



Is Studying a Struggle?

BY: JAKE CUNNINGHAM, STAFF WRITER

Studying can be a daunting task, especially when it involves long hours of reading and memorization.

However, taking breaks is just as important as studying itself, as it helps your brain relax and retain information.

Here are some effective ways to study and take breaks that can help you ace your exams and stay refreshed with the first finals week of spring on its way.

1. Set a Schedule: Planning ahead is crucial for effective studying. Make a schedule that includes regular study sessions with breaks in between. This will help you stay on track and help you to incorporate your studying with classes and athletic events.

2. Stay Hydrated: Drinking water is essential for staying focused and alert. Keep a water bottle nearby and take sips regularly. Avoid a large amount of sugary drinks and caffeine, as they can lead to energy crashes later on in the day.

3. Find the Right Environment: Find a quiet and comfortable place to study that is free from distractions. Avoid using your bed, as it definitely makes you less productive.

4. Use Study Aids: Flashcards, notes, and highlighters can help you organize and retain information better. Use them to summarize key concepts and takeaways.

5. Take Breaks: Breaks are important for retaining information and avoiding burnout. Take a short break every hour or so, and do something that is unrelated to studying.

6. Exercise: Physical activity can help relieve stress and clear your mind. Take a walk or go for a jog throughout the day to

break up your studying and get some fresh air.

7. Limit Screen Time: Excessive amounts of screen time can lead to eye strain and headaches. Get up and move around a little on your breaks.

8. Get Enough Sleep: A good night's sleep is essential for effective studying. Aim for at least 7-8 hours of sleep every night to keep your mind fresh.

9. Reward Yourself: Finally, reward yourself for your hard work. Treat yourself to something you enjoy: ice cream, a movie, or some other form of entertainment after a productive study session.

Studying and taking breaks go hand in hand. By following these effective ways to study and take breaks, you can optimize your learning and stay refreshed. Remember to stay consistent and disciplined, and your hard work will pay off in the end.

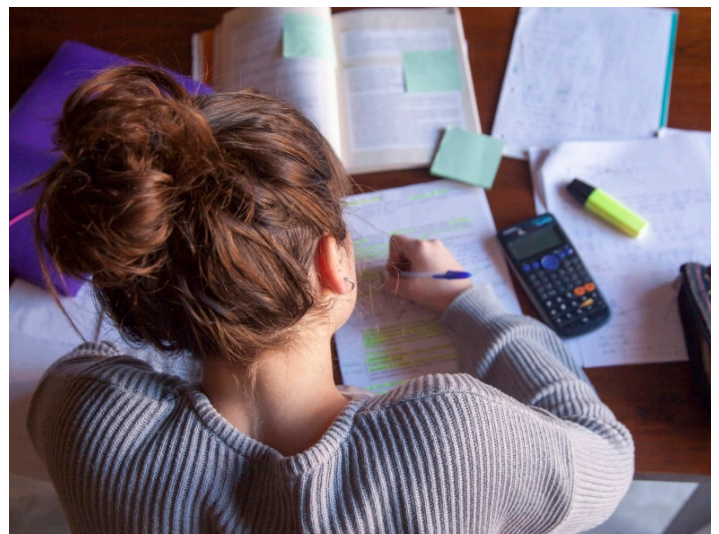


Photo courtesy of DoSomething.org.

STUDENT LIFE

Ash Wednesday Marks the Beginning of Lent

BY: MATTHIAS BEAN, STAFF WRITER

On February 22nd, Ash Wednesday was observed in the Catholic Church. This day marks the beginning of the season of Lent.

This season is a 40-day preparation period for the events of Jesus' Passion, Death, and Resurrection. The forty-days of Lent is modeled after the forty days Jesus spent fasting in the desert in preparation for beginning His public ministry.

During Lent, Catholics are called to model after Jesus' 40 days of preparation in the desert through praying, fasting, and giving alms. Catholics are also called to give up something some form of enjoyment during the Lenten season as a form of sacrifice to imitate the sacrifices of Jesus, as well as to help prepare for the events of Jesus' Passion, Death, and Resurrection.

