



12-6-2022

December 6, 2022

The Dakota Student

[How does access to this work benefit you? Let us know!](#)

Follow this and additional works at: <https://commons.und.edu/dakota-student>

Recommended Citation

The Dakota Student. "December 6, 2022" (2022). *The Dakota Student*. 627.
<https://commons.und.edu/dakota-student/627>

This News Article is brought to you for free and open access by the UND Publications at UND Scholarly Commons. It has been accepted for inclusion in The Dakota Student by an authorized administrator of UND Scholarly Commons. For more information, please contact und.common@library.und.edu.

Inside this issue

Bridgerton Ball 4

Handling Finals 6

Meet the Staff 8



f /dakotastudent

t /DakotaStudent

@dakotastudent

For more content

visit www.dakotastudent.com

Pointers on Preparing for the Spring Semester

Ava Stockstad
Dakota Student

With the fall semester ending, students are preparing for their new schedules to go into effect. Getting ready for the change in daily routine is an effective way to ensure that the spring semester goes smoothly. Here are some tips to help prepare for the upcoming months.

The first tip might seem obvious, but it is important to mention: staying organized. Keeping school supplies and assignments organized is one of the most effective ways to stay on track with schoolwork. However, something some college students might not think about is keeping their environment organized too. This can be especially important for students in dorm rooms since small spaces can get cluttered quickly. Keeping your space clean can lower cortisol lev-

els and therefore minimize stress, which is especially important as the last half of the year ensues. Keeping your assignments and school supplies organized is great, but it is important for students to also prioritize keeping their environment tidy too.

Another way to prepare for next semester is to identify what learning methods work best for you. By working according to what learning style best suits you, you can do homework and study your coursework effectively. Consider what helps you remember your class content best. Do flashcards help best? Does typing or writing out notes from lectures help? For some, watching videos or listening to audio-recorded lectures might be the most beneficial. By figuring out what works best for you and working according to your preferred learning style, it can become much easier to process the information

you learn in class. This means your classes can become a lot less overwhelming.

The third tip to help with readying yourself for the spring is to make yourself a daily routine. With new classes comes a new daily schedule, and this can be a difficult adjustment for some. Writing down what your day will look like can make things a lot less daunting. Using a paper planner might be optimal for some, but if you find yourself doing most of your work on your computer, planners like Google Calendar can be extremely helpful.

The last - and possibly most important - recommendation is to take time for yourself. Practicing self-care is said to "help you adapt to changes, build strong relationships, and recover from setbacks," according to the Mental Health First Aid Curriculum. Self-care activities can include journaling, listening to mu-

sic, watching a movie or show you enjoy, or even just calling a loved one on the phone. Doing things that make you feel fulfilled and energized can help boost your mood and increase productivity levels, which means that self-care has a monumental impact on your academic performance. Breaking your back

to reach your academic goals is not worth compromising your health, so the best thing you can do to prepare for the upcoming semester is to prioritize taking time to yourself.

Ava Stockstad is a General Reporter for Dakota Student. She can be reached at ava.stockstad@und.edu

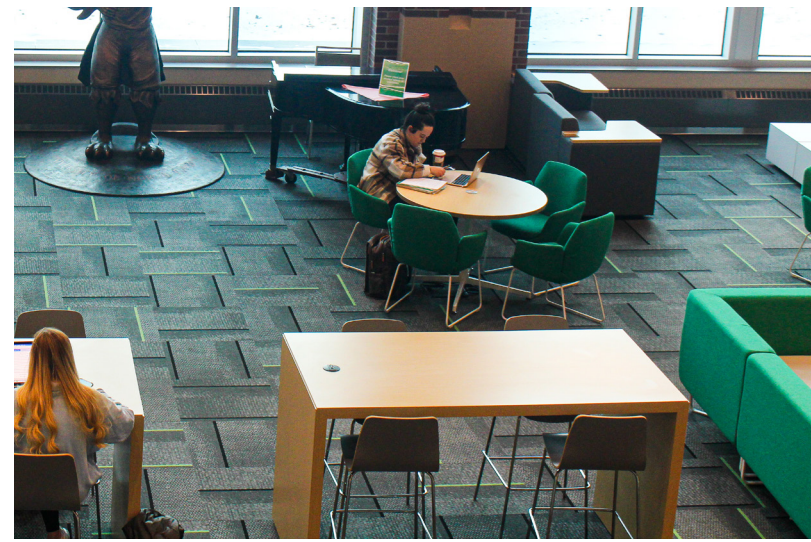


PHOTO COURTESY OF VICTORIA LEDUM

The spring 2023 semester's official start date is January 9th, 2023.

The Benefits of the Honors Program at UND

Gabrielle Bossart
Dakota Student

When most people think of an Honors Program at a university, an academically rigorous program for "advanced" students is what comes to mind. People often associate Honors Programs with high-achieving students and assume that such programs are, by nature, more difficult than the so-called "normal" programs of study. While this may hold true for other universities, it is not the case at UND. While the UND Honors Program is not necessarily more difficult than any other program, it is just different. Typical programs of study include a hefty list of required courses that focus on a single discipline and are meant to foster a well-grounded understanding of the topic and prepare students for a related career. At UND, however, the Honors Program does not follow one topic of study. As the mission statement on the Honors Program webpage states, "the UND Honors Program creates a holistic, multidisciplinary, student-centered educational experience that prepares the next generation of citizen-scholars from today's exceptional students." It is instead a dynamic experience that is really meant to be adapted to the students within it.

The Honors Program is also unique in that it is essentially an add-on to a student's main course of study. The Honors Program can be completed in conjunction with any major and requires only 24 credits, making it similar to completing a minor. Another unique aspect of the Honors Program is its flexibility; because the program admits students from all majors, there is no specific topic of study that is explored at length. Instead, the program offers a wide variety of class topics that often change from semester to semester. You might be asking yourself why you would take an extra 24 credits on seemingly nothing in particular, but there are several exceptional benefits to doing so that may not be obvious at first glance. For instance, there are plenty of opportunities for independent study and research as well as individual experiences. With the catch-all Honors 260 course, students can earn one Honors credit for every 15 hours they spend participating in a personal experience such as an internship, a volunteering opportunity, peer mentoring, shadowing, or tutoring. This is an incredibly flexible way for students to earn credits while getting involved in the community, on campus, or in their chosen field.

Additionally, most Honors courses satisfy essential studies requirements and many of them are at the 300 level, both of which contribute to UND's general graduation requirements. Several Honors courses are also discipline-specific or are simply Honors sections of classes that are already required for a major, allowing students to complete Honors credits and major credits simultaneously. As a result, the Honors Program can seamlessly integrate with any major and can actively contribute to necessary requirements for graduation.

