

# THE PENDULUM

ELON, NORTH CAROLINA

FRIDAY, AUGUST 18, 2023

VOLUME 53, EDITION 1

# MOVE-IN EDITION

CLASS OF 2027

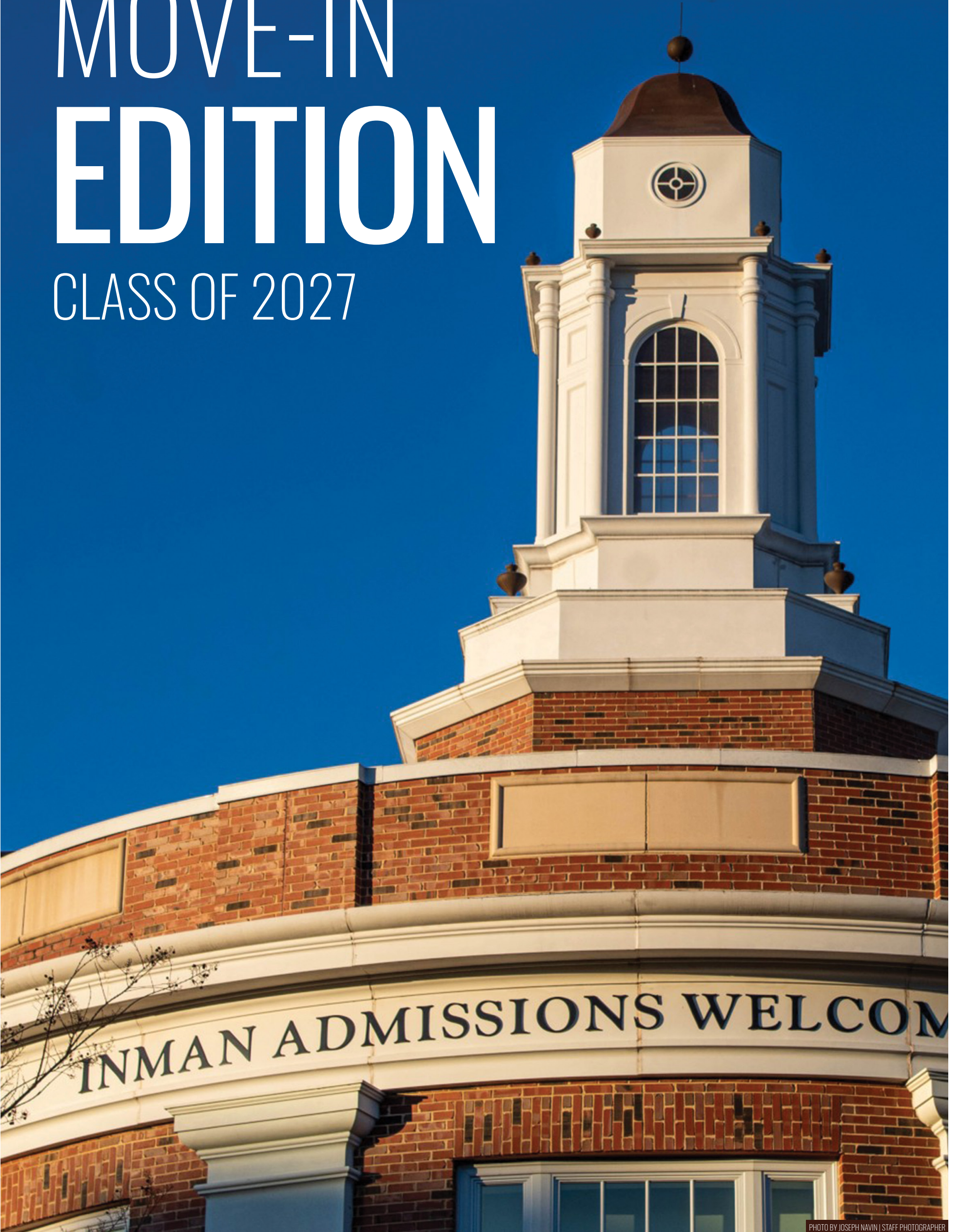


PHOTO BY JOSEPH NAVIN | STAFF PHOTOGRAPHER

THE **PENDULUM**

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**ELON NEWS NETWORK**

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**NAOMI WASHINGTON**

Executive Director of Elon News Network, News Director of Elon Local News  
[nwashington3@elon.edu](mailto:nwashington3@elon.edu)

**ABIGAIL HOBBS**

Managing Editor of The Pendulum  
[ahobbs6@elon.edu](mailto:ahobbs6@elon.edu)

**RYAN KUPPERMAN**

Managing Editor of [elonnewsnetwork.com](http://elonnewsnetwork.com)  
[rkupperman@elon.edu](mailto:rkupperman@elon.edu)

**SARAH T. MOORE**

Chief Copy Editor  
[smoore47@elon.edu](mailto:smoore47@elon.edu)

**ERIN MARTIN**

Visual Media Editor  
[emartin35@elon.edu](mailto:emartin35@elon.edu)

**MADISON POWERS**

News Editor  
[mpowers15@elon.edu](mailto:mpowers15@elon.edu)

**MASON WILLETT**

Sports Editor  
[mwillett3@elon.edu](mailto:mwillett3@elon.edu)

**BETSY SCHLEHUBER**

Lifestyle Editor  
[rschlehuber@elon.edu](mailto:rschlehuber@elon.edu)

**ABBY SHAMBLIN**

Analytics Manager  
[ashamblin@elon.edu](mailto:ashamblin@elon.edu)

**JENNA MANDERIOLI**

Social Media Manager  
[jmanderioli@elon.edu](mailto:jmanderioli@elon.edu)

**MAX WALLACE**

Video Production Manager  
[mwallace17@elon.edu](mailto:mwallace17@elon.edu)

Sophie Rosenthal contributed to the copy editing of this edition.

**EDITORIAL POLICY:**

ENN seeks to inspire, entertain and inform the Elon community by providing a voice for students and faculty, as well as serve as a forum for the meaningful exchange of ideas.

**CORRECTIONS POLICY:**

ENN is committed to accurate coverage. When factual errors are made, we correct them promptly and in full, both online and in print. Online corrections state the error and the change at the top of the article. Corrections from the previous week's print edition appear on this page.

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# New Student Orientation Schedule

## AUGUST 18 - FRIDAY

### Check in and move in

Residence halls  
8 a.m. to 2 p.m.

### Elon Bridge welcome session

Moseley Student Center, room 215  
1:30 to 2:30 p.m.

### Parent and family welcome session

Alumni Gym  
1:30 to 2:30 p.m. or 4:30 to 5:30 p.m.

### Orientation small group meeting

Young Commons  
4:30 to 5:30 p.m.

### Transfer student meeting

LaRose Theatre  
4:40 to 5:30 p.m.

### Commitment to community (on-campus students)

Locations vary  
7:30 to 9 p.m.

### Campus Community (off-campus students)

Moseley Student Center, room 215  
7:30 to 8:30 p.m.

