groceries can eat healthy on a budget, she said.

People can focus on buying frozen or canned fruits and vegetables or produce that are in season and even take a look at local food pantries, Ellis said.

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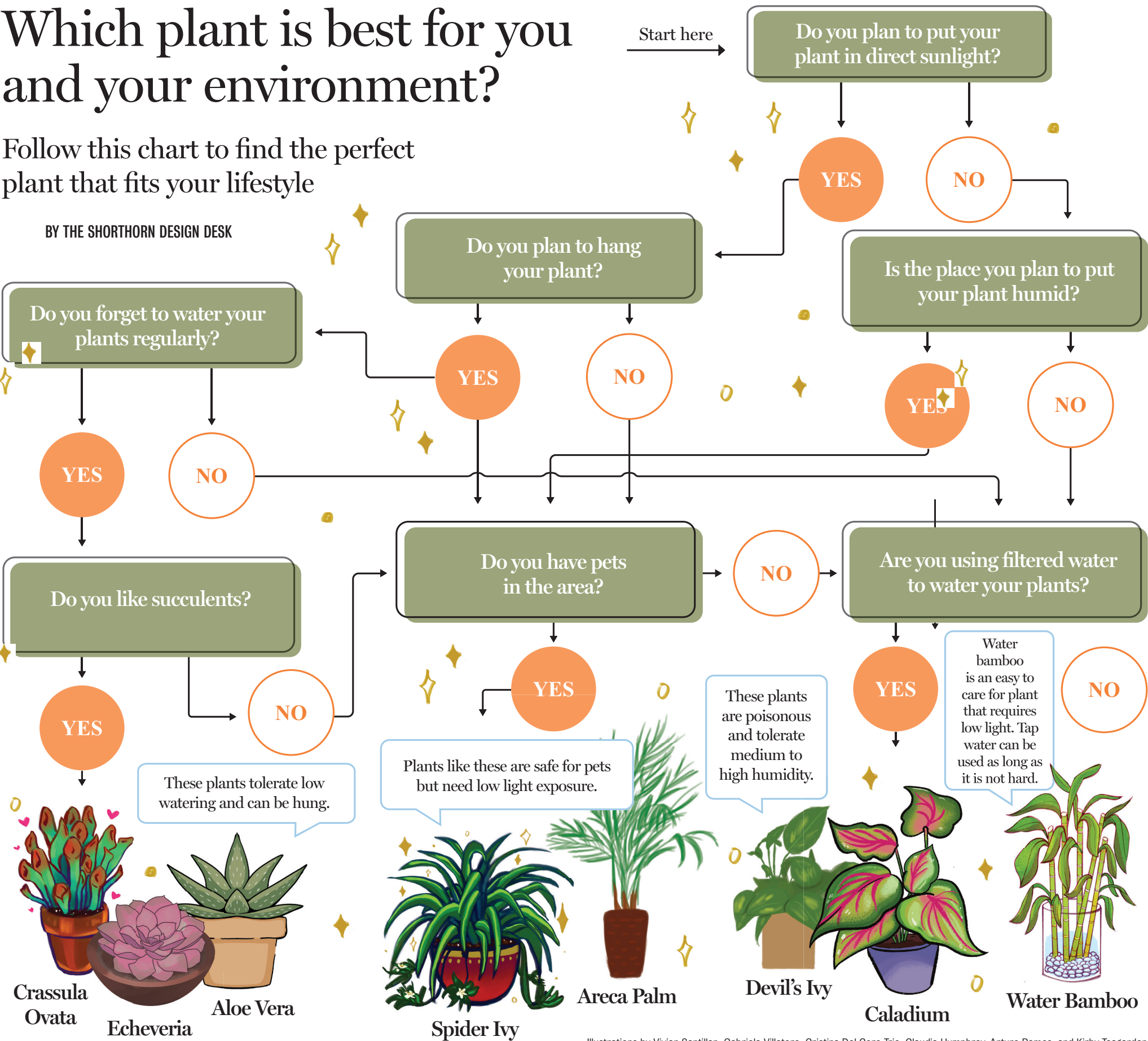


Illustration by Gabriela Villatoro

ENVIRONMENT

Which plant is best for you and your environment?