In addition to its flexibility, the Honors Program includes several other benefits. For instance, Honors scholarships are available and usually around 25% of incoming students receive one. The typical Honors scholarship is dispersed over the course of one's college career, assuming the average four years of study required to complete an undergraduate degree. Honors students also have access to the Honors Lounge in Columbia Hall, complete with study areas and a conference room. One of the most practical and beloved benefits is priority registration. This simply means that honors students are allowed to register for classes before the majority of other students. This seemingly small ben-

efit can be the difference between an unfavorable class schedule and a fantastic one. Registering early means there are more options for professors, class times, and course topics. Popular courses and class times often fill up early and it is a major bummer to miss out on a class because it was full, making this benefit a highly attractive one.

These benefits make up the more technical, practical reasons to join the Honors Program, but there are other reasons as well. With no one topic of study, you may be wondering what Honors classes even entail. To graduate with a certificate in Honors, there are only two specifically required courses, either Honors 101 or 102 and Honors 489, which consists of a senior project. When joining the Honors Program, students choose a path that they would like to follow. The two paths are Research Scholars and Leaders in Action. As inferred from the names, Research Scholars, or Honors 101, involves the development of skills necessary for responsible research in any field. Leaders in Action, or Honors 102, focuses on developing the necessary skills needed to be a thoughtful leader. Students are encouraged to choose the path that is more closely aligned with their major or desired career or

that simply interests them more if they aren't quite sure what they would like to study. In addition to one of these first two initial Honors courses, students are required to complete Honors 489, the senior project. The senior project is normally completed towards the end of a student's college career, when they have developed a deeper understanding of their primary program of study. The senior project is of the student's choosing but is most often related to the student's major and is generally an extension of work done for a previous class.

Other than those two courses, students are allowed to choose any Honors course that interests them, whether it be even remotely related to their primary field of study or not. The fun part about Honors courses is that they can focus on quite literally any topic, from cult classic films, to pirates, to medical humanities, to science fiction writing, to feminist philosophy, and so much more. Honors courses are as diverse as the students who take them, making for the perfect environment to discover and appreciate new perspectives.

Story continued
on
page 2

Honors Program story continued

A key feature of these classes that makes them different from typical university lectures is their small class sizes. Special topic Honors courses or those that are specific to the Honors Program and not simply an Honors section of a normal program of study, usually have around 15-20 students, sometimes even less. These smaller class sizes allow students in the program to become more familiar with peers and to make long-lasting friendships. It also allows professors to get to know their students better, leading to more opportunities for research and making it

easier for professors to write letters of recommendation for their students. In addition to this, the Honors Program faculty and staff are supportive, encouraging, and are great at accommodating students' needs.

The topics of the classes may seem interesting, and the small class sizes may or may not seem appealing, depending on how you see it, but you might still be wondering about the content of the classes. What actually happens in Honors classes that make them different from other university courses? Remember that Honors courses are not necessarily harder, they are created to explore interdisciplinary topics and to encourage students to think critically and consider multiple perspectives. Typical Honors courses involve reading and writing about different thoughts and ideas

and class time is often dominated by the exploration of a question or concept by the class as a whole rather than a descriptive lecture given from a professor. In some Honors courses, the class is almost completely discussion based with questions and prompting from the professor as opposed to a lesson on a given topic. This allows students to explore their own beliefs, thoughts, and reactions to readings and to see things from the point of view of their classmates. Because the Honors Program consists of students from all majors, the discussions are frequently lively and fascinating, as students from different disciplines pick up on a variety of details that their peers in other fields of study might have otherwise overlooked.

As aforementioned, the topics tend to vary and are often focused on niche sub-

jects. For example, a couple of years ago I took an Honors class focused on science fiction. In that class, we read various science fiction books, watched some science fiction movies, and simply discussed. We attempted to discern, as a class, what made for good science fiction and why it is such a beloved genre in our society. We also considered the plausibility of certain science fiction concepts and discussed possible societal issues that might arise due to controversial topics such as artificial intelligence, big pharma, space exploration, self-driving cars, and gene editing. Conversations were lively with students building off of or responding to each other's arguments. I did a lot of writing for that class, but the material was so mentally stimulating for me that I did not mind. The papers I wrote for that class were the easiest

papers I have ever written, though they were far from the shortest. I adored that course, as well as most other Honors courses that I have taken. To me, they are the rare kind of classes where the conversation is so excellent that you actually find yourself wishing the class period was longer.

The Honors Program at UND may not be for everyone, but for those who harbor a passion for learning and enjoy exploring and discussing unique topics with their peers, the Honors Program is the perfect addition to a college career.

Gabrielle Bossart is a General Reporter for Dakota Student.

She can be reached at gabrielle.bossart@und.edu



PHOTO COURTESY OF VICTORIA LEDUM

The Honors Program offers an array of courses for students to enroll in that foster discussion and exploration.

The Rise of the Scam Call

Dylan Enerson
Dakota Student

I remember being harassed, almost daily, by scams and robocalls years ago. I had gotten nearly every trick in the book as random phone numbers poured into my cellphone attempting to procure anything from my social security number to something as small as the make and model of my car. For the first year or so I remember enjoying the calls. If I was bored, I could always rely on messing with the scammers on the other side of the call for a few minutes until they realized I had no interest in whatever they were trying to sell, at which point they hung up without another word. There came a point though, that the calls became more a nuisance than a fun prank I could pull. I got tired of pulling my phone from my pocket just to see a random number for me to

send to voicemail.

As college students, many of us have signed up for a long list of programs that require our sensitive information so the right script and acting from the scammer can be a large threat to college students. Whether they are pretending to be a student loan servicer, a card servicer, or even the University itself, scam calls can be incredibly convincing. These scam calls make the callers millions of dollars every year by preying on the panic and worry of those they dial. Therefore, it is important to check, double check, and triple check before giving any information over the phone and to do whatever you can to keep your personal contact information off the internet.

The most important thing I have been taught is to never say "yes" over the phone unless you are sure of who you are talking to. Scammers have been known to record your words and piece together

audio clips of you agreeing to a service that you have never heard of.

Secondly, most organizations, such as federal and financial agencies, will email you instead of calling you so if one of these groups is calling you that is already a red flag. If you are on the phone and they ask for your information, ask them to verify that they are who they say they are because, after all, they were the ones who called you.

Lastly, try to find a program to filter or identify potential spam calls. Typically, your cellular provider will offer a program on the app store to filter calls or identify them based on their caller ID as a scam. If you have a Google or Android phone there is also an option to have google assistant pick up and screen your call for you while giving you a transcript of what was said. I have found this feature incredibly useful in saving my own time when dealing

with spam calls.