### Off-campus transfer and commuter student social

Oak House  
8:30 to 10 p.m.

### Residential floor meetings

Locations vary  
9 to 10 p.m.

### Late Night Elon

Moseley Student Center  
10 p.m.



ENN FILE PHOTO  
An orientation leader celebrates as she helps incoming freshmen move into the Global Neighborhood last fall.

SCAN TO VISIT THE FULL LIST ON [ELONNEWSNETWORK.COM](http://ELONNEWSNETWORK.COM)



## AUGUST 19 - SATURDAY

### Parent and family College Coffee

LaRose commons courtyard  
7:30 to 8:20 a.m.

### New student convocation

Under the Oaks (students need to meet in Alumni Gym by 8 a.m.)  
9 to 10:10 a.m.

### Families meet with academic advisers

Students' meeting room (location on name tag)  
10:30 to 11:15 a.m.

### Transfer orientation

LaRose Theatre  
10:30 to 11:15 a.m.

### Elon Bridge families meet with academic coordinator

Students' meeting room  
10:30 to 11:15 a.m.

### Orientation small group meeting (students only)

Locations vary  
10:30 to 11:15 a.m.

### Information fair for families

Young Commons  
11:30 a.m. to 12:30 p.m.

### Elon Bridge students meet with academic coordinator

Location varies  
11:30 a.m. to 12:30 p.m.

### Family send-off picnic

West Koury Lawn, West Moseley Lawn, Martin Alumni Center  
*\*Wristbands required for all, free for students with meal plans*  
12:30 to 2 p.m.

### Speak About It

Alumni Gym  
4:30 to 5:45 p.m.

### Koury Kickoff

Koury Athletic Center  
8 to 10 p.m.

### Super BINGO

Alumni Gym  
10 p.m.



ENN FILE PHOTO  
Students from the class of 2026 and transfer students gather Under the Oaks at New Student Convocation. Elon student Kiyomi Tamura was the final student standing after President Book's human bar graph at New Student Convocation last fall.

## AUGUST 20 - SUNDAY

### I am Elon

Alumni Gym  
10:10 to 11:30 a.m.

### Orientation small group meeting

Locations vary  
11:40 a.m. to 1:30 p.m.

### What Would You Do?

Alumni Gym  
2:20 to 3:35 p.m.

### New student survey

Students' meeting room  
3:50 to 4:20 p.m.

### Phoenix tailgate and picnic

Phoenix Drive  
4:30 to 6:30 p.m.

### Phoenix soccer game and pep rally

Rudd Field  
6:30 to 8:30 p.m.

### Late Night in the Neighborhoods

Residential neighborhoods  
10 p.m.

## AUGUST 21 - MONDAY

### Call to Honor

Alumni Gym  
9:30 to 10:10 a.m.

### Being an Engaged Student

Engaged learning location on name tag  
10:30 to 11:30 a.m. or  
11:40 a.m. to 12:40 p.m.

### Orientation small group meeting

Locations vary  
10:30 to 11:30 a.m. or  
11:40 a.m. to 12:40 p.m.

### Hypnotist

Alumni Gym  
8:30 p.m.

ENN FILE PHOTO  
Vice President for Student Life Jon Dooley addresses the students and families at New Student Convocation under the oaks.

Corrections

There are no corrections from the last edition of The Pendulum.

# What are freshmen most excited about?

## Kylie Waters

**Pronouns:** she/her

**Major:** Biology

**Home state:** New York

“Probably just the new experiences that come with starting off in a new place, meeting new people, really just finding a new community ... just forming those bonds with lifelong friendships and just the experiences that come with being away from where you’ve been for the first 18 years of your life.”



## Jake Roselli

**Pronouns:** he/him

**Major:** Undecided

**Home state:** Massachusetts

“I’m looking forward to playing club hockey the most. ... Something I’m excited for is meeting everyone, meeting everyone in my dorm, my professors and studying things I’m actually interested in. ... I think the acorn tradition is really cool. I’m just really excited. I love the campus, it’s beautiful. And I’m just excited to jump right in.”



## Amelia Kaiser

**Pronouns:** she/her

**Major:** Biology

**Home state:** Delaware

“Just to meet new people and make friends. ... Maybe rushing in the spring will be fun but mainly just meeting new people.”



## Harlan Auerbach

**Pronouns:** he/him

**Major:** Entrepreneurship

**Home state:** New York

“I’m most looking forward to the diverse body of students that come here, making a solid group of friends and I’m from the Northeast, and I heard there are a lot of people from the northeast, which is appealing to me. And beautiful weather — back home, it’s cold in the winter time but I heard in November it’s in the 60s, which is amazing.”



## Charlotte Ivimey

**Pronouns:** she/her

**Major:** Elementary education

**Home state:** Massachusetts

“Making new friends and definitely studying abroad. I’ve never been out of the country before so I just want to go anywhere. ... And getting my acorn.”



# Equity requirement courses educate on racial societal issues

AER integrates into core curriculum in fall 2023, starting with 11 courses

**Madison Powers**  
News Editor

This fall, an Advancing Equity Requirement — approved by faculty in May 2022 — will be integrated into courses across major, minor and core curriculum courses.

The new eighth requirement in the core curriculum will begin with the class of 2027 and will also be required for students who change majors or switch to the new curriculum.

According to Elon University’s core curriculum, in AER-designated courses, students will complete four learning outcomes: to interrogate racial identities, connect race and identity to U.S. systems, evaluate systemic inequity and apply solutions to systemic racism.

Randy Williams, vice president and associate provost for inclusive excellence, said Elon University students and alumni came forward to ask for a course on race and identity within the U.S.

“We’ve had a long-standing relationship with global education at Elon University,” Williams said. “But there has been a greater interest of students wanting to have a class that was more centered on domestic United States race, racism, and of course, its connection to other identities.”

