



## Connecting with Cavs Cor Leaders



Photo Courtesy of Shareen Awadallah.

BY: ALYSSA COCCHIOLA, STAFF WRITER

Mentorship, Welcome Weekends, Orientations, and Day-to-Day Leadership – the Cavs Cor Leaders do it all! Cavs Cor Leaders are returning students who provide peer mentorship and engagements to undergraduate students, as well as to first-year students during orientations and Welcome Weekends. The Cavs Cor Cordium is an enrichment program made possible by the Brauchler family and enables individuals to connect with their peers.

“My favorite part of this program is always the students, Anna Borges, Director of Student Activities and Leadership, said. “I spend a lot of time recruiting and hand-selecting the team we have each year. Each person selected is chosen for the value they have and the qualities they bring to the team.”

To become a Cor leader, students must apply and go through

an interview process. Borges noted that another important aspect of the Cavs team is to ensure it is unique and diverse.

“We have athletes to band members to Blouins to Honors and everyone in between. A lot of the students tend to be rising sophomores, which always excites me since the reason many of them join is because they had a great Cavs Cor Leader,” Borges added.

Louis Gentile, a Cavs Cor leader, added, “Cav Cor leaders must also be skilled at problem-solving and be able to quickly adapt to changing environments. The greatest characteristic a Cor-leader should have, however, is empathy. Leaders should have the ability to recognize an incoming student who needs help and quickly reach out or connect them with someone who is able to help.”

Gentile is a Pre-Medical Biology major with a minor in Health Humanities. Gentile noted that he began college during the peak of the pandemic, making the transition to college life difficult.

“My orientation was virtual and much of welcome weekend was spent social distancing from my peers,” Gentile added. “When I returned to campus my sophomore year, I was eager to fully jump back in and be involved on campus. When I heard about the Cavs Cor Program, I thought it would be such a great way to ensure incoming students did not experience what the pandemic had caused for my class and to help make the incoming students transition to Walsh as easy and exciting as possible.”

One of the main events Cav Cor Leaders assist in is the Walsh University Welcome Weekend, where events are hosted for incoming and returning students to kick off their school year, receive schedules, and get to know their peers through engaging activities. Sara Majors, a Cavs Cor leader and Exercise

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Science Pre-Physical Therapy major described her experience in the Welcome Weekends.

“During those times, we are walking around with our groups of freshmen and taking them to different events, or we are running events. We all alternate positions throughout the day,” Majors said.

Along with the freshmen students, Cor leaders also help parents get to know the campus as well. Cor leaders will review schedules with the freshmen students and answer questions and concerns that students may have.

Shareen Awadallah, a Nursing major and Cavs Cor Leader, added, “Welcome Weekend was my favorite event by far! My favorite memory of welcome weekend was Anna Borges and I riding in the gold cart all around campus the whole weekend.”

Awadallah continued, “By participating in the summer “On Orientation days leaders arrive on campus the night



Photo Courtesy of Walsh University.

orientations and welcome weekends as a Cavs Cor Leader, I learned a lot of valuable leadership skills! I also enjoyed meeting different Walsh staff members that have been great resources for me even outside of Cavs Cor.”

For these weekends, the Cor leaders spend an extensive amount of time preparing.

before to set up for the big day and go through some training exercises,” Gentile explained. “The extensive preparation often includes preparing incoming students’ folders with all of their necessary forms and organizing signs and tour routes across campus to ensure the day runs smoothly. The night then ends with some team bonding activity such as bowling or smores around the fire.”

Gentile noted that the Cor leaders move into their campus dorms a week before the rest of the student body to prepare for the Welcome Weekend.

“It would be difficult to narrow my experience as a Cor Leader to one favorite memory, but the orientations and welcome weekends spent with my roommates and friends were some of the most fun weekends. Welcome weekend usually requires a lot of hard work but doing it with the other Cor Leaders was always a fun and memorable time,” Gentile said.

The Cavs Cor leaders provide a comfortable space for their mentees to reach out to, aiding the transition between high school and college for new students.

“My favorite part about the program is getting to be the freshman’s first friend at Walsh,” said Majors. “We spend the whole first weekend with them and get to show them everything at school.”

Gentile concluded, “I have made so many friends and met new people through Cavs Cor and I will always be thankful for the opportunities this experience has given me.”

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## Enhancing Global Perspective

BY: AHMED ALAALI, STAFF WRITER

Walsh University, committed to fostering a diverse and inclusive learning environment, takes great pride in its International Office, which serves as a gateway for foreign students seeking an enriching academic and cultural experience.