Follow this chart to find the perfect plant that fits your lifestyle



INTELLECTUAL

Opinion: Planners provide tools for students to get organized, take control of their time

Physically compiling one’s activities in a planner brings students a sense of time management and a mastery of their schedules



BY DANG LE
The Shorthorn opinion editor and
journalism senior

College is hard. Students have to map out their schedules while maintaining the flexibility needed for last minute changes.

People can’t always remember their schedule in their heads and should instead invest in a physical planner to help them manage their time and increase daily productivity.

In 2016, appointment book and planner sales totaled over \$342 million. In a day and age where printed materials aren’t as popular, most people still seek a physical planner for a reason. It maps their time, reduces stress, keeps track of activities and gives people a sense of achievement.

Today, companies offer not only daily and monthly planners, but

some have produced hourly planners, which can help students keep track of small details. Some people never seem to have time for everything, and many students struggle with the school-work balance.

So, nobody should blame them for falling behind. Being in college full time is a full-time job by itself.

However, students shouldn’t use that as an excuse to keep falling behind or living in stress. A planner can help them figure out what they need to do daily, prioritize tasks and become more proactive instead of dealing with them one-by-one.

Students are dealing with stress as they return to campus in person. Instead of logging in a few minutes before class begins, they now have to prepare themselves, drive, find a parking spot and walk to class.

Many people will have trouble adding an extra 30 minutes at the beginning of the day to their routine. But reading a planner before starting their day will serve as a reminder of how to focus and plan their time.

Also, the feeling of falling behind is never fun. Sometimes, when people fall behind, they panic and push themselves too hard to get ahead. But that can do more harm than good.

People should learn to catch up first when they are falling behind. Then, as they catch up and get used to the workload, they can start adding more tasks to get ahead.

Having a planner will help streamline that process. Using the time tracker in their planner, they can figure out how to juggle their blocks of time and best plan their schedule.

People were not meant to memorize everything.

Instead, they should use their brainpower to develop creative ideas and critical thinking at school or work and leave the planning for their planner.

A physical planner paints a visual presentation of one’s day and prepares people for the schedule they anticipate. However, people should not strictly follow what they initially planned. It’s important to remember the benefits of being flexible when it comes to time management, especially for college students.

There are endless benefits to having a physical planner, and students should consider investing in one. It is an inexpensive yet creative way to help students handle deadlines, stress and many other responsibilities.

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EMOTIONAL

Editorial: People can take pride in making small strides

Dialing back expectations and soaking in the positivity of winning smaller victories along the way can ease the anxiety caused by an overachieving society



Illustration by Cristina Del Coro Trio

It can be difficult for students to balance school and life, often hoping they will have a good semester both academically and beyond. The rise of social media does not help since it causes young adults to feel more insecure and compare their success with others.

The Shorthorn Editorial Board believes people should not have to feel belittled by everybody else's successes, and they should instead take pride in their small accomplishments.

It may be challenging to do so since they may witness many ambitious individuals win awards or get involved in extracurricular activities. Students should remember that by attending class, submitting their homework, going to work on time, eating healthy, sleeping enough or having a routine, they have done plenty for themselves and their well-beings.

It shows they have discipline and are willing to complete small tasks. Sometimes, society makes

people feel like they have to constantly compete and one-up one another, but it does not have to be that way.

As long as people are happy and enjoy their lives, not much else should matter.

Success does not come overnight. It takes a lot of time and effort to attain big goals, and the best way to begin the process is to be happy and acknowledge the small achievements.

A person who goes to the gym will not have a six-pack on the first day. Instead, they have to exercise every day, eat healthier and balance their schedule. And by realizing they are taking better care of themselves, they will find the motivation to improve themselves physically and mentally.

The exercise example applies to many other scenarios as well. Students can't grasp their classes' content and be on top of the game after the first week of school. This may make some people feel discouraged because they feel like

THE ISSUE

Sometimes, everything feels like a competition and unless people achieve significant goals, they are not seen as successful.

