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*Orientation
Guide 2023*



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MARY ELLEN BRANDELL
VOLUNTEER CENTER
CENTRAL MICHIGAN UNIVERSITY



Abby Jenkins | File photo

Greenville freshman Samantha Campbell walks across campus on Monday, April 17 near Brooks Hall. Crabapple and other flowering trees bring early spring color to Central Michigan University and Mount Pleasant.

WELCOME TO CENTRAL!

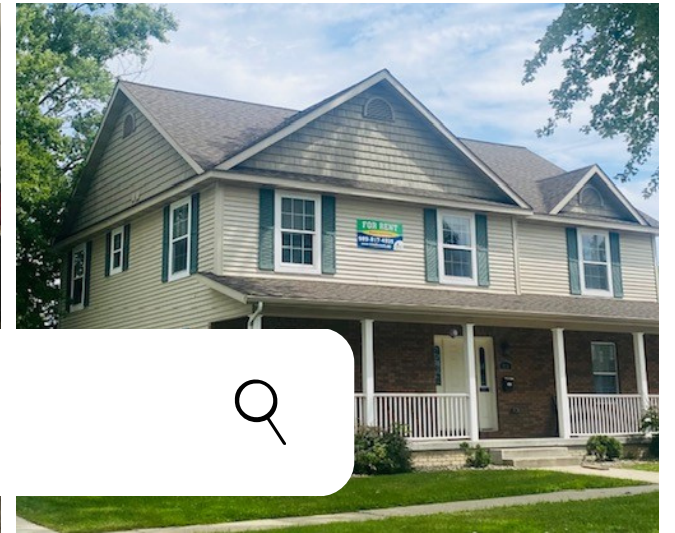
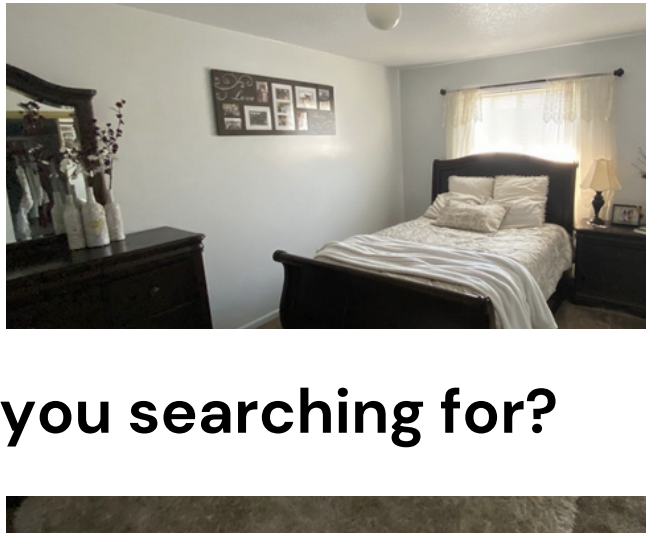
Welcome to life at Central Michigan University! Being a Chippewa doesn't disappoint. You'll hear time and again that college is the place to make mistakes; while that's very true, we Chippewas like to help out one another. For example, this publication was created by the students at *Central Michigan Life*, one of the nation's top student media companies, to help you navigate your first year here. Whether you're starting your college career, transferring from another school, a master's candidate joining us from afar or returning to finish your degree, here's to you!

Trust us, the best is yet to come!

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Cover design and photo illustration by Caroline Sharbaugh with CM Life file photo. Map courtesy Sherry Trautman, Travel-MI.com.



What are you searching for? 

 APARTMENTS

 TOWNHOMES

 HOUSES

 DUPLEXES

THE PLACE to find YOUR PLACE.
www.CentralMichiganLiving.com

| OPINION

My advice? Make college what **you** want it to be



Lauren Rice

—
News Editor

I closed out my first year as an undergraduate student at CMU with a long car ride in a vehicle packed full of the items I've acquired for my dorm over the course of the last two semesters.

Aside from my well-fed cat, what I found waiting for me at home was yet more ... stuff. So I've cleaned it all out, sorted it, and prepared a few bags of clothes and childhood toys for donation.

Among the abundance was also a large stack of congratulatory cards from my high school graduation open house. The money that was in them is long gone — delegated to a savings account to pay tuition and buy textbooks — but what's left are the words of advice I received from friends and family as they sent me off into the real world.

I'll be honest, I love these people dearly, but some of the advice they wrote down was probably not as helpful as they intended. I believe I did in fact “go, girl!” but whether or not I successfully “slayyyy(ed)” is TBD.

So, now that the spring semester has come to a close, I think I'm qualified to point to a few pieces of advice that did work for me, as well as a couple I didn't embody the way the advice-giver thought I would.

1. Remember your support system

I'm lucky to have all of these people supporting me, and more than a few gave me their contact information so I could reach out if I needed help.

When I first saw cards like these, I didn't understand how much I would need that support system, but that's because I didn't understand how stressed out I would get on long nights when there's no end in sight to my to-do list.

It's important to remember the people who care about you and how much they want you to succeed ... at least that's how I got through the stressful days. I reminded

myself that I want to make the world a better place for these people, and as tedious as some assignments seem, it will all be worth it eventually (I hope).

2. Go on plenty of dates and meet lots of guys

Umm ... OK, Grandma. I know what she's getting at, I think. She wants me to do more than study, to have a social life. I can get behind that.

I'm still not sure what made her think I have rizz though. It seems like her college experience was a lot different from mine.

3. Pick your roommates carefully

This one makes a lot of sense, and I didn't pick all three of my roommates — but I really lucked out having good ones. I knew who I was going to share a room with, but we didn't have suitemates selected before moving in.

At least for the first semester, when homesickness was at its highest and no one knew quite what to do, having roommates and friends down the hall to be dazed and confused with made a world of difference.

I had support from home, two hours away, but it was good for me to find people who lean on me and who I can lean on, right here on campus. I hope everyone has that kind of help when they need it.

4. Don't spend it all in one place

I did spend it all in one place. Thank you for contributing to my college tuition savings.

5. Don't work too hard

My dad knows my “workaholic” tendencies too well. Maybe I did work too hard, but in retrospect, there's not a lot I would do differently.

I'm lucky to be able to say I love what I do, and I know that because the work doesn't always feel like work. I tell stories and learn new things every day. That may not be for everyone, but I certainly hope everyone gets to love their path as much as I'm enjoying mine.

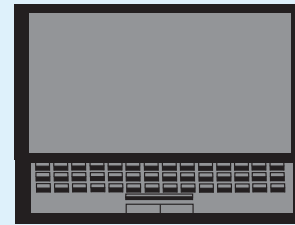
Lauren Rice is Central Michigan Life summer editor and news editor. In her first year on campus, she covered the Michigan gubernatorial election, campus government and feature stories, including a deep dive into women on the front lines during World War II.

The dorm dweller's survival kit

For many new students, moving to college may mean taking everything you think you need and trying to make it fit into a dorm room. While it may be tempting to try to relocate your entire life, that is not realistic.

Here's what newly graduated Central Michigan University and CM Life alumnus Jordan Agosta picked for his residence-hall survival guide.