Through a myriad of services and programs, the International Office at Walsh University extends a warm welcome to students from around the world, facilitating their integration into the vibrant academic community.

One of the primary offerings of the International Office

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is assistance with the admission process. Recognizing the unique challenges faced by international students, the office provides comprehensive support, guiding them through the application requirements and ensuring a smooth transition to life at Walsh University.

The dedicated staff assists in matters related to visas, residency, and other bureaucratic processes, alleviating the stress often associated with studying in a foreign country.

Upon arrival, foreign students find a robust orientation program awaiting them. Designed to acclimate newcomers to the university's campus life and American culture, the orientation sessions cover essential topics such as academic expectations, campus resources, and cultural adjustments. This ensures that international students are well-prepared to embark on their academic journey with confidence and ease.

The International Office also plays a pivotal role in fostering a sense of community among global learners. Regular events and activities are organized to facilitate cross-cultural exchange, allowing students to share their diverse perspectives and experiences. These events not only contribute to a vibrant campus atmosphere but also create lasting connections among students from different corners of the world.

Language support services are another crucial aspect of the International Office's offerings. Recognizing that English may not be the first language for many international students, the office provides language assistance programs to enhance their proficiency. Whether through tutoring services, language workshops, or conversation groups, the aim is to help students communicate effectively in both academic and social settings. Furthermore, the International Office collaborates with academic departments to offer specialized support for international students.

This includes workshops on American academic writing styles, study strategies, and understanding cultural nuances in classroom settings. By addressing these specific needs, the office ensures that international students have the tools and resources to excel academically.

In conclusion, the International Office at Walsh University stands as a beacon for foreign students, offering a comprehensive range of services aimed at facilitating a smooth transition into academic and cultural life. By providing support throughout the entire student journey, from admission to career placement, the International Office

ensures that international students at Walsh University not only succeed academically but also thrive as global citizens.



Photo Courtesy of Annabelle Ehmer.

## STUNT Performs Well In Nashville

BY: ANNABELLE EHMER STAFF WRITER

On February 1st, the Walsh University STUNT team traveled south to Nashville Tennessee to their very first game ever at Trevecca Nazarene University. The Cavs won their first-ever NCAA game against Baldwin Wallace 10-1 on Friday. The 2024 Walsh University STUNT team will forever go down in history. History makers for the university, athletic conference, and NCAA. The girls on the team faced a lot of diversity just within their preseason and learned a lot about the weekend.

The Cavs had two Power Players of the weekend, Kayla Carter and Saige Veliz. Keep an eye out for these two freshman as their stats continue to skyrocket as the season continues.

These two freshmen take the mat for every routine the Cavs compete in. Stunting, jumping, tumbling, and more- Kayla and Saige will forever

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Photo Courtesy of Annabelle Ehmer.

be remembered by their teammates, coaches, opponents and more.

The Cav STUNT team is proud of how the team as a whole competed during their long weekend. They learned strategies, and gameplay, and made some great friends on the other teams. Coach Trisha Hart shared with the girls that above all, their character and sportsmanship means the most. The girls had a dancing party with Mercyhurst, celebrated, and hugged with Baldwin Wallace, and congratulated the other team in the GMAC conference for making history as well.

The Cavaliers will play their first home game on Friday, February 9th. They will host Ashland at 6 pm and Muskingum at 7 pm. See you there!

Yeehaw and Swords up!



Photo Courtesy of Walsh University.

## Upcoming Sports Events:

### Women's Basketball

2/17/24 - Home vs Malone University  
2/22/24 - Home vs Trevecca Nazarene  
3/2/24 - Home vs Cedarville

### Men's Basketball

2/17/24 - Home vs Malone University  
2/22/24 - Home vs Trevecca Nazarene  
2/29/24 - Home vs Lake Erie College

### Women's Bowling

3/22/24 - Great Midwest Athletic Conference Tournament, Liberty, North Carolina

### Men's Bowling

3/22/24 - Great Midwest Athletic Conference Tournament, Liberty, North Carolina

### STUNT:

2/17/24 - Home vs Malone University  
2/17/24 - Home vs Ursuline College

### Women's Tennis:

2/16/24 - Away vs Grand Valley State University, Allendale, Michigan

### Men's Tennis:

2/16/24 - Away vs Grand Valley State University, Allendale, Michigan

### Women's Track and Field:

2/16/24 - Akron 'Al Campbell' Open, Akron, Ohio  
2/23/24 - Great Midwest Athletic Conference Indoor Championships, Ashland, Ohio

### Men's Track and Field:

2/16/24 - Akron 'Al Campbell' Open, Akron, Ohio  
2/23/24 - Great Midwest Athletic Conference Indoor Championships, Ashland, Ohio

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# Walsh Succeeds in Indoor Track Season

BY: ANNABELLE EHMER, STAFF WRITER

On Saturday, January 27th, the Walsh University Indoor Men's and Women's Track Team divided and competed at the Hillsdale Wide Track Classic, University of Mount Union, and Kent State University.

