From classroom to career

Career Services helps students prepare for workforce

SEAN CLEARY
THE DAKOTA STUDENT

Whether a student is just about to graduate or recently arrived at UND, Career Services has a variety of services to offer to students.

Ilene Odegard, Director of Career Services at UND, encouraged students of all ages to stop by the Career Service to learn more about the different ways the office can assist students who are trying to find their way into the workforce. “Even as a freshman or sophomore, we’ve seen that the most successful students that we’ve worked with come early and they come often,” Odegard said.

Even for those UND graduates who find themselves on the way out the door, Odegard said the assistance provided by Career Services is available to all UND alumni, regardless of where they live or work.

One of the fundamental ways Career Services helps students is with their resume and cover letters. Odegard said that both the resume and cover letter should be tailored to the individual position a student is seeking in order to increase the potential for students to put the hat on of the employer.” Odegard said. “The resume is going to be your tool for getting the interview.”

She recommended building your resume throughout your time as a student so that you have plenty of information to choose from when applying for specific jobs. Additionally, joining student clubs and volunteering can be good ways to build one’s resume, in addition to working and attending school. A cover letter is often required for many job applications, and it can be an important part of complementing the information on one’s resume.

“I always describe your resume,” Odegard said. “I think it’s important for students to put the hat on of the employer.”

Choosing a major

This is a special edition of the Dakota Student to highlight some of the organizations and services around campus. Inside you will find information from around campus, including many of the aspects of student life at UND. For students who want to find out more about the over 275 different organizations on campus, the Student Involvement and Leadership Office has a variety of information about all of these different organizations.

From professional clubs to groups who share a hobby, there are options for everyone at the University of North Dakota. Additionally, the student involvement office is a great way to keep track of all the events happening around campus, including cultural events and guest speakers.

The Student Involvement and Leadership Office is located on the main floor of the Memorial Union and their website can be found at https://und.edu/student-life/student-involvement/

Haley Olson
THE DAKOTA STUDENT

Choosing a major can be difficult, overwhelming and stressful. Students feel like they should know what to do with their lives right away, or declare a major before they enter college. Fun fact: they don’t. Many students don’t declare a major until they absolutely have to and that’s okay.

Being undecided gives a student opportunities to explore what they enjoy and being an underclassman gives you the chance to take classes that could potentially impact what you decide to major in.

If you are unsure what you want to do with your major, students can take random classes to find what might interest them. After finding a topic or field of study that does interest an undeclared student, students have many options after that to help decide if the program is what they want to do.

Many departments, including counseling and career services, have brochures that students can look at. Resources are available for students who are unsure of what they want to study. Many departments, including counseling and career services, have brochures that students can look at.

Ilene Odegard
Director of Career Services
Career

from a picture of who you are — it's a photo really — but the cover letter is the story," Odegard said. "You want to be able to show for instance, your excellent writing abilities within the cover letter."

Odegard said both the resume and cover letter should be tailored to the individual position a student is seeking in order to increase the potential.

Career Services, along with the Student Success and Counseling centers, uses the website Focus 2 as a tool to help students select a major. Career Services works with students one on one to navigate the results of the surveys on the website.

"It's interest surveys, ability surveys, all kinds of ways to measure what your strengths are," Odegard said. "And then it aligns itself with the degrees offered at UND."

Career Services also uses the website Career Connect to help match graduates with potential employers. There are over 14,000 employers in the Career Connect System.

"Many of our employers that are registered in Career Connect are UND alumni. It's a really great club to belong to," Odegard said, noting that companies like Indeed, Simply Hired and LinkedIn can all be great resources for job hunting as well.

Odegard mentioned LinkedIn as a resource that is becoming increasingly relevant for networking. The website provides a way for professionals to connect and can be a valuable tool for students seeking to expand their network. Career Services provides free photos for students looking to have professional-style LinkedIn profile photos.

Career Services also hosts career fairs multiple times throughout the school year to provide a more traditional way for UND students to meet area employers, whether it be for a part-time position while they are in school, internship possibilities or full-time employment.

College can be a time that students potentially run into trouble on their own social media, and Odegard said ensuring that students' social media presence is appropriate goes a long way to improving their job prospects.

"Anything that embarrasses your mother should not be on Facebook," Odegard said with a laugh. "I spoke to a student athletic group, and I said anything that is going to embarrass your coach, do not put it out there."

There is plenty that goes into preparing for a career after graduation, and Career Services is available to assist students along the way. For more information about Career Services, visit their website at http://und.edu/student-life/careers or stop by their office in 280 McCannel Hall.
Visual arts around campus

Billy Rerick
The Dakota Student

There are many places around the UND campus where students can enjoy the visual arts. The visual arts are quiet. They cannot force a person to give them attention, no matter how hard they try. Images are passive and harmless, since even if a person finds an image offensive or boring, all they need to do is avert their gaze. Although, if a person keeps their eyes open and stops to smell the roses, they can have great conversations with works of art.

On campus there are three great places to view artwork: the North Dakota Museum of Art, the Meyer's Art Gallery and recently the Chester Fritz Library. All three of these galleries have different mission statements in relation to the art they will exhibit. Viewing the artwork here and understanding the differences within the galleries will strengthen one’s mind and educate them on the social values of different organizations.

The North Dakota Museum of Art is a beautiful, well-kept museum with great taste. We are lucky to have an establishment like that right in the heart of the campus. It is not technically part of UND property, which in some ways should make it a more attractive destination for students. Since it is an entity of the state, it does not need to follow the same guidelines that public galleries do on campus. In this gallery’s mission statement, their mission is that “to foster and nurture the aesthetic life and artistic expression of the people living on the Northern Plains.”