In an age of ever-increasing digital presence, it is more important than ever to make sure that your information is safe and that you are aware of how it is being used. With information more easily accessible to yourself that

also means that information is more easily accessible to everyone else as well.

Dylan Enerson is a General Reporter for Dakota Student.

He can be reached at dylan.enerson@und.edu



PHOTO COURTESY OF ASPEN JEWKES

Spam calls have become more and more of a danger in our society due to the increase in technology and internet presence.

**DAKOTA
STUDENT
EDITORIAL**

Editor-in-Chief

Kelsie Hildebrand
kelsie.hildebrand@und.edu

Arts & Community Editor

Claire Arneson
claire.arneson@und.edu

Social Media Manager

Aspen Jewkes
aspen.jewkes@und.edu

Web Editor

Victoria Ledum
victoria.ledum@und.edu

Business

Cole Britton
cole.britton@und.edu

 Find us on Facebook

www.facebook.com/dakotastudent

 Or send us a tweet

[@dakotastudent](https://twitter.com/dakotastudent)

 Follow us on Instagram

[@dakotastudent](https://www.instagram.com/dakotastudent)

The Dakota Student reserves the copyright privilege for all stories written and published by the staff. Permission must be given by the Editor to reprint any article, cartoon, photograph, or part thereof.

The Dakota Student is a student operated newspaper published by the University of North Dakota.

Opinions expressed in this publication are not necessarily those of UND or the administration, faculty, staff, and student body of UND.

The Dakota Student is published every other Wednesday during the academic year except during holidays, vacation breaks, and exam periods.

The Dakota Student is printed by Forum Printing from the Sustainable Forest Initiative.

The Dakota Student welcomes feedback regarding articles and photographs, and prints corrections for articles containing factual errors.

Preparing a Vehicle for North Dakota Winter

Dylan Enerson
Dakota Student

Driving down the road at thirty miles per hour feels no more extraordinary than picking up milk from the freezer at the local grocery store or waiting in line at a coffee shop. There are thousands of moving parts involved with just turning your vehicle on in the morning to get to school let alone traveling at tens of times the speed that would have been imagined even one hundred years ago. To add on top of that, the external environment and conditions you cannot control can make driving a much more complicated situation than most realize, especially in the winter. With North Dakota being one of the most unforgiving states in the country in terms of road conditions during the winter it is extremely important to ensure your vehicle is ready for the ice, snow, cold, hail, and high winds that are abundant during the winters here.

There are ways to prepare a vehicle for the winters and that starts with regular maintenance. The first item to check on your vehicle in anticipation of the winter is the tires. Those four big pieces of rubber may seem uninteresting and plain but really, they are the only thing separating your vehicle from the road it is traveling on. After all, what good is an engine if your tires just spin in one place? What good are brakes if you just slide on the ice? What good is a steering wheel if your vehicle continues straight when you turn to the left?

The first step to ensuring you have adequate tires is to visually inspect them. If it looks like they do not have much rubber, or tread, left on the tire then you will more than likely need a new set. A common way of checking tires is to perform the penny test. This involves taking a penny and placing it into a central tread groove on the tire with the top of Abraham Lincoln's head facing downwards towards the center of the tire. If there is still enough tread on the tire that you cannot see Lincoln's entire head, then you generally still have enough tread left on the tire for daily driving. While not a perfect judge of a tire's life, the penny test is a good place to start.

The next step to checking tires on a vehicle is making sure you have the correct type of tire installed on the vehicle. There are a large number of tire manufacturers and each of them carries multiple different tires fulfilling different roles of driving. Tires can range from touring tires, suited for summer road driving in fair weather condi-



It is important to keep up on your vehicles maintenance to ensure it runs smoothly throughout the winter months in ND.

tions, all the way to huge mud tires designed for extreme mud competitions where the vehicles taking part will never touch pavement for the life of the vehicle. The majority of tires will slot towards the former of these two types with the most common tires being either all-season or all-weather tires. Both options will provide adequate stopping and starting ability in the winter, but all-weather tires slightly outperform the closely related all-season tires. This is generally due to a more aggressive tread, which sacrifices a marginal level of ride-comfort and noise reduction.

The best option for winter tires is to get a set of dedicated snow and winter driving tires. These tires use a different rubber compound that is made softer to maximize grip during cold and snowy conditions. This soft rubber works great in the winter but will not last long during the summer months as the softer makeup of these tires wears faster on dry pavement. For this reason, if you want to maximize the ability of your car both in the winter and the summer getting two sets of rims and tires and swapping

them out per season will be the best way to do this. The downside to this is the initial investment cost of buying double of all four wheels and in needing a location to store the spare set in the off season. This will pay off in the long run though as this generally makes both sets last longer than they would otherwise and provides the safest driving conditions in all seasons.

The next item on a vehicle to check is making sure your heat works. This may seem like it is only a comfort item on your list and that it is not necessary if you tough it out on your drive to school to save some money, but heat is one of the more important items to ensure it is working correctly. Even if your drive to class is only three minutes long and your car would not be warm enough to pump out heat anyway there are still plenty of reasons to make sure your heat works correctly. If you get stuck on the side of the road during a heavy snow episode, you could be stuck there for upwards of an hour and sitting in an unheated car in negative temperatures waiting for a tow truck is extremely dangerous to your health and

wellbeing. On top of this, adequate heat keeps your windshield clear of ice forming on your windshield and fog forming on the inside from your breath. Without heat you could be driving without a windshield five minutes away from home.

Now that you have adequate tires and heat in your vehicle, it is time to move on to a few of the smaller, albeit still important, items to check before extensive winter driving. The first of these is the battery installed in your car. When I started driving, I never gave much thought to my battery unless it was not working but these devices have more to them than most think. Every battery has a cold cranking rating, commonly labeled as CCA for Cold Cranking Amps. The higher this rating, the easier it is for that battery to start your car in cold weather. It is especially important to ensure that this rating is high enough to start your individual car in cold weather and this can be done by making sure the CCA matches or exceeds that of the original rating that was installed in the vehicle. You can check this by looking up your model online or

every auto parts store should be able to tell you what it was originally. Most batteries sold in North Dakota will be designed for the winters we endure but if you bring your vehicle from a warmer state, such as California or Florida, you may have a battery that worked flawlessly there but will freeze completely in the winter here.