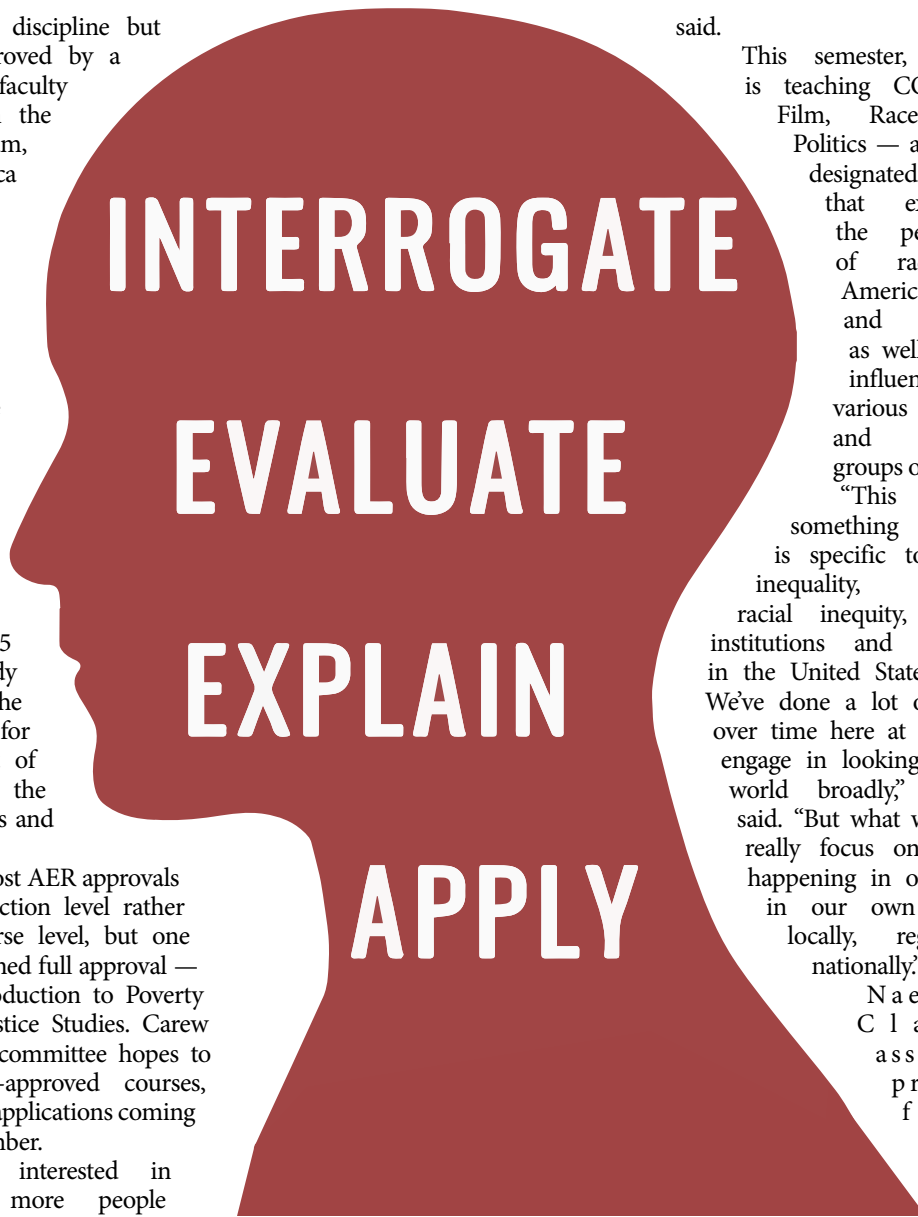
AER-designated courses can

be from any discipline but must be approved by a committee of faculty who work in the core curriculum, led by Jessica Carew.

Carew, assistant director of diversity, equity and inclusion in the Elon core curriculum, said in a session on the AER on Aug. 15 that there are 11 courses, with 15 sections, already approved by the committee for the fall, most of which are in the College of Arts and Sciences.

She said most AER approvals are on the section level rather than the course level, but one course has gained full approval — PSJ1100: Introduction to Poverty and Social Justice Studies. Carew also said the committee hopes to expand AER-approved courses, with a call for applications coming in early September.

“We are interested in encouraging more people across a variety of divisions but also across the different schools to apply for the AER,” Carew



DESIGN | MADISON POWERS  
In AER-designated courses, students will accomplish four learning outcomes to interact with various racial identities and better understand the history of U.S. race and racism.

said.

This semester, Carew is teaching COR4600: Film, Race, and Politics — an AER-designated course that examines the pervasion of race in American film and politics, as well as the influence of various racial and ethnic groups on film.

“This is something that is specific to racial inequality, and racial inequity, within institutions and systems in the United States itself. We’ve done a lot of work over time here at Elon to engage in looking at the world broadly,” Carew said. “But what we don’t really focus on what’s happening in our own in our own space: locally, regionally, nationally.”

**Naemah Clark**,  
associate provost for

academic inclusive excellence, said she hopes every major will eventually have an AER-designated course.

“My goal is that every department, or every school at least, has a required course that means the AER,” Clark said.

She said integrating an AER course into every major’s requirement will reduce stress on students worrying about where their AER class credit will come from.

“If you’re a healthcare major or exercise science major, there should be health equity that you’re talking about anyway,” Clark said. “Label the class, get the designation for the year and then your students don’t have to worry about it anymore.”

Clark also said Matthew Buckmaster, executive director of the Elon core curriculum, said he will not waive the AER, so upperclassmen should be aware of the requirements in the new curriculum before making any changes to their degree or curriculum.

Williams said he wants this new addition to the curriculum to spark change within society.

“My hope is that our students will be change agents toward remedying some of the societal issues that we face from historical and contemporary spaces with better knowledge,” Williams said. “Whatever the field or discipline may be, they will consider the work that they’re applying these contents to in considering race and racism in our society.”

# Common reading aims to start conversations, prepares students for new perspectives at college

Mónica Guzmán’s book becomes Elon’s 31st common reading

**Sophie Rosenthal**  
Elon News Network

Every year, a committee of 17 faculty, staff and students meet over a span of 15 to 18 months to choose the common reading book for incoming freshmen to read over the summer, according to Paula Patch, English professor and chair of the common reading committee.

For the 31st year of common reading, the committee chose “I Never Thought of It That Way: How to Have Fearlessly Curious Conversations in Dangerously Divided Times” by Mónica Guzmán. Patch said the goal of this book is to start conversations.

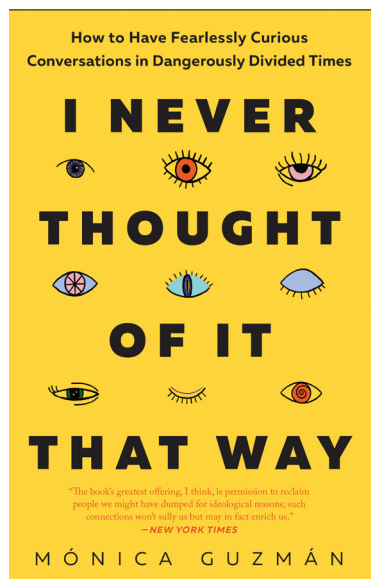


PHOTO COURTESY OF MONICAGUZMAN.COM

“Small talk was really hard to do coming out of a pandemic, so I think one of the things that’s really cool is her book is about having these conversations,” Patch said. “How do you talk to people, and then what should you be thinking about yourself? What are you bringing to the conversation and how should you be thinking about other people and sort of the dynamic of conversation.”

Freshman Amelia Brinson said this aspect of the book helped her feel prepared to leave her comfort zone. The start of the academic year welcomes 1,688 freshmen and transfer students to Elon’s campus, according to the admissions.

“That’s a big part of the book, is having conversations with people with different viewpoints or different opinions,” Brinson said. “And as a person who enjoys talking to other people, I think it also gives me some strategies that I can employ when I’m having more professional discussions.”

Brinson read the book early in the summer and said she first approached the book as an assignment. As she read, she realized it felt less and less like schoolwork.

“It’s not the type of book I would generally go to a bookstore and pick out,” Brinson said. “But this book actually did a really good job of keeping me interested, and it was a really fun read.”

