

THE CURRENT SAUCE

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NSU departments seek accreditation to enhance students learning, and while most of NSU's population goes home for the summer, NSU hosts various events during the summer.

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Academic departments at NSU seek accreditation to enhance students' learning



Photo by Leah Jackson
The Department of Social Work celebrates their reaccreditation



BY NINA OVALLE

Northwestern State University of Louisiana departments receive accreditation from third-party evaluation entities to provide better opportunities to attending students.

The university is accredited by the Southern Association of Colleges and Schools Commission on Colleges. NSU currently offers 15 separate degree programs which fall under the four academic colleges: College of Arts and Sciences, College of Business and Technology, College of Nursing and Allied Health and College of Education and Human Development.

Individual departments within the colleges are not required to receive accreditation as the university has already received its own accreditation. However, despite no requirement, several departments at NSU have received accreditation.

Currently, the NSU Hospitality Management and Tourism department is working to receive their first accreditation. Valerie Salter,

coordinator of HMT at NSU, elaborates on the process of becoming accredited.

“An accreditation process determines standards and what should be in instruction and what all those things should look like according to national standards for a program,” Salter said. “In my definition, an accreditation is in essence a seal of approval, they determine whether you’re meeting the standards of that accrediting body or not.”

NSU HMT is seeking accreditation from the Accreditation Commission for Programs in Hospitality Administration, which will not be official until July 2024.

“When a program is accredited it’s a signal to students and the university itself that the program meets a certain level of standards and it adds value to the students’ degree as well,” Salter said.

To receive accreditation, a department must first submit a self-study report which entails a faculty evaluation of their department’s curriculum, resources, and facilities overall. Once the self-study has been submitted, a review board from the accrediting body will then conduct a site visit to evaluate the department themselves

and meet the students and faculty.

Following a site visit, the site visitors will typically give constructive feedback to faculty and provide an unofficial understanding of accreditation results.

Salter hopes to utilize constructive feedback from the site visit to improve the HMT department.

“It will provide us a structure, standards and more data points for what we do in our instructions and what we do as a totality of a program and it will ensure we are on par with other leading programs in the United States,” Salter said.

All the information is then compiled and submitted to an accreditation board for an official review.

An approved accreditation typically lasts for eight years before expiring; however, this is subjective to the accrediting body. Therefore, it is expected for departments to go through a re-accreditation process, roughly, every five to seven years.

Susan Campbell, social work department chair, has recently completed this process as the NSU

Social Work department just received their re-accreditation from the Council of Social Work Education (CSWE).

Campbell emphasizes that the CSWE will look for key points in their department’s curriculum throughout the re-accreditation process.

“As part of our accreditation standards in social work, we have what are called competencies,” Campbell said. “Some of our competencies we have to be able to show in our courses that we are demonstrating ethical and professional practice, we have to show that we can engage in diversity and difference in practice, we have a course in informed research and research informed practice, and also our practice courses that work with group are informed by prior research and pedagogical standards.”

Following the site visit, the NSU Social Work department received positive feedback from CSWE, which led to their accreditation approval.

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“When the site visitor came, it was a general site visit because she said, ‘you’re the first one I’ve done where there aren’t any specific questions’ so that let us know that we were doing our job and that really is what it’s all about, is that we as a department, were doing our job,” Campbell said.

The NSU Social Work department has now been approved for the next eight years.

“I suppose it is just technically a pass or fail, but I would like to think we passed with an A plus because there were no concerns that we had to address so we were thrilled by that,” Campbell said.

Campbell explained the benefit she hopes to provide for students now that the reaccreditation has been approved.

“Accreditation supports the student’s future work, for instance, our department, if a student graduates with a bachelor’s of social work from an accredited institution like ours then they can go on and get a master’s degree in one year,” Campbell said.

The chance to receive a master’s degree in one year is called advanced standing.

“I think that’s important to recognize that this, we’re not just doing it for today,” Campbell said. “We’re really looking at our students’ future and reaccreditation gives them opportunity.”

Atziary Perez, sophomore social work major, recognizes the impact attending

an accredited university can have on her future.