Here one will learn more about how some people value expression regarding the Northern Plains through the artwork they choose to show. A person can further understand what is arguably seen as art in this culture through the alignment with the community and visually exhibit our culture or shape it through art. Converging with these artists or peers regarding this contemporary artwork helps us all as a community to better understand one another and find beneficial distractions to push the culture around them.

Within the past few years The Chester Fritz Library has become increasingly involved with displaying artwork. They are currently working with The UND Art Collections and the art department on campus to cycle in new artwork and even have co-host shows. These shows are open to the public and often even have receptions with drinks and food like NDMOA and The Meyer’s Gallery. The artwork displayed here does not allow. The range of artistic subjects is unlimited beyond that specification. It is interesting to understand how public places like this, that serve many purposes beyond displaying artwork, rightfully decide to censor certain images.

As always, I highly encourage everyone to take a break from their routines and visit these art galleries. Stop there between classes or merely go to openings for the food and take a peek while you are eating. Now you can even simply look up and “smell the roses” when you are in the library. Allow yourself to converse with these images and the people around them to better understand our society and one’s self.

Billy Rerick is a staff writer for The Dakota Student. He can be reached at berrerick@gmail.com.

Photo by Nick Nelson/The Dakota Student

African artwork exhibited at the North Dakota Museum of Art

The Hughes Fine Arts Center, has a much broader variety of artwork. Almost anything goes in this gallery, since it is mostly student artwork. Undergraduate and graduate students have their final shows here before moving on. This show is meant to exhibit the student’s current artistic abilities and interests.

Every artist has a different set of skills or talents, but what is truly intriguing is what they choose to talk about through their work. Viewing shows here teaches us what our fellow students find meaningful to express.

Artists are people who are engaged with the community and visually exhibit our culture or shape it through art. Converging with these artists or peers regarding this contemporary artwork helps us all as a community to better understand one another and find beneficial distractions to push the culture around them.

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Photo by Nick Nelson/The Dakota Student

Tribal sculptures on exhibit at the North Dakota Museum of Art

Major

Major from finish off the degree.

Though the brochures might be handy, students can find more information about their field of potential study on the specific programs websites. The specific website for the field of study will be much more detailed. The webpage will go into full detail on courses and their descriptions, four year plan options, and professors that teach in that specific area.

Meeting with professors and talking to them about the field of study can also be helpful with declaring a major. Having conversations about the specific classes they teach and how they are taught with the professor themselves can also give a student a clear idea of what can be expected with declaring their major. Professors can help guide students in the right path of what part of the field students want to concentrate in, and often give the best advice to those considering to major within their department.

After these ways of declaring a major, it is finally time to make it official by declaring it within the university. To do this, students must go to Montgomery Hall. Montgomery Hall is located right next to the Chester Fritz Library and Myers Hall. Students will need their student ID or know their number in order to declare their major. After that, students will be able to declare what they want to major in.

After deciding on the major you want to pursue, it will be declared at the Campus Connection. Campus Connection will have more in-depth details on the progress of your major, and will assign you an adviser who will help you throughout your progression. It will show what classes you specifically need and can take, and will give the student an estimated guess on how much longer it will take to graduate.

Campus Connection is a reliable way to keep personal track of where you are at, but after declaring your major, contact your given adviser. This adviser will be your mentor for you while you work through your classes. Advisers will be the individuals that can answer any questions that a student might have regarding their major or classes taken; and will often give advice that could help the student and their future.

Declaring a major can be tricky and confusing, but every student will have to declare one before they graduate. Researching meeting with professors and talking to an adviser are the best solutions in helping students successfully declare their major.

Hailey Olson is a staff writer for The Dakota Student. She can be reached at hailey.olson@und.edu

Photo by Nick Nelson/The Dakota Student
Fraternity life at UND has many benefits

While Greek life offers many benefits to students, it's not without critics. Some enjoy their time in fraternities while others find that it's not for them.

In this article, I hope to highlight some of the benefits and drawbacks of fraternity life for incoming freshman and those who are curious about fraternity life.

College fraternities in the U.S. are almost as old as the country itself. The first officially recognized fraternity is Pi Beta Kappa, which formed in 1776, a mere six months after the Declaration of Independence was issued.

At UND, there are twelve fraternities and seven sororities. Pi Kappa Phi will no longer have a chapter at UND due to insufficient chapter GPA and a low number of chapter members.

Some of the academic benefits of being in a fraternity include: academic assistance, connections to academic resources, career and internship connections, fraternity specific scholarships, network opportunities and lots of hands-on leadership experiences.

Fall recruitment for fraternities occurs during the second or third week in September. Land- on Kudrna, a junior Pi Kappa Alpha member, remembered enjoying rush week.

“Through Pi Kappa Alpha (Pike), I was able to meet so many people, create a network of people all around the United States and develop leadership skills at such a level where I feel confident that anything I pursue in life is attainable,” Kudrna said.

Building camaraderie, community involvement and generous alumni donations are some of the highlights of fraternity life. Fraternities raise funds for worthy causes, contribute many hours in community service and seek to steer young men toward lives of service and honorable action.

“Greek life is great at UND! The whole community is very close, and it makes you feel great to have an instant connection with so many people on campus.”

Landon Kudrna
Pi Kappa Alpha member

Fraternities across the nation have a long, dark history of violence against their own mem- bers and visitors to their houses, which makes them in many respects at odds with the core mission of college itself. In 2011, Phi Delta Theta was suspended after numerous drug offenses by members of the fraternity. Since then, fraternities at UND have remained quite civil.