Next on the list are your windshield wipers and wiper fluid. Most know that good windshield wipers can be the difference between seeing clearly and running over curbs like a fifteen-year-old first learning to drive but the wiper fluid in your vehicle is also important to seeing clearly. Most wiper fluid containers will state a temperature they are good down to, and this represents how much of that fluid is made up of water. If a wiper fluid is mostly water, it will freeze at or near the 32-degree freezing point of water. Many wiper fluid manufacturers also make a winter blend bottle which can be good for use down to or below zero degrees. In fact, I have seen some winter blends that claimed they could be used down to negative forty degrees! Your wiper fluid

may not seem like an issue if you simply decide not to use the fluid during the winter, but the fluid will still freeze in the reservoir, and when a liquid freezes it expands, which could lead to damage being done to your wiper fluid tank or lines. This generally will not be noticeable during the winter but once the weather starts to warm up, you may be surprised to find a puddle of wiper fluid underneath your car. Of course, equally important to the wiper fluid in the vehicle is the wipers themselves. It will pay to ensure you have high-quality, winter-rated wipers installed on your vehicle. To prevent ice from gathering on your wipers you can also tilt them away from your windshield so that they are sticking up into the air every night. This will allow you to clear off snow and ice easier in the morning and prevent ice from forming along the edges of the wiper blades.

Finally, the last step to ensuring your vehicle is ready for the winter is keeping up on general maintenance during the rest of the year. If you do not maintain your vehicle, you are leaving yourself open to failing parts which could leave you stranded on the side of the road or without a vehicle for an extended period waiting for repairs. I recommend taking a vehicle in for an oil change roughly every 5,000 miles and getting a tire rotation performed every other oil change, but this can vary from vehicle to vehicle. The specific recommended service intervals can usually be found in the owner's manual for your car. This will typically cover intervals for fluid changes and inspection of different parts. If your manual does not have the service intervals or you do not have a manual, most auto shops can help you decide what needs to be done and when along with answering any other questions you may have about your vehicle or performing any other services.

I have been working on cars since I could drive, and these are just a few tips I have picked up to make sure my vehicles stay running reliably throughout the year. Every vehicle has its own set of issues that will need to be addressed and they will not necessarily be solved or prevented completely by any of these tips, but they go a long way towards giving your car what it needs to get you where you need to go when you need to get there.

Dylan Enerson is a General Reporter for Dakota Student. He can be reached at dylan.enerson@und.edu

A Night of Ballgowns and Spending Money: My experience at the Bridgerton Ball



PHOTO COURTESY OF CLAIRE ARNESON

Claire Arneson is pictured above on the left in a stunning gown for her attendance at the Queen's Ball.

Claire Arneson
Dakota Student

Like many, I was looking forward to going home for Thanksgiving. Not only was I excited about the food, the opportunity to see my family, and of course, my dog, but I had a special event to attend. It required me to dress up in my best formal wear, don a tiara, and live out my princess fantasy. That is right, I went to prom. Well not really, but kind of. The Queens Ball: A Bridgerton Experience, is a traveling immersive hour-and-a-half adventure. Tickets went on sale for the Minneapolis excursion in September, for arrival times of guests in November. When I got the email that tickets went on sale, I rushed to the website and got my ticket. I bought a \$50 amazon ball gown, a tiara, and prepared to be the queen's diamond.

The evening began at the Lighthouse Artspace Minneapolis where we strolled in, wearing dresses that dragged on the ground. We quickly scanned our tickets and hopped in line to get some refreshments. They had a variety of Bridgerton-themed cocktails, mocktails, and ordinary pop and water. My friend and I sprung for Penelope's Lemonade, which was a combination of lemonade and mint leaves. It was delicious, but for \$10 it better be. We then headed over to

the boutique. There they had fans, tiaras, hair bows, top hats, lace gloves, and much more. We could not leave without getting a feathered fan to complete our ensemble. While we waited for the doors to open, we took some photos and talked with some fun people. The Bridgerton community is exactly that: a community where everyone was willing to complement each other's looks and become a professional photographer when needed.

Finally, the doors opened, and we walked into an atrium of vines and roses. Many stopped in the walkway to take pictures, but we bolted into the ballroom. We were greeted by a queen's helper with a copy of the latest Lady Whistledown and were blown away by the scene that beheld us. The room had a purple hue, a section for the VIP participants, more drinks, and a gorgeous trio playing orchestral renditions of popular music. As the music played, we took our places along the sidelines. Actors from the show went around asking participants to dance and showed them a couple of moves. They then turned it into a group activity and gave a group lesson on dancing. After several dances, it was time for the main event of the evening: the queen's arrival.

Queen Charolette was a beauty to behold that night. She walked around the

checked floor of the ballroom and took a quick glance at her guests to gain a first impression. She then took her place on her throne and waited for us to present ourselves to her. We lined up and prepared ourselves for our introductions to society. Many opted to curtsy or bow, but some brave souls showed off their best dance moves. I did a simple curtsy, and the Whistledown knockoff that was narrating the event said my fan work was remarkable. Once everyone finished up, the queen took her leave.

We were then joined by the main performers of the evening. The performers resembled Daphne and Simon, the two main protagonists of the first season of the show. They did contemporary dance routines, as well as some acrobatic ones. This involved them using aerial silks to dangle from the ceiling, and they also swung from the main chandelier. Unfortunately, they did not play Chandelier by Sia during this time, which was a missed opportunity. We had many surprises during this time. The actors and actresses from the beginning of the immersion joined the performers in a line dance with some members of the audience, and the famous Bee of Bridgerton put on a dance. The performance concluded with the violinist of the quartet joining Simon and Daphne as they ended

with a final dance involving some clothes coming off. If you have seen the show, you understand why this happened.

All of a sudden, the queen came back out and it was time for her to announce the diamond of the season. The phrase "diamond of the season" is from the show, and refers to the young lady who catches the eye of the queen, and then in turn is pinned after by the eligible gentleman of the season. As the actors went around the stage gesturing towards different individuals. I made my way to the front, prepared to be picked, and when the actor started walking towards me, I could feel the tears welling in my eyes. Then he went right passed me and picked another lovely member of the crowd. She was beautiful and definitely deserved to be the diamond. She was showered with confetti and gave the crowd a twirl. It was then time for the performers to leave, we bid farewell, and continued with the rest of the evening.

Shortly after they left, the regency pop music was replaced with some early 2000's hits. There is nothing like a group coming together to violently shout "I Gotta Feeling" by the Black Eyed Peas. After dancing in high heels for 10 minutes, we decided to make our way to the exhibit portion of the evening. Keep in mind, everything was still set up as if we were in the queens palace. The floral details that coated

the room, making each segment flow into another. After we looked at all of the decorations, we were able to look at costumes that were from the show, such as dresses worn by Penelope, Marina, and of course, Daphne. People were able to get digital portraits taken of them, as well as take photos on the queen's throne.