“I feel like attending this department at NSU will definitely benefit me by the time that I am looking for a job; it is already benefiting me as a student right now, and I know it will benefit me more after I graduate,” Perez said. “Attending an accredited university can be regarded as a guarantee for my future.” Perez feels honored to be a part of her department.

“Attending an accredited department is truly an honor, especially for the department of Social Work,” Perez said.

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Attending an accredited university can be regarded as a guarantee for my future.

NSU’s Dear School of Creative and Performing Arts is also an accredited program of NSU. Within CAPA, the Creative Arts department has been accredited by the National Association of Schools of Art and Design, the Music

department by the National Association of Schools of Music, with degrees in Music Education being accredited both the Council for Accreditation of Educator Preparation and the Theatre department by the National Association of Schools of Theatre and Music.

Abbygail Casnave, freshman music business major, shares her perspective on attending an accredited music program.

“Honestly I didn’t even know that it was nationally recognized, but now that I do I feel excited,” Casnave said. “I think that this will help benefit my career in the future because I’m receiving a great education here, rather than going

somewhere else and receiving the bare minimum, which wouldn’t help me grow or prosper in the future.”

Likewise, Naje Turner, senior fine and graphics arts major with a concentration in interdisciplinary design, sees benefit in receiving her degree from an accredited creative arts department.

“I feel prideful to be able to represent a university that can be recognized nationally,” Turner said. “I feel as though the opportunity provided to us at our school can and will benefit my future.”

Emily Whitecotton, junior nursing major, shares similar gratitude for the opportunity to attend an accredited program as NSU’s Nursing department is accredited by the Louisiana State Board of Nursing.

“Being in a department that is highly accredited and competitive has been an amazing experience and I’m very grateful for the opportunities that NSU’s nursing program provides me with,” Whitecotton said.

Whitecotton feels the NSU nursing accredited department has benefited her education greatly and has well-prepared her for her future, including her National Council Licensure Examination (NCLEX) for her nursing license.

“It’s been a great privilege to attend school here and I’m very lucky to have teachers who support my dreams in the way that they do,” Whitecotton said. “All of this provides me with the instruction I need to continue my career after school, not to mention the program has a 99% pass rate on the NCLEX so I have full confidence that they are preparing me in the best

possible way.”

Other accredited departments at NSU include: Veterinary Technology by the American Veterinary Medical Association, Accounting, Business Administration and Computer Information Systems by the Associations for Advancement of Collegiate Schools of Business International, Industrial and Electronics Engineering Technology by the Accreditation Commission of the Accreditation Board for Engineering and Technology, Radiologic Sciences by the Joint Review Committee on Education in Radiologic Technology, Education by Council for the Accreditation of Educator Preparation and Counseling by the Council for Accreditation of Counseling and Related Educational Programs.

Photo by Leah Jackson
The Department of Social Work celebrates their reaccreditation



ARTS & LIVING

NSU professors offer advice to incoming freshmen

BY MADELYN MURPHY

Students come into college not knowing what to expect. From one's education to their experience, many questions arise. Some ask around, while others try to figure it out themselves.

At Northwestern State University of Louisiana, professors offered their advice to incoming freshmen.

Masahito Kuroda, a professor of euphonium and tuba at NSU, shared his thoughts with students majoring in music.

"You become a music major because of the love of music you have, but some of the classes you go through take perseverance," Kuroda said. "When I was in college, I was not a stellar student. What drove me was my love of music."

It takes dedication for students with any major to gain their desired education. There can be moments in which students start to forget the reason they chose to study their major, Kuroda said. "It has to come from within; it's not something somebody can tell you why it's important, but it has to come from you."

Kuroda studied music at numerous universities in varying countries. With this, he had to do his own soul search to keep in mind why he was studying music to become an educator.

He shared that aside from a curriculum, what adds to the learning experience is who listens to the performer. "The message you are receiving through the music may be different depending on who you are and your mindset at the moment. You listen to the same song, but it talks to you differently."

This concept was a large motivator for Kuroda to continue his studies, as music allows the composer, performer and listener to communicate together.