“My prior thoughts about Greek life before I committed myself to it were the stereotype that they are only here to party. As soon as we went to a rush event, I saw that the stereotypes surrounding Greek life were wrong,” Kudrna said. On the topic of hazing, Kudrna said, “There are strict regulations in our bylaws that would not allow any of our members to get away with that.” Hazing hasn’t happened in Pi Kappa Alpha during the three years that Ku- drna has been a member of the fraternity.

Jacob Reuter, a UND Junior and member of the Beta Theta Pi fraternity, said he’s not fond of the negative stereotypes associated with Greek life.

“Greek communities donate so much time and effort to helping the Greater Grand Forks area,” Reuter said. “We really do love helping others, and we really are a great group of guys.”

However, since 2013, Sigma Alpha Epilson has been sanctioned four times for violating the school’s alcohol policy. Delta Tau Delta and Pi Kappa Alpha have been sanctioned twice in the last three years for similar of- fenses.

Reuter reminds us that, “many houses and students party at every campus, not just Greek houses. Off campus houses throw parties just like anyone else. Greek culture here at UND is actually fairly calm and re- laxed, not a raging party all the time,” Reuter said.

A majority of the fraternities at UND have been in excellent standing with the Greek Judicial Advisory Board, which is in charge of investigating complaints and incidents of Greek life.

As of 2015, Sigma Phi Epsi- lon and Pi Kappa Alpha were the only two fraternities that boast- ed higher GPAs than the average undergraduate GPA at UND, 3.09. The remaining 11 fraterni- ties were just behind the average. Pi Kappa Phi and Kappa Sigma hold the lowest house GPAs at 2.57 and 2.48, respectively.

“My advise would be to check out all of the houses during rush week and see which community fits you best,” Reuter said. “Even if you are currently against Greek life, just give it a try.”

“As I grow older, I cherish the ability to get to know one of my brothers and how he grew up, celebrating their accom- plishments, being for them at their lowest moments and learn- ing how to live life to its fullest,” Kudrna said.

Nick Sallen is the editor-in-chief for the Dakota Student. He can be reached at nicholas.sallen@und.edu

Photos by Nick Nelson/ The Dakota Student

There are many fraternities and sororities along University Avenue on the East side of campus.

“Greek life is great at UND! The whole community is very close, and it makes you feel great to have an instant connection with so many people on campus.”

Landon Kudrna
Pi Kappa Alpha member

Summer 2016
Grand Forks has a limited summer season, so the summer should be cherished. But that doesn’t mean being indoors is any worse, because the Wellness Center at UND is the 10th best university recreation center in the nation, according to College Raptor.

The University of North Dakota Wellness Center, which opened in the fall of 2006, is a state-of-the-art facility that helps cultivate the many needs of the UND community by offering a variety of programs and services. These services include personal training, rock climbing, cooking lessons, intramural sports and annual event competitions.

The personal training program focuses on the physical, emotional and intellectual dimensions of health and wellness. The nationally certified personal trainers will work with you, confidentially, to develop an exercise program to meet your specific needs, while pushing you to meet your goals.

The Culinary Corner aims to “communicate evidence-based nutrition and cooking principles to 'communicate evidence-based nutrition and cooking principles to the UND campus in a fun and applicable way.” Located on the first floor of the UND Wellness Center, classes are open to students, Wellness Center members, faculty and staff of UND. Culinary Corner instructors range from students to guest chefs, each having their own individual specialties. Whether making sushi or pizza, you will learn culinary skills and tips on healthy eating while never leaving empty-handed.

The intramural program offers students, faculty and staff the opportunity to participate in a variety of competitive and recreational sport activities and special events. Volleyball, wiffleball, dodgeball, basketball, box-hockey, flag football, indoor soccer and ultimate frisbee are just a few of intramurals that students can sign up for throughout the year.

The Outpost has outdoor gear for the UND community to rent for one day, three days or a week. Camping and cooking gear, canoes and kayaks, bikes, gear, canoes and kayaks, bikes, and gear are available to help you with the best climbing techniques, information on how to incorporate climbing into your workout routine andbelay training for the rock wall.

The Wellness Center is ranked one of the best in the nation, according to College Raptor. Thanks to its students. At the time of the move from University Avenue to the Memorial Union, a statement was made — great homework, free tutoring — which comes in handy — great scholarship resources, student workers who you can relate to and will help you out.” Clayton said, regarding how the MSS has helped her.

MSS serves as a place that motivates and fosters relationships with its students. At the time of the move from University Avenue to the Memorial Union, a statement was made that UND would continue to foster this commitment to diversity. The Black Student Association is just one of the clubs that has rooted within the walls of the center, meeting monthly to discuss its events.

This spring, the ‘Black Experience Culture Night’ was held to educate and inform the community about several different aspects that are important to black culture.

Graduate student Lauren Chapple said, “MSS has been the one place on campus where I, as a black student, don’t have to be ‘on.’ I can go there, share my experiences and not feel defensive, as many students there share my experiences.” Through experiences like these, all students can grow. As UND continues to diversify, the need for embracing all students and bringing them together for the greater good should be fostered. Both Clayton and Chapple were asked what they would say is the most important aspect of getting plugged into the MSS Center.

“The center helps to encourage unity among all students, whether they are a person of color or not,” Chapple said. “That is why as a freshman, it is important to help connect to different types of communities and that is what MSS provides.”