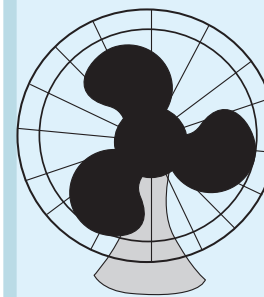
A reliable computer



This may well be the most expensive item a student will buy, but it will also be among the most used. Many professors have all of their homework, exams and other resources exclusively on the digital classroom management system Blackboard; portable computers are useful for taking notes; and, let's be honest, they allow you to work on your schedule.

A fan

Circulation is vital while living in the dorms. Michigan may be known as being a winter wonderland, but summer in the middle of the mitten heats up, and the warmth hangs out for a while. Dorms can get hot and



uncomfortable during the first few months of the academic year; a simple oscillating fan can help to beat the heat.

Power cords or strip plugs

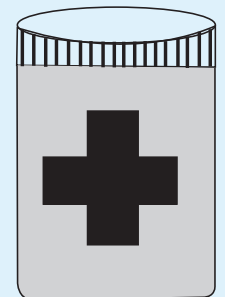
It seems obvious, but these also very important for living in the dorms. There are a limited number of plugs available in each room, and if there is a roommate sharing that space, outlets may be in short supply. Depending on how each room is set up, the outlets may be in inconvenient locations, and a simple strip plug spreads the power.

A mattress topper

The beds provided in the dorms are not always the most comfortable. A mattress topper could help relieve sleeplessness or pain before they start.

Prescription medications and/or immune system boosting supplements.

Cold and flu season can hit hard, and it can be a pain to have to walk to a CVS or Walgreens when you are not feeling well. It's a good strategy to be prepared, so you can focus on getting better when you get sick. A word of warning, however: the university's student Code of Conduct policies on controlled substances (known as chapter 3.2.12, if you want to look it up) clearly states: “The use or abuse of prescription drugs or over the counter substances such as inhalants or herbals, in any other than intended or appropriate use, may be interpreted as a violation” of the code. If there's any question that the medication may be problematic, ask your resident assistant, residence hall director or doctor.



Content by Jordan Agosta | Illustrations and design by Caroline Sharbaugh

A practical guide to all things housing

By Bryce Hollins
Staff Reporter

Coming to a new college or university inevitably means a slew of decisions: What to study, whether to bring a car or rely on public transportation, whether to live with a friend or acquaintance from home or to roll the dice on your roommate.

But one of the most critical choices facing new arrivals is arguably where to live. Fortunately, the Mount Pleasant area has a multitude of living options for new and incoming students.

Campus connection

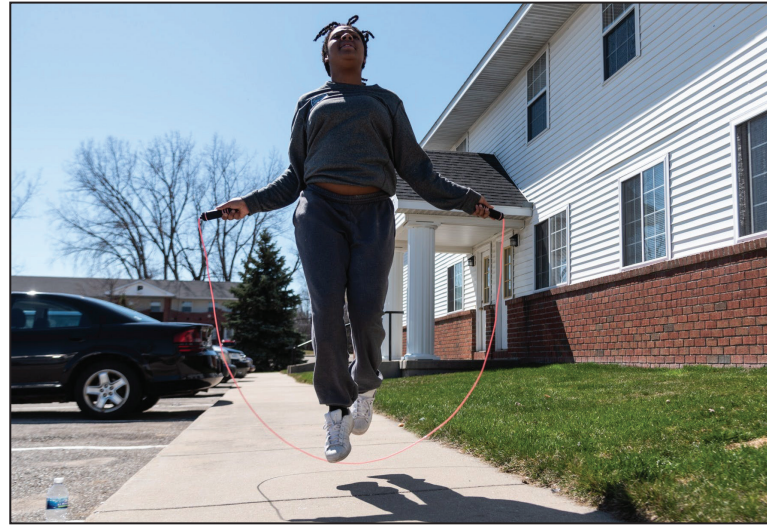
The first thing to understand is the university has a residency requirement for first- and second-year students. Basically, it says that if you're in your first two years of college studies, you must take campus housing. That applies to

students who have earned college credits via dual-enrollment or early middle college programs, too.

There are a few exceptions to the policy, assuming you meet some special exceptions and get approval prior to signing your housing contract. These include, but aren't limited to, students who are:

- Living at home with parents and commuting within 60 miles;
- Married and living with a spouse;
- Veterans with one or more years of active service; and/or
- 21 years of age or older.

This isn't arbitrary. According to a July 2021 study by the Association of College and University Housing Officials International (ACUHO-I): "Students that live on campus are more likely to engage in academic activities relative to their off-campus peers, and those activities in turn, affect retention rates, academic engagement and feelings of belonging to the univer-



Isaac Ritchey | File photo

Helen Egwu, a graduate student at Central Michigan University, jumps rope in this April 2, 2020, photo outside Lexington Ridge Apartments.

sity community."

For more information on the residency requirement or housing,

contact the Office of Residence Life at reslife@cmich.edu or 989-774-3111.

OK, so, about those options. There are 15 residence halls and two student apartments on campus. They serve both undergraduate and graduate students, depending on the needs of the individual. The facilities are:

- East Community (Emmons, Herrig, Saxe, Woltdt, Celiani and Fabiano halls)
- South Community (Beddow, Merrill, Sweeney and Thorpe halls)
- Towers Community (Troutman/Cobb, Carey, Campbell, Kessler and Kulhavi halls)
- Northwest Apartments (one- and two-bedroom options available); and
- Graduate housing (one-, two- and four-bedroom options).

As noted in the ACUHO-I study, on-campus living puts you within a housing community of students of similar age and interests as your own.

See **HOUSING** | 06

QUALITY



TEN
MAIN STREET
UNITS

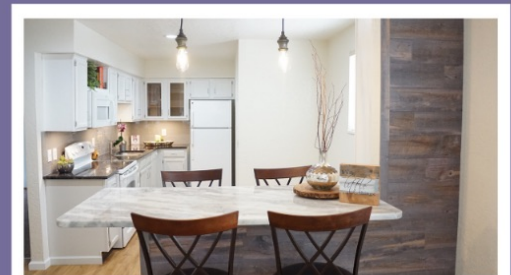
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HOUSING

CONTINUED FROM 05

Renting 101

But if that doesn't appeal and you qualify to stay off campus, there are a slew of options that give you more freedom to choose your surroundings. Mount Pleasant offers a plethora of off-campus apartments and housing; many are still within walking distance of campus, and several have iRide stops on property or nearby.

Options range from single apartments to multi-bedroom houses, and amenities run the gamut from welcoming your fur baby to offering a pool, fitness center and/or community center.

Many Mount Pleasant landlords pride themselves on the communities they build for CMU students, and take seriously their role of providing a safe space to live. For a searchable database of both CMU and off-campus communities, visit centralmichiganapartments.com.

Know thy lease

If off-campus living is in your immediate future — say, you're a rising junior or you are a graduate student with a family — a lease is also most likely on the horizon.

These are complex documents filled with legal terminology that, to an untrained eye, can look like an awful lot of gibberish. They're tough enough for native English speakers; now imagine you've flown half-way around the world and are presented with this document that spells out what you can and can't do, when English may not be your first tongue. Yikes!