"To me, that communication is so precious because I'm from a different country, and music was the only other language I could actually relate to people for a long period of time; I was not very fluent in English, and even now I speak with a strong accent," shared Kuroda. "But when I pick up my instrument and I play for somebody, people seem to get what I am trying to say, and it makes me so happy."

Kuroda has lived in at least four different countries studying music and taking lessons. For international students to relate to, he explained some difficulties he faced, especially as he did not know anyone else from Japan at his university in the United States.

"I could not even order a McDonald's hamburger," Kuroda said. "But the good news is that the language ability does develop really quickly."

Kuroda shared that incoming international students will cope with any language barriers they face. However, this is not something to try alone. "Make friends quickly with students who are in the same shoes and ask for help; don't try to struggle by yourself," Kuroda said.

In college, Kuroda did not let the struggles he faced prevent him from achieving his doctorate. He asked questions and persevered to get the most out of his education.

"Try not to talk so fast and don't hesitate to ask someone to repeat what they said slowly. If you don't get the



Photo by Madelyn Murphy. Students make appointments with their advisers to get help with scheduling classes or other things they may be struggling with. In this picture, Nick Taylor advises Victoria Rodrigue

concept the professor is trying to teach, find a time to ask them after the class," Kuroda said. "Some students come from a culture where raising hands and asking questions is not nice - not in here. There are no bad questions and there's nothing wrong with not knowing - that's why you're here."

Some students are unsure of what they want to study when first entering college. Anna Kathryn Cox-Vaughn, the assistant professor and clinical coordinator for the accelerated Bachelor of Science in the nursing program on the Shreveport campus, shared some tips with those feeling this uncertainty.

"I suggest taking the core curriculum the first semester but spend time

looking at the fields of study your friends are pursuing. A person should consider their interests or what they are passionate about," Vaughn said.

When it comes to nursing specifically, Vaughn elaborated on considering one's academic limitations along with their passions, not just their overall goal in life.

"You see, if you aren't passionate about saving lives, you probably won't. Then people will die. I know that sounds harsh to say to an incoming freshman, but it's true: people who are passionate about what they do strive to develop the most competent skills," Vaughn said.

Vaughn lets students who aren't passionate but still want to major in nursing know that the process to become a competent nurse might be difficult for them.

Academically, if a student is struggling in pre-requisite courses, Vaughn has found that they become discouraged and even leave college. Instead, she feels students should work with advisers to explore other fields that meet their criteria of what they want to do in life.

interests, learn how to be a friend, to make friends and go to college to find the student organizations that interest you. This can be the Catholic students, the Baptist students or the Dungeons and Dragons group that meets every Friday night."

Joining organizations that peak a student's interest is important because college is about finding those who will be your friends for life, Vaughn said.

"I have a family member who was bullied in high school and was so grateful when COVID-19 caused her to spend her last two years of high school learning from home," Vaughn shared. "But she went to college and found her people and not only survived, but she thrived."

Connecting with one's professors or adviser is a great way to gain more insight and advice for a successful college experience.

"I tell my students before an exam when they are anxious and feeling the weight of the world on their shoulders, 'This is just a test. It's really not that important. Because tomorrow the sun is still going to come up, and the people who love you today are still going to love you tomorrow. Life is many things. But this? This is just a test,'" Vaughn said.

Emily Zering, the director of marketing and fan engagement at NSU athletics and an assistant professor in the department of New Media, Journalism and Communication Arts, is an advisor to many students.

"We are all here to help and support you. You'll have highs and lows, but just take the victories and the lessons, keep going, have fun and don't stress in silence," Zering said.

Numerous professors stress the idea of reaching out when feelings such as stress and doubt arise.

"While mental health is very specific to each person, some general suggestions would be to spend time outside without your phone each day, only say yes to opportunities you are genuinely excited about, limit scrolling time and be disciplined in maintaining a schedule for your responsibilities, so they don't pile up," Zering said.

Each school year, NSU has many events and sports games going on, and students are encouraged to attend the ones that interest them.

"Collegiate events can be the backdrop for some of the best memories you will take with you after graduating. You may discover something new that you are passionate about or decide to join an organization based on your experience," Zering said.