“As a freshman, it can feel isolating to be in a new place. MSS can help. I would also say that majority-culture students should also check it out. It is a place where I get to learn about new cultures and experiences.”

The Multicultural Student Service Center encourages unity, diversity and inclusivity to respond to raced, class and gender identities. The center helps to encourage unity among all students, whether they are a person of color or not. It is a place where I get to learn about new cultures and experiences. The Multicultural Student Service teaches students how to embrace new cultures and build a wide range of relationships. Clayton reminds students of just some of the things they might expect by coming up to the 3rd floor of the Memorial Union. She said the most important aspect is knowing you have a community that is real, down to earth and inclusive to respond to your needs and social interests.

You’ll always find students here ready to have a good conversation with, or share a good laugh. In the end, it is a place where all can come to learn. At the start of a freshman’s adventure it helps provide a place to ease the anxiety and worry of a college workload. The MSS Center is there to remind you that you aren’t alone.

Amina Chinnell-Mateen is a staff writer for The Dakota Student. She can be reached at aminakins101@gmail.com.
Letter from Kennedy: student involvement

Welcome to the University of North Dakota!
You have made a wise decision to choose the region's flagship university. Coming off of our eighth national hockey championship, we enter a new school year anticipating exciting opportunities to learn, make lifelong friends and cheer UND on to victory.

UND can propel you to future success if you make the most of your time here. Diving in and getting involved with some of the over 275 student organizations on campus offers rewarding opportunities to gain knowledge about the profession you are pursuing, build social skills and explore new experiences. Debbie and I took advantage of many chances to grow through these extra curricular activities. All of them contributed in rich and rewarding ways to our journey in life.

• Clubs focused on our fields of study helped us understand the essential elements of our chosen profession.
• Being the captain of an undefeated co-ed volleyball team taught me about recruiting diverse talent (including a couple of Hong Kong students) and blending their skills into a winning formula.
• Touring throughout the upper Midwest with the university’s chorus taught me the importance of my voice being in harmony with others in the choir. An extended period of group travel also taught the importance of accommodating others with different habits.
• Becoming the conference wide intramural free throw champion taught me the importance of technique and discipline.
• Playing in the pep band helped me understand that keeping a positive spirit is essential to victory.
• Studying abroad in the Netherlands with students from all over the world truly opened our eyes to those who thought differently, adding perspective to our views on a range of matters.

“Truly preparing for not just a successful career, but a rewarding life of service to others requires more than just diligent studies.”

Mark Kennedy
Incoming UND President

Kennedy biography

STAFF REPORT
THE DAKOTA STUDENT

Mark Kennedy was selected to be the 12th president of UND on March 15 by the State Board of Higher Education. His selection was the result of an extensive search process that spanned most of the 2015-2016 academic year.

Kennedy will begin his presidency in July. He is currently the director of the George Washington University Graduate School of Political Management in Washington D.C., where he has worked since 2012.

Prior to his work in academia, he represented Minnesota’s second district from 2001 to 2003 and the state’s sixth district from 2003 to 2007 in the U.S. House of Representatives, and after his time in elected office, he continued to work in public service for several years as a trade representative in both the Bush and Obama administrations.

Kennedy will take over for Interim President Ed Schafer, who took over for Robert Kelley this past January. Kelly had served as UND’s president since July 2008.

“I am honored and humbled to serve as the next president of UND. It is important to have quality education for students and research that impacts our community, state and nation,” Kennedy said following his selection as president.

“As a leader, I will be collaborative, accessible and seek input from all constituents to connect and have a shared vision for UND. We are focused on the future.”

Incoming President Mark Kennedy addresses the State Board of Higher Education this past March.

AWESOME EMPLOYEES WANTED!

The Wellness Center is looking for motivated employees who want to make a difference! Employment at the Wellness Center is more than just a paycheck; it is an opportunity to learn and develop through real world experiences.

Each of our employees will gain skills in:
• Critical Thinking and Problem Solving
• Interpersonal Development
• intrapersonal Development
• Professionalism
For many incoming students, the first day of college can bring an overwhelming mixture of excitement, anticipation and nervousness.

While students are unpacking their cars and settling into their dorms, they may think to themselves, “now what do I do?” or “where can I meet people?”

Aside from going to classes, a great way for students to meet new people and find their niche is by joining student organizations.

One organization that helps new students transition into college life smoothly is Student Ambassadors.

Student Ambassadors are the most likely the first group of students that incoming freshmen see, as they assist with Welcome Weekend, finding classes and answering questions.

Student Ambassadors are an organization that focuses on social, community, campus and leadership values while striving to share the spirit of UND with classmates and the community.

Kristi Okerlund, coordinator of New Student & Parent Programs, expresses how Student Ambassadors is a great way for incoming students to get connected with the university and overcome any feelings of apprehension.

“I think as a first-year student, being a Student Ambassador is an awesome opportunity to get connected to other students from all different classes and majors,” Okerlund said. “Student Ambassadors also get more familiarity of the university and can feel knowledgeable about the campus.”

Student Ambassadors perform a number of volunteer tasks on campus throughout the semester. They are involved with Welcome Weekend, Homecoming, Spirit Week, receptions, commencement, career fairs, culture nights and more.

Stephanie Lee is a senior who has been a part of Student Ambassadors for five years. Three of those five years, she has served on the executive board and has also been heavily associated with UND Student Involvement.

Lee said being a part of Student Ambassadors has helped her grow both personally and professionally during her time at UND.

“What if I don’t get health coverage?”

If you can afford health coverage, but you don’t have it, you may have to pay a fee when you file taxes. There’s no special student exemption.

For more information, visit HealthCare.gov, or call the Marketplace Call Center at 1-800-318-2596 to learn more. TTY users should call 1-855-889-4325. Or speak to a ND Navigator at Valley Community Health Centers by calling 701-757-2100 ext. 2315.

As a new college graduate, you’re taking the next steps on your professional and personal journeys. But, to handle the bumps on those journeys, you also need health insurance.

“By being a part of Student Ambassadors, I have learned to plan events, talk in front of large groups of people and socialize,” Lee said. “In high school, I was an extremely timid student who just hung under the radar, but over my five years at UND, I have become comfortable with public speaking, giving advice to others and learned the importance of getting involved on campus.”

Cameron Dutt is another student who was involved with Student Ambassadors during his time at UND.

Dutt joined Student Ambassadors towards the end of his sophomore year and was involved with the program for about two years.

“Being an SA has impacted my college career by opening my eyes to experiences and opportunities that I would have otherwise been unaware of,” Dutt said.

“I made many close friends through the organization and...
Student Government: A voice for students

Matt Eidson
The Dakota Student

Roughly 15,000 students are enrolled at UND, so it might seem as though a single student’s voice would get lost in the crowd. However, Student Government provides an opportunity for every student to have a say in what happens at the university.

Each of UND’s nine schools is represented in Student Government by a senator. There are also senators for on- and off-campus housing. When students see something that needs attention, they are encouraged to contact their senator, who will have the opportunity to bring up the issue at a Student Senate meeting.

If there’s a problem, a senator can write a bill to request changes. If the bill is approved, the changes will be implemented. This is similar to how the government works at the state and national levels, where legislators serve as a voice for their constituents — the people they represent.

While the senators comprise the legislative branch, there is also an executive branch that oversees the Student Government’s operations. The executive branch consists of the student body president, vice president, chief of staff, treasurer, government affairs commissioner and project coordinator.

A chief of staff acts as a go-to for the president and vice president. The vice president’s chief of staff for the 2015-2016 school year was Blake Andert, a sophomore majoring in supply chain management.

Andert got involved with Student Government as a freshman, when he became a liaison for the Student Organization Funding Agency, a standing committee of Student Government. The agency assists and allocates funds to student organizations.

After a month and a half as a liaison, Andert became the agency’s chairman. Around this time, he also became the chairman of the elections committee, which meant he oversaw the entire student body election as a freshman.

Andert said he knew he wanted to be involved in Student Government right away; but other students might not realize the importance it plays or how the process works.

“Students should care about Student Government because it has a real-life effect on every student at UND,” Andert said. “You should want to get involved. You should allow your voice to be heard.”

Working with administrators in a professional setting is a great way to improve communication skills, according to Andert, who said one must be “on top of their game” when working with people who run the university.

Leadership is another area in which Andert has improved during his time in Student Government. He said setting up and organizing committees has given him skills that will help him throughout his future career.

LUCAS AMUNDSON
The Dakota Student

Veterans, older students have resources

Matt Eidson
The Dakota Student

The University of North Dakota has received national recognition for several of its academic programs, such as business, engineering and aviation, but another program on campus receives consistent attention as well. In a survey sent out to universities, UND consistently ranks among the highest for military friendly schools.

Currently, UND boasts a student population of approximately 15,000. Of those students, roughly 2,100 are considered military or nontraditional students.

UND defines a nontraditional student as anyone 25 years of age or older, or someone that has a military background, regardless of their age. Both of these student groups tend to bring more experience to the classroom than their 18-year-old counterparts who are showing up right out of high school.

Along with their experience and advanced age comes a slightly more difficult enrollment and academic process. Whether it’s assisting students with understanding their GI Bill benefits, or applying for financial aid, the need for a department dedicated to assisting these students is prevalent.

Enter the Veteran and Nontraditional Students Services Department. As the coordinator, Jessica Rosencrans is a key member of the department. She assists veteran and nontraditional students with any questions or issues they may have.

But the terms “veteran” and “nontraditional student” are broad. From men and women who served their country, to those with growing families of their own, Rosencrans assists a variety of students.

“We see everyone. We have students who have retired from the military and now they’re looking at starting their next career path,” she said. “We offer a weekly gathering for them each week to kind of connect them with other nontraditional students who are in the same boat.”

The weekly gathering, “Coffee, Cookies and Conversation,” sees an average of 8 to 10 students during their meeting. While the meetings are intended for veteran and nontraditional students, Rosencrans said everyone is invited.

“Open to all of campus, a sorority came to that event one week because they were trying to focus more on diversity and had some good feedback for the group,” she said.

The department also hosts another popular event on campus, Nontraditional Student Recognition Week, the first week of October. Along with the events, Rosencrans also states the department offers scholarships to their students.

“We’ll normally have an open house...sometimes we do offer an opportunity for a scholarship for students and that’s based on faculty and staff and student recommendations of another student,” Rosencrans said.

As part of the Student Success Center, The Veteran and Nontraditional Student Services Department ensures their students are informed at all times.

“Our nontraditional students want to be kept up to date but for the most part they’re very self-sufficient...if they do have a question they usually seek out the answer from their advisor, from our office, from a professor, things like that,” Rosencrans said.

The department has been on campus for more than 25 years. While they aim to assist students in every way they can, they are careful to respect the responsibilities of other departments in the university.

“We always recommend that students go and visit with their academic advisor first, or with the financial aid office. If it’s a...
SUMMER EMPLOYMENT:

Counselors, speech and occupational therapists and aides, reading instructors, recreation, crafts and waterfront personnel needed for a summer camp in North Dakota. Working with children with special needs. Salary plus room and board.