For the Men's team, the outstanding athletes consisted of Micah Gremling, O'Rhen Martin, and Dominic Nutter. The Women's team's outstanding athletes competing consisted of Kya Epps, Julie White, and Claire Martin. Both Kya Epps and Julie White compete in the Women's 4x400m race alongside Julia Walsh and Talia McLin. This team of four won the race with a time of 4:19.49. Kya Epps finished the day winning the 60m, 200m, and the relay. Kya is now ranked 11th place in the nation for the 60m race and 18th place in the nation for the 200m race.

Claire Martin is thriving this season as expected with all of her jumps! Martin placed 1st in the Long Jump with a distance of 17 feet 4.75 inches. Martin also placed 4th in the 60m run to clutch more points for the Cavaliers.

The Men's team all-star, Micah Gremling finished 1st in both the 60m and 200m race. Micah's time for the 60m was 6.85 seconds and the 200m time was 22.58 seconds. As for O'Ren Martin, he placed 3rd in the 60m hurdles with a new PR! Congratulations O'Ren with a new time of 8.94 seconds!

Dominic Nutter went to Kent University and competed in the throws. Dominic Nutter has been named the GMAC Indoor Track & Field Male Athlete of the Week! Congratulations, Dominic! Dominic competed in the Weight Throw, got a PR, and finished 1st place. He is having an amazing season and is currently ranked 4th place nationally in the Weight Throw event.

The Cav's track team will be traveling to the Ashland Invitational on February 2nd and 3rd followed by the Grand Valley Big Meet on February 9th and 10th.



Photo Courtesy of Walsh University.

## Walsh Introduces New Band at Upcoming Concert

BY: NADYA HUDAK, EDITOR-IN-CHIEF

Walsh's Band will introduce the newest band coming to Walsh University during their next concert: a jazz band. Audiences who choose to attend on February 25th will not only get to hear the Concert Band but the World Music Ensemble and brand new Jazz Band as well.

Those who choose to attend can expect to hear songs like High School Cadets, Phantom of the Opera, Solas Ane, Halcyon Hearts, and On a Hymnsong of Philip Bliss from the concert band. These pieces were hand-picked by band director Thomas Roblee. Featured soloists will include Joshua Martin and Rochelle Leper.

From the newly formed Jazz Band, listeners can expect to hear jazz hits like Sway and Chameleon. The band, formed by Seif Said and conducted by Ally Sabol, is eager to share their practice and talents with the Walsh community. Students in Walsh's concert band were given the opportunity to join and a group, including myself, enthusiastically stood up and chose to get involved.

Jazz Band conductor Ally Sabol is excited about what this new group can bring to Walsh, stating, "The jazz band allows students to play a different type of music than the traditional concert band. Right now, we're working on perfecting our 'jazz style' and are excited to start a new music group at Walsh."

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While students have been able to see the band at both football and basketball games, this concert will be the opportunity to see longer pieces that the group has been working on during rehearsals. Each member has worked tirelessly for the last two months to prepare these pieces to be seen by the public and Walsh's community.

The performance will take place Sunday, January 25 at 2 PM in the Global Learning Center on campus. Can't attend? The band will continue performing at various basketball games as well as another concert with different pieces on April 21, also in the Global Learning Center.



Photo Courtesy of Nadya Hudak.

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## The Internship Experience at Walsh University

BY: AQUEELAH ALQASSIM, STAFF WRITER

At Walsh University, the commitment to preparing students for successful careers in computer science is evident through the capstone course, the Career Seminar. This course is designed to guide computer science students through the nuances of the professional landscape, providing valuable insights into job roles, IT certifications, and the crucial transition from academia to the workforce.

The primary objectives of the course include:

### 1. Exposure to Industry Professionals:

Through literature and guest speakers, students gain a comprehensive understanding of the diverse job opportunities within the realm of Computer Science and Information Technology.