For some, college is an experience like no other. It is where many students find their place. As suggested by many professors, students should always feel free to reach out, try their best in each class, have fun and follow their passions.

Sometimes, even the little things can feel overwhelming for students, but there are ways to deal with the challenging times.

"Plan before they happen; I know that sounds strange, but it's true," Vaughn said. "Find friends where you have

Behind the scenes of Freshman Connection: the process of welcoming new students

BY KADE ALFORD

Every summer, the First Year Experience (FYE) office hosts orientation sessions for incoming students through Freshman Connection. Future students can meet professors in their career, participate in activities and see student life through organizations that have tables during the day.

But behind the performances, speeches and smiles are Northwestern State University of Louisiana faculty, staff and students that make these orientation days possible. Freshman Connection is a months-long process that NSU undertakes to welcome new students.

Two groups that take on most of the responsibilities during Freshman Connection are the orientation leaders, better known as Freshman Connectors, and the student organization Demon Volunteers in Progress (VIPs).

Chris James, a junior communication major and a Freshman Connector, explained that there are many pieces moved behind the scenes in preparation for Freshman Connection.

"It involves a lot of adaptability and flexibility because Freshman Connection becomes your life," James said.

Mary-Katherine Maggio, the director of First Year Experience and Greek Life, explained some of the process that the

Freshman Connectors go through.

"They begin with a connector retreat, then move directly into work weeks; the orientation team has work weeks for each session to prepare for the session ahead," Maggio said. "Once the sessions arrive, we hit the ground running to ensure the best possible experience for incoming students."

Freshman Connectors are chosen during the fall semester and enroll in a class during the spring to prepare for the summer sessions. The spring semester is where the bulk of the preparation happens.

"All semester, the connectors have attended an orientation skill learning course to educate ourselves for this program," Kaley Koss, a junior communication major and Freshman Connector, said.

One thing that many students will remember is the events at Freshman Connection. Choosing which events to put on is an important process.

"We listen to student, faculty and staff feedback each summer, and we adapt our schedule to fit those requests," Maggio said. "We also look at the needs of our students."

Although Freshman Connectors work every day to organize the orientation days, the connectors still enjoy the

work they do.

"The dance for the opening session at the freshman connection has been so fun to work on," James said. "I think the audience will like the 'cringey' dance moves that the Freshman Connection team pulls out for the class of 2028."

Freshman Connection is an event that instills a sense of pride in everyone involved, months of preparation go into only four short sessions.

"We show NSU the best we can to new students in a span of two short days, and for some only one day," Koss said.

With the help of Demon VIPs, Freshman Connection becomes an event that many students current and new enjoy together. The VIPs help by guiding parents through signs in front of the entrances, moving tables and setting up rooms for activities.

Macie Ryan, a junior general studies major and recent Demon VIP, shared

why taking on this role was important for her.

"I wanted to participate in Demon VIP because I remember how much the VIPs added to my Freshman Connection experience and I wanted to give back in the same way they did," Ryan said. "Demon VIPs keep the energy going."

As the summer nears, the FYE office is eager to continue the Freshman Connection journey and finally introduce new students to NSU's campus.

"I cannot wait to meet the class of 2028," Maggio said. "I know they will make their mark at NSU the minute they step on campus at freshman connection this summer."

For any questions regarding Freshman Connection, contact mkhorton@nsula.edu.

Photos by Amy Lee and Cree Gentry
Meet the 2024 Freshman Connection team.



SPORTS

How sporting events can be a chance to be filled with school spirit and build community

BY CHRISTIAN ROBINSON

As a freshman coming to college, students tend to have some nerves coming into a new environment. College is its own landscape with people from different states, countries and backgrounds all coming to one area. For some students' sports are a binding force that allows for some common ground to start conversations, and Northwestern State University of Louisiana's athletic department provides the community with various sporting events for students to attend for free.

Sporting games serve as one of NSU's ways for encouraging freshmen to come be a part of the university. NSU houses sports like volleyball, basketball, soccer, track and field, tennis and even club sports.

Stacey Aldredge, associate head coach on Northwestern State University of Louisiana's Lady Demons volleyball team, shared how the sporting environment can be very welcoming and energetic for freshmen.