At this point, my friend and I were starving, so we made our way over to a little stand and bought some Macaroons. This was the only food at the event, and after watching people dance and us dancing ourselves, we were famished. After scarfing them down, we made our way to the last section of the ball, which was merchandise. This modiste was bigger than the little stand that greeted us at the beginning of our excursion. Here they had sweatshirts, tea inspired by the show, candles, and way more. They even had a whole make up section. I resisted the urge to spend any more money that evening. Even though the ticket was relatively cheap, everything else there costed a pretty penny.

At 8:30 PM we got ready to leave. Although one hour and thirty minutes seemed like a short amount of time for an experience like that, I thought it was perfect. My social battery was still half full at the end of the night, and I was ready to get the corset on me loosened and off. Overall, the experience was one I will never forget. I missed my senior prom due

to Covid-19, so this was like the prom I never got to have. I think the big positives of the event were the performances and the merchandise you could buy. The part I did not enjoy as much was the fact that there was not much food. There is also only standing room for those that bought general admission tickets, so you are on your feet a lot. I still think the positives outweigh these miniscule negatives. Maybe one day the queen will visit us in Grand Forks, but in the mean time you can visit them in Minneapolis, Denver, and Toronto.

To conclude, if you are a fan of the show or you have read the books, the Queen's Ball: A Bridgerton Experience is for everyone whether you have never seen the show before or are a diehard fan. The event is for 16+ and, there were regency enthusiasts of all ages in attendance. The atmosphere was astonishingly created by the performers, but at the end of the day, it is the people that attend that make or break an experience like this. The Queens Ball was one for the books. The most dazzling experience of the season. Even though some parts of the diamond are rough, it is still a diamond.

Claire Arneson is a Section Editor and a General Reporter for Dakota Student. She can be reached at claire.arneson@und.edu



PHOTO COURTESY OF CLAIRE ARNESON

The atmosphere and decor was astonishing at the Lighthouse Artspace Minneapolis where the ball was held.

College Culture and the Pressure to Succeed



PHOTO COURTESY OF VICTORIA LEDUM

Making the choice of what to do after college can be intimidating, but what is right for you, may not be what is right for others.

Gabrielle Bossart Dakota Student

When graduating from high school, most people feel a mix of anticipation, excitement, and anxiety. I remember being a senior and getting ready to start what I considered my “real” life in the “real” world. For me, the choice to go to college was an easy one, but I sometimes wonder if that was because of my own desire to contin-

ue my education or because that is what I subconsciously knew was expected of me.

There is a subtle societal bias towards attending college. Many people would agree that college is not for everyone, and trade schools and other occupations are other options. Choosing not to go to college is a personal choice that for many people is the right one, so why does it sometimes feel like society does not respect that decision as much as the decision to

attend college, and by extension, why are some majors considered “better” than others?

American culture pushes the concepts of grinding, hustling, making something of yourself, and most importantly, making a lot of money. This fast-paced culture starts to affect us in our childhood. Starting from when we are children, we are asked what we want to “be” when we grow up. What, not who as though a profes-

sion is meant to define us and give us worth. Many students often develop an unhealthy obsession with achievement early on in their educational careers, using their grades to determine their self-worth or the benefit they offer. Additionally, we are often told repeatedly growing up, especially in high school, that we can do anything we want to do and study whatever we want to study. But who really knows exactly what they want at 18 years old? High

school is such a controlled environment with so little freedom and really no sense of agency. It seems strange that we should be expected to choose a trajectory for our life when we have thus far experienced so little of it.

When it comes to college, even though we are told we can do anything we want to, there is always the expectation that our degree should necessarily lead to making money. Tell someone you are an art or history major, and they will frown and ask how you plan to make a living. There is a lot of societal discourse on so-called “useless” degrees because we intrinsically associate the value of a degree with how much money it can potentially make us post-graduation. This makes sense because money is necessary for survival in our society, and because obtaining a degree is, for most people, expensive, they are often considered an investment. While I understand this, I do sometimes wish our society valued humanities as much as we do science and business. As Robin Williams famously quotes in *The Dead Poets Society*, “medicine, law, business, engineering, these are noble pursuits and necessary to sustain life. But poetry, beauty, romance, love, these

are what we stay alive for.”

I think that any route that works for you is the right one. Whether or not that includes a college education. Likewise, if studying something like art history is what you are passionate about, then do not let people tell you it is worthless. There is a wonderful beauty in understanding the arts and humanities on a deeper level, and there are plenty of ways to make money today. If you are determined enough, you can always pick up a skill using resources on the internet and get a job that will pay the bills. Learning about a topic you love is something that will serve you for the rest of your life.

Gabrielle Bossart is a General Reporter for Dakota Student. She can be reached at gabrielle.bossart@und.edu

Winter Break in Grand Forks

Aspen Jewekes Dakota Student

Being stuck in Grand Forks for winter break may not seem all that fun, but there are countless things to do to keep busy and to have a fun holiday. This year I will be spending most of my winter break in Grand Forks, while many of my friends get to go home to their families. Although Grand Forks is quite limited when it comes to things to do, there are plenty of things one could do to have an enjoyable time.

If you are a hot chocolate fan like I am and you decide to have a night in, I highly recommend snuggling up in a fuzzy blanket that traps you in its coziness, drinking hot cocoa, and watching a classic Christmas movie like *Elf*, *The Polar Express*, *The Grinch*, *Miracle on 34th Street*, or any of the other countless wonderful Christmas movies out there. If you are not into watching holiday movies, some new movies that are going to be released at the River Cinema include, *Avatar: The Way of Water*, *Puss in Boots: The Last Wish*, and *Babylon*. These movies are all going to be released in the middle or near-end of December. If

you are not a movie person, there are also plenty of other activities one can take part in in Grand Forks and the surrounding areas.

If you are an outdoor person like I am, you will want to grab your ice skates and head to the heart of Downtown Grand Forks. In the Towns Square, you will find the best outdoor ice-skating rink Grand Forks has to offer. They will be open from 10AM to 10PM during the winter weekdays. Whether you want to go during the day with the sun out, or at night with the warm ambiance of the lighting they have over the rink, ice skating is always a fun time.

Another outdoor activity that could be enjoyable is snowshoeing along the Greenway. The UND Wellness Center has a section in it called the Outpost, which can be found directly through the doors in the entry way. Here is where you can rent snowshoes for only a fee of \$5 for a day pass. If you are wanting them for longer, you can rent them for up to a week for \$33.