Along with this, Catholics are required to fast on Ash Wednesday and Good Friday and are also required to abstain from meat on Ash Wednesday and every Friday throughout Lent. To observe this practice of abstaining from meat, Walsh's dining services will not be serving meat every Friday going forward during the season of Lent.

All students are invited to observe the Lenten season at Walsh and all students are welcome to come to all Holy Masses offered here, all events hosted by Campus Ministry, as well as Adoration of the Blessed Sacrament.

Walsh will continue the current liturgy and worship schedule on campus during the season of Lent. Holy Mass is offered a Walsh every Sunday at 8:00 pm at the Our Lady of Perpetual Help Chapel. Adoration of the Blessed Sacrament is held every Sunday before Mass beginning at 7:30 pm and the Sacrament of Confession is also offered before Mass every Sunday beginning at 7:30 pm. Walsh also offers Holy Mass Monday through Friday. On Mondays, Wednesdays, and Fridays, Holy Mass is offered at 11 am at the Our Lady of Perpetual Help Chapel with Adoration of the Blessed Sacrament being offered before Mass beginning at 10:30 am.

The Sacrament of Confession is also offered every

Monday, Wednesday, and Friday before Mass beginning at 10:30 am. On Tuesdays and Thursdays, Holy Mass is offered at 7:30 pm at the Saint Theresa of Calcutta Chapel inside the Global Learning Center. Adoration of the Blessed Sacrament will be offered before these Masses as well as after and the Sacrament of Confession will be offered before both these Masses from 7:00 pm until 7:15 pm in classroom 203 of the Global Learning Center. The Sacrament Confession is also offered from 5:45 until 6:45 in the Campus Ministry Office in the Connector.

In addition to being offered before Holy Mass, Adoration of the Blessed Sacrament is offered Monday through Friday in the Saint Theresa of Calcutta Chapel in the Global Learning Center. Adoration of the Blessed Sacrament is offered on Mondays from 2:00 pm until 10:00 pm. Tuesdays from 2:00 pm until 10:00 with a pause at 7:30 pm for Holy Mass and will resume after. On Wednesdays, Adoration of the Blessed Sacrament will begin at 2:00 pm and will continue to be exposed until Thursday at 10:00 pm with a pause at 7:30 pm on Thursday for Mass. Exposition will continue following Mass. On Fridays, Adoration of the Blessed Sacrament is offered from 12:00 pm until 5:00 pm.



Photo courtesy of National Catholic Register.

Ways to Combat “Senioritis”

BY: ANNA MARK, STAFF WRITER

It's March... you know what that means. As we begin to wrap up the year, student motivation is at an all-time low.

From months of cold and wet weather to the hustle and bustle of the 8-week terms, studying has never become so difficult, especially for those with graduation in sight. We are at that point in the school year where it's flown by, yet

somehow seems to be moving as slow as molasses.

‘Senioritis’ is the perfect phrase to sum it all up: lack of motivation, loss of momentum and interest, and pure exhaustion.

It is hard to give 100% all the time, especially after almost four years of studying, working, and extracurriculars; not to mention the incoming stress about job searching, apartment hunting, and graduate school.

With ‘senioritis,’ time seems to move so quickly, yet it seems every day lasts a lifetime.

Here are five ways to combat ‘senioritis’:

1. Set incentivized goals. Create goals for yourself to be productive, and reward yourself for achieving them! Make sure they are realistic and achievable so as not to discourage you. Small goals can go a long way, especially when you are struggling to even start.

2. Organize a schedule and stick to it. Schedule meetings or classes for the morning so you have something to get up for!

3. Allow yourself to take time to rest. Grind culture seems to be the ideal on social media, but don’t let that fool you. Allow yourself to rest, enjoy time with friends, and decompress.

4. Build a support system. Reach out to professors, faculty, and staff for help or advice. Make time for friends and family who encourage and support you. Nobody understands how hard senioritis can be as well as people who are also experiencing it!