Patch said the worst thing students can do is treat the common reading as a textbook.

“Often, faculty and staff will look at it, be like, ‘Oh, this is a book I’m going to use in my classroom, and that makes it a textbook.’ But that is not how

students are approaching this book in the summer, and I don’t think they should,” Patch said. “In that moment, it hasn’t yet become a course textbook.”

Once the academic year has started, professors may assign the book in their classes, according to Patch. Patch said at that point students may reread the book — but she often hears students approach rereading the wrong way. After listening to students

“SMALL TALK WAS REALLY HARD TO DO COMING OUT OF A PANDEMIC, SO I THINK ONE OF THE THINGS THAT’S REALLY COOL IS HER BOOK IS ABOUT HAVING THESE CONVERSATIONS.”

**PAULA PATCH**  
CHAIR OF THE COMMON READING COMMITTEE

complain for years about having to read books they had already read again for classes, she asked them if they were reading the books over again from cover to cover. To her surprise, she said, many of them were.

“That’s not what we’re asking you to do,” Patch said. “You’re at an advantage if you’ve already read

this book. So when they get to class and then they’re asked to do whatever, they’re rereading, they’re going back to the little sticky note they added or the dog eared page.”

For the first time, the university provided an online version of the book to all incoming freshmen this summer, available through Moodle. Patch said, in the past, students have said they didn’t read the book before classes started because they didn’t want to buy it. But even though students can access the book for free this year, they might still not have read it.

“Noticing that two-thirds of our first-year students had not accessed the Common Reading Moodle site, I sent them a very nice nudge: ‘Hey, have you started the Common Reading?’ All 1,750+ of them. Via my work email. And now they are emailing me back. I have a new full-time job,” Patch posted on the X platform, formerly known as Twitter.

Brinson participated in Elon’s “Adventures in Leadership” program this summer with other incoming freshmen and said when she spoke with other students who hadn’t yet started the book, she told them not to treat it as schoolwork.

“I was saying that ‘You might think at first glance that it might be like one of those old nonfiction books written by a professor or something, but it was actually really interesting,’” Brinson said. “I made sure to tell people that it was actually kind of fun and engaging to read.”

Though she wasn’t initially sure about it, Brinson said she enjoyed the book so much, she’s been recommending it.

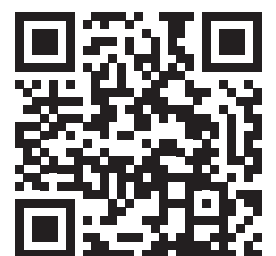
“I told my whole family that

they should definitely read it,” Brinson said. “That made me want to go have in depth conversations with people about their lives and their history and such.”

“YOU MIGHT THINK AT FIRST GLANCE THAT IT MIGHT BE LIKE ONE OF THOSE OLD NONFICTION BOOKS WRITTEN BY A PROFESSOR OR SOMETHING, BUT IT WAS ACTUALLY REALLY INTERESTING.”

**AMELIA BRINSON**  
ELON FRESHMAN

SCAN TO PURCHASE THE BOOK OR VISIT MONIGUZMAN.COM/BOOK



# University president prioritizes staff retention, expansion

Connie Book reassures community about affirmative action, tuition, staff retention and upcoming year

**Naomi Washington**  
Executive Director, Elon News Network  
News Director, Elon Local News

Elon University President Connie Book sat down with Elon News Network's Naomi Washington to discuss plans for campus expansion, tuition, and admissions and diversity policies after the Supreme Court's affirmative action and student loan forgiveness rulings.

*This interview was edited for clarity.*

**Over the summer, the Supreme Court overturned affirmative action. I was wondering how will Elon University's admissions practices change because of that ruling?**

The SCOTUS decision was one we anticipated so the enrollment team under Vice President Greg Zaiser had been working for about a year on strategy, should it unfold that we no longer could consider race as part of the admissions process. Elon always had a holistic view on admission, so we're looking at a holistic portfolio of students.

So we will continue our practice in that our commitment to being enriched through a diverse class stays the same. We will follow the law, but we will use new tools to ensure that we're successful on that. We know it's critical for the learning environment. We benefit from the community from the richness of different perspectives and creates the kind of learning that we value. So we've created a holistic effort around admissions and we'll continue to make those investments.

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WHEN I TALK ABOUT DIVERSITY AND HOW IT ENRICHES OUR CAMPUS, WHAT I'M TALKING ABOUT IS THAT WE ARE BETTER WHEN WE ARE NOT SURROUNDED BY HOMOGENEOUS THINKING AND EXPERIENCE.

**CONNIE BOOK**  
ELON UNIVERSITY PRESIDENT

**Will students still be asked what their race is when they apply to Elon?**

We use the Common App as the portal. Our understanding is the Common App will still collect that information. It will be illegal for universities to use it as part of the admissions decision as a single factor on race. ... When I talk about diversity and how it enriches our campus, what I'm talking about is that we are better when we are not surrounded by homogeneous thinking and experience. So we are honed in on asking students and questions on their application about how their lived experience has shaped them.

We also are working nationally with services that can place us in diverse environments for recruiting so that we're going to high schools that have a diverse student body and sharing news about Elon and Elon's strength and recruiting students from this location. We've added an additional admissions counselor focused on diversifying the student body.

**Speaking about the incoming classes and just the future of Elon, tuition has increased the past few years and will there be a tuition increase again this upcoming year? Does the university anticipate rising costs?**

Elon is tuition dependent, meaning that our budget is largely 97% generated from tuition and room and board. ... We're proud of the fact that we run efficiently so we're about 15,000 less than our peer set of other institutions. So we're able to provide strong outcomes, graduation, employment and have the net cost for the student be less than our peer group.

I'm also really pleased that the fundraising we are doing is for scholarships, and so we have been able to reduce the student's average debt at graduation and they increase their starting salaries through our work in the Student Professional Development Center. ... I will say as the costs increase, it is to add value, and we are seeing real data that the value is increasing to an Elon degree.

**I'm glad that you brought up increasing the value of campus. Campus is expanding year by year. Can you talk a little bit about that and just this phase two of the Boldly Elon Plan?**

When students return to campus, they're going to see lots of activity that is part of the master plan. So one high interest to students is in our East Neighborhood. We did not have a commons building for students to gather together in that space. So we're adding the commons building with staff offices, community director offices and 90 new beds for first year students. ...

What I think students are really going to notice is that the back of Belk Library is coming out of the back onto a new patio area as we move the Acorn Coffee Shop to the middle of campus. Really excited about that. I can already see people sitting out there and joining the sandwiches, a cup of coffee between class, and it's actually easier to access from some of the residential areas for especially for juniors and seniors. ...

We also are renovating McMichael Science Center. ... Students are going to have to get more comfortable moving past Danieley. We have built a lighted road path that connects behind Danieley to the Francis Center, so really an easy path for students. Added food at Danieley Center so people from Francis Center can also access food, but that's been significantly renovated. It's underway with phase three to house our new growing School of Health Science. We'll have 170 nursing students this fall at Elon, and we're only in our starting our third year of nursing so that program is just growing an interest among incoming students. Lots of activity.