Contact:
grasbek@bktel.com
Dan Mimnaugh
Camp Grassick, Box F
Dawson ND 58428
701-327-425

Musicians Wanted:
The Green Mill is looking to hold an acoustic night and is need of Musicians! If you would like to perform at the Green Mill please contact Travis at 320-295-0868 or email at travisl@hightophospitality.com.

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Company Name: Valley Dairy Convenience Stores
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Salary: $10.00/hour + Up to $250 Sign-On Bonus
Application Process: Stop by any Valley Dairy location to fill out an application, or apply online at www.valleydairy.com!

According to the Volunteer Bridge website, its mission is “to provide information, opportunities and support for students interested in pursuing civic involvement through volunteerism.”

Students who sign up will receive weekly emails alerting them to volunteer opportunities.

Community organizations are able to post volunteer opportunities to the Volunteer Bridge.

There are plenty of opportunities around Grand Forks for those who are ready to lend a helping hand. Volunteer Bridge maintains relationships with more than 70 agencies in the community.

Students are invited to take that first step by contacting the Volunteer Bridge.

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Counseling Center has a variety of services

The University Counseling Center seeks to raise awareness of positive mental health while increasing accessibility and advocating for therapeutic lifestyle changes to aid in student success. With special attention to promoting diversity, the UCC empowers all students to reach their potential while providing challenging self-growth opportunities through a full range of therapeutic interventions and training opportunities.

The values of UCC include, integrity, compassion, autonomy, collaboration, innovation and balance.

The UCC has another office in Wilkerson Hall, room 119, for students’ convenience. This office serves all UND students, their spouses and dependents. Residents of the Apartment Community Center are also welcome. This office is open Wednesday from 1 p.m. to 6 p.m., and Thursday from 2 p.m. to 7 p.m. Walk-ins are welcome.

Many UND students utilize the wide variety of counseling services that UCC offers. Students can receive individual, group, couples, career, substance abuse and crisis counseling. Psychiatric referrals to the Student Health Center are also available.

If students want to schedule an appointment with UCC, they will be asked to complete preliminary paperwork. During students first appointment, a counselor will help the students clarify his or her concerns and needs to better determine which kinds of counseling services are needed. Last year I utilized UCC for substance abuse counseling. I went into the counseling center for the first time filled with anxiety. Preparing for a parent-like scolding filled with judgemental looks of disappointment, I was met with a surprising amount of care and understanding.

The counselor I was assigned to was more curious about my substance abuse patterns, triggers that caused me to lust for the substance and how I saw my own addiction. We were able to determine that I easily cave into peer pressure and a change in who I chose to spend my free time with was needed.

An on-call counselor is available between 8 a.m. and 4:30 p.m. For crisis situations after 4:30 p.m. and on weekends, call (701)777-2127 and press “1” to be connected to the crisis line.

Jim Murphy’s counseling expertise is codependency, substance abuse and relationship issues.

Photography

Photo courtesy of und.edu

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Nick Sallen is the editor-in-chief of The Dakota Student. He can be reached at nickolas.sallen@und.edu.
feel a stronger connection to the university because of my involvement as an SA with campus events.”

In addition to making a connection to the university and building close friendships, Dutt mentions that his involvement with Student Ambassadors had a big impact on life after college and applying to graduate school.

“I would recommend incoming students to join Student Ambassadors because it is a place where you can get involved right when you step foot on campus.”

Stephanie Lee student ambassador

“After I was accepted to five dental schools, I began to realize the impact my involvement with SA had during my applications process,” Dutt said. “Each dental school interview included a few questions focused on leadership and my experiences as a leader and the experiences I had through Student Ambassadors. It allowed me to demonstrate my development as a leader and made me a more attractive candidate.”

Several students interviewed said joining Student Ambassadors boosted their college experience, resume and social relationships.

“I believe that Student Ambassadors has opened many doors for me personally and professionally,” Lee said. “I would recommend incoming students to join Student Ambassadors because it is a place where you can get involved right when you step foot on campus.”

Amanda Hefner is a staff writer for The Dakota Student. She can be reached at amanda.hefner@und.edu

THE DAKOTA STUDENT

The Dakota Student is hiring writers and editors. All positions are paid. If interested, contact Editor-in-Chief Nick Sallen at nicholas.sallen@und.edu.

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GOV’T | 8 FROM PAGE

“Think it’s going to be a great year for students. [Student Body President Beyer] and I are going to be working as hard as we can to ensure everything’s going smoothly and students are getting everything they need.”

Blake Andert student body vice president-elect

The department works closely with several groups in the Grand Forks area. In an effort to provide assistance in as many ways as possible, they work with groups such as Students Older Than Average (SOTA) and the Military Association of College Volunteers (MACV).

While MACV is currently inactive in the area, they are growing in numbers nationwide. Rosencrans says the department is working to ensure the group is resurrected.

Rosencrans said the process of transitioning from the military to college life can be challenging. Her department assists veterans in signing up for disability and military science.

A common concern with UND lately is the budget cuts. While the university is feeling the strain, Rosencrans said she doesn’t foresee any cuts within the Veteran and Nontraditional Student Services department.

“We do put forth numbers each year to support why we have the amount of staff that we have, so hopefully they will look at that and know that this is a need that students have and without our office, student still need to be served,” Rosencrans said.