The Outpost has several other things you can rent for winter activities such as cross-country skis that come

with the boots, skis, and poles, ice skates, and a snowboarding package that includes the snowboard, bindings, bag, helmet, and boots all for a relatively cheap price. These are all great ways to spend an afternoon outdoors partaking in physical activity, that is if the weather is not too brutal to withstand being outside for

a duration of time.

If the weather is too cold to do anything outdoors or you prefer to stay inside during the winter months, Urban Stampede is my go-to coffee shop to relax in. During this holiday season they have several delicious “holiday sippers” that include the Ginger Snap Latte, The North Star,

Nana’s Goodies, The Nutcracker, Figgy Puddin, and the Mister Grinch. My personal favorite is Mister Grinch, which is a peppermint and vanilla matcha latte. Sitting in a cozy corner booth, reading a book, and sipping my Mister Grinch is one of my favorite ways to spend an evening.

Whether you get to go to your home for the holiday or you have to stay in Grand Forks, there are plenty of things to do to have an enjoyable winter break.

Aspen Jewekes is the Social Media Manager and a General Reporter for Dakota Student. She can be reached at aspen.jewekes@und.edu



PHOTO COURTESY OF ASPEN JEWKES

Pictured above is the ice skating rink located in Towns Square Downtown Grand Forks, ND.

Handlings Finals: A How-To Guide

Ava Stockstad
Dakota Student

Finals week is on its way, which means stress levels for students, and staff, across campus are running higher than ever. When exams and last-minute assignments are creeping up, finding ways to manage the stress and workload is important more than ever. Here are some tips and tricks to keep you stay sane during this insane time of year.

The first thing to keep in mind is that you can still pace yourself even if you are cramming all your studying in at the last minute. Throughout finals week, try your best to pace yourself with your workload. Instead of doing everything all at once, figure out what to prioritize and what you can push aside for now. Giving yourself breaks throughout the day to recharge and avoid burnout is a surefire way to lower the stress throughout finals week. To put this into practice, try making a daily schedule if you have not already. Allocating a couple of hours a day to relax and rest can set your mind at ease. If you do not have a paper planner to write in, using online calendar apps and websites is always a good option.

If you find yourself losing focus while studying, try some different study methods. One popular strategy for studying is the Pomodoro Study Method, and it might

be helpful to try this out during finals week. To use this method, you will set a timer for a certain period of time and after that timer's up, you will get a few minutes to take a break. The most common interval of time for this method is 25 minutes of studying and 5 minutes of recharging. You will repeat this pattern four times before taking a more extensive break of around 15 minutes. This technique for studying is simple, and it can be good for students who struggle to focus for prolonged periods of time. A professor at Duke who uses the method says, "the Pomodoro Technique works because it breaks down large projects into smaller obtainable goals, helps you anticipate the duration of tasks, and provides breaks to relax." If your coursework is making you feel overwhelmed, trying out this study method might be a way to ease your academic anxiety.

Another tip for making it through finals week is to practice what is effective; some ways we study are not as helpful as we think. Scientists have discovered that the reality is "most students rely on ineffective study strategies. In fact, researchers have found that between 83.6% and 84% of students rely on rereading: a study method that provides very limited benefits." The truth is, most students are taught throughout their educational careers that simply rereading information and taking notes

is the best way to study, but for many, that idea reigns untrue. Because everybody has unique learning styles, some people benefit more from using flashcards or even by simply listening to lectures. If you find yourself struggling to remember what you are learning in class, trying new study methods might be helpful. Try finding online videos about your lessons or try quizzing yourself with flashcards. If you are studying in a way that does not fit your needs, your study time will not be nearly as productive as it potentially could be. Staying aware of your learning needs is one of the best ways to use your time wisely, especially when the stakes are running high.

However, this does not mean rewriting or rereading information cannot be beneficial. If this happens to be a studying style that suits you, there are many ways to make your notetaking and reading even more helpful to you. The first thing to consider is the layout you are using when taking notes. A scholarly article from Stendhal University reports that "a matrix structure for recording information has proved to be more beneficial than an outline structure, which is in turn more beneficial than the linear structure used by most students." This means that while many students will simply write out their notes line-by-line, there are other methods that have proved more useful. The outline

structure is generally a bit more organized, and it is done when the notes are divided into main topics and subtopics. This can help make your thoughts more organized and easier to understand. However, the most beneficial method of them all seems to be the matrix structure, which means creating graphs, diagrams, and visual representations with your information. If you have not already, try taking notes by using tables and diagrams. This allows for more creativity and personalization with your notes, and whatever sort of table or map you create is up to you. This method is most favored by researchers, as it helps with memorization and thought organization more than the linear and outline structures. When you are taking notes during the upcoming week, try switching up your layout if you have not already. You might be surprised by how helpful it can be.

If you are drawing a blank on ways to study, utilizing study guides and practice tests might be helpful to you. Finals exams can seem very overwhelming, especially when the test is on everything you have learned across the fall semester. By accumulating information from all the lessons you have covered throughout the fall in the form of study guides or practice tests, you can make your exam seem a lot less intimidating. For many, tests can cause a lot of anxiety, so practicing with a test format

might be helpful for you. In fact, studies show that practice exams are the best way to prepare for real ones as they implement "spaced retrieval practice," which is defined as the practice of learning information over time. This can help students to memorize information better and, therefore, makes answering those final exam questions a lot easier. If you need a starting point for where to study, consider finding online study guides and practice tests, or even spend some time making your own.

Another thing to consider during finals week is to try out studying with other people. Many students will find that socializing is an effective way to minimize their stress and boost their mood, and if being part of a study group sounds helpful to you, it is something to consider. Study groups are also effective at holding students accountable, so if you find yourself struggling to stay on task, this also might be a beneficial thing for you. If studying with other students sounds helpful to you, take the step to reach out to a friend or a peer this upcoming week. However, if you do not have someone around to study with, there are other options. One of these options is Bumble, which is an app that is not just used for dating, but also for making friends. Recently, Bumble was brought to the UND campus, and it gives you the chance to meet new acquaintances in the area, es-

pecially if you need a study buddy. It might seem like a daunting thing, but there are hundreds of students on campus waiting to meet new people.

If you need assistance when it comes to learning your class content, drop-in tutoring might be something to consider. There are many different students and staff members on campus who are more than willing to help students learn and catch up, so if you feel like you have fallen behind, do not be afraid to ask for help. To find the tutoring locations and times, check out the UND Drop-In Tutoring page on the university's website.