**There's going to be so many new centers on campus in the upcoming years and one of those centers that you mentioned in the Presidents Address was a new childcare center. Can you talk just briefly about that and what that initiative is going to be?**

Now I don't have favorite projects, but this one



ABIGAIL HOBBS | STAFF PHOTOGRAPHER

President Connie Book gave an interview to Elon News Network, discussing affirmative action, tuition, retention and campus expansion.

might be one of my favorite projects. There is a crisis in childcare because of COVID. In the county — Guilford County is faced with it too — where there is just not enough child care being provided. So Elon wants to be a part of that solution. So we've engaged our consultants that worked last year to draft and come up with a plan to kind of model for us the kinds of services that we could offer. So we are busy with a very small implementation team. So our goal is to be able to open something by the end of '24 for and focus on newborn and two year olds to start.

**What do Elon employee retention efforts look like and include?**

We had a great brainstorming about ways to retain and some of it is things like investing in professional development, so we started for our employees an early career institute that provides them ongoing professional development. They can earn certificates and other credentials that keep them engaged in lifelong learning. We also have one for mid level employees and a supervisor series, so investing in their development is one thing they said loud and clear.

We also have reestablished our study abroad program for its staff. So that had dwindled and with COVID it was challenging but we're coming back strong. They will have a staff J-Term experience in London, so we'll send 20 staff members out to London and six other staff will be traveling with students and faculty to different J-Term locations.

**While we're on the topic of retention, at several universities across the U.S. — American, West Virginia, Thomas Jefferson, Temple — presidents are leaving. So in terms of that, do you have a timeline as far as your presidency?**

I don't have a timeline. I will say that I'm in my sixth year and because of COVID as it feels faster, like I've lost the sense of time. There's still a lot that I want to accomplish at Elon. So I'm here for a little while, at least, especially around Boldly Elon, which takes us through 2030.

**What is your hope for Elon in the future? Like going into this year?**

I do feel like that we are grateful to be a few years out from the pandemic. ... Elon is a school that has a lot of ambition, and so I'm looking forward to being back with the community with all of these new efforts in play.

To see more of this interview tune into  
Elon Local News at 6 p.m. Aug. 21

Watch on the Elon Comm app available on  
Roku, Apple TV, Fire TV and Android TV

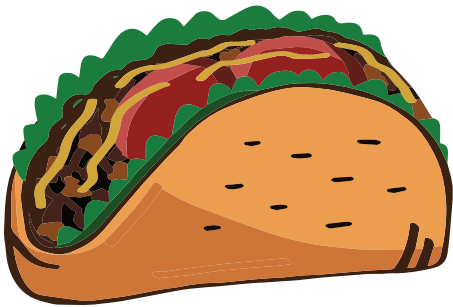


# TOP ELON THINGS TO KNOW

## A guide to Elon's three dining halls:

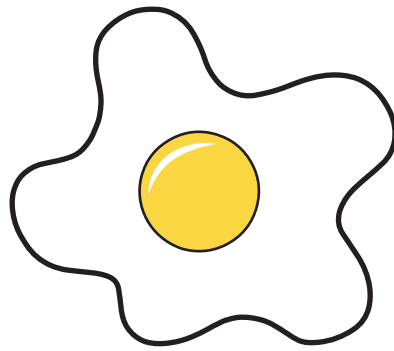
### LAKESIDE

Lakeside features globally inspired food at the World and Street Food stations and offers taco, salad and yogurt bars. The Allgood station has food made without the top nine allergens.



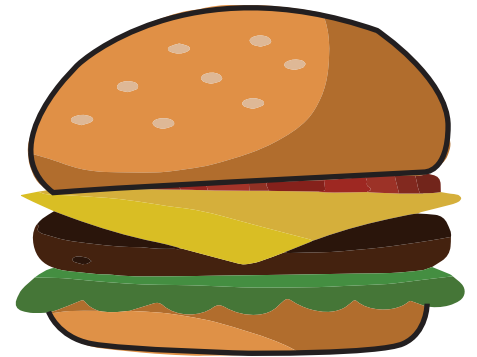
### MCEWEN

McEwen has a variety of distinctive stations including Al Dente, the Chef's Counter and Crumb & Cream. In the mornings, McEwen serves breakfast staples such as pancakes, bacon and potatoes, as well as custom omelets.



### CLOHAN

Clohan offers routine stations including made-to-order deli sandwiches, the Burger Joint, stir fry, juice bar, pizza and more.



## Elon's different meal plans:



#### All Access Basic

Annual total - \$7,422  
Meal dollars - Fall - \$65, Winter - \$20, Spring \$65  
Benefits - Unlimited visits to all dining halls, 10 free guests meals per year

#### All Access +7

Annual total - \$8,862  
Meal dollars - Fall - \$170, Winter - \$60, Spring - \$170  
Benefits - Unlimited visits to all dining halls, 7 meal exchanges per week, 20 free guest meals per year

#### All Access +14

Annual total - \$9,419  
Meal dollars - Fall - \$170, Winter - \$60, Spring - \$170  
Benefits - Unlimited visits to all dining halls, 14 meal exchanges per week, 30 free guest meals per year

#### 300 Block

Annual total - \$4,572  
Annual meal dollars - Fall/Winter - \$200, Spring - \$200  
Benefits - 300 meals per year

#### 200 Block \*Commuter students only

Annual total - \$3,642  
Meal dollars - Fall/Winter - \$250, Spring \$250  
Benefits - 200 meals per year

#### Meal dollars, meal exchanges and block meals can be used at the following locations:

Acorn Coffee Shop, Billy D's, Biscuitville, Boar's Head Deli, Einstein Bros. Bagels, Flat-out, Fountain Market\*, Freshii, Qdoba Mexican, Steepd, Village Juice

\*Meal exchange does not work at Fountain Market

# Included resources available for students:

## Microsoft 365

## Adobe Creative Cloud

Must log in with Elon email

## LinkedIn Learning

Includes access to a library of video tutorial from industry experts to help develop business, technology and creative skills.

## The New York Times

Provides digital access to The New York Times to all Elon students, staff, and faculty. Log in with Elon email at [NYTimes.com/Passes](https://www.nytimes.com/Elon/Passes).

## The Washington Post

Provides digital access to The Washington Post to all Elon students, staff, and faculty. Log in with Elon email to gain access.



# How to use the printers:

There are three different ways to students to use the on-campus printers

- Compose a message to [studentprint@elon.edu](mailto:studentprint@elon.edu) and attach your file. (No subject line or email message is needed.)
- Install Canon print drivers on computer
- When printing a document from your computer using File > Print, choose Student Canon (on PCs) or UF\_ElonStudent\_MAC (on Macs)
- Follow on screen prompts to login
- When printing from a computer lab printer (by going to File > Print), choose StudentCanon\_BW or StudentCanon\_Color

### Cost per page

<b>COLOR</b>	<b>B&amp;W</b>
7 cent per side	1 cent per side

Each student receives \$40 of printing dollars for a combined fall semester and winter term with an additional \$30 for the spring semester.