### 2. IT Certifications Demystified:

The course delves into the significance of IT certifications, shedding light on how these credentials can enhance one's employability and serve as a valuable asset in the competitive job market.

### 3. Career Readiness:

Focusing on the transition from academic life to the professional world, the class addresses essential aspects of career readiness, including self-

assessment, job search strategies, and the importance of internships.

**Internship Preparation:** A significant component of the Career Seminar is dedicated to preparing students for internships. Recognizing the catch-22 situation many graduates face - the need for experience to secure a job but the challenge of gaining experience without a job - the course emphasizes the importance of internships.

### Benefits of an Internship Experience:

#### 1. Overcoming the Catch-22:

Internships provide students with real-world experience, allowing them to bridge the gap between theoretical knowledge and practical application. This firsthand exposure is invaluable in breaking into the professional realm.

#### 2. Networking Opportunities:

Interacting with industry professionals during internships not only provides mentorship and guidance but also opens doors for future collaborations. Recommendation letters from seasoned professionals can significantly boost a student's credibility.

#### 3. Field Exploration:

Internships offer students a glimpse into their chosen field, helping them determine if it aligns with

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their career goals. This firsthand experience assists in making informed decisions about their future paths.

#### 4. Identifying Strengths and Weaknesses:

Through internships, students can assess their skills and aptitude in a practical setting. Identifying strengths and weaknesses enables them to tailor their skill development, ensuring they are well-prepared for their chosen career path.

#### Finding an Internship:

The Career Seminar at Walsh University also equips students with the tools and knowledge to secure internships successfully. The course covers strategies such as:

- Crafting an impressive resume and cover letter.
- Leveraging online platforms for job searches.
- Developing effective networking skills.

The Career Seminar at Walsh University stands as a beacon guiding Computer Science students toward a successful and fulfilling career. By focusing on industry exposure, IT certifications, and internship preparation, the course ensures that graduates are not only academically competent but also well-equipped to navigate the challenges of the professional world. Through internships, students gain the hands-on experience needed to flourish in the competitive IT landscape, setting the stage for a prosperous and rewarding career.



Photo Courtesy of Walsh University.



Photo Courtesy of Kathie Gray.

## Dr. Dunphy Teaches Self Defense Class on Campus

BY: NADYA HUDAK, EDITOR-IN-CHIEF

On Saturday, February 3, Walsh's own Dr. Dunphy, along with the help of the Anti-Human Trafficking Cavs Coalition hosted a self-defense class on campus. The class took place in the Birk Center for the Arts and lasted from 10 AM to 12 PM. Participants were able to sign up and attend the event completely free.

Along with some assistants, Dr. Dunphy was able to give each attendee a valuable lesson in keeping yourself safe on campus. As one of the attendees, I enjoyed how realistic these lessons were and how honest Dr. Dunphy was about some of the dangers that we can encounter.

Dr. Dunphy first taught us how to use a common self-defense weapon you can buy, a small rod that you can keep on your keychain or in your pocket. Throughout the course, he emphasized how you don't necessarily need an official self-defense weapon, you can use many household items like flashlights, curtain rods, etc. to protect yourself from possible harm.

Following this, he taught the group how to use your hand to defend yourself from an attacker. We learned how to use our palms and fists, and even do a flicking motion

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to get ourselves away from our attacker and get to safety.

Dr. Dunphy kept repeating one phrase to attendees: Neutralize the threat. This phrase was highlighted and used to show us how important it is to use what we were learning to keep ourselves safe throughout our time on campus or once we leave and go out into the world.

Faith McNulty, a student who attended, appreciated the class, “The personal protection class helped me learn effective yet simple ways to defend myself and others. Dr. Dunphy and his team did a great job of providing realistic scenarios in a safe, but beneficial manner to the class.”

The Anti-Human Trafficking Cavs Coalition is planning on hosting another class in the next year, so keep an eye out for the event around campus and on our Instagram! Those interested can follow @wuhtcoalition.



Photo Courtesy of Nadya Hudak.



**EDITOR-IN-CHIEF**

Nadya Hudak

**LAYOUT & DESIGN**

Nadya Hudak

**STAFF WRITERS**

Ahmed AlAali

Alyssa Cocchiola

Annabelle Ehmer

Aqueelah Al Qassim

Dominic Gemma

**FACULTY ADVISOR**

Dr. Tricia M. Ostertag

**COMMUNICATIONS DEPARTMENT**

**CHAIR**

Dr. Mark Rogers

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