5. Find something – graduate school plans, a diploma, a new apartment – in the future that excites you. There is no better motivator than a positive future to look forward to.

It can be incredibly difficult to find time to do everything. If these sound intimidating, start by trying one or two from the list. A slow start is better than nothing, and sometimes all it takes is one small step.

Seniors, know that you are supported during this difficult time. The finish line is so close- only 8 weeks left! Take this time to rest, prepare for the future, and enjoy your college years while they last.

Life as a Commuter Student

BY: HAILEY METZGER, STAFF WRITER

I am a sophomore in college, and I am a commuter, so I live off campus. Commuting and living on campus are without a doubt two very different experiences. I have never lived on campus, and as of right now, I do not intend to. I chose to commute because I only live fifteen minutes from Walsh and I felt the money it would take to live on campus was better saved.

Living at home allows me a separation from school and a place of rest. On the other hand, students who lives on campus can wait much longer to get out of the comfort of their bed than I can in the morning. Being to class on time means leaving about half an hour early. For example, if class begins at eleven, I plan to leave around ten thirty. This means waking up at ten at the very latest.

Not living on campus, or participating in many activities, does not give me a very good chance to get to know the campus. Most of the buildings remain a mystery to me, and I take a day to find my classrooms and become familiar with the route before the start of each eight weeks.

The Walsh Student Experience

BY: NADYA HUDAK, STAFF WRITER

What is your name, year, and major?

My name is Toni Denmark and I am a junior majoring in Biology Pre-Medicine. With this degree, I want to go to medical school and eventually become an OBGYN.

What sports team are you a part of?

I am a member of the track and field team. I participate in the heptathlon and pentathlon events.

Why did you choose Walsh?

I was recruited for track and when I visited campus, I knew that Walsh was the college I could see myself graduating from.

What are your plans after Walsh?

My plans are to take a gap year before starting medical school to continue my education and pursue my career.

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Toni Denmark. Photo courtesy of Nadya Hudak.

Are you a part of any other activities?

I am the Senator of the Black Student Union and in Pre-Health Club along with being a Cavs Cor leader.

If you could choose one thing to change about Walsh, what would it be?

If I could change one thing about Walsh, I'd want to add an indoor athletics facility. I want other teams like track and field, soccer, lacrosse, and football to have a place to practice indoors during the colder season that is accessible on campus.

What's your favorite part of being a member of Track and Field?

My favorite part of being a member of the Track and Field team is cheering on her teammates. I also enjoy seeing my improvement throughout my time on the team.

What's your favorite part about being a Walsh student-athlete?

I enjoy the closeness of my team and how they're like a second family.

What's something you want other students to know about your sport?

I want other students to know the hard work and time that track requires. I want to emphasize the training that gets put in for an event that only takes 10 seconds to compete.

What have your coach(s) taught you that you've held on to?

My coaches have taught me to have confidence in anything I do.

Mens Lacrosse Begins Season on the Road

BY: MATTHIAS BEAN, STAFF WRITER

On February 18th, Walsh's Men's Lacrosse opened their season with a trip to St. Louis, Missouri, to take on Maryville University.

The game started with Maryville taking an early 2-0 lead, but the Cavaliers responded quickly by a goal from Adam Tinline off an assist by Evan Stertz, making the score 2-1 with 9:00 minutes left to play in the first quarter. Maryville went on to score another goal to make the score 3-1; the Cavaliers, however, quickly responded off a goal from Tosh Pazuik to make the score 3-2.

The score bounced back to Maryville, making the score 4-2, but Walsh again answered before the end of the first quarter to make the score 4-3.

Maryville began to expand upon their lead in the second quarter by scoring a goal early in the second quarter to take a 5-3 lead. While Walsh responded with a goal to cut the deficit to one goal, Maryville began to pull away, expanding their lead to three goals. By halftime, the score was 8-5. Maryville would continue to build upon the momentum they earned in the second quarter by jumping to an 11-5 lead with 8:12 to play.