WE THINK

It's important for people to proactively take steps to manage mental health, give themselves grace and seek out peace.

TAKE ACTION

People should start celebrating small achievements to make them feel happier and using that energy to motivate them for bigger goals.

they are already behind.

However, students should still try their best to attend lectures and take notes. If they don't understand something, they can ask the professor after class or meet them during office hours. Those efforts will make them feel more engaged with their class content.

Even though some people may

not realize it, their moods and states of mind affect their work ethics and motivations.

Happy people tend to become more motivated and committed to their work, according to research by Harvard Business Review.

While people find happiness from long-term goals or breakthroughs, everyday progress can also make a difference. The small things people achieve consistently can provide a sense of progress.

Students should remember they are not alone.

While they may feel like they are sometimes, they should remember their classmates may be having the same experiences. They should ask for help, whether from their professors or classmates.

Not only do people gain more knowledge by asking for other people's help, they can also practice complimenting other people as well. In the end, not everything has to be a competition.

Students should also remember that nobody has the best definition

of managing their time. However, using a planner or achieving every task listed in the daily to-do list will give people a sense of achievement and allow them to move on to bigger goals.

In today's world where people can easily see perfect personalities and bodies on social media and everything can turn into a competition, students should proactively take steps to control their mental health, give themselves grace and small affirmations and take pride in small achievements. There's no point in being negative about themselves since that will only damage their confidence.

The Shorthorn Editorial Board is made up of opinion editor Dang Le; Editor-in-Chief Angelica Perez; associate news editor Cole Kembel; Katecey Harrell, life and entertainment editor; design editor Vivian Santillan; news reporter Taylor Coit; and copy editor Jill Bold.

EMOTIONAL

Unhealthy relationships leave an impact



Illustration by Claudia Humphrey

A relationship becomes unhealthy when abuse enters the equation. Leaving the relationship can be difficult, but it is necessary to maintain well-being.

BY CHRISTINE VO
The Shorthorn staff

Social work junior Yadira Sanchez, a peer educator at the Relationship Violence and Sexual Assault Prevention, said she spent almost two years trying to get out of an unhealthy relationship.

She would

point out the red flags and tell herself to stop looking the other way and that she needed to end it.

"I just couldn't because what I thought was love was actually something else, but it wasn't love," Sanchez said.

Approximately 1 in 3 U.S. women and men experience abusive relationships, according to a survey by the Centers for Disease Control and Prevention in 2015.

The Association of American Universities found 10.1% of over 180,000 surveyed students experienced intimate partner violence since entering college in 2020.

Daniela Janzen, Spanish and psychology senior, said unhealthy relationships in-

volve either physical, psychological or emotional abuse.

The biggest red flag is when one has to start making excuses for the other person's behavior, Sanchez said.

Unhealthy relationships put people's physical and mental health in harm's way, she said.

"There are more people out there who are going to take care of you and see your worth," Janzen said.

Nursing freshman Star Martinez experienced a lack of trust in a controlling relationship. She learned to prioritize her happiness over her partner's and take the initiative to leave the relationship, Martinez said.

"Just because they might

be a good person, that doesn't mean that they're good for you," Sanchez said.

Martinez said it's hard for some people to get out of a relationship because they were not familiar with being independent or the concept of self-love.

"There were people that were there and did what I couldn't, like help me throughout," she said. "Now I know what to expect and what I'm worth."

Janzen said she learned a lot of self-discovery, self-love and self-respect from her unhealthy relationships.

She understood what she truly wanted in future relationships following her experience, how to communicate

with her partners and gained the courage to walk away when recognizing red flags, she said.

While it's easier said than done, people need to identify the breaking point where they realize they are worth more than how they are being treated, Janzen said.

Sanchez said she built herself up to be a stronger person in her current relationship.

"If your new person is the right person, they'll help you learn along the way how you should have been treated all along," Sanchez said. "It's a heartbreaking but also a very powerful thing to live through."

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EMOTIONAL

Substance use impacts more than just the individual

About 10% of American adults have drug use disorders at some point in their lives, and knowing how different substances affect someone could serve as a preventative tool.