Here are some key things to know about reading your lease, before you sign on the dotted line:

- **Leases are designed to protect both the tenant and the landlord.** They're dense, but that's to make sure that all parties' best interests are protected. If it feels suspicious or you don't understand something, ask.

- **Whether the unit fits into your budget.** OK, figuring out how much you can afford is



Nate Pappas | File photo

A parent walks by a group of enthusiastic Residence Life staff members at Kulhavi Hall in this Aug. 23, 2002, file photo.

never fun (that in-unit laundry and game-heavy community center are just so appealing!); but it's also critical. Your lease will explain exactly what you will be paying in rent, but it's also important to factor in things like utilities, internet and any parking costs associated with your space. According to the U.S. Census Bureau, the median gross rent — that number smack dab in the middle of the data set — for all rental units in Isabella County was \$777 per month as of July 2022. Can you afford the monthly rent — plus deposits, fees, utilities, streaming services, food and all the other essentials — on your own, or will you need a roommate or five?

- **How long is the lease?** Generally speaking, leases are 12-month obligations, but around here landlords may offer flexible terms that include semester contracts and 10-month options. If you're in a 12-month and you need to get out of it for the summer, what are the consequences of breaking a lease? Is there an option to sublet? Conversely, if you have a

10-month contract but decide you want to stay in Mount Pleasant for the summer months, is there an option to extend?

It's also worth noting that some of our local landlords offer individual leases, so if a roommate drops off or doesn't pay their rent, the other tenants aren't on the hook.

- **What documents will I need to rent?** Many landlords will want to do a credit check before they offer you a lease, but what if you don't have a credit history? Bestcolleges.com says landlords may request any of the following documents: rental history, including dates, addresses and contact information for former landlords; your social security number and date of birth; paystubs or bank statement that show income; co-signer information if you don't have sufficient credit history; personal records; and criminal history.

- **Speaking of which ...** No, this is not to imply that we think you are toting extended criminal histories, but there is information out there if you would like to

know whether your neighbor is. The State of Michigan maintains a database of all registered sexual offenders that is easily searched by city, county and even street address.

What's next?

You've found your pad, gathered your documents, worked out your budget, know the terms, searched some databases and you're ready to sign. Now what?

Here are some key details to search for when reading leasing documentation:

- **The names of all lessees or tenants:** OK, this seems obvious, but everyone who is going to be living in the unit must sign the lease. If you're not on the lease but are staying there as a long-term couch-crasher or unnamed resident, it can cause serious legal problems and financial hardship for the signed tenants.

- **Limits on occupancy:** Landlords will specify how many people are allowed to live in a unit and who they are. That's to

protect public safety, to keep the landlords in the loop as to who is and who is not supposed to be there, and can prevent the entire unit from getting heavily fined or, worse, evicted. Your lease should explain things like how long a guest may stay before they are considered a full-blown tenant.

- **What it's going to cost:** Yes, we're circling back to that budget thing, but it bears repeating. Your lease will explain the terms of monthly rent, your deposits and fees and the length of time of your agreement.

- **Who is responsible for repairs and maintenance:** This is a biggie. Here in Michigan, water heaters go out, furnaces break down and appliances go kaput — usually at the most inopportune times. Your lease should clarify who is responsible for what maintenance or repairs, and how to report any issues.

- **When your landlord is permitted to pop in:** As the tenant, you obviously won't be restricted in when you may access your home, but your landlord will. A lease agreement should spell out when and how the landlord may enter your unit (say, to fix that broken-down water heater), how they notify you they need to come in and how long in advance they will need to send you that notice.

- **Restrictions on illegal activity:** Your community may have rules prohibiting disruptive behaviors like excessive noise and illegal activities. It's important to know and stick to them.

- **Other restrictions apply:** Some other things to be on the lookout for include: anti-discrimination policies; your rights to sublet or bring in new legal tenants; rules for changing or prematurely ending tenancy; restrictions on the type of home-based businesses you may have; parking rules and regulations; and the use of common areas like playgrounds, off-leash pet playgrounds, pools, workout centers and clubhouses.

For more information on leasing or resources on Michigan's leasing laws, check out the Michigan Legislature's "Practical Guide for Tenants & Landlords."

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- FRATERNITY & SORORITY LIFE
- STUDENT ORGS
- CLUB SPORTS



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CENTRAL MICHIGAN UNIVERSITY

Major switch?

What to know if changing degrees

By Annaliese Damm
Staff reporter

As students look at their degree progress, they might feel like it no longer aligns with their career goals and aspirations. They may be looking to change their major and start a new career path.

They may also feel conflicted — changing a major can feel like wasted time. However, it's important to remember that soft skills are developed in every corner of your life and that, statistically speaking, you're not alone.

According to a 2017 study by the U.S. Department of Education, the most recent data available, about 30 percent of undergraduates enrolled in an associate's or bachelor's program change their majors at least once during the first three years of school. Furthermore, about one in 10 bachelor's students changed majors more than once (the statistic is one in nine for associate's students).

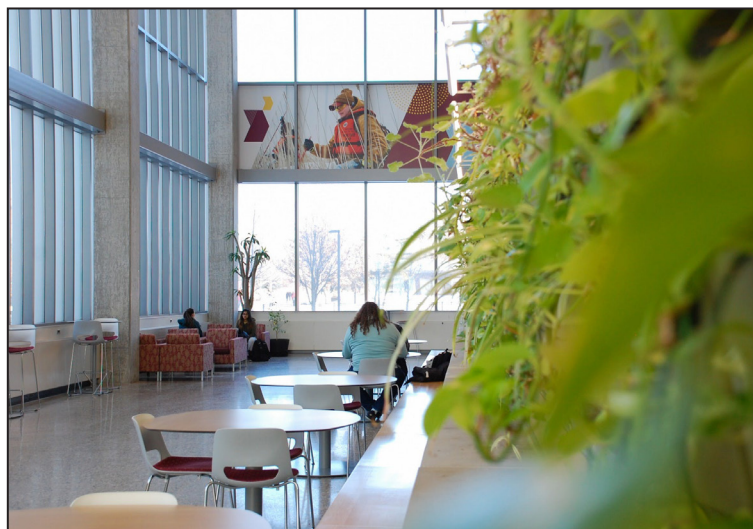
And while you may not use information from your physics class on your new business path, maybe you learned how you study best, made a friend or found a mentor in the face of your professor. Whatever skill you acquired, know that nothing you do goes to waste.

With this growth mindset, hopefully you can feel more comfortable with switching to a major that feels more like you.

Here are some resources to guide you during this transition:

Academic Advisors

From changing your major to planning your course schedule, academic advisors assist students during their time at CMU. They can also assist you in choosing a minor or registering for classes,



Ella Miller | File photo

CMU students study Friday, Feb. 3, in the Biosciences Building. Many students enjoy studying next to the plants on the living wall.

or help with study skills and time management. Visit the Academic Advising Department page at cmich.edu to book an appointment with yours. Or, if you prefer, you can register for courses on your own by:

- Signing into your account via the “Sign In” button in the upper right corner of the university homepage.
- Clicking “Course Search and Registration” under “Quick Links”
- Searching for classes by academic term and course name

You can find bulletins of what classes are required for each major by visiting the Office of Curriculum and Instructional Support or searching “Academic Bulletins” at cmich.edu.