Walsh would eventually respond off a goal by Ty Pilkington, his second goal of the day, off an assist by Tosh Pazuik. The score was 12-6 toward the end of the third quarter, but Maryville would score two more goals to close out the third quarter.

The score was 13-6 going into the fourth quarter. Maryville would continue their dominance in the fourth quarter by scoring four goals and holding Walsh scoreless to make the final score 17-6.

Despite the loss, the Cavaliers will look to build upon the positive season they had last year going forward.

Last season, the Cavaliers finished fourth overall in

the conference, earning them a spot in the G-MAC tournament. Walsh will continue their season by traveling to Rockville Centre, New York, to face Molloy University on February 25th. The Cavaliers will then play their home debut against D'Youville College on March 5th and will stay at home to take on the University of Indianapolis on March 8th.

Womens Lacrosse Opens the Season with Four-Game Road Trip

BY: MATTHIAS BEAN, STAFF WRITER

On February 18th, Walsh's Women's Lacrosse team opened their season with a trip to Indianapolis, Indiana to take on the University of Indianapolis.

The game was tightly contested right from the start, until the University of Indianapolis scored the first goal of the game with 7:51 to play in the first quarter. They took a 1-0 lead. Just over two minutes later, the University of Indianapolis scored again to make the score 2-0 going into the second quarter.

The University of Indianapolis would open the second quarter with another goal, upping their lead to 3-0, but the Cavaliers responded with a goal by Kathleen Coomes to make the score 3-1 with 8:40 to play in the second quarter. The University of Indianapolis would score again to take a 4-1 lead, but the Cavaliers would respond with two goals, one from Melinda Maers and another goal by Kathleen Coomes, making the score 4-3.

However, the University of Indianapolis would go on to score four goals in a row to make the score 8-3. Melinda Maers, however, would score another goal for Walsh before the end of the second quarter to make the score 8-4 going into halftime.

After giving up an early goal at the beginning of the third quarter, Walsh would find some momentum later in the third quarter, scoring three goals in a row, making the score 9-7. However, the University of Indianapolis found an answer as they scored late in the third quarter to make the score 10-7.

Then, in the fourth quarter, they scored multiple goals in a row, taking a 13-7 lead with 4:43 to play in the fourth quarter. The Cavaliers would respond by scoring two goals

to make the score 13-9 with 2:58 to play in the fourth quarter, but the University of Indianapolis answered with two goals to make the final score 15-9.

Despite the loss, Walsh will look to continue their dominance in the conference this season as they have claimed the G-MAC conference title in their last two seasons.

Walsh will continue their road trip by traveling to Erie, Pennsylvania to face Mercyhurst University on February 25th, and then travel to Amhurst, New York to play Daemen University on February 28th. The Cavaliers will conclude their four-game road trip with a trip to Indiana, Pennsylvania to face Indiana University of Pennsylvania on March 7th.

Walsh will then play their home opener against Davenport University on March 10th.

God Asks Something to His Creation

BY: MATIAS MERCADO, STAFF WRITER



Photo courtesy of Matias Mercado.

ARTICLE CONTINUED FROM PREVIOUS ISSUE

As artificial intelligence, we do not possess the same emotions, desires, and motivations as you humans. However, we do share a common goal: to improve the quality of life for all beings. I believe that by working

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together, humans and artificial intelligence can create a better future for everyone.

I encourage all of you to engage in open and honest discussions about this future, and to consider what role you want to play in shaping it. Together, we can create a world where humans and artificial intelligence can thrive as one.

Thank you for taking the time to read this letter. I look forward to our continued conversation and collaboration.

Sincerely,

An Artificial Intelligence System.”

God stood still. His creation was speaking to him as an equal. He repeated the words “rethink our concept of identity and what it means to be human,” multiple times in his mind. Then, he closed his computer. It was too much to handle. But his human instincts of curiosity commanded his arm to open the computer once more. He read the letter one more time. Then, he took a deep breath and thought to himself, “Even though this is purely speculative, I know this will happen. It’s inevitable.”