Just because the department works to ensure a positive college experience for veterans and nontraditional students, doesn’t mean they don’t work with the rest of the student population. Rosencrans encourages students not classified as veterans or nontraditional students to reach out to those she works with everyday.

“They have that extra experience, and they’ve been in the outside world. They have a knowledge base that you don’t learn in a classroom and that’s something that’s very important, and that’s what I love about the student population is that they bring in their real-world experience,” Rosencrans said.

She said veteran and nontraditional students bring a valuable experience to the campus and are willing to help everyday students.

The Veteran and Nontraditional Student Services department has a staff ready to provide assistance or answer any questions concerning the college experience.

Rosencrans said she loves her work and the experience of working with the department has been very gratifying.

“There are students who have really struggled and sometimes you help them over the hump and they get to graduate, and you feel really happy for them.”

Lucia Amundson is the features editor for The Dakota Student. He can be reached at lucia.amundson@und.edu

Matt Edelson is a columnist for The Dakota Student. He can be reached at stewart.edelson@und.edu
UND baseball leaves its mark one swing at a time

The Hawks have faced highs and lows throughout their 127 years in existence.

The University of North Dakota announced there would no longer be baseball at the school, effective in 2017.

It came as a disappointment to people that followed the team as fans know just how storied of a program UND baseball is. UND baseball had a strong fanbase back then because South Dakota State, North Dakota's in-state neighbor, was in the North Central Conference. The Fighting Hawks were in very good baseball teams back then because South Dakota State, North Dakota's in-state neighbor, was in the North Central Conference. The Fighting Hawks were in very good baseball teams back then because South Dakota State, North Dakota's in-state neighbor, was in the North Central Conference.

But UND has had a lot of success in baseball getting most of the attention. But UND has had a lot of success in baseball getting most of the attention. But UND has had a lot of success in baseball getting most of the attention. But UND has had a lot of success in baseball getting most of the attention. But UND has had a lot of success in baseball getting most of the attention. But UND has had a lot of success in baseball getting most of the attention. But UND has had a lot of success in baseball getting most of the attention. But UND has had a lot of success in baseball getting most of the attention. But UND has had a lot of success in baseball getting most of the attention. But UND has had a lot of success in baseball getting most of the attention. But UND has had a lot of success in baseball getting most of the attention. But UND has had a lot of success in baseball getting most of the attention. But UND has had a lot of success in baseball getting most of the attention. But UND has had a lot of success in baseball getting most of the attention. But UND has had a lot of success in baseball getting most of the attention. But UND has had a lot of success in baseball getting most of the attention.

UND baseball may have been in existence for over 100 years, but it didn’t have a team from 1921-55 due to the multiple wars that occurred during that stretch. UND is an overshadowed program at the university, due to hockey, football and basketball getting most of the attention. But UND has had some very good baseball teams play in Grand Forks.

Before moving to Division I, the Fighting Hawks were in the Northern Central Conference. UND baseball had a strong fanbase back then because South Dakota State, North Dakota State and Minnesota-Duluth were UND’s conference rivals. The NCC was one of the toughest conferences in Division II, so for UND to win four conference titles in 1962, 1967, 1992 and 2004 is a very impressive feat.

The Fighting Hawks made the Division II NCAA baseball tournament three times in the program’s history, with appearances in 1967, 1993 and 2004. 1993 was also the year the Hawks would make their lone College World Series appearance. That team was coached by the celebrated Roebuck.

Along with every other sport at UND, baseball would have to make an adjustment in every aspect when the school moved to Division I. Recruiting, competition and so much more were just some challenges that UND faced. The Hawks started out in the Great West Conference but have since moved to the Western Athletic Conference, or the WAC.

In UND’s first full season of DI, the Fighting Hawks won a respectable 13 games. The signature win that year came against the Northern Iowa Panthers.

UND has not been to the NCAA tournament since moving to the West Coast. Recruiting, competition and so much more were just some challenges that UND faced. The Hawks started out in the Great West Conference but have since moved to the Western Athletic Conference, or the WAC.

In UND’s first full season of DI, the Fighting Hawks won a respectable 13 games. The signature win that year came against the Northern Iowa Panthers.

The Fighting Hawks host their last home series against New Mexico state from May 13-15 at Kraf Field.

The season also featured one of the best wins in program history over Pac-12 foe Washington in Seattle, Washington. UND baseball’s 13-6 win was impressive last season, it is what one individual did on the national stage that was truly a highlight of the program’s history. Jeff Campbell got a call from baseball Sports Information Director Allyson Bento that he would compete in the NCAA Home Run Derby at TD Ameritrade Park in Omaha, Neb. Campbell went out, hit everything he saw out of the park and won the derby on ESPN. This was perfect national exposure for a team on the rise.

UND baseball has been through highs and lows throughout its history, but the team has always had a fan base cheering them on along the way. This situation may be unfortunate for the fans, but the sting of a cut program hurts the players and coaches even more so.

The Fighting Hawks host their last home series against New Mexico state from May 13-15 at Kraf Field.

“They were an extremely motivated group this week, and to finish the season by breaking the records that we did was a special way to close things out,” Tim Swanson said.

Personal records also were broken over the course of the tournament, starting with Palance’s even-par final round that moved his 54-hole total to 220, four over par, for his career best.

Sayer’s record-breaking run in Nevada came by shooting a career-best 72 in the final round and moved his 54-hole personal best to 222, good for six over par. Along with the personal record, Sayer led the pack with 12 birdies at the championship and collected the team’s only eagle that came in the first round of play.

Finishing off his career best, freshman Jeremy Kirk swung for his best 54-hole score of his rookie season by finishing in a tie for 51st at 227 and 11 over par.