Once you've sent your file to the printer, head to one of the student printers and tap your Phoenix Card.

Choose "Secure Print" and you should see all of your print jobs in the list. To print, simply select the job and print.



# Student health:

Student Health Services - appointment-only medical services, though some have an extra cost. All visits are now filed with students' insurance.

TimelyCare - a free, virtual health service for students with 24/7 mental and medical health care. Register with Elon email at [timelycare.com/elon](https://www.timelycare.com/elon).

### Student Health Services operating hours

**Monday to Thursday**  
8:30 a.m. to 5:30 p.m. (Beginning August 21)

**Friday**  
8:30 a.m. to 5 p.m.

**Saturday to Sunday**  
9:30 a.m. - 12:30 p.m.

# Lady Capulet

## APARTMENT

**Lady Capulet**—a place of calm, beauty, and a touch of extravagance. In other words, home. That is what awaits you if you choose to reside at Gibsonville's newest exclusive apartments.

Newly renovated, Lady Capulet offers a suite of four luxurious apartments. Each apartment provides the seclusion needed for quiet living, while providing a relaxing atmosphere in historic old Gibsonville.



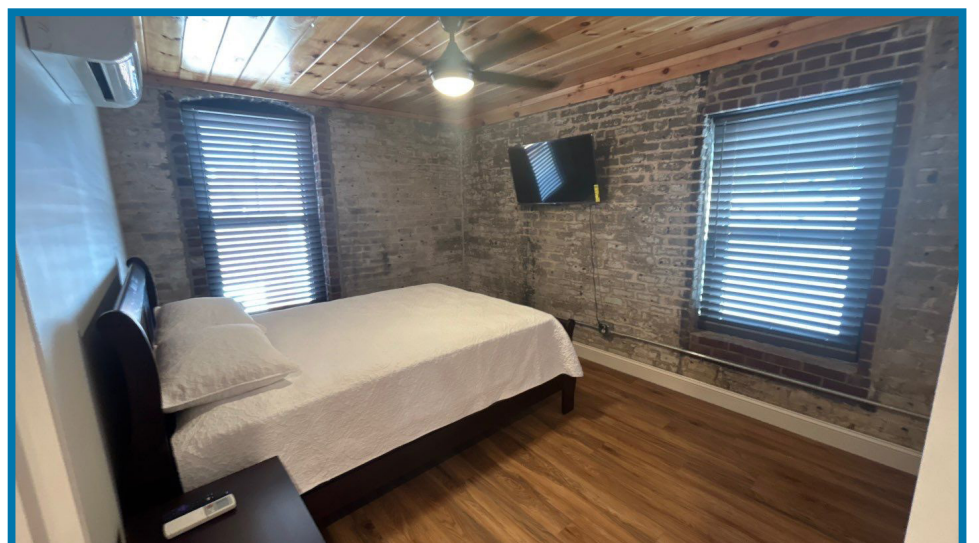
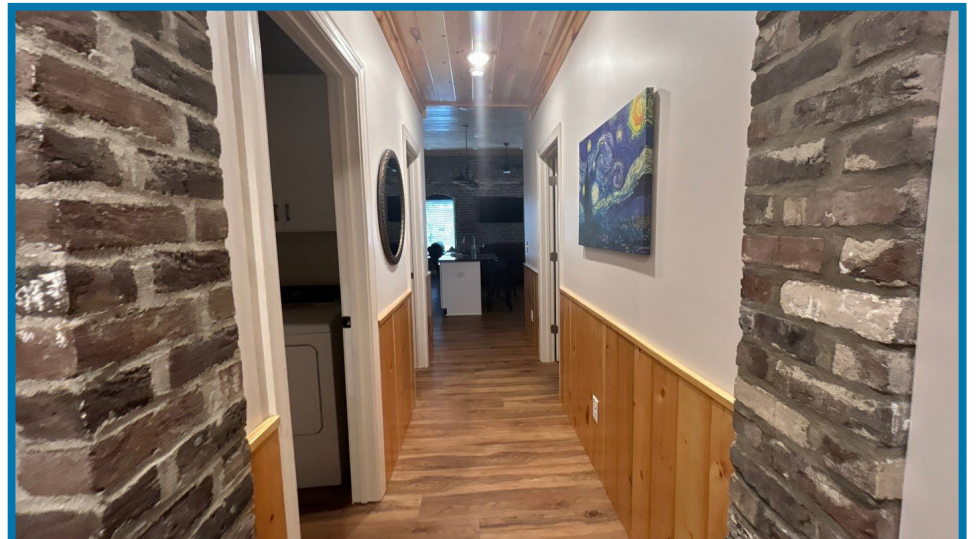
At Lady Capulet, you will have your own 135 square foot bedroom, which includes independent heating and cooling, a 42" television, plus a spacious closet. You share a fully equipped kitchen, lounge, two full baths, and a laundry room with occupants of the other three apartments.

In the kitchen, you will find all Whirlpool appliances, including dishwasher, full-size stove and oven, and a stainless-steel freezer/refrigerator. A center island provides a double stainless-steel sink and plenty of countertop space for making your favorite meals.

Eat, relax, or socialize in the adjacent dining room/lounge, as you enjoy the view of downtown Gibsonville. Cathedral ceilings in the kitchen and lounge and hand-crafted woodwork throughout highlight the care taken to make Lady Capulet a special place created just for you.

At Lady Capulet, you will be walking distance from the famous Reno's Pizza Italian Restaurant, an ice cream shop, the post office, and other shops and stores.

And before you ask, Gibsonville is only about two miles from Elon University and about ten minutes' drive from Alamance Regional Medical Center.



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# Counselor, students advise freshmen on transitioning to college

Outreach coordinator for counseling services shares the most common issues when leaving home

**Sarah T. Moore**  
Chief Copy Editor

This year, Elon University is welcoming the 1,688 freshmen comprising the class of 2027 to campus, according to the admissions office.

Itumeleng Shadreck, counselor and outreach coordinator for Elon's Counseling Services, said adjusting to college can take time and students struggling academically, socially or emotionally should give themselves grace — especially since for many students college is their first time living away from home for an extended period of time. Shadreck said new living arrangements, classes and classmates make adapting to college a difficult task.

## Homesickness

Many students struggle with homesickness, which Shadreck is normal, even beyond freshman students. She said it is important to balance contact with family and friends back home with creating new bonds on campus. Beyond balancing relationships, Shadreck recommended exploring values, creating space for gratitude, understanding self care and being intentional about basic needs.

"It can be really helpful for you to think about what's driving you in different situations, because that helps you make really good decisions," Shadreck said.

According to Shadreck, defining values creates a framework for decision making, which can be helpful for navigating the college experience. She said creating time to embrace or acknowledge positive changes can make the transition feel less overwhelming.