On-Campus Counseling

“Before (COVID-19), 60% of U.S. students felt ‘overwhelming’ anxiety, while 40% experienced depression so severe they had

difficulty functioning,” according to the American College Health Association.

CMU offers free counseling services to all students. Talking with a therapist during a time where there is a change in your life can help ease the transition.

To book an appointment with the Counseling Center, visit it on the first floor of Foust Hall, 600 E. Preston St., or call 989-774-3381.

Outside information

Online research should also be a first step. Try visiting:

- College Majors 101
- The Princeton Review “Guide to Choosing College Majors”
- College Factual

Talk with students in your prospective major. This can give real insight as to what the classes are like, who the professors are (or visit ratemyprofessors.com), and what your new courseload might look like.

The following is a breakdown of Central Michigan University’s academic colleges and departments. For more information, visit cmich.edu/academics/colleges or contact your academic advisor.

COLLEGE OF THE ARTS AND MEDIA

About the college: Student storytellers communicate meaning and create community through art, dance, music, journalism, design, theater and public relations.

Departments: Art and Design, Broadcast and Cinematic Arts; Communication; Journalism; School of Music; and Theatre and Dance.

COLLEGE OF BUSINESS ADMINISTRATION

About the college: The college helps launch careers in accounting, economics, entrepreneurship, finance, law, management, business information systems, marketing and hospitality.

Departments: School of Accounting; Business Information Systems; Economics; Entrepreneurship; Finance and Law; Management; Marketing; and Hospitality Services.

COLLEGE OF EDUCATION AND HUMAN SERVICES

About the college: From fashion design to recreation, this college offers a program to help you lead, challenge and inspire.

Departments: Counseling, Educational Leadership and Higher Education; Fashion, Interior Design and Merchandising; Human Development and Family Studies; Recreation, Parks and Leisure Services Administration; and Teacher and Special Education.

THE HERBERT H. AND GRACE A. DOW COLLEGE OF HEALTH PROFESSIONS

About the college: This is the place for those who wish to create an inclusive, healthy society by working with patients or through research and education.

Departments: Communication Sciences and Disorders; School of Health Sciences; Physical Education and Sport; Physical Therapy; School of Rehabilitation and Medical Sciences; and interdisciplinary programs.

COLLEGE OF LIBERAL ARTS AND SOCIAL SCIENCES

About the college: Students here study people, cultures, communities, the human mind and the fundamental questions of life, with an eye toward discovering solutions for global challenges.

Departments: English Language and Literature; English as a Second Language; History, World Languages and Cultures; Military Science and Leadership; Museum Studies; Philosophy, Anthropology and Religion; Psychology; Politics, Society, Justice and Public Service; and Women and Gender Studies.

COLLEGE OF MEDICINE

About the college: This mission-driven program trains physicians to provide healthcare for underserved populations in Michigan and beyond. This college provides post-graduate medical education through both traditional coursework and hands-on clinical training.

COLLEGE OF SCIENCE AND ENGINEERING

About the college: This multi-disciplinary college combines traditional classroom instruction, hands-on training and real-world opportunities.

Departments: Biology; Biochemistry, Cell and Molecular Biology; Chemistry and Biochemistry; Computer Science; Earth and Atmospheric Sciences; Earth and Ecosystem Science; Geography and Environmental Studies; Interdisciplinary Science Education; Mathematics; Neuroscience; Physics; Pre-Health Pathways; School of Engineering and Technology; Science of Advanced Materials; and Statistics, Actuarial and Data Sciences.

What piece of **advice** would you give to incoming freshman or transfer students?



“Savor every moment because it (may) not feel like it (but) time really flies”

Adrienne Holloway
Elementary Education
Freshman
Saline



“Be dedicated to your classes”

Brooke Gabriel
Exercise Science
Sophomore
Grayling



“Don’t skip class”

Gary Pinsky
Computer Science
Senior
Ann Arbor



“It’s ok to change your major”

Melissa Navarre
Bachelor of Fine Arts in Studio
Senior
Clarkson



“Get involved and make sure you find a good group of friends or an organization that supports you”

Grant Horton
Education
Junior
Macomb



“It’s intimidating coming to campus, so the more you get involved the more homey it feels”

Sydney Ryan
Accounting
Sophomore
Saginaw

KNOW THAT NO.

Critical campus contacts to keep on-hand

CMU Police, non-emergency ... 989-774-3081

CMU Counseling Center ... 989-774-3381

Residence Life ... 989-774-3111

Office of Civil Rights and Institutional Equality ... 989-774-3253

Multicultural Academic Student Services ... 989-774-3945

Academic Advising ... 989-774-7506

Student Disability Services ... 989-774-3018

Tutoring Services and Supplemental Instruction ... tutor@cmich.edu and si@cmich.edu

Mathematics Assistance Center ... 989-774-2290

Writing Center ... 989-774-2986

CMU Online Student Resources ... 989-774-4371

Information Technology Helpdesk ... 989-774-3662

Park Library ... 989-774-1100

How to have a smooth transition

Whether just starting out or transferring in, here's some advice to make your new school feel more like home

By Annaliese Damm
Staff Reporter

Many will say that the four years of college fly by, but what about when you only have two or three years at your new school?

For many transfer students, moving comes with a wide array of emotions: Excitement for what is to come; nervousness for what your new experiences will be like; fear that you made the wrong decision; and the all-encompassing feeling that time is moving way too fast.

Here are some resources and advice from fellow transfer students on how to manage the adjustment:

Step outside your comfort zone

I've always thought that I'm more of an introverted person, but, when I transferred, I knew if I wanted to make friends at Central Michigan University I would need to step outside my comfort zone.

This meant walking up to people in my classes and introducing myself. I would ask if I could sit next to them and then talk about our majors and lives outside of school. At CMU, you might meet many students who grew up not too far from your own hometown. Or, you could be surprised at how far away some of your new closest friends have lived.

Join a club

Joining a Registered Student Organization (RSO) is a fantastic way to expand on your major. According to the CMU office of Student Activities and Involvement, becoming a member of an RSO can help you: "be yourself and ... be around others who share your interests."

But there's more to it than that,



Detroit senior Donovan Pitts-Reed high fives a mentee Tuesday, Aug. 22, in the Warriner Mall.

Layla Blahnik-Thoune | File photo

according to the office website.

"In your student organization, you'll have the chance to develop your leadership skills," it reads. "And when your involvement is driven by your passion, you may be setting the path for others to follow your lead."

Additionally, getting involved in an RSO helps you to make new friends, find and grow your passion, network, get practical work experience and much more.

Engage Central, the university's database for all things RSO, lists more than 400 student organizations from the Advertising Club to the Zeta Theta Pi service sorority. There are clubs for gamers, animal lovers and fans of Taylor Swift; organizations celebrating international students' birthplaces and cultures; and groups

offering support and fellowship for students of all identities.

If you're interested in journalism, marketing, public relations, sales or most any other facet of media, join us at *Central Michigan Life!* You could be a reporter, photographer, videographer, podcaster, advertising account manager or even a leader. Whatever you choose, you will be met with a sense of family and friendship.

If you're majoring in biology, join Central Sustainability, a club focused on sustainability on campus.

Have a passion for sign language? Become a part of the American Sign Language Society and gain a deeper understanding of deaf culture.