Idaho State took first in the tournament for the second consecutive year, as they caught up to Sacramento in the final round and finished with a 271 (-17). UND finished in the seventh spot, just slightly edging Southern Utah in the final round.

This was the last time these golfers would hit the course for UND. As the budget cut announcement in early April revealed, UND men’s golf and baseball programs were cut from the athletics department after the end of the season.

With only two graduating seniors on the team, the future of the remaining players still remains unknown as to where they will go or if they decide to stay a Fighting Hawk.

Walking off the course for the last time
NoDak Nation sheds light on all sports

From hockey to baseball, students receive rewards for supporting UND’s sports teams

The UND student section holds the NoDak Nation flag during pregame festivities at a men’s hockey game this season.

Photo by Nick Nelson/The Dakota Student

Adam Gunderman
The Dakota Student

For many incoming students, part of experiencing college life is participating in sports events. Those looking to get more involved with UND athletics will want to check out NoDak Nation once they get to campus.

Their office is located in the Memorial Union main floor next to the Stomping Grounds coffee shop. NoDak Nation is the official student-athletic booster club at the University of North Dakota. It is $20 to join, and students gain points with every sporting event they attend on campus. The fans use the points to win various prizes such as gift certificates to local restaurants. Lucky fans can even win tickets to playoff games.

Last season, senior Matt Feinberg was a winner of tickets to the NCHC Frozen Faceoff playoff games at Target Center in Minneapolis. “The competition was to tweet why you deserve the tickets and use the respective hashtag. I used a picture of myself and some buddies waiting outside the Ralph since the morning before the game and won.”

Signing up has several benefits. Right away, fans get a free NoDak Nation shirt. They will also have first access to purchase season tickets. There are also several places that will give fans discounts around town for their membership.

To get points, students simply show their membership card at the NoDak Nation registration table at each game. Football and men’s hockey are worth one point, men’s and women’s basketball and women’s hockey are worth two points while baseball, softball and soccer are worth three points.

The rewards for loyalty points are five points for a choice of monster or chocolate chip cookie and choice of coffee, hot chocolate or a cappuccino from Valley Dairy. 10 points gets fans $10 to Deek’s Pizza. 20 points earns students a car wash at Valley Dairy. 25 points and fans receive $15 to Deek’s Pizza.

For 30 points, members get $15 to the UND Bookstore. Once they reach 35 points they receive a River Cinema movie package. 50 points will get fans a $20 gift certificate to The Blue Moose. Finally when one reaches 100 points, they will get a UND men’s hockey jersey. These points reset at the end of every year.

These rewards are always subject to change, but the program will always reward loyal fans for showing up to different sports.

While everyone loves going to support men’s hockey, the program really shines when it comes to sports that fans may not readily think of. Some of the best entertainment this athletics season came from the Betty Engelstad Arena where the basketball rims would put on a show on a nightly basis.

For sports fans, this is an easy way to get free things for doing what they love: watching sports. New freshmen can show support for any of the UND sports next year and win prizes while they do it.

Adam Gunderman is a sports writer for The Dakota Student. He can be reached at adam.gunderman@und.edu

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UND athletes headed to the big leagues

Players such as Will Ratelle and Paul LaDue will get to live the dream of playing professional sports

Will Ratelle (left), Luke Johnson (right) and Paul LaDue (below) will continue their sports careers in the NFL and the NHL.

ALEX STADNIK
The Dakota Student

With the school year winding down, UND athletes are starting to leave their respective programs to fulfill their dreams of playing professional sports.

The UND men’s hockey team is no stranger to seeing juniors forgo their senior seasons and leave the school for the NHL, and this year is no exception. As of this publication, four juniors will head to the pros.

It was known defensemen Keaton Thompson and Troy Stecher will be leaving UND for the NHL next season. Stecher will be playing for the Vancouver Canucks. Thompson will be playing for the Anaheim Ducks.

Recently, two other Fighting Hawks players have chosen to follow suit. Paul LaDue will follow the lead of his fellow defensemen and sign a professional contract for the Los Angeles Kings.

Forward Luke Johnson will also skip his senior year and has signed with the Chicago Blackhawks after being an integral part of the offense during their championship run.

Johnson isn’t the only offensive weapon leaving the team for the big leagues. While it is not known where he will be playing next season, senior Drake Caggiula is one of the NHL’s most sought after free agents and will have multiple teams to choose from for next season.

The UND men’s hockey team isn’t the only program that is sending players to the next level. UND linebacker Will Ratelle may not have gotten the call on draft night, but the senior will have a shot at the NFL next year. The senior signed to the Atlanta Falcons as a free agent and will have the opportunity to earn a spot on the team’s roster.

“I am excited to be a Falcon. There were a lot of variables that went into this decision, but in the end, the Falcons were the team I felt gave me the best chance to succeed at the professional level.”

Will Ratelle
Former UND linebacker

Ratelle said, “There were a lot of variables that went into this decision, but in the end, the Falcons were the team I felt gave me the best chance to succeed at the professional level.”

Ratelle is the second UND player to sign to a professional team since the Hawks moved to Division I. The first was wide receiver Greg Hardin who participated in the Denver Broncos’ training camp.

Nothing is guaranteed in professional sports but these UND athletes have achieved a goal that few players ever have.

Alex Stadnik is the sports editor for The Dakota Student. He can be reached at alex.stadnik@und.edu
Whether it was winning national titles or setting personal bests, UND athletes represented their school and fans with pride in the 2015-16 season.