"A lot of times we can get very focused in on what's going wrong and what's really hard," Shadreck said. "When we do take a step back, we recognize, 'Hey, there's good stuff happening here, too.'"

Shadreck said it is important that students are intentional about meeting their basic needs, such as eating and getting enough sleep. According to Shadreck, when homesickness begins to impact daily functioning, such as struggling to attend classes or eat food, this can be a sign that homesickness is more than just an adjustment period. In this scenario, she recommends students utilize the resources Elon provides, such as counseling services.

## Finding Community

According to Shadreck, there are several ways for Elon students to connect with their peers, such as introducing themselves

in class, forming study groups and joining clubs. Elon offers more than 250 student organizations focused around various interests, hobbies and identities.

Junior Owen Bramanti is president of Student Union Board, a student organization on campus that hosts free weekly events, including themed bingo nights, trivia and live music.

When Bramanti first started at Elon, he said attending SUB events helped him find a group of friends and keep him busy throughout the semester.

"If I wasn't busy then I was like, 'Oh no, I'm missing so much at home.' So I was either getting ahead of my work, hanging out with friends — really just something that kept me busy for those first couple of weeks," Bramanti said. "So going to events, going to get lunch with someone new, going on a walk with someone really, really helped me transition into what college was actually like."

Shadreck said finding groups to join can be overwhelming but recommended an initiative from Student Involvement.

Involvement ambassadors are a group of Elon students, available year-round, that help other students get connected with the campus community. According to Shadreck, involvement ambassadors work with students one-on-one to help find the organizations and events that match their interests and can also attend meetings alongside the student they are working with while they adjust.

Students can sign up for consultations with involvement ambassadors online through PhoenixCONNECT. Involvement Ambassador Maya Phinney is a senior at Elon and said she's done several of these consultations since she started last summer.

"It's really hard to just kind of jump in and join things and going to meetings alone can be really scary," Phinney said. "We're here as a resource to talk to you about your interests — because there might be clubs that you don't even know exist, but if you tell us your interests, we can help kind of match you up with things that you might enjoy and you might get a lot of good experiences out of at your time."

Phinney is in a few student organizations herself, such as Elon Feminists for Change and Equality, Phoenix Phanatics and Students for Peace and Social Justice.

Bramanti said visiting different clubs and finding a group that matched his values and interests helped him find his friends and make his Elon experience more fulfilling.

"Honestly, if you just find those one or two organizations that really you have a connection with and that you're willing to put a lot of effort into, it really makes your college experience worthwhile," Bramanti said.

Phinney's biggest tip for students trying

to be more involved on campus, or find a group of friends, is to attend different events and meetings.

"Just say yes and show up. It can't hurt to go to a meeting, go to an event," Phinney said. "Chances are there's going to be someone who's in the exact same position as you who doesn't know anybody and you're still trying to figure out where they belong at Elon. So just show up."

## Connecting with Roommates

New roommates are another difficult aspect of the transition to college, according to Shadreck.

"Roommates stuff is very challenging because a lot of times you're being paired with someone you don't know," Shadreck said. "Everyone kind of grew up differently and so your values may not always be in alignment with someone else's, in terms of how you like your space to look, what time you like to go to bed, some of that stuff."

While students are encouraged to create roommate agreements, Shadreck recommends roommates revisit these agreements at checkpoints throughout the school year, keeping a solutions-oriented mindset.

"Your needs change, or other stuff shifts, or this isn't quite what you pictured," Shadreck said. "So as much as you can, be transparent upfront."

## Campus Resources

According to Shadreck, there are a variety of resources available through Elon for students who are struggling with homesickness, aiming to be more involved in campus life or trying to find a balance between academics and social life.

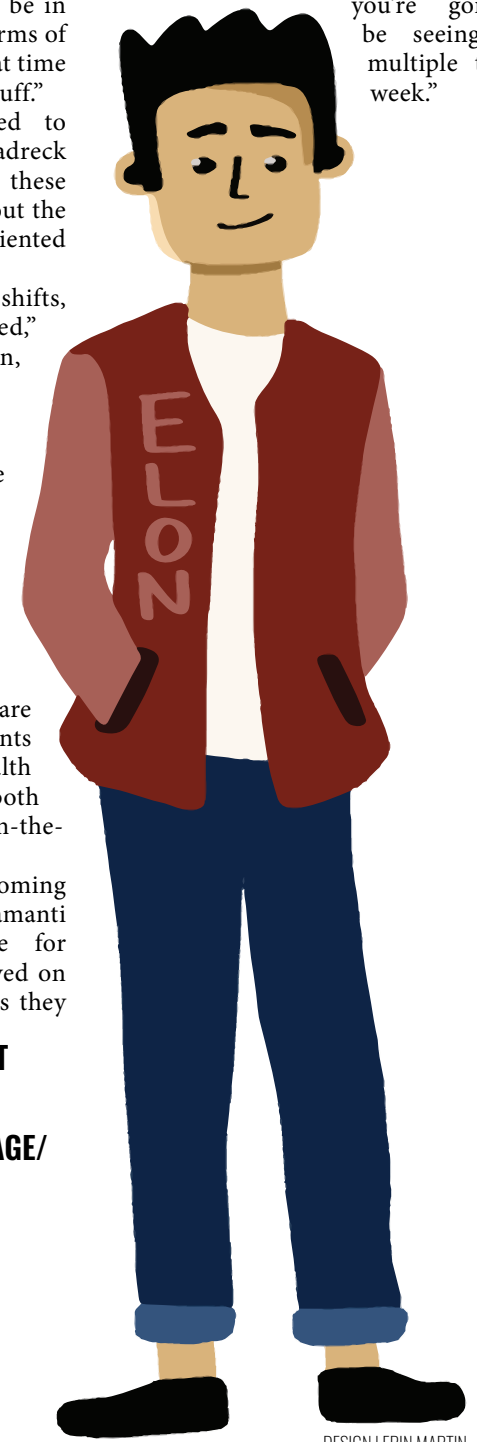
Counseling services and TimelyCare are both free resources for students seeking counseling and mental health services. TimelyCare offers both scheduled appointments and in-the-moment counseling.

Student organizations post upcoming events to PhoenixCONNECT. Bramanti recommended checking the site for students looking to get more involved on campus to find activities and events they

could attend.

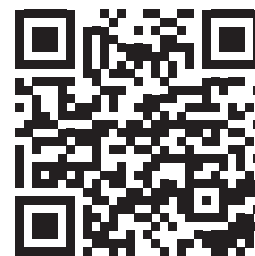
Another resource Shadreck recommended for students is Elon's Learning Assistance, located in the Koenigsberger Learning Center. Learning Assistance includes both tutoring and academic support services. Shadreck recommended Learning Strategies tutoring to students who want support in creating a study plan or balancing their academic endeavors and social life. According to the Learning Assistance website, learning strategies tutors can help peers build skills such as time management, organization, study strategies and more.

"Even if you're feeling discouraged, try your best to still go to class," Shadreck said. "Try to connect with people in your classes because a lot of times you're going to be seeing them multiple times a week."