There truly is something for ev-

eryone. Head over to the Engage Central website to see a list of all RSOs.

Attend campus activities

From Engage and Leadership Safari to graduation, this campus is buzzing with a seemingly endless mix of activities.

Going to events is a way to meet new people and see all the different kinds of talents CMU students have.

For example, the student-led production *Threads* had its annual fashion show April 15 in the Finch Fieldhouse. Featuring original works by students in the university's Fashion and Interior Design and Merchandising Department, the annual event brings together stage production,

graphic design, public relations, photography and much more to create a runway show to rival the professionals.

One week later, the Indian Students Association (an RSO on campus) held its Indian Night celebration. It featured traditional and Bollywood-influenced dance, educational information and an abundance of delicious food. Students served as hosts for the evening, and proudly shared their homeland and culture with the friends, professors and community members who packed McGuirk Arena.

Overall, whatever you do with your time at CMU, remember to have fun and put your best foot forward. We can't wait to meet you!



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Hitching a ride

How to get around campus and Mount Pleasant

By Bryce Hollins and
Annaliese Damm
Staff Reporters

We are undoubtedly a people on the move. According to Forbes, in 2021, there were some 278 million personal and commercial vehicles registered to drivers in the U.S. alone. Plus, there's a connection between Michigan and the automobile that can't be denied.

But if you're not in a position to bring wheels to campus, never fear. Mount Pleasant is home to a low-cost and efficient busing system that counts Central Michigan University as a hub, and some nifty new micro-mobility offerings are adding a bit of electric-powered fun to short-term commutes.

I-Ride

Isabella County Transportation Commission (I-Ride) offers shared ride curb-to-curb service. It is open 359 days a year, with holiday closings on New Year's Day, Memorial Day, the Fourth of July, Labor Day, Thanksgiving and Christmas.

The service is open 6 a.m. to midnight during weekdays, 6:30 a.m. to midnight Saturday and 8 a.m. to 5 p.m. Sunday.

Per-ride prices ring in at \$1.50 for people ages 5 to 17; \$2 for ages from 18 to 59 and \$1 for people ages 60 and older. Multi-ride passes are available, and children under 5 ride for free with a paying adult.

Riders can request a pick-up and drop-off location or can find a map at Ictebus.com that shows more than 30 shuttle stops throughout Mount Pleasant. Those shuttle stops run throughout the academic year and include nearly a dozen cam-

pus drop-off sites and popular off-campus housing properties — but you need not be on the shuttle line to use the service.

I-Ride serves all 578 square miles of Isabella County and can accommodate county-to-county transfers with partner services, according to the website.

If waiting for a lift isn't your thing, I-Ride's newly launched app allows riders to track buses.

The fleet includes 46 buses with either a lift or a ramped entrance for persons using mobility devices. The company has served the Mount Pleasant community for over 45 years.

Take a Spin

Electric scooters rolled onto campus and throughout the greater Mount Pleasant community late in the 2022-23 academic year. The scooters are meant to be used by students and Mount Pleasant citizens as an alternative to driving short distances.

The scooters, supplied by the company Spin, are an effort in "changing mobility for good," according to Head of Spin Government Partnerships Jimmy Gilman. CMU became the fourth campus in Michigan to welcome the micro-mobility company, joining the University of Michigan in Ann Arbor, Michigan State University in East Lansing and Eastern Michigan University in Ypsilanti.

With these scooters came safety measures to ensure proper usage both on and off campus. According to CMU's scooter policy form and Assistant Vice President of Facilities Management Jonathan Webb, scooters must:

- Not operate over 10 mph while on campus (it is actually

impossible to exceed the speed, thanks to modern technology, although you may pick up the pace once off campus and into the city proper);

- Only have one rider per scooter;
- Remain outside at all times;
- Be parked at bike racks on campus while not in use (once off campus, there are designated parking locations downtown); and
- Not be used by CMU faculty, staff, volunteers or student employees in the course of their work.

Riders under 19 years old must don a helmet to legally use the devices.

Spin's app, "Spin — Electric Scooters," available to download on Apple and Android, allows people to rent a scooter from the convenience of their smartphone. Once opened, the app provides a map of the user's current location and the available scooters to rent in the area. Riders can click on a scooter parked near them to view the battery charge and rate.

It is \$1 to start the scooter, and an additional fee of \$0.39 is charged each minute.

Other options

Of course, if a scooter isn't your style and your plans aren't I-Ride compatible, there are other ways to ensure you safely get to and fro.

There are several taxi services in town, and, during the academic year, gig-based ride-shares are options. There are always benefits to being the designated driver, not the least of which is knowing your friends and loved ones will be in good hands when the day — or evening, as the case may be — comes to an end.



Caroline Sharbaugh | Presentation Editor

An I-Ride bus waits in a parking lot May 30, 2023.



CM Life staff photo | file

Zack Hanratty and Amanda Larsen ride Spin scooters outside Moore Hall Friday, May 5. Electric scooters arrived on campus in April, after the city of Mount Pleasant approved an ordinance allowing for the public rental of the micromobility devices.

FOOD FOR THOUGHT

YOUR QUICK GUIDE TO CAMPUS DINING

Who's making my meals?

Since 2021, nationally recognized campus dining outlet Chartwells has contracted to manage any and all food items sold on Central Michigan University campus, including campus catering, dining halls and national brands like Subway and Starbucks. From the vending machines in classroom buildings to the marketplaces in the residence halls, and from the restaurants in the Bovee University Center to the campus' three dining halls, Chartwells is part of the process.

What if I have dietary restrictions?

According to the campus dining website, the best thing a student with dietary restrictions can be is their own best advocate. Here are a few tips for navigating the culinary maze. For more, visit heyzine.com/flip-book/0781c4c110.html.

Notify Campus Dining

- Provide medical documentation to Student Disability Services, as needed;
- Attend informational meetings about the dining halls;
- Schedule a meeting with the leadership team; and
- Download and create a profile with dietary requests on the app, "Dine on Campus."

Know how to manage allergies

- Recognize common sources of food to which you are allergic;
- Know the symptoms of a reaction, and how to treat it, if possible;
- Know how and when to report an allergy-related problem; and
- Review policies and procedures with CMU dining and your doctor.

When in doubt, speak up

- Read menus and ingredient information at dining stations and at dineoncampus.com/cmichdining; and
- Ask employees to change gloves, use a fresh knife or pan, or to clean their stations in order to reduce the risk of cross-contamination.

What a FLEX

FLEX Dollars — something you will likely hear quite a lot about — are essentially pre-accrued cash digitally attached to your account for on-campus culinary purchases made outside of your meal plan. If you suddenly feel the need for a triple-shot latte or to grab lunch in the food court, your FLEX Dollars come into play.

Some warnings, though: Unspent FLEX money can roll over from one semester to the next, but not from one academic year to another, so use them or lose them. Additionally, they are only accepted for dining locations on campus:

Don't plan to spend your FLEX funds off campus or at non-culinary stores.

CM Life staff infographic with assets from Shutterstock

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A place for family, philanthropy and friendship

Members speak on the true nature of Greek life

By Ally Meske
Staff Reporter

Central Michigan University is home to 10 social fraternities, 11 social sororities, five academic fraternities and sororities, and three multicultural Greek fraternities and sororities.