BY CHRISTINE VO
The Shorthorn staff

Rowan Marrs, visual communication design freshman, witnessed her stepmother and her stepmother's sister struggle with substance abuse, and she has experienced how it could tear a family apart, she said.

"A lot of the time, people don't realize it's hap-

pening," Marrs said. "You need that helping hand, you need somebody to pull you out of it because it sucks."

Anything can become substance abuse depending on how a person consumes it and who they become because of it, she said.

Substance abuse is a mental disorder as individuals become reliant and struggle to see the issue, she said.

About 10% of U.S. adults have drug use disorders at some point in their lives, according to the National Institutes of Health. And during the COVID-19 pandemic,

Texas saw a 33% increase in opioid deaths due to the isolations, said De'An Roper, assistant professor of practice in the School of Social Work.

Nursing freshman Anne Tran grew up around her father who constantly drinks and smokes, which eventually led her and her mother to contracting asthma.

It devastated Tran as she grew up, avoiding physical activities due to her asthma, Tran said.

"It hurts me to know that he's still doing it despite knowing all the consequences behind it," she said. "If he does pass away, it doesn't affect just

him, it affects everyone around him."

Substance use disorder is a brain disease that changes the brain as a result of using the substances, such as creating a physiological dependency, Roper said.

Latoya Oduniyi, Health Services assistant director, oversees the health promotion and substance abuse prevention program at UTA. Having the knowledge of how different substances affect an individual physically, emotionally and socially could be a preventative tool, she said.

Individuals with substance use disorders are

thrown into jail instead of a given treatment, criminalizing the disease, Roper said. The steps to recovery differ for every individual, whether it be joining a church, attending a group meeting or by their own willpower, she said.

"It's a myth that you have to go to treatment to stop using," she said. "There's no-one-size-fits-all."

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Illustration by
Cristina Del Coro Trio

SEXUAL

The birds, the bees and everything in between

Proper sex education goes beyond learning about STDs and abstinence. UTA offers resources for people to learn about safe sex, consent and more.

BY LILLIAN JUAREZ
The Shorthorn staff

Safe sex is more than just wearing a condom and taking birth control. Many students say it's about consent, protecting yourself from diseases and unwanted pregnancies and the importance of properly educating people on how to be safe with their partners.

In 2019, 38% of U.S. high school students said they had sexual intercourse, but less than 10% said they had never been tested for HIV, according to the Centers for Disease and Prevention Control. In the same year, they also found that only 54.3% of students wore

condoms during their last sexual activity, a decrease from 61.1% in 2009.

Chemistry freshman Ashton Drake said practicing safe sex protects him from sexually transmitted infections and unplanned pregnancies.

Drake said honesty between partners, using protection and taking care of each other are examples of safe sex. People should share their sexual history with their partner, especially if they had unprotected sex because not all diseases

have visible effects, he said.

Jaquetta Reeves, graduate nursing assistant professor, said people become more likely to get sexually transmitted diseases when they have unprotected sex and are

unaware of their partner's sexual history.

People should discuss sex education with young adults more often and they should learn about sex before getting information from social media, Reeves said.

"Sex is inevitable," she said. "It's going to happen."

Zoe Stankowski, social work junior and Relationship Violence and Sexual Assault Prevention peer educator, said they learned about abstinence in school. There is a lack of education on gay sex, consensual sex and how one should take care of one's body after sex, they said.

Stankowski said safe sex relies on communication and being consensual with one's partner. Schools should teach more about consent, they said.

In 2018 the National Sexual Violence Resource Center reported

81% of women and 43% of men experienced sexual harassment or assault in some form in their life.

"Consent is such a vital piece of information for safe sex," Stankowski said.

Drake said since school didn't teach him enough about safe sex, he researched in middle school by himself. Without a required sex education course, people won't know how to prepare for safe sex when the time comes, he said.

Reeves said UTA offers resources for students that teach sex education as well as test people for STIs and HIV. Health Services provides students with a free first-time service and other ways to test without billing students' insurance.

Even if a person is in a monoga-

mous relationship, they should still get tested, Reeves said. She suggests people get tested every four months to be safe since there is still room for error with contraceptives.