"Come to the games and have that school pride and cheer on and to have fun with it," Aldredge said. "I believe sports is such a big part of life, especially in college to have those good memories and to be more involved in the sports world."

Ian Brophy, women's soccer head coach, explained how sporting events are a part of college life and to get the full college experience, you have to be in that sporting atmosphere.

"I think college sports is a big part of college life and it is important to get involved and even if you are not a part of the team just going and cheering for the team brings a great vibe for not just the team but the players," Brophy said.

Reaghan Thompson, sophomore volleyball middle blocker and nursing major, explained how athletes want fan interaction and welcome all students to come to games and interact with players.

"You know it is always good to see fans

at the stands and we see regulars that we talk to not only after games but just meeting them outside of school," Thompson said. "And as players we aren't hard to approach whether it is after the game or before we are very social and love to interact with fans."

Ashlyn Svoboda, junior volleyball libero player and biology major, shared how important it is for freshmen to make friends and how sports can be a getaway to form friendships.

"As a freshman you come to a new area and making friends is important and coming to the game can be an easy way to make friends," Svoboda said.

Players want to create a community that prides itself on their teams. They hope that freshmen can trust them and join the Demon family with a network of support.

Teresa Garza, junior outside hitter and sports and recreation management major, explained how anytime fans interact with the game is a moment that players enjoy.

"Something I talk to my professors about is bringing more people to games and really building a community because them coming to our games is just as important as us playing and so building that trust and union with them is important," Garza said.

Former freshmen shared their experience and what it means to come to the games and how it can not only be a thrilling evening and a moment of joy for all.

Cameron Murphy, senior and graphic communication major, explained the importance of school spirit from a fan's perspective.

"Honestly I believe that freshmen coming to the games is important because you really get the feel of the school's atmosphere," Murphy said. "But also it can lead to better outcomes in games due to the cheers and overall see the improvement in school spirit."

Kirsten Knobloch, graduate student and clinical psychology

major, shared the positives that she got coming to games and advocates that attending sporting events can be good for students.

"You know I believe going to sporting events is important because it can lead to new friends being made and when I went, I made friends that I hung out with through college," Knobloch said.

It might be different for former athletes to attend games they are no longer a part of, but it's a chance and a place for people to meet the athletes that represent the school. While it may be nerve wracking to attend an event where you might be encouraged to converse with new people, a sporting event may be less scary as a freshman.



Photos by CJ Paligo
NSU Demons baseball players start their season during the spring and play into the summer.



Photo by CJ Paligo.
NSU basketball builds tension as players score a point.



Photo by CJ Paligo.
Fans of Demons baseball gather at NSU's Brown Stroud baseball field to enjoy games.



Photo by Jayda Gee.
Graduating high school and starting your first semester in college may be difficult, but here's some advice on how to prepare

The journey from high school to college: what to expect and how to prepare

BY DESTIN LOPEZ

The time has come for many high school seniors to make the transition to their first year of college. While this can be a fearful experience, knowing what to expect can help ease the anxiety. Here are a few things that can help you have the best freshman year possible.

The first big difference is the times and dates of classes. Most college classes are either on Monday, Wednesday and Friday (MWF) or on Tuesday and Thursday (TR). And yes, the 'R' does stand for Thursday.

Classes at MWF are usually 50 minutes since they meet three times a week. TR classes are usually an hour and 15 minutes. Most of the classes you will take will count as 3 credits, since they meet three hours a week. Of course, there will be some exceptions, such as labs and special classes, that may be longer or shorter than three hours.

Most of your classes will run the whole semester, usually around 16 weeks. But there are also A-term and B-term classes, which either run the first eight weeks or the last eight weeks of the semester. If you take one of these classes, it will usually be faster than a normal class, since you have to finish everything in half the time.

Since most classes are offered multiple times throughout the day, you will have some options when creating your

schedule. If you are a morning person, you can try to schedule most of your classes early, or if you prefer to sleep in, you can try to schedule them later.