These organizations, according to the Fraternity and Sorority Life website, are here to help students challenge themselves academically, enrich their college experience, create strong leadership skills and give back to the local community here in Mount Pleasant.

However, many people are unaware of what Greek life truly means, thanks to some common stereotypes.

Central Michigan Life recently sat down with Lilly Lerner, a freshman studying nursing and a member of Zeta Tau Alpha, and Michael Wood, a freshman studying neuroscience and a member of Alpha Sigma Phi, to discuss what Greek life actually looks like, in light of what movies, T.V. and rumors produce. These interviews have been edited for clarity and style.

[What does Greek life mean to you?]

Lerner: Finding my people and a community of uplifting people that want to grow together, make connections, build relationships and raise money for charity. It feels nice to just be a part of something with other people and get to know everyone. I would see it as an outlet to find something to do because there is always something going on, especially because I love to stay busy. It means sisterhood, and overall it means family.

Wood: It's a sense of community. It's a bunch of people, at least in my fraternity, that all

have similar values, goals and morals that help build each other up. (We're) like a support system for each other.

[What activities does your chapter do that you are passionate about?]

Wood: We do a lot of work with charities. For example, we had our philanthropy week this year (in) which all of the donations that we raised at our fundraiser events went toward "Homes for Ours Troops," ... an organization that builds veteran homes around the Michigan and the rest of the United States. I am very passionate about the patriotism aspect of (our chapter).

Lerner: I would definitely say our philanthropy is something I am passionate about. (Our philanthropic focus) is breast cancer education and awareness. One in eight women is affected by (breast cancer) so ... raising money to help as much as we can and educating people on it is something that I really enjoy.

In addition to that, I really enjoy getting to know everyone in the chapter. I hold a position called director of membership and enrichment, and (my job) is basically to bring everyone closer together. ... At chapter meetings we do uplifting activities like a smile jar, just to brighten everyone's week.

[How does Greek life compare to typical stereotypes from movies, TV, rumors, etc?]

Lerner: Before I joined a sorority, I haven't had any family that have. I had some friends (that have joined) but hadn't really told me much. From movies and TikTok, you see girls screaming and jumping up and down and acting really insane and over



Nico Mendoza | File

Sororities and fraternities perform for the Greek Showcase Friday, Oct. 7, at Plachta Auditorium. Both alumni and current students took part in the showcase.

the top. With my sorority it really isn't like that; we're all a bunch of weirdos that make jokes and are down to Earth. It is a lot more down to Earth (and) I would say a meaningful experience than what it looks like.

Wood: Typically I see the stereotypes that Greek life, at least the fraternity aspect, is full of stuck up dudes with god complexes (and) they think that they're better than everyone else. After I got involved in Greek life, I realized that ... they are just normal people. There's nothing that makes them less or more than anyone else.

[What is your favorite part about your chapter?]

Wood: My favorite part is my brothers. They're very similar to me, and we all have very similar interests so it's easy to talk to them; easy to get along with them

and sit down and have fun with them.

Lerner: Honestly, I really like our house. ... Other than that, we really value sisterhoods and make those really fun. It's just a way for everyone to connect and get to know each other. My family tree is definitely one of my favorite parts as well because they're my best friends. They've done so much for me and I'm so grateful to have them.

[What would you say to those who are looking to join?]

Lerner: I would say that you only have one college experience, so definitely look into it and just go for it. It's an amazing experience, a new opportunity. It'll give you your family and show you so much about yourself and others that you never would have recognized before. It's a learning

experience and I am so grateful and blessed to have it. Go for it!

Wood: Do it. It can be challenging coming into your first semester to decide whether or not Greek life is for you; I had the same challenge. I ended up (joining) and it was one of the best decisions I have ever made. I thought it would pull me away from school but it actually brought me closer to the studying aspect of it. ... Some of my brothers (and I) all do study rooms and have similar classes and help each other study and prepare for exams. It's definitely not just partying every weekend, it's a very good tie into the academic part of the school and college.

For more information on CMU's Greek organizations, check out Engage Central's listed organizations, visit the Fraternity and Sorority Life website or contact CMU Greek life organizations on social media.

Five must-attend events to grow your campus knowledge, network

CM Life Staff Reports

Whether a first-year student just dipping their toes in the water of higher education, a transfer making the leap to a large university, an international student joining Central Michigan University from half a world away or a non-traditional student returning to classes after some time in the working world, the transition onto a bustling campus can be overwhelming.

Fortunately, there are plenty of opportunities to get to know campus, its seemingly endless student-led organizations, and the different academic, social and support organizations that are here to help.

The following are some

of the major welcome-back events designed to help you connect with peers, network and get more comfortable with your new academic home. Not all programs are necessarily listed.

IMPACT

No question, CMU's Multicultural Academic Student Services (MASS) office knows how to make an IMPACT. This annual event pairs minoritized and under-represented incoming students with peer mentors and leaders for an intensive, 2 ½-day introduction to campus.

Students are divided into groups of 10-to-12 and partnered with a pair of peers, who guide them through presentations from CMU

alumni, faculty and staff. The goal is to offer students insight on academic advising, campus life, student activities and succeeding at the college level, among others.

Source: cmich.edu/offices-departments/multicultural-academic-student-services/mentoring-initiatives/impact

Leadership Safari

Every year, the staff of the Sarah R. Opperman Leadership Institute puts together a multi-day guided experience that partners incoming students with peer guides to help them learn the ins and outs of the campus experience.

Student Safari Guides, along with other staff members and campus leaders, take the safari groups

through various experiences like team building and resource explorations in the hopes that the incoming students emerge with a greater understanding of the university, leadership and even themselves.

IMPACT and Leadership Safari both precede the academic year, so participating students should plan to move into their residence halls early.

Source: cmich.edu/student-life/leadership-development/sarah-r-opperman-leadership-institute/leadership-programming/leadership-safari

Move-in Day

Speaking of making yourselves at home, the tentative move-in date for first-year and transfer students is Friday, Aug. 25. Returning, on-campus residents and apartment students could expect to move in on Saturday, Aug. 26, according to the Residence Life website.

Keep an eye on your campus email for updates as the date comes closer.

Source: cmich.edu/student-life/housing/about/move-in-move-out

MAINStage

If the whole world is a stage, this evening out is Central Michigan University's grand opening act. Appropriately named MAINStage, the event on Franklin Street outside of Finch Fieldhouse brings students together with Registered Student Organizations, fraternities and sororities, club sports, local businesses and campus departments for a bash that is part networking event, part party.

Hosted by the Office of Student Activities and Involvement, MAINStage is scheduled for 4 to 7 p.m. Sunday, Aug. 27. With free swag, food and plenty of events, the evening is, ac-

cording to its website, "the bridge to finding an organization that is the perfect fit for you."

Source: cmich.edu/student-life/clubs-and-recreation/student-activities-involvement/activities-programs/mainstage

Get Acquainted Day

For more than three decades, MASS has hosted Get Acquainted Day on the first Wednesday of the fall semester — this year, Aug. 30. This evening on the Warriner Mall gives students, faculty, staff and the community the chance to come together, network and celebrate the start of a new year.