"One of the greatest myths is you think it won't be you or can't be you, and it will be you, or it might already be you," Reeves said.

Of almost 38,000 new HIV diagnoses in the U.S. in 2018, 21% of them came from young adults aged 13 to 24, according to the CDC.

"If you happen to test positive for HIV, there are several different community health centers that will be able to service you and treat you and care for you lifelong, so you can still have a meaningful life," Reeves said.

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PHYSICAL

Students shouldn't pride themselves on lack of sleep

Though some might feel guilty putting naps or sleep time in their planner, it's important to get enough rest to face the day.

BY ADRIAN RODRIGUEZ
The Shorthorn managing editor



Students plan for school, work and their social lives, but often don't schedule something just as important—sleep.

On average, college students get about six to seven hours of sleep, according to Collegiate Parent. Meanwhile, the Centers for Disease Control and Prevention recommends adults over 18 get seven or more hours of sleep per day.

People schedule meetings and homework assignments in their planners, but think it's bizarre to plan naps or sleep time, said Latoya Oduniyi, Health Services assistant director.

"If you're really trying to be intentional about how you spend your 24 hours, you have to cal-

culate and put in there what your sleep looks like," Oduniyi said.

Jahayra Chavez, marketing and management junior, said she was diagnosed with insomnia and stays up late because of work, school and maintaining a fitness lifestyle.

Chavez works about five days each week. Since returning to in-person classes, she's had to learn how to manage her time again. Sleeping was trouble-free when she took virtual classes last semester, she said.

"It would be easier to go to sleep earlier because I was able to fit everything in because it was so flexible," she said.

Adults should aim to get eight to 10 hours of sleep per night, Oduniyi said.

"A lot of people don't even have that as a goal," she said. "They're like 'I'm just trying to get enough sleep to do what I need to do for the next day.'"

Based on polls students have



Illustration by Vivian Santillan

done for Oduniyi, she said students average five to six hours of sleep per night.

"We are sleep deprived, point blank period, as a society," she said.

Health Services offers a workshop on sleep hygiene, which helps students with their sleep environment and the type and quality of sleep, Oduniyi said.

For students who don't get the recommended amount of sleep, the Maverick Activities Center offers a Power Nap class every Tuesday and Thursday from 11 to 11:45 a.m.

The inspiration for nap classes came from hearing students priding themselves on not sleeping enough, fitness assistant director Sineyda Ortiz said.

"They don't know the damage that they're doing to themselves when they pride themselves on not sleeping because sleeping is extremely important in everyday life," Ortiz said.

She said before the pandemic, the turnout was great, but now it's hit or miss. Regardless, she said attendance increases during midterms and finals when students are looking to get some rest.

Students can bring their pillows if they'd like, but all they have to do is show up, Ortiz said.

"They can expect a place that's very quiet. We provide a blanket and a mat," she said. "Then they go into a little bit of a meditation."

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SPIRITUAL

UTA community recommends topical ointments

Ointments such as Tiger Balm, Eagle Brand Medicated Oil and Five Crane menthol sticks are used in many Asian countries in place of over-the-counter medicine.

BY RITCHIE MANALASTAS
The Shorthorn staff

Truc Tran, accounting and business management sophomore, has used Eagle Brand Medicated Oil ever since she was young.

She doesn't really use prescription medicine over the counter because her mother believes the oil cures every-

thing, Tran said.

Eagle Brand Medicated Oil has a green color and includes ingredients such as natural eucalyptus oil, rose oil, mint oil and menthol. Just like Tiger Balm, it helps with muscle and joint pain, headaches, stomachaches and motion sickness.

Physics senior Yunyoung Kim said he's been using Tiger Balm for as long as he could remember because his parents introduced it to him. Kim said he uses it whenever he has a sprain or feels inflammation in his body.

Tiger Balm is a topical pain relief medication that's been around for over 100 years. It

treats headaches, colds, muscle pain and joint pain by providing a cooling sensation.

Kim said its consistency is similar to petroleum jelly, and it's reliable like Vicks Vapo-Rub.

The ingredients in Tiger Balm help blood flow which leads to faster healing, said Dr. Evan Pinto, a U.S. born, Shanghai practitioner to *RADII*, an independent outlet that shares stories about Chinese culture.

Tiger Balm is one of the world's well-known pain-relieving remedies and about 100 countries use it, according to the company's website.

Topical ointments such as Tiger Balm, Eagle Brand Medicated Oil and Five Crane menthol sticks are used in many Asian countries.

Jason Yeun, international business senior said Eagle Brand Medicated Oil, like most Eastern medicine, has an herbaceous smell and is not as concentrated as Western medicine. People should try it first before over-the-counter medicine, he said.

"I still use it today, usually for any pain reliever," Yeun said. "When I smell it, it just makes me feel better."

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Illustration by Gabriela Villatoro, Photo from Wikimedia Commons

PHYSICAL

One puff too many: Vaping casts an addictive cloud over young adults

Online influence, peer pressure and stress can lead young adults to experiment with tobacco alternatives.

BY WARD SAKEIK
The Shorthorn staff

Broadcasting junior Zariah Hollman said she was peer pressured into trying her first vape when she was in high school.

“They come up with those fake myths like ‘Oh this will

to smoke, easier to vape,” said Abed Masad, Arlington Tic Tok Smokie manager.

The U.S. Food and Drug

attention of today’s youth, said Noeman Sheikh, Arlington Royal Smoke Shop owner.

“Most of the time they are trying to look ‘cool’ with the puffs because they are getting fancier and fancier,” Sheikh said.

The variety of flavors and different levels of the strengths of nicotine entices young adults to try vaping and the cheap cost motivates them to continue because it’s available anywhere and everywhere.

Most adolescents who use e-cigarettes start with flavored varieties. In 2021, 84.7% of surveyed youths used flavored e-cigarettes, according to the CDC. The FDA blocked the sale of more 55,000 flavored e-cigarette products in August.

“I believe most adolescents vape because they are curious about the trendy e-cigarette devices and various flavors, including fruit, candy, mint and menthol,” kinesiology assistant professor Ziyad Ben Taleb said in an email. “In addition, adolescents have become more likely to use e-cigarettes due to targeted marketing, especially on social media.”

Many e-cigarette and vaping companies offered students scholarships from \$250 to \$5,000 to write essays highlighting the dangers of tobacco and whether vaping could be a safer alternative in 2018.

“People are curious,” broadcasting senior Trevion Hicks said. “That was me. I always wondered, ‘What is it?’ ‘What does it do?’”

According to Johns Hopkins Medicine, even though vaping is less harmful than cigarettes, young adults can still become addicted since they contain nicotine.

While an average cigarette contains about 10 to 12 milligrams of nicotine, an e-cigarette typically has a wide range of nicotine from 0.5 to 15.4 milligrams of nicotine,

according to healthline.com.

“There are several reports of e-cigarette batteries that have malfunctioned and caused explosions, leading to severe injuries in some cases,” Taleb said. “E-cigarettes contain nicotine, which is a highly addictive substance that can have a detrimental effect especially on the brain development among adolescents.”

Vaping creates a feeling of relaxation, and young adults vape to reduce their stress and anxiety levels.

“It reduces stress,” Hicks said. “It calms me down.”

Sheikh said there are two types of people that come to his store. He recommends people who smoke cigarettes to vape because it does not cost as much and a vape lasts longer. However, he said he would not encourage a non-smoker to try e-cigarettes.

If somebody is not a smoker at all, they should not be vaping, he said.

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File photo by Anna Ceyer, Photo illustration by Vivian Santilan

wake you up,’ ‘This will make you sleepy,” Hollman said. “My friend was like, ‘This will make you feel better. You’re having a bad day, take a hit of this. You’ll get a little buzz.”

Years later, irritation and stress keep her vaping, she said.

Electronic cigarettes have been the most common tobacco product among high school students since 2014, according to the Centers for Disease and Prevention Control. In 2020, 19.6% of high school students said they vaped, 5% used cigars and 4.6% used cigarettes.

“It’s easier to grab, easier

Administration authorized e-cigarettes marketed by R.J. Reynolds under the brand name Vuse to be sold in the U.S. for the first time Oct. 12. The FDA said the product was less toxic than combustible cigarettes and would help smokers to reduce their cigarette use.

There are many different types of e-cigarettes, vape pens and pod modifications. The latest vapes have features such as lights, Bluetooth connection and USB chargers, which grab the

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How to find help when struggling academically

There's no shame in asking for help, and a plethora of resources and student peers are available to anyone struggling academically.

BY FRANCESKA 'WOLF' ISALY
The Shorthorn staff

Sometimes students hit a wall academically, either with courses or the skills needed to manage them, and they may not be aware of the services available to help them overcome academic hardship.

Ashley Purgason, associate vice provost for Student Success, said obvious signs a student may need some help academically include failing a class at the four-week grade collection period, being put on academic warning or probation, or failing an exam.

There can be less obvious signs a student might need help, too. Purgason said these can be confidence issues that lead to test anxiety or procrastination.

Nursing freshman Diane Mendias said she asks for help when she isn't retaining information.

Mendias said she doesn't seek out help from academic advisers, but she does ask

other people.

Undeclared freshman Harsha Ketavarapu said she struggles with time management and retaining information from classes but hasn't used any of the campus resources. Instead, she takes a different route.

Ketavarapu said when she can't stay motivated she listens to music or talks to her friends to feel encouraged to finish her work.

Purgason said her department generally sees an influx of students before and after midterm and final exams. She said they also see more students at the beginning of the semester as students access supplemental learning.

"We would love students to take advantage of our services throughout the entire semester," she said. "It's really not too early, I mean honestly, from the first day of class to begin utilizing the services."

Purgason said the Department of Student Success offers four main services for free: three course-based services and one more focused on skills. The three course-based services are tutoring, supplemental instruction and peer-led team learning.

Tutoring is done one-on-one with a fellow



Illustration by Kirby Teegarden

student who succeeded in the course and is trained to provide tutoring, she said. There are 24/7 virtual options. Drop-ins and walk-ins are welcome without an appointment.

Supplemental instruction is done in small groups with a trained student leader so that students who may be having trouble with a concept can review it again, Purgason said.

"A lot of times people may be more comfortable asking some questions of a peer than the faculty member in front of the whole class," she said. "So [supplemental instruction] is a great way in a small setting for people to get their questions answered."

Peer-led team learning is usually reserved for STEM courses and allows students to

work together to solve problems presented in their classes.

Purgason said academic coaching is a new service offered to students that allows them to meet with trained staff members. They can meet with them as many times as needed and discuss skills like time management, studying effectively and goal setting.

"We would love for undergraduates to come visit us their very first semester and learn some of these habits and skills early so that they can give themselves a leg up," she said.

Purgason said students should not feel guilty or ashamed to ask for help and encourages anyone to reach out and use available services.

"It's a sign of strength and independence to say, 'You know what, I want to succeed, I just need to reach out and ask for a little bit of help to do that,'" she said. "And that's what these services are here for."

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FINANCE

Money management critical for college students

Budgeting, saving and managing your money to meet your expenses is a necessary skill for any college student.

BY KATECEY HARRELL
The Shorthorn life and entertainment editor

College students deal with the stress of having to monitor and handle their personal finances, which includes paying for housing, tuition and other educational expenses.

Students must also budget for personal expenses like eating out at a restaurant and purchasing clothes, movies or video games, history sophomore Kwame Mensah said.

The financially literate person applies aspects of personal finance, budgeting, saving and managing in

order to achieve realistic goals.

We have sources of income that provide us with funds to pay for expenses. Personal finance is how we manage those expenses and funds, said Steve Isbell, Finance and Real Estate Department senior lecturer.

Budgeting is allocating limited resources in an efficient way, Isbell said. Saving means not spending earned income, and managing is determining how much of the income can be saved.

"It's important to budget," Mensah said. "Make sure you're making the most of what you have."

People have a finite amount of money they will make, and also have financial obligations to meet, Isbell said.

The most common financial mistake made by students is

spending money they don't have and buying things they don't need, he said.

Criminal justice junior Afrah Rizme said understanding personal finances ensures students can pay for their needs and wants. Needs are based on survival, like food, shelter and clothing. Wants aren't required for survival, Rizme said.

Students can spend money they don't have by using credit cards, he said. Payment apps like Cash App, Venmo and Apple Pay make it easy to spend money irresponsibly.

"It's so available to everyone, you're spending more money without realizing it, since there are so many other platforms to spend it," Rizme said. "I'm only sending \$10 here, but [I'm] also sending \$10 there."

The most challenging aspect of finances is making sure to put enough money aside, Mensah said.

"You gotta have more discipline to make sure that [you're] saving enough and having enough outside of paying for essential stuff," he said.

Mensah said he's heard people say this is the time students should start building credit, but he hasn't started doing that.

"That's probably one thing I'd like to learn more about," he said.

Very few people say the first thing they would allocate their money toward is savings, but paying yourself first is a key aspect of personal finances, Isbell said.

In order to finance large purchases, such as a new car or home, banks look at credit scores, he said.

A secured credit card is the quickest and easiest way to start building credit, but be sure to use the card, Isbell said. His advice is to use it for very little, pay it off every month and don't let the balance rollover, or the bank will charge interest, he said.

Purchase history and recurring purchases is where students start to build a credit score, he said.

It's important to understand finances because it's part of life — people are going to have to pay for stuff, Mensah said. Being smart with money and understanding spending and saving makes life easier, he said.

If students manage their finances, they can spend more on their wants, Rizme said.

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PHYSICAL

Rest days are not a hindrance to progress, but the opposite

Though some may see taking a day off as a sign of laziness, resting gives one’s body time to recover and avoid fatigue.

CHONGYANG ZHANG
The Shorthorn news editor

Rest days are just as important to progress as other elements of training.

Kathy Wagner, assistant athletic director for sport performance, said people can be active but they should not work out extremely hard every day. She said it’s good to schedule a day to not work out.

Wagner doesn’t recommend anyone to work out seven days a week.

“The big misconception [is] that if it’s a rest day, I’m

supposed to lay on my couch all day,” she said. “It’s not really what rest days [are] intended for.”

A good rule to follow is to never do three days in a row, she said. People can do back-to-back days with fairly high intensity, but if they train on the third day, it should be at low intensity.

Rest days allow one’s body to recover, repair, adapt and prepare for the next training session, she said. It’s important for one’s physical, mental and emotional well-being.

When Lance Delago, UTA Powerlifting club president, first began working out, he was one of those who did not take rest days seriously.

During the first two years of working out, Delago would



The Shorthorn: Julia Mendoza

Lance Delago, UTA Powerlifting club president, completes a rep Oct. 8 at the Maverick Activities Center.

only rest one day per week, he said. He didn’t know what his body could handle, so he ended up with a back injury.

The injury lasted for a year, he said. Nevertheless, he

kept going and adjusted his workout to avoid movements that would irritate his injury.

Once he got into powerlifting, he learned more about the importance of rest

days, he said. He now trains four days a week and rests three days.

Powerlifting is a strength sport where people lift the heaviest weight in squat, bench press and deadlift.

Vaibhav Jaideep, UTA Powerlifting club vice president, played different sports since high school.

Jaideep makes sure he gets an adequate amount of sleep every night to maximize his training performance, he said.

If he does not take rest days, he would feel mental fatigue, muscle soreness or decreased strength, he said.

“You might walk into the gym and feel everything’s, like, perfect, but you get under the bar, and your strength is nowhere as close to the week

before,” Jaideep said.

People should do something enjoyable on rest days, Wagner said. It can be as simple as taking their dog for a walk or anything low in intensity, volume or time.

On his rest days, Delago said he stretches or walks, nothing too taxing that might affect his workout the next day.

A lot of people go to the gym as a way to relieve stress, he said. But if they’re doing so much that they get hurt, then that defeats the purpose of working out in the first place.

“Anytime somebody gets up and does something, that’s good,” Wagner said. “But more is not better. More is just more sometimes.”

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