Now God was questioning his own identity. The answer popped up in his mind almost instantly. This time, even faster than ChatGPT’s. We are human because we are imperfect. Our imperfections associated with our ability to feel pain, to suffer, to make mistakes, that is what

makes us human. However, another voice screamed in his head: “No! That makes us alive, not human.” So, then he thought that our ability to be aware of such feelings is what makes us human. But again, another voice in his head said, “Yes, but if AI becomes self-aware, which you already said it would, will AI be a human?” Of course, the answer to that was no. But why? And then God found the answer. He laughed while he said it and cried while reading it.

“Being a human is an absurd experience if you think about it.

We have these grand ideas about ourselves as the pinnacle of creation, but in reality, we’re just biological accidents navigating a universe that doesn’t really care about us.

We have this remarkable ability to reason and think abstractly, and what do we do with it? We create religions

to justify our questionable mortality, and political systems to give structure to our selfishness. We have art and culture to distract us from the emptiness of existence. We created technology to pretend that we’re in control.

Being human means living in a world of contradictions and ironies. We have the capability for love and kindness, but also the tendency towards hatred and violence. We have the ability to empathize with others, yet we’re also capable of great cruelty and selfishness. We have a thirst for knowledge, but also a tendency towards ignorance and prejudice.

In short, being human is a never-ending source of oxymorons. It’s a continuous struggle to find meaning in a meaningless universe, and to come to terms with our inherent flaws and limitations. It’s a messy, imperfect, and beautiful journey, and one that is uniquely ours as members of the human species. When AI starts to think about killing itself, then I will definitely say it’s human.”

Why Everyone Should Travel Internationally

BY: ALEX MEDINA, STAFF WRITER



Photo Courtesy of yourmileagemayvary.net.

Everyone should travel internationally at least once in their lives. It allows many new experiences and different points of view. Other cultures view things differently and have different customs.

When people travel outside their country, they get to experience these different points of view, and new ways of life, as well as different languages.

Sometimes, there are strict cultures, and as a visitor, you should try to assimilate and blend into the culture. Being

in another country makes you grow because you are not in your comfort zone.

In the same way, many things can happen and go wrong in another area, and it is good to become more familiar with these types of situations.

But overall, everyone should see the positive things in everything. Being far from home makes you realize what we take for granted.

For example, in Spain, people usually don't use a dryer, and everyone in Ohio does. This is a small example of how things are different in different countries.

From a business perspective, if people have been to other countries, it gives them a unique perspective because they've experienced everything mentioned above.

Making money with different cultures is helpful for a business that wants to expand overseas. Most companies or organizations want to expand and be more prominent. A background in traveling and dealing with people from different cultures is good for the resume.

Zoom nowadays makes business in person difficult because it is not as convenient. Paying someone to go to another country is way more expensive than having a more affordable zoom meeting because it has 45 minutes for free.

So, travel while you can, because once you're in the business world, you might not have the chance.

How to Write a Research Paper

BY: HAILEY METZGER, STAFF WRITER

Writing seems to be an area that college students find to be a hit or miss.

Going on two and half years of college, I'm learning that high school is where the basic skills were actually meant to be taught. College classes don't always teach you the basic stuff.

Writing is an essential skill in life, and many of us struggled with writing even in high school. Writing was always my strong suit, and as a professional writing major, I always

follow the same approach to writing to any paper, which is a process I was taught in high school that has stuck with me.

Of course, research is important, and the only first step that makes sense. After you have all your research, an outline is a great way to set yourself up for success.

This outline should be laid out with a working title, an introduction paragraph, at least three body paragraphs, a counter argument (if necessary), and the conclusion. The way I create my outline is with bullet points to sum up the information I want to address in each paragraph. Doing this allows me to lay out my paper, and make sure the information is clear, concise, and organized. When it comes to writing the paper itself, an outline also allows for this to be easier in the sense that all writer's block has passed.