It's also an opportunity to connect with organizations, programs and groups whose interests align with yours. Source: cmich.edu/offices-departments/multicultural-academic-student-services/cultural-celebrations/get-acquainted-day

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Roommate 101

Simple steps can help both you and your roommate thrive

By Jordan Agosta
Staff Reporter

Going to college is most likely a major adjustment from what you were used to before. Living with roommates could be one of the best experiences in college, or one of the most challenging.

Even if you picked your roommates ahead of time, there is a big difference between being friends with them and living with them. As Jeff Smith, Jr., residence hall director at Saxe Hall and the Northwest Apartments, said: “The best friends don’t always make the best roommates, and the best roommates aren’t always the best friends.”

Your roommate’s way of living is most likely different than yours. There might be times when they do something that you think is crazy, but they probably think the same thing about you. You may have different study and sleep schedules, eating and drinking habits or expectations of hygiene and cleanliness.

But, with some honest feedback, open minds, careful pre-planning and sincere communication, even perfect strangers can be near-perfect roommates.

Steely Pegg, hall director for Fabiano and Celani residence halls, said while there’s no magic formula, ensuring the best possible situation for all roommates is easier when everyone buys into three big-picture goals: keeping an open mind; investing in the process of open and honest relationship building early in the year; and relying on residence hall staff if and when things go a bit sideways.

It starts with a survey. When students complete the housing application, they will be asked to also fill out a lifestyle questionnaire. This is designed to match potential roommates



Ashley Morse | File Photo

Roommates laugh and sing during an April 21, 2022, movie event at Kelly Shorts Stadium.

based on preferences and probable compatibility.

“Be very honest about what you can deal with and what you can tolerate living with, because what you ask for is what you get,” Smith said. “It’s so important to take a few minutes and really think about the questions that are being asked.”

Once you’re matched, Pegg said it’s critical that when you do your first bit of research into your research — that is, seek them out on social media — you don’t jump to conclusions.

“Students, before they come here, need to be open-minded to who someone is, rather than who they seem on social media,” she said.

Even if you’re the most compatible pair in the residence hall,

the odds are good there will be times when you bicker with your roommate. When living in close proximity to another person, arguing is nearly inevitable.

Fortunately, there are some simple steps that can help keep a misunderstanding from growing into a great divide.

Within the first month of the semester, every residence hall room will be asked to meet with hall staff to complete a Roommate Agreement Workbook. This document provides a guide to help roommates find common ground and set expectations on critical topics like respecting one another’s personal space, communicating issues, maintaining hygiene and cleanliness, and the division of chores.

While the document is com-

pleted early in the year, Smith said it’s a living document that can be revised as needed.

“A lot of times when I’m seeing a roommate conflict, it’s not that there’s really a conflict, but they’re wanting a friend” or to be a friend, he said.

Clearly, communication is important when it comes to this, and sometimes just giving your roommates space can help out a lot. Mental Health America lists some specific practices on how to best resolve roommate conflicts.

Among them:

- Set boundaries early on;
- Develop a plan to handle visitors;
- Discuss a phone policy — and how to protect one another’s privacy when talking with family, friends and partners; and

- Determine a lights-out policy acceptable to all participants

Smith said it’s important to not let a problem simmer for too long. He advises his staff to think about the 48-hour rule: If something bothered you and you’re still upset about it two days later, it’s really an issue that needs to be addressed.

For many first-year students, this is their first time away from the security of their family home; for many second-years, this becomes the year when they will cease returning to live in that home.

That means this is the best possible time to learn life-long skills like communication, conflict resolution and vulnerability, Smith said. That’s no small ask.

“We want to have a real dialogue and talk about those things,” Pegg said. “(Students) need to be vulnerable.

“It’s really hard. Their room is their safe space at CMU.”

Fortunately, when conflict arises and seems insurmountable, the residence life staff is available and ready to help, Pegg said.

“Resident assistants are not there just to support first-year students,” she said. “They’re there to support every student on the floor.

“They want more than anything to be helpful. They find joy in being a resource and providing support to other students.”

Dealing with roommates can be hard, but these people can be some of the closest friends you will ever make. Or maybe they are just not compatible with you, and that is totally fine too.

“There’s always some sort of answer to every problem,” Smith said. “If you take the time to get to know (your roommate), someone you were paired with may end up being your best friend or a really important part of your story.”



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Budget bonanza

How to manage time and money during your college career

By **Jordan Agosta**
Staff Reporter

For a lot of students, college is the first time living away from home, without supervision from a parental figure. It is a great time to learn how to live by yourself and how to deal with the inevitable mistakes (no matter how hard you may try to avoid them).

Budgeting your money

Managing money is one of the most important things a college student can learn how to do. If you get money back from Central Michigan University when your loan deposit hits, it might seem like a lot. But it can disappear quickly. The Mary Ellen Brandell Volunteer Center offers some great “Budgeting Basics” to help you be smart with your money:

- **First, recognize where your greatest expenses may be.** The average monthly living expenses, according to the U.S. Department of Labor, are food and transportation (34%), housing and utilities (33%), clothing and entertainment (10%), insurance (8%), education and healthcare (7%) and “other” (8%). You may not have all of those right out of the collegiate gate, but it’s important to know where your financial priorities lie and how to account for them.

- **Start tracking your expenses.** That means list and log every penny that leaves your wallet, jeans pocket and bank account. The goal is to really see where your money is going and help eliminate those unnecessary purchases that keep breaking the bank (we’re looking at you, coffee and energy drinks!).

- **Determine your income.** Whether that’s a job, a grant, scholarships, student aid or any other source of cash, keep tabs on

how much you’re bringing in.

- **Start saving now.** Even setting aside \$5 per month is a good habit to start. Over the course of four years (or more, depending on whether you go on for advanced degrees), that adds up and you’ll find it’s old hat when it comes time to thinking of retirement planning.

The university’s Financial Wellness Collaborative Peer Coaches program even offers student-to-student support to help guide you through balancing the bottom line.

Source: cmich.edu/offices-departments/mary-ellen-brandell-volunteer-center/programs/financial-wellness-collaborative

Budgeting your time

There is an old saying: “Sleep more than you study, study more than you party and party as much as you can.” OK, maybe that’s not so old — admittedly, it’s more of a product of the social media age — but the message is universal.

Getting sleep and studying are definitely important when it comes to surviving college, but it is also important to have fun.

According to a 2013 study for the U.S. Department of Education, students who got involved in extracurricular activities had greater academic achievement, higher reported levels of self-concept and self-worth, stronger communications skills and higher rates of community involvement than their disengaged classmates. It makes sense, when you think about it: Do you find you learn better when classes are fun, engaging and interactive?

The challenge, of course, is not overdoing it. For everyone’s sake, make sure to go to class. When in doubt, it is always smart to communicate with your professors when you do miss class, to keep up to date with your studies.

Here are some time management tips for first-year college students, from U.S. News & World Report:

- **Get ahead:** Despite the temptation, don’t wait until the last minute to cram for midterm exams or start that capstone project!

- **Use a calendar:** Whether digital or hard copy, mark critical deadlines on your calendar and give yourself sub-deadlines to make sure you aren’t stressing at the last minute.