If you sign up for that 8 a.m. class because you woke up at that time every day for high school, beware that a college 8 a.m. class is a lot different than 8 a.m. in high school. I am not sure why, but it will be a lot harder to wake up for.

On that same note, another big difference is that every class you miss is considered an absence. Some classes will count attendance as a grade every class period. Some classes will fail you after five missed classes. Some professors will never take attendance once and do not care if you are in the class or not. Make sure to read the syllabus to figure out how your teacher collects attendance.

You are accountable for getting yourself to class now that you are an adult, and I would really recommend that you try to attend all your classes your freshman year. That is when you meet the most people and find new friends. Especially in classes with a lot of freshmen, everyone will be looking to make friends and it is the perfect place to get to know people and create a study group.

Every class is different, but I like to separate classes into two generic groups: ones that have homework

and ones that focus on exams. Some classes will have weekly homework assigned that is very important for your grades. This will help you stay on track of the lessons and make sure that you understand the material and are prepared for the test.

Other classes will only have exams, including finals and midterms, leaving those worth a hefty part of your grade. These classes can be harder to keep up with and leave it to the student to make sure that they do not get behind. These are the best classes to create a study group to make sure that you feel prepared walking into the first exam.

The first exam in a class is the best time to learn how the professor writes exams. You will find out whether they like multiple-choice, essay questions or fill in the blank. Every professor writes them differently, but if you are lucky, they may post old exams on the Moodle page for you to study with. These are a big help and most of the time, questions will repeat. Make sure to always check your Moodle page for resources like this.

Another great resource that is available in college is office hours. Every professor is required to have office hours that are available for college students just like you who have questions that need to be answered. The professors love to see that you are asking for help when you need it, and that you are engaged with the material.

Whether you are having trouble with a homework question, need help figuring out why you got an exam question wrong or just need help deciding your schedule, they are there to help you.

That is why they are there.

Most professors will list their office hours and the location on their syllabus, which you can usually find on the Moodle page. Going to office hours also helps you get to know your professor and let them get to know you. It is usually better when your professor knows and remembers your name for good reasons. Professors are also much more likely to be lenient with grading if they know that you have been working hard and asking them for help when you need it. They like to know that you are involved in class and are staying on top of the work.

Every single student at NSU will receive an academic adviser. They are there specifically to help you create your schedule and make sure you graduate on time. Each major has specific requirements for the classes that you need to get your diploma, and it can be hard to understand as a college student. These advisers are trained to help you, and are often professors in your major, so they have knowledge about the classes you need.

It can be rough to find a way to fit all the classes you need in a semester into a week without overloading yourself. Advisers are there to help you schedule, but also to help you keep up

with your grades and help you reach out for help when you are getting behind. I highly recommend meeting up with your adviser every time it is time to schedule classes. After all, you do not want to have to take an extra semester because you forgot to take one class that you needed.

Make sure you are having fun outside of classes. College can take over your life if you let it, so it is important to have some focus on other things. Join a club, any club. You do not have to love it, but it is the best way to meet new people, especially upperclassmen who can help you find your way around.

NSU even offers intramural sports if you liked a sport but did not want to play at a college level, or if you have always wanted to play but never got to, try it out. Find new places to eat; if you are a freshman, most likely you are living on campus and have a declining balance (DB) on your student ID. Use that at any of the food places on campus, even Chick-fil-A across the street. You meet other students and try new food. Do not be afraid to sit with someone new at Iberville Dining Hall,

chances are they wish they had someone to sit with as well.

Go to the Wellness, Recreation and Activity Center (WRAC) and try out a new machine and say hey to someone you haven't met. Being kind to one person can introduce you to a whole new group of friends, many of whom may be your friends for the rest of your life.

You are officially an adult now, and you are accountable for yourself. Be sure to feed yourself, clean up after yourself (especially in the dorm) and stay on top of your schoolwork. You do not have to be the student who stays up till midnight every night because you left all of your homework till the last minute. You can be the student who does their homework ahead of time because they know they want to hang out with their friends after class. You do not have to be the same person you were in high school. College is a time to reinvent yourself and to make new friends.