DESIGN | ERIN MARTIN

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# A guide to Elon sports:

**Football** Rhodes Stadium

Home Games: 5  
Head Coach: Tony Trisciani  
Years as HC: 5 years

**Next home game:** Sept. 16 6 p.m.  
Elon Vs. NCA&T

Last year: placed 4th in the conference.

**W Soccer** Rudd Field

Home Games: 8  
Head Coach: Neil Payne  
Years as HC: 6 years

**Next home game:** Aug. 20 6:30 p.m.  
Elon Vs. Wofford

Last year: placed 5th in the conference.

**M Soccer** Rudd Field

Home Games: 6  
Head Coach: Marc Reeves  
Years as HC: 7 years

**Next home game:** Aug. 27 2 p.m.  
Elon Vs. Jacksonville

Last year: placed 1st in the conference.

**Volleyball** Schar Center

Home Games: 12  
Head Coach: Mary Tandler  
Years as HC: 21 years

**Next home game:** Sept. 8 - 6 p.m.  
Elon Vs. WCU

Last year: placed 5th in the conference.



**M/W Cross Country**

Head Coach: Kevin Jermyn  
Years as HC: 7 years

**Next home race:** Sept. 1 - 6K  
Elon Opener

NCAA Southeast Regionals 7th overall

## Players to watch:

**MAJALIWA MSABAHA**



**Men's Soccer**  
Position: Midfielder **#6**  
Class: Sophomore  
Hometown: Randers, Denmark

2022 All-CAA Third Team  
2022 CAA All-Rookie Team

**ABIGAIL SPARKMAN**



**Volleyball**  
Position: Defensive Specialist/Libero **#15**  
Class: Graduate Student  
Hometown: Eagle, Idaho

Presbyterian College Transfer

**DYLAN TUCKER**



**Football**  
Position: Defensive Back **#24**  
Class: Redshirt Sophomore  
Hometown: Charlotte, N.C.

Returning from injury

**ASHLEE BREHIO**



**Women's Soccer**  
Position: Forward **#4**  
Class: Sophomore  
Hometown: Hopkinton, N.H.

2022 All-CAA Second Team  
2022 CAA All-Rookie Team

HEADSHOTS COURTESY OF ELON ATHLETICS

## Purchasing Tickets

Elon students get free tickets to all Elon home sports games. Students are required to reserve a ticket for football games. You can reserve a ticket for free by visiting [elon.universitytickets.com](http://elon.universitytickets.com) and logging in with your Elon credentials. Parents and friends can purchase individual game or season tickets at the same site.



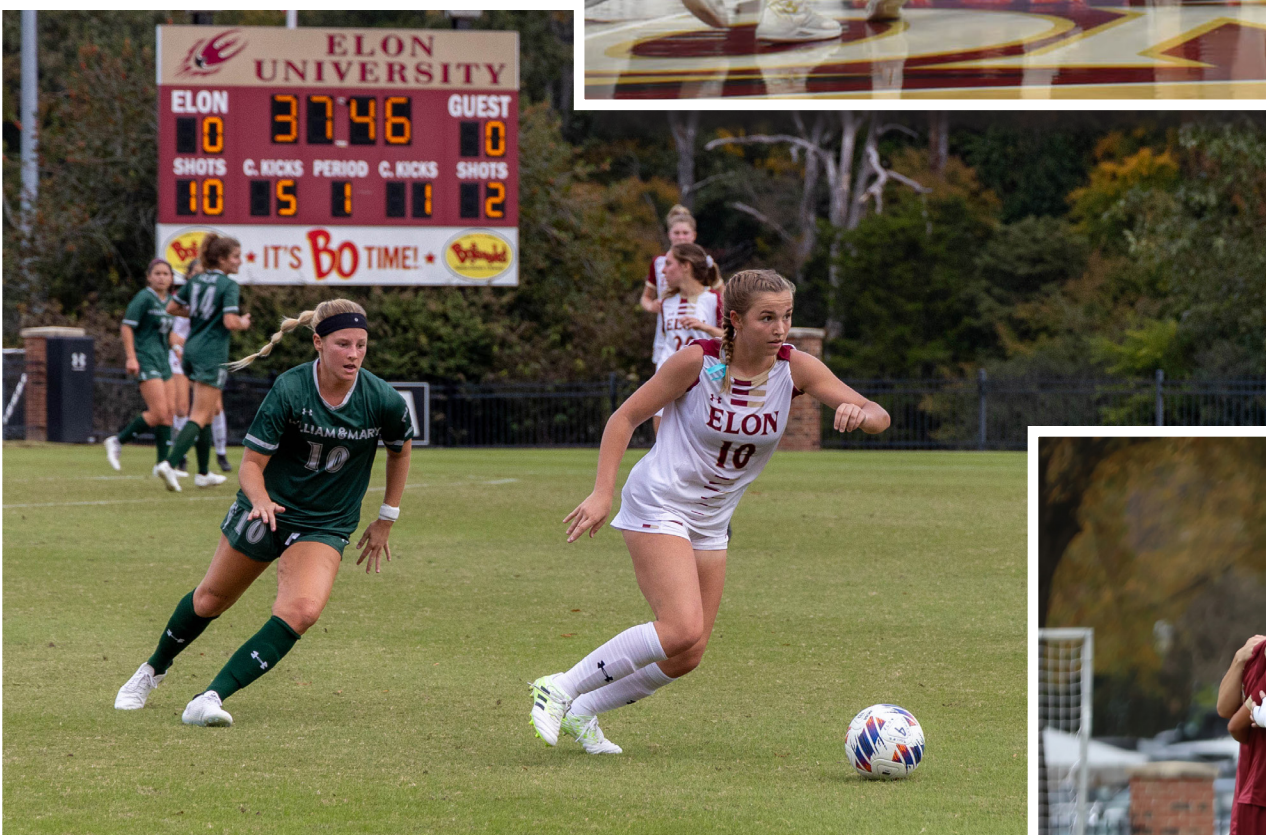
ERIN MARTIN | VISUAL MEDIA EDITOR  
Two Elon football players tackle a Towson University football player during the 2022 season. Elon went undefeated at home (5-0).



ENN FILE PHOTO  
Elon sophomore Braetan Peters turns a corner at the Elon Cross Country opener during her freshman fall season in 2022.



ERIN MARTIN | VISUAL MEDIA EDITOR  
Members of the Elon volleyball team celebrates after scoring a point during the fall 2022 season. Elon volleyball ended the season with a 13-14 record.



ERIN MARTIN | VISUAL MEDIA EDITOR  
Elon sophomore Rachel Buckle (#10) runs downfield with the ball during a fall 2022 game in her freshman season. Elon ended the season 9-6-3.



ERIN MARTIN | VISUAL MEDIA EDITOR  
Members of the Elon soccer team huddle before a game during the fall 2022 season. Elon finished first in the Coastal Athletic Association and lost to Marshall in the NCAA Men's Soccer Championship First Round.

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