The most important thing to remember as the semester ends is that finals week should not cause you to sacrifice your health. Putting yourself first and prioritizing your wellbeing is always the best idea. Even if your test scores do not meet your expectations, you still deserve to take some time to yourself and relax over the holiday break. School is not meant to be easy, and you are not alone if you find yourself struggling with your academics. The biggest tip above all is to put yourself first during finals week. Take some time to do what you enjoy, and do not be afraid to rest or take a break if you need it.

Ava Stockstad is the Social Media Manager and a General Reporter for Dakota Student. She can be reached at ava.stockstad@und.edu



PHOTO COURTESY OF ASPEN JEWKES

The Stigma of the Sequel



PHOTO COURTESY OF VICTORIA LEDUM

Disney Plus, Netlix, Hulu and more are great places to watch your favorite prequels and sequels.

Claire Arneson
Dakota Student

A lot of movies are coming to theaters this holiday season, preparing for the influx of families visiting the cinema on Christmas day. Not only are movies hitting the big screen, many have been added to streaming services you can watch right on your television. A lot of the movies that have been advertised on my feed are sequels. *Black Panther: Wakanda Forever*, *Glass Onion: A Knives Out Mystery*, *Disenchanted*, and so much more. Although I am excited to see the movies I love continue, and the characters I miss grow, I am scared of the stakes that come with making another movie. What is this stigma surrounding this phenomenon? In the words

of *The Muppets*, “everyone knows the sequel is never quite as good.”

I think the main reason sequels can be so daunting is because they are hard to accomplish. It is hard to reimagine a movie that did so well, and then do it again at the same level. Take *Cars 2* for example. Some people do enjoy the movie, but others absolutely loathe it. The first *Cars* movie has a rotten tomatoes ranking of 74%, which is not too bad for a Disney movie. The sequel, however, is 39%. Rotten Tomatoes takeaway was, “*Cars 2* is as visually appealing as any other Pixar production, but all that dazzle cannot disguise the rusty storytelling under the hood” (Rotten Tomatoes, 2011). Although not everyone acknowledges the tomato-meter to determine

what makes a good movie, we can agree that they do have some strong points.

Another question to bring up about sequels is when the original cast does not return. Many productions have been canceled due to actors not coming back, but some brave casting directors take a shot and recast them anyway. Sometimes this ends up in their favor. There have been so many actors that have played Batman that it is hard to keep up, and the films seem to be doing fairly well. DC is not the only superhero studio recasting characters. Marvel recasted James Rhoads from Terrence Howard to Don Cheadle, and I love how he created the character. These have all worked out in the industries favor, but some, not so much. When I was a child, *The Diary of a Wimpy*

Kid movies were the peak of cinema. Of course I watched all three of the movies with Zachary Gordon as Greg Heffley, and the handsome Devon Bostick playing Rodrick, but they decided to take these cult 2000 movies series and recast to reach the new generation. They should have known you cannot break Rodrick’s Rules.

The last thing I will note is that these sequels have been coming out years after the original. We will watch a movie when we are 10 years old, and then 10 years later there is a sequel. Particularly this has been happening a lot in Disney movies. Along with the aforementioned *Disenchanted*. This past spooky season brought 3 Salem witches back from the dead. Why after such a long time? Someone with twitter,

with the screen tag @Samanthapaigeu, came up with this: “I was today years old when I found out that Walt Disney put in his will that all Disney classics are to be remade every 10 years, so each generation gets to enjoy them.” This is sadly not correct, but that still asks the question. This could be a bold marketing strategy, but I like to think that the Magical Marketing team is using these sequels to slowly take over the world, but that is just me.

Although this examples were strictly specific to my childhood and my experiences with sequels, I hope you were able to understand the sequel skeptics there are. Even if the sequel may never be as good as the original, we may still watch them just to know that their story continues. All sequels cannot be

amazing, but one should not brush them to the side. You could miss out on some great movies if you skip a sequel, so get your marathon on and watch the prequel and maybe the sequel. In my eyes, you could either be studying for finals or watching a horrible movie. Your pick.

Claire Arneson is a Section Editor and a General Reporter for Dakota Student. She can be reached at claire.arneson@und.edu

Classifieds

Comfort Keepers

EMPLOYMENT TYPE: Caregiver/Personal Care Assistant

ADVERT RUNNING DATE: 3 weeks

JOB HOUR PER DAY: 5 hours

SALARY: \$22 per hour

WORKING HOURS: Days flexible

DUTIES: Med reminders, maybe a meal prep, some light house cleaning

INTERESTED CANDIDATE CONTACT francocancano@gmail.com

Meet the Staff



Kelsie Hildebrand, Editor-in-Chief

Kelsie Hildebrand is Editor-in-Chief of the Dakota Student. She is majoring in Communications and will be graduating in 2025. Kelsie loves being outside no matter what time of year it is. A few of her favorite hobbies include kayaking and rollerblading in the summer and snowboarding in the winter. She loves the opportunities and experiences the Dakota Student gives her.



Benjamin Strous, Podcast Producer

Benjamin Strous is the Dakota Student's Podcast Engineer. Benjamin is a Commercial Aviation Major. He has been part of the Dakota Student since 2019. In his free time, Benjamin enjoys photo editing, hiking, and reading.



Claire Arneson, Section Editor

Claire is a Section Editor and General Reporter for the Dakota Student. She is majoring in English with a minor in Communication and will graduate in the fall of 2023. Claire is a published poet in Floodwall magazine and loves writing poems and short stories in her free time. She loves reading as many books as she can, hanging out with friends, and being at UND!



Victoria Ledum, Website Manager

Victoria is the Website Manager and Assistant Photographer for the Dakota Student. She is majoring in Marketing with a minor in Mathematics and will graduate in the spring of 2023. Victoria is a member of the Pancratz Mentorship Program and UND Marketing Club. In her free time, Victoria enjoys watching movies, reading, traveling, and is always up for an adventure!



Aspen Jewkes, Social Media Manager

Aspen is the Dakota Student Social Media Manager and Assistant Photographer. She is double majoring in Communication and Art. In her free time, Aspen loves being outside, snowboarding, playing the guitar, painting, exercising, and drinking coffee and boba!



Ava Stockstad, General Reporter

Ava Stockstad is a Dakota Student General Reporter. She is a freshman at UND currently doing essential studies. In the future, she hopes to pursue a career in film. In her free time, she loves watching movies, reading, spending time with friends, and thrifting!



Gabrielle Bossart, General Reporter

Gabrielle is a General Reporter for the Dakota Student. She is majoring in English and Marketing with a minor in Psychology and will graduate in the spring of 2023. Gabrielle is in the Honors Program, works at the library, and is a member of the UND Triathlon Club. Outside of the classroom, she enjoys reading, listening to music, going to the movie theater, and spending time with her friends.