There is someone for everyone here, you just have to find them. No matter what hobbies and interests you have, you will come across someone with the same ones. It can take time, so do not be discouraged if you have not made any friends after the first week of classes. There are lots of people in the same spot as you. You are never alone in your feelings. There are people feeling homesick, people realizing college is not for them and people who are having the time of their life.

Give yourself a month or two to finally adjust to college life, and always be open to new experiences. You will become comfortable, and you may just find that you love being away from home and having freedom. Your experience is up to you! Make sure to spend time outside of the dorm, drink lots of water and try new things.

It is time to become like the adults you looked up to as a kid.

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It is time to become like the adults you looked up to as a kid

VIEWPOINTS

Welcome to Northwestern State University of Louisiana. If you are reading this you most likely have chosen NSU as your home for the next four years, two years or even just as a semester.

Entering college might feel exciting or scary for you. Moving hours or even countries away from your home is not an easy journey to embark on. Even moving one hour away and feeling pulled between your home and your new home can be hard, but now is your chance to flourish into the person you want to be.

Think of college as a way to start fresh. A fresh new page for you to find a piece about yourself that you didn't know existed. This edition was written as a guide for new students. The Current Sauce wrote this edition to

Letter from the Editor: Welcome to NSU

BY LIA PORTILLO

introduce what DB and refund checks are, how to read your schedule and introduce you to some of your potential professors. This edition is for you, and we hope your fears may lessen with our words.

I came to college in the Fall of 2021. Scared of leaving my life away from a small town. When I arrived on campus, I was able to meet so many people. I met people from different countries than the one I was born in and even got to connect with people whom I share the same birth country with. For a while, I didn't know how to introduce myself. My small town knew my life

story, but all these new people did not. College was really hard at the beginning. The halls of John S. Kyser Hall felt long and endless. The classrooms were the same as high school classrooms, but the professors were more passionate about the lectures. I sat alone in the Dining Hall. I was scared to get out of my shell, but once I did, I was able to become someone I never thought I could be.

This is your chance to make memories. Your chance to explore what organizations can help you become the person you want to be. Entering college doesn't have to be a scary thing,

and we're here to help. Not just The Current Sauce, but professors, staff and administrators.

I never thought I would find my family here. I never thought that I would be able to speak Spanish here or even write this in Spanish. Now, I have the pleasure to meet all of you and continue to write and lead The Current Sauce another year.

I hope you're nervous or excited. I hope you're unsure or assertive in the major you choose. All of these things add to the college experience, and if you're too scared to go to the event by yourself, just do it; you never know who you'll meet.

Welcome to Northwestern State University of Louisiana. I can't wait to write your story.

A mini guide to the most frequently asked questions in NSU's Student Needs Facebook page

BY KEVIN THOMAS

Entering college can be a complete 180 from being in high school when it comes to the chore of responsibility. Students are faced with the responsibility of asking questions and waiting for a response, because they no longer have their parents at their disposal to do so.

Fortunately, Northwestern State University of Louisiana is equipped with many sources that can answer your questions such as advisors, professors and current students at the university or even the NSU student needs page.

The NSU student needs page is a Facebook page run by NSU students, alumni, parents and even professors. Where the page allows students the ability to post questions, concerns, sell merchandise and anything they can think of.

But when it comes to these sorts of pages, posts tend to get repetitive. Almost every week students will be flooded with questions that have most likely already been asked or answered, so how can students figure out the question or look up the questions before asking them?

Once you are on the NSU student needs page a search bar will be at the top of that screen. Once located, students can enter any keyword or phrase that pertains to their question and from their results will then appear with questions similar or exact to what students may be looking for.

Using this method allows for a cutback of FAQ's and allows for viewers to see questions that can pertain to urgent or

important matters.

Here are five frequently asked questions and their answers.

Question: "When do refund checks come out?"

Refund checks are a remaining sum of money released to a college student after their tuition and fees have been covered at an institution.

Once the school year starts it takes about two to three weeks for your financial aid and scholarships to process, therefore, it does take time to receive the refund check. But if you are looking for an exact date, financial aid will send out an email regarding questions and within that email they will release the day of when refunds will be disbursed.

Question: "Who is the best professor for this class?"