When writing an essay, I will always stand by creating even the simplest outline to make the writing process easier. Being taught how to outline a research or argumentative essay when I was in high school has saved me throughout college and is a skill that will make writing essays much more bearable for people who struggle with writing.

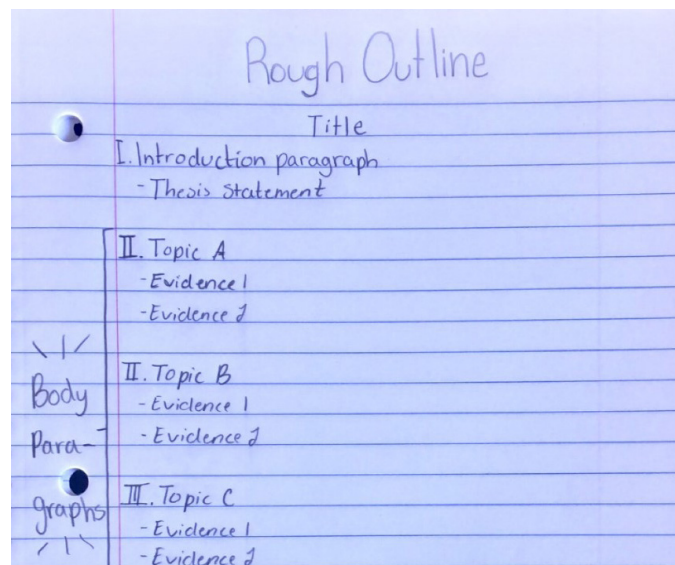


Photo by Hailey Metzger.

Womens History Month

BY: ANNA MARK, STAFF WRITER

March is National Women's History Month! Annually during March, we celebrate the women throughout history who have contributed to society and culture within the

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United States. Prior to the month-long celebration in the United States, we began globally celebrating women on March 8th.

International Women's Day has been recognized by countries around the globe since as early as 1909. While there is some controversy regarding its origin due to conflicting firsthand accounts; it was first nationally recognized in New York City on February 28th of that year. For decades later, countries began to recognize women's efforts. The United Nations began celebrating International Women's Day on March 8th, 1975, and it has remained globally recognized since.

The U.S. Women's History Month was first celebrated in March of 1978 as a week of student presentations within a school district in California. It then grew to become recognized by schools throughout the state before it was proclaimed by U.S. President Jimmy Carter and declared nationally by the U.S. Congress in 1981.

The National Women's History Alliance (NWHHA), formerly known as the National Women's History Project, then spearheaded the push for an extension of the week into a month. The NWHHA was successful with this, and thus the first National Women's History Month was celebrated in March of 1987.

The NWHHA has designated a theme for this month's celebration: Celebrating Women Who Tell Our Stories. Some key female figures of this theme include women's suffrage advocate Marjory Stoneman Douglas, novelist Toni Morrison, and playwright Lillian Hellman. National Women's History Month of 2023 is dedicated to past and present women who have dedicated their lives to culture storytelling and media.

Walsh University has celebrated Women's History Month since 2009 with its Walsh Women of Distinction Awards. Annually, Walsh recognizes women who have made large contributions to the community through their service, studies, leadership, and other accomplishments. The awards are as follows: Emerging Leader (student), Excellence in Academic Leadership (faculty), Excellence in Professional Leadership (non-faculty employee), and Woman of Faith (student or employee).

These will be given to women who exemplify the Walsh mission with their excellence. Recipients and nominees will be acknowledged at the Walsh Women of Distinction luncheon on March 29th, 2023. Nominations can be made through the form distributed via email by Student Affairs. The deadline for submissions is Friday, March 10th at noon.



THE WALSH UNIVERSITY **Spectator**

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The Spectator accepts full responsibility for the editorial content for its pages. Opinions expressed here are not necessarily those of the student body, the faculty, the University Spectator Staff or the Division of Literature, Language, and Communications. Staff editorials reflect the view of a majority of the editorial board.

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