Maeve Hushman, Sports Reporter

Maeve Hushman is a junior majoring in Communications with a focus in Sports Communication. For the past two years she attended Regis University in Denver where she wrote for *The Regis University Highlander*. She is a die-hard Toronto Maple Leafs and Los Angeles Dodgers fan. When not consuming sports content, Maeve enjoys working out, playing/snuggling with her cat, reading, cooking, and listening to music.

Looking for Adults 18+ to participate in upcoming studies. Compensation up to \$5000



AXIS
CLINICALS

Find out more about our new Grand Forks Location.



Visit our website AXISpays.com or call 218-284-AXIS

UND Defeats Bemidji at Home

Maeve Hushman
Dakota Student

“I think that we took a step forward, and hopefully we can continue that,” defenseman Tyler Kleven said after the University of North Dakota’s November 26th’s Saturday night 4-2 victory over Bemidji State at home. Going into this game, UND faced adversity; they had dropped out of the top 20 in the USA Today college hockey polls and lost to the University of Miami, OH. They had a somewhat successful night on Friday, November 25th, overcoming yet another 3-goal deficit. Still, they played a complete game on Saturday, outshooting Bemidji 30-20 and coming close to playing a full 60 minutes of their best hockey.

Story continued on *page 2*



The UND Men’s Hockey team huddles up during one of their many fan-filled home games at the Ralph.

PHOTO COURTESY OF VICTORIA LEDUM

Bemidji story continued

The game started with a somewhat anticlimactic start. UND won the opening face-off and gained the zone, but they could not get sustained zone time. There was a lot of back and forth with a lot of play concentrated in the neutral zone with neither team getting much-sustained pressure in the offensive zone. UND opened the scoring with five minutes left in the first. The puck was carried to the net by Kleven, but the rebound was collected and fired in the top corner by freshman Dylan James.

UND continued this scoring momentum into the next period with Riese Gaber scoring just five minutes into the second. That goal gave Kleven his second point of the night and his first college-career multi-point game. The game-winning goal would come off the stick of Louis Jamernick V just 2 minutes later, giving Jamernick his first goal of the season.

Post-game, Jamernick spoke about his initial frustration over not having scored yet, "I was kind of getting down on myself a little bit... it is tough when it is not going in." He highlighted Gaber as being a huge motivating influence on him during that period of self-doubt. "He just said it is all about mindset... just reminding yourself 'I am gonna score.'"

A 3-nothing lead notwithstanding, UND was on fire in the second. They dominated possession and kept Bemidji hemmed in their zone. It was incredible by a hockey team that has struggled as of late.

The third period continued off on much the same note as the second, but Bemidji quickly got within striking distance, scoring two goals within 1 minute. The first goal came when UND was on the power play; the Beavers scored shorthanded with an unassisted goal by Kaden Pickering and the second came immediately off the stick of Carter Jones. However, the Hawks did not just take this sudden tightening of the score lying down. There was a response in the intensity of play, and Judd Caulfield scored an empty net goal to cement the win.

Overall, it was a great showing by UND. They played consistently and incredibly well. That same heavy possession style that appeared in Friday's game against Miami was on full display, and everything was clicking. While Bemidji was playing a tight structure-focused game, they could not keep up with UND's speed or precision. UND was also strong on the puck and did not back off when the game got physical. They battled along the boards and made smart moves to maintain possession. One player that stood out the most in that regard was Kleven. He not only

had a great night on the score sheet but delivered the big hits he is known for, which made a noticeable impact.

Head Coach Brad Berry attributed the team's ability to finish the game strong to playing simply, which was something he had previously highlighted as something the team needed to focus on. He saw a buy-in to that principle on the ice and was parroted by players, "your team is doing the right thing when the leaders step up and they talk about doing the right things...Riese Gaber says at the end of the second...keep playing simple."

The leadership of the players, especially of Gaber, was highlighted in the post-game, which is a great sign. There is a beautiful quote by NHL Head Coach Rick Bowness, that states "bad teams are led by no one. Average teams are led by coaches. Good teams are led by the players." The fact that the players are stepping up and leading is encouraging for the direction of this team.

This team has struggled to find an identity and commit to a system. There were comments about them needing to learn to play together. Above all, this team could not manage to play a complete game. Saturday's game showed that the team is learning and working on those mistakes.

"I think we are coming to the point where we are playing more consistent within our game," Coach Berry said. "I thought, for the most part, our guys got close to the 60-minute game."

Another notable thing about the Bemidji series is the emergence of Jacob Hellsten as the apparent winner of the battle for the starting goaltender job. Hellsten stopped 18 of 20 shots in Saturday night's game and started for both games against Bemidji.

Berry said of the decision to start Hellsten, "he looks confident, and he looks solid. And that is...all you are asking when you are going through what we are going through right now."

Overall, this weekend against Bemidji was a step in the right direction for the University of North Dakota and an incredibly positive indicator for their future this season. If they keep up playing with this level of consistency and commitment to the simple possession style, they will be able to bounce back and gain success.

UND took on number 3, St. Cloud, at Herb Brooks National Hockey Center December 2nd-3rd, which was a real test to this team's ability to win games against top-level teams. Hopefully, they will carry the lessons they have learned from this series and that momentum to the next few games.

Maeve Hushman is a General Reporter for Dakota Student. She can be reached at maeve.hushman@und.edu

SPRING 2023 CAREER EXPOS

DAY 1:

ENGINEERING & TECHNOLOGY EXPO

Monday, Jan. 30, 2023 | 11 a.m. - 3 p.m.

NEW! Memorial Union Ballroom

DAY 2:

BUSINESS, AVIATION, ARTS & SCIENCES EXPO

Tuesday, Jan. 31, 2023 | 11 a.m. - 3 p.m.

NEW! Memorial Union Ballroom

\$10 Grubub vouchers for all students | Valid Feb. 1 - Feb. 15

UND Career Services is here to assist you with your Career Expo preparation!

Make an appointment with our Career Coach or Career Mentors in Starfish, or call 701.777.2117 to set-up an appointment. We also accept emailed documents at UND.careerservices@UND.edu.

SCAN FOR MORE INFO



PARTICIPATE in a NUTRITION or EXERCISE STUDY at the GRAND FORKS HUMAN NUTRITION RESEARCH CENTER

- Contribute to a greater understanding of the roles of nutrition and physical activity in human health.
- Improve the lives of current and future generations.
- Pursue a healthy lifestyle.
- Receive financial payment for your time.



Follow us on Twitter.

See how to participate in the study.



STEP OUT OF YOUR COMFORT ZONE