This question is a very valid question, but it will be answered differently by everyone. Most students prefer how they like to be taught and work better with different teaching styles, but asking someone their opinion on a professor isn't always the best route to take. If you are curious about workload or style of teaching look into Rate A Professor, an app that allows students to rate their professors and leave comments about their experience in a class. But be open-minded that everyone's experience with a professor is different.

Question: "Is this email a scam?"

Scam emails can somewhat be difficult to tell apart from NSU affiliates,

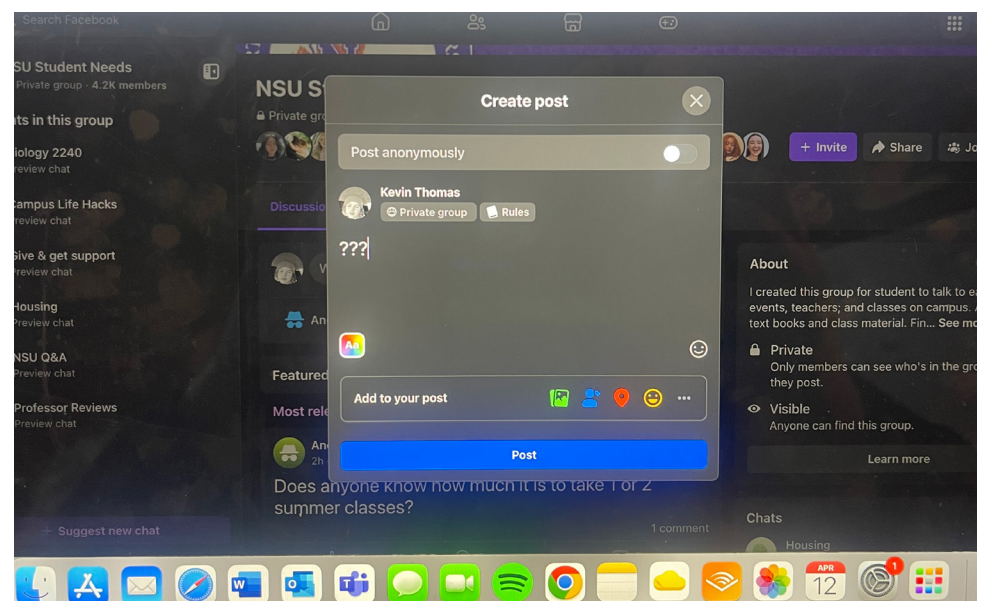


Photo by Kevin Thomas. If you're attending NSU, a helpful online resource can be the Facebook NSU Student Needs Page, which you can request to join.

but there are some key differences between the two. Scam emails often have a "Click here" button which will normally take a student to a page that will have them enter personal information or their school email and password.

Another giveaway is the layout or font of the email. NSU emails normally have NSU related signs tags or signs attached to the email, while scam emails will be boring white pages and a random name at the top. Or if you get contacted by an email that gives you a job position with an extremely high paying job, that is a scam, so it is important to pay close attention to the details on the email.

If you do happen to fall for a scam email or believe that you have fallen for one, contact the student help desk, where they can assist you there. To email for support contact sos@nsula.edu or call (318) 357-6696.

Question: "Does DB roll over to the next semester, and when does it hit my account?"

Declining Balance is a personal account students can pay for in their tuition bill to save money and use your student ID to purchase food or goods

around campus. But when does it hit? DB hits 1-2 days before the semester starts. As for whether it rolls over to the next semester, yes it rolls over, but only for Fall to Spring not Spring to Fall.

Question: "What are the library hours this week?"

Occupying the library resources is one of the most common activities amongst college students so memorizing the hours can be crucial. Luckily, the library has their hours posted on its doors and on their website. But what does one do when it's finals week, the week leading up to spring break or the weekend hours?

The library will often post their new hours on the doors and often you will find them posted on the student messenger. The student messenger is always updating times for events or operation hours for buildings on campus. A service that is sent to all current students without having to sign up for it, all you must do is check your email inbox.

Students should never be afraid to ask questions and should feel encouraged but remember sometimes doing research before asking may be quicker than waiting for a response.