- **Find a routine:** You’ll usually only spend a few hours in the classroom, which will be far outpaced by your out-of-class requirements. Find a time and place when it’s best for you to

study, then stick to it.

- **Be responsible with technology:** From cameras and wireless connectivity to games and academic curricula, technology is everywhere on a campus. Do yourself a favor and work into your routine shutting down social media and screen time so you can focus without distraction on your academics.

- **Learn to study effectively:** In case you haven’t noticed, time is finite. There are only 24 hours in a day, so it’s important that you are efficient in how you use the time you dedicate to daily studies.

- **Schedule study breaks:** Again, it’s important to give yourself room to relax, refresh and

disengage from your academics.

- **Know your limits:** It’s important to be well-rounded, but it’s also important to know when to draw the line. As college students juggle school, work, volunteer hours, extracurriculars, family, relationships, organizations — the list goes on and on — it’s easy to become burned out. If you find yourself stretched too thin over too much, give yourself permission to step back and reassess where your values, talents and passions can best help meet your career goals.

Sources: files.eric.ed.gov/fulltext/EJ1230758.pdf; usnews.com/education/articles/time-management-tips-for-college-bound-high-school-students

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SAC/McGuirk	:13	:43	EVERY 1/2 HOUR
Stadium Mall			UPON REQUEST
TJ Maxx			UPON REQUEST
Walmart			UPON REQUEST
Copper Beech	:26	:56	EVERY 1/2 HOUR
The Reserve	:28	:58	EVERY 1/2 HOUR
Jamestown	:30	:00	EVERY 1/2 HOUR
Yorkshire Commons	:33	:03	EVERY 1/2 HOUR
Music Bldg. - Lot#33	:42	:12	EVERY 1/2 HOUR

DEERFIELD

TOWERS @7/11	:15	:45	EVERY 1/2 HOUR
Deming Edgewood	:16	:46	EVERY 1/2 HOUR
Westpoint Village	:18	:48	EVERY 1/2 HOUR
Deerfield Village	:20	:50	EVERY 1/2 HOUR
Lexington Ridge	:25	:55	EVERY 1/2 HOUR
Theunissen Stadium Lot#70	:27	:57	EVERY 1/2 HOUR
Commuter Lot #75	:29	:59	EVERY 1/2 HOUR
SAC/McGuirk	:30	:00	EVERY 1/2 HOUR
Music Bldg. - Lot#33	:42	:12	EVERY 1/2 HOUR

EFFECTIVE AUGUST 2022

COMMUTER SHUTTLE:

MONDAY - FRIDAY 7:00 AM - 7:00 PM

8:00PM & 10:30PM RETURN FROM PARK LIBRARY TO APT. COMPLEXES ONLY

REQUEST STOPS: ○ REGULAR FARE \$2.00

EVERY HALF HOUR SHUTTLE STOPS:

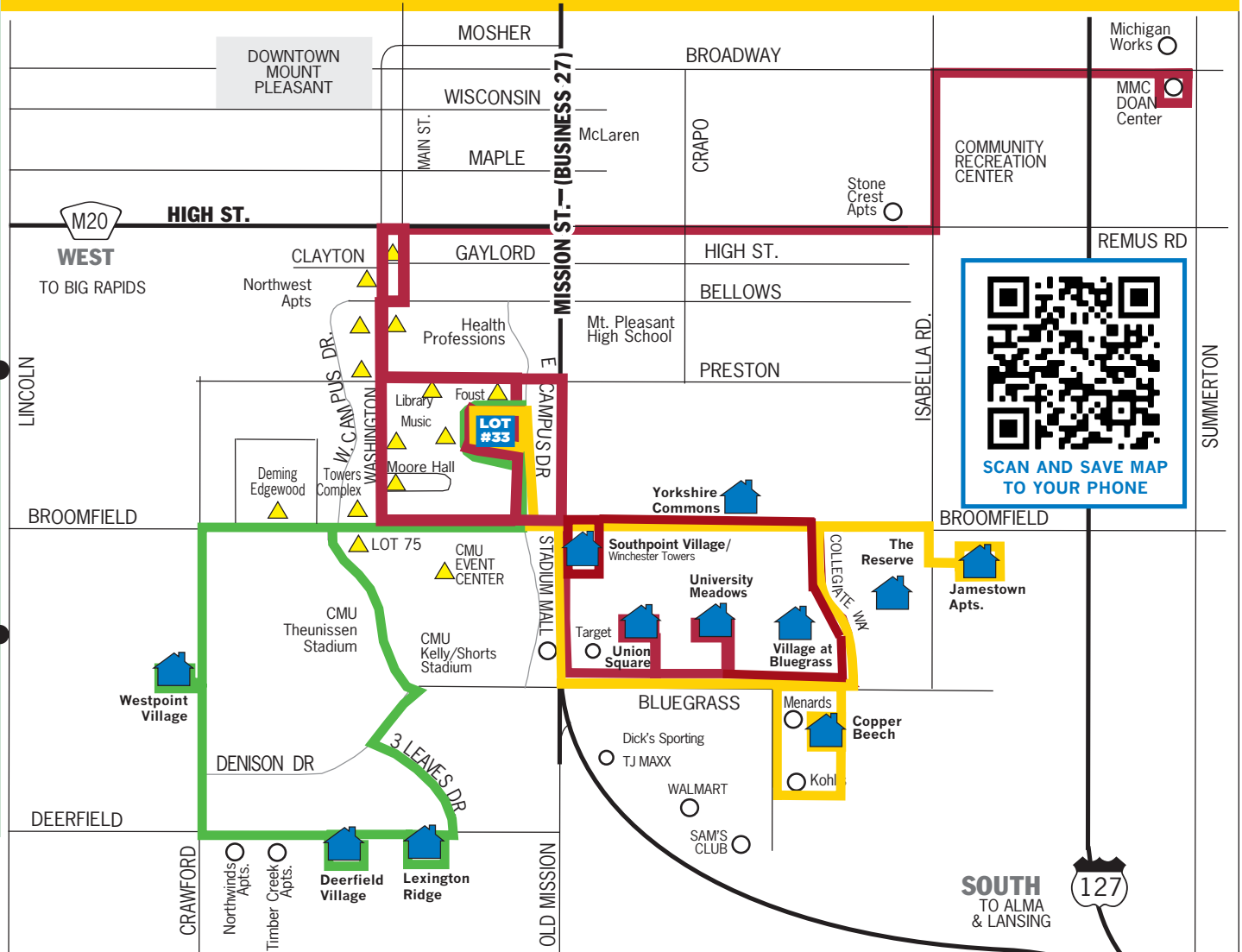
▲ BUS STOPS

No fare collected/prepaid stops by contract with our partners

🏠 APARTMENT COMPLEX STOPS

Rides for residents prepaid by complex

COMMUTER SHUTTLE ROUTES



BE SEEN!
Step to the curb and wave



ictcbus.com

All buses flex 1/4 mile of published route, call ahead for service

COMMUTER SHUTTLE OPERATES LATE AUGUST THROUGH EARLY MAY
WHEN CMU CLASSES ARE IN SESSION

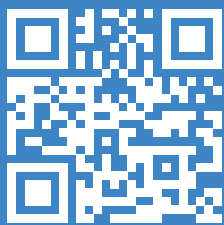


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