

ROUNDABOUT

NC STATE STUDENT MEDIA

Orientation 2024

the ORIENTATION ISSUE



FEATURES

- 09. A-Roundabout Raleigh
- 18. First-Year Frolics
- 29. Tips to Become an Academic Weapon
- 41. Living Legacies & Humorous Histories

NONPROFIT ORG
US POSTAGE
PAID
RALEIGH, NC
PERMIT #2353

Student
Media

NC STATE

Campus Box 7318
Raleigh, NC 27695

NC STATE

PACKA PALOOZA™

AUGUST 24, 2024

**Join the biggest
Wolfpack party
of the year!**

**Packapalooza™ caps
off Wolfpack Welcome
Week in style with live
entertainment, food,
giveaways and tons
of Pack Pride.**

WE PACK THE STREET.

For full event details, visit packapalooza.ncsu.edu

EDITOR'S NOTE

ABOUT US

The newest NC State Student Media outlet, Roundabout is a glossy general interest magazine that covers student life, arts and culture.

MAGAZINE STAFF

Editor-in-Chief	Bran Poster
Photo Editor	Emily Peedin
Copy Editor	Audrey Javan
Design Editor	Briana Vreuls
Promotions Director	Layney Keesee
Adviser	Ray Black
Business Manager	Carter Fields

CONTACT STUDENT MEDIA

Phone	(919) 515-2411
Email	Media-sales@ncsu.edu
Office	307 Witherspoon Student Center
Director	Patrick Neal
Business Adviser	Zanna Swann

THE COVER

Photo illustration by Briana Vreuls with photos by Emily Peedin and Hallie Walker.

Dear newcomers, neophytes and neighborly gnomes,

Why don't more motivational speakers talk about chickpea meringues? Is there any other food that's more inspiring? To make them, all someone has to do is take the liquid from a can of chickpeas (or other legumes), add some cream of tartar for stability and whisk it in a stand mixer for 20 minutes or so. The mixer transforms the chickpea liquid, which initially looks like the runoff from a septic tank, into a pillowy ambrosia of ivory meringue that's ready to be sweetened and baked. The whole cooking process is an allegory of the power of persistence: with prolonged mixing, even the most dubious bean juice can turn into a fluffy confection.

I challenge the next generation of Wolfpackers to treat your college experience like making a chickpea meringue: try your best to mix a niche for yourself on campus, even if initially the clubs you join and classes you take aren't promising. It took me almost my entire first semester to find places where I felt I really fit in, but now I'm all the happier for it. NC State is practically a miniature city, so chances are you'll find what you're looking for eventually. If you enjoy writing, graphic design or photography, you don't have to look far: Roundabout is always hiring! Our contact info is listed on the left.

Unlike deriving life lessons from chickpea meringues, the making of this magazine was a team effort, and it behooves me to cheer the many champions who crafted it. Surpass Mount Everest with the towering terrific pictures taken by our photo editor Emily Peedin, whose diligence is rarer than any Yeti. Overload the grammar prisons with the numberless writing errors captured by our canny copy editor Audrey Javan, the bane of Oxford commas. Corral the unicorns summoned by the mythological efforts of our design editor Briana Vreuls, who made this magazine a masterwork. Reorient the sun so it illuminates the stellar sedulousness of our promotion director Layney Keesee, who keeps Roundabout in the public eye.

Kudos to the legendary Zanna Swann, the business adviser who's masterminded countless successful ad sales, as she goes into a very well-deserved retirement. Thank you to Patrick, our munificent leader. Thank you to Ray, our new and nimble-minded adviser. And naturally, oodles of thank yous to the staffers who created this magazine with their talent and imagination. These words wouldn't be printed here without y'all.

To the Wolfpack with love,

Gerbrand (Bran) Poster
Editor-in-Chief

CONTENTS



Junior wide receiver Porter Rooks celebrates after making a 26 yard gain in the game against UNC-Chapel Hill at Carter-Finley Stadium on Nov. 25, 2023. NC State beat UNC-Chapel Hill 39-20.

Photo by Emily Peedin.

SECTION 1 —

A-Roundabout Raleigh

- 10. Wolfpack Wanderlust
- 12. Beyond the Bricks
- 16. Fall vs. Spring Semester Vibes

SECTION 2 —

First-Year Frolics

- 19. Guide to Getting Involved
- 20. Den Decor
- 24. First-Year Dorms and their Influences
- 26. Staff Go-To Talley Orders

SECTION 3 —

Tips to Become an Academic Weapon

- 30. Bricking the Norm
- 32. CODA Conversations
- 36. Living Undecided
- 39. Embedded Counselors
- 40. Exam Season Survival Guide

SECTION 4 —

Living Legacies & Humorous Histories

- 44. Superstitions at the State College
- 48. Superlatives for Majors
- 51. Why Not You?
- 54. Alumni Success Stories
- 56. History of the Wackiest Wolves



EXPERIENCE DANCE AND MUSIC AT NC STATE

No matter what you're studying, you can continue to create, perform and find your pack with the Department of Performing Arts and Technology.



Athletic Bands



Choirs



Concert Bands



Dance Companies



Jazz Ensembles



Orchestras



50+ Concerts and Events Every Year

Each year, we offer a full lineup of student, faculty and guest performances, along with opportunities to work with and learn directly from professionals in the dance and music industries.



20+ Performance Groups

Our a cappella groups, choirs, dance companies, concert bands, jazz ensembles and orchestras offer performance opportunities for all NC State students and some community members.



60+ Courses Available to You

We offer a variety of courses that satisfy your major's general education requirements, plus a Music Technology major and minor programs in Arts Entrepreneurship, Dance, and Music.

CONNECT WITH US

performingartstech.dasa.ncsu.edu
performingartstech@ncsu.edu | 919.515.2981



@ncstateartstech
@ncstatedance | @ncstatemusic

MEET THE STAFF



Bran Poster
EDITOR-IN-CHIEF



Emily Peedin
PHOTO EDITOR



Audrey Javan
COPY EDITOR



Briana Vreuls
DESIGN EDITOR



Layney Keesee
PROMOTIONS



Pictured from left to right: Autumn Tate, Nimet Betul Karatas, Bran Poster, Katherine Wan, Quinn Gebeaux, Briana Vreuls, Hayden Love, Audrey Javan, Layney Keesee, Emily Peedin, Jackson Webb. Not pictured: Alannah Anderson, Sophia Buckner, Marlowe Henderson, Jinju Hughes, Justin Isaiah Iriarte, Reilly Williams-Gardner.

Photos by Hallie Walker



entrepreneurship.ncsu.edu

Think and Do

Anyone can become an entrepreneur at NC State. Through a wealth of programs and initiatives, we provide you with everything you need to bring your bright ideas to life.

- > Coworking space in the Garage
- > Prototyping lab
- > Startup competitions
- > Mentorship and community
- > Experiential learning
- > Entrepreneurship Clinic



TOP 20

Best undergraduate and graduate entrepreneurship program in the US.

Princeton Review, 2023



@ncstateent



At the forefront of **data science** education and practice for **17 years**



Learn more!

analytics.ncsu.edu

Our innovative Master of Science in Analytics (MSA) degree affords students:



A **10-month**, full-time, residential program with in-house teaching faculty, a continuously evolving curriculum, and immersive 8-month industry- and government-sponsored practicum projects



A cohort-based learning experience structured around teamwork and personalized coaching, and a tight-knit community of **1,400+** alumni – some of the world's finest data science practitioners



A strong track record for job placement – **93%** by graduation since our inception in 2007, and an ROI payback period that averages 20 months with increase in earnings over 70%

A-Roundabout Raleigh

Get your paws on the bricks and your nose in the azaleas.

CONTENTS

- 10. Wolfpack Wanderlust: Unveiling Hidden Gems on NC State's Campus
- 12. Beyond the Bricks: Five Attractions Right in Our Backyard
- 16. Fall vs. Spring Semester Vibes

First-Year Frolics

Tips to Become an Academic Weapon

Living Legacies & Humorous Histories

Wolfpack Wanderlust: Unveiling Hidden Gems on NC State's Campus

By Alannah Anderson and Justin Isaiah Iriarte

Every university has its list of things to do, lesser-known secrets and ways for students to pass their time, and NC State is definitely no exception. At NC State, there are many gems, both hidden and displayed, that students may spend their time with. These activities are great conversation starters, fun ways to make friends and, overall, exciting things to try. If you're looking for ways to broaden your red-and-white spirit and want to feel one with the Wolfpack, here are a few things to help you get started.

Lose Yourself on the Wolfline

Have you ever wanted to hop on a train and not know where you're going? Well, take a glimpse of that life on NC State's bus system, the Wolfline! Why not get on a bus, grab some friends for moral support and take a basically chauffeured tour of campus? Whether it was or wasn't your true intention to miss your stop, this is a timeless student experience.

Paint the Tunnel Red

Feeling particularly expressive? Head over to the Free Expression Tunnel near Wolf Plaza with some spray paint and make your mark at NC State, literally. Sky's the limit at the tunnel, with some of the coolest pieces these writers have seen including a shark, Patrick Star and Spiderman. Just a forewarning, avoid walking through while someone else is creating their masterpiece unless you enjoy the pungent smell of spray paint or want your nose hairs to match the art in the tunnel.



A mural of men's basketball graduate forward DJ Burns, painted by local artist Sean Kernick, at the Free Expression Tunnel on April 4. The mural was based on a portrait by Kaitlin McKeown, a photojournalist for The News & Observer. Photo by Hallie Walker.

From Barnyard to Brickyard

In need of a treat for those happy days, sad days and anything in between? Why not try NC State's very own ice creamery? It's known that anyone could grab this cold treat from Talley Market, but for a more immersive (and delicious) culinary experience, travel to the Howling Cow Dairy Education Center and Creamery. Located on 100



Cows stand in a field outside the Howling Cow Dairy Education Center and Creamery on May 15. Beyond purchasing ice cream and other dairy goods, one has the opportunity to learn about how these milk products are made. Photo by Emily Peedin.

You don't have to choose
between your education
and your recovery.



Pack Recovery is here for you. The Collegiate Recovery Community at NC State supports students in all stages of recovery.



Dairy Lane, it's hard to forget, and harder to stay away from. Some of our most mouthwatering, original flavors include Campfire Delight, Wolf Tracks and Tuffy's Toffee. However, if ice cream isn't your jam, then the creamery also sells specialty coffees, lattes, cappuccinos and non-dairy smoothies, as well as some merchandise to represent your favorite campus treat.

Explore Jordan Hall

Unknown to some NC State students, Jordan Hall contains many interesting sights including the Natural Resource Library and Elements Café. If you're looking for another study spot to add to your campus favorites, look no further than this commonly underrated and underappreciated building with gorgeous natural lighting, abundant seating for those productive study days, a cup of coffee for a little pick-me-up and even rock and mineral collections on display in Jordan Hall's lower levels.

Reynolds Coliseum Sports History



Graduate setter Kristen McDaniel (center) high-fives junior middle blocker Jada Allen (left) and junior opposite hitter Amanda Rice (right) in the volleyball match against Boston College inside Reynolds Coliseum on Nov. 3, 2023. Photo by Emily Peedin.

To any of NC State's sports, history or sports history fans, stop by Reynolds Coliseum. Former arena of NC State's men's basketball team, it is now home to the NC State Athletic Hall of Fame and Walk of Champions, as well as our women's basketball, gymnastics, wrestling, volleyball teams and ROTC offices. So grab a good seat and support our student-athletes. Then, go read some of our school's past feats and instill a sense of pride in your NC State Wolfpack.

Whether a seasoned brickyard veteran or a novice in our Wolfpack, find where you want to spend your time with what NC State has to offer. With most of us spending a large chunk of our prime years on these brick-lined paths, don't be afraid to explore our campus' sights and sounds. And, if you find an activity or spot on campus you particularly enjoy, such as Howling Cow, there's no limit to your enjoyment (except for maybe those 500 dining dollars).



Make GoCary your GO TO choice for local travel – whether it is work, school, shopping or dining, GoCary will take you there seven days a week!



TRACK YOUR
BUS LIVE
WITH THE



**GOCARY
APP**

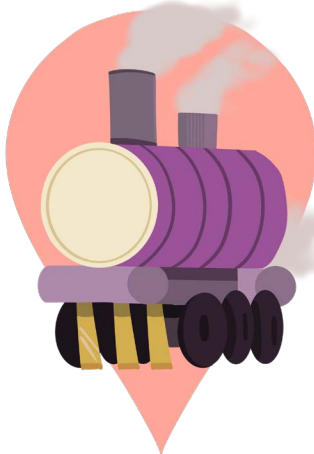


GoCary.org GoCaryTransit (919) 485-RIDE

BEYOND THE BRICKS: FIVE ATTRACTIONS RIGHT IN OUR BACKYARD

By Alannah Anderson, Designed by Marlowe Henderson and Jup Poster

Feel like you want a break from campus? Want to explore sights beyond the bricks of NC State? Well then, your next move is to remember you're actually in the city. Raleigh is bursting with life, food, people, sights, shops and so much more. Even if you're not interested in all that hustle and bustle, there is still something for everyone. Whether it's grabbing a cup of coffee or taking a walk through a pretty park, Roundabout has got you covered.



1. PULLEN PARK

A walkable distance from campus, at least to this writer, Pullen Park is the perfect place to have lunch outside with friends or get a couple of laps around the pond. If you're feeling adventurous, why not mosey on over to the pedal boats? It's a great opportunity to grab some friends from class and get to know them better! Plus you'll find out how they do under pressure and if they're actually worth being your friend. A friendly warning though: the park itself is free, but these attractions cost money! Other fun things to do here include the carousel and train which, even though they may be geared towards the single-digit age audience, no one in college is going to judge if you choose to ride the painted horses.

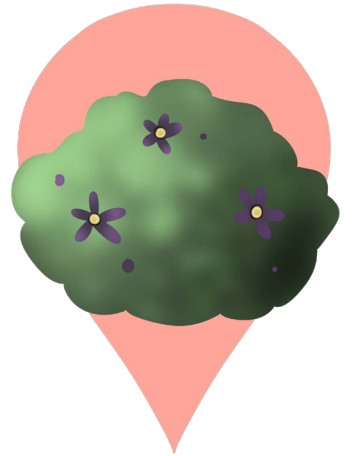


2. GREGG MUSEUM OF ART AND DESIGN

Calling all artsy readers! Yes, this even includes the readers who only know what art is, conceptually. This is a great place to visit if you've got any classes on Hillsborough Street since it is only a four-minute walk from the Belltower. Even the uninitiated to art museums can find something in the Gregg's collection of cool, intricate and whimsical pieces. Being another freebie, this is an excellent way to get to learn a little more about the talents at NC State. And who knows, maybe you'll get a little inspiration while you're there.

3. WRAL AZALEA GARDEN

Who doesn't love to quite literally stop and smell the roses? Right behind the WRAL studio, you might forget that you're in the city. Filled with gorgeous flowers, this garden brings in beautiful butterflies and some buzzing bees all for the hefty price of zero dollars and zero cents. There are also some benches if you want to grab a seat and just sit in nature for a few minutes or read that book you've been meaning to. Sometimes, it's nice to take a pause on college life and academics. It's certainly okay to feel a little overwhelmed at a school with over 40,000 students and a large campus. So take a few deep breaths and remember to smell the roses, or in this case, azaleas.



4. GLOBAL VILLAGE ORGANIC COFFEE

Before you say "I don't drink coffee," there are other delicious items on the menu. Justifying your purchase, you can also do some homework or study here. Right across from D.H. Hill Jr. Library, it isn't a very far walk from central campus classes. Even if the library is right there, why not branch out and grab a horchata off the menu? It's super refreshing, and it isn't sold at PCJ or Hill of Beans. This coffee shop also offers a small and cozy vibe if that's what you're into.



5. UPTOWN CHEAPSKATE

Definitely more of a trek, but doable either by walking or by bus, this thrift store is a quirky setting to grab some new clothes or accessories. Regardless of its upscale thrift status, this is a cool spot to pick up a cute top for that dinner with friends or some extra leggings since Carmichael isn't so bad after all. And even if you're on a budget, this thrift store doesn't charge you to look.



These are just a few of Raleigh's little gems, and so the list doesn't stop there. Maybe befriend someone with a car so they can take you farther than this list does. While you're at it, why not curate your very own top-five attractions list? Get to know the city and put yourself out there – college is all about trying new things.



A College-Town Feel

Steeped in Tradition



Ready for New Adventures



HILLSBOROUGH STREET

in a Big-City Place

Places You Know



Places You Don't



ANNUAL EVENTS

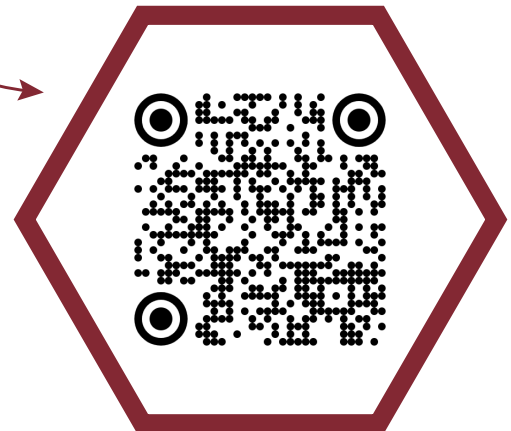
Krispy Kreme Challenge
February

Food Walk
June - August

Packapalooza
August

Red & White Week
Late Fall

Check Us Out!



Fall vs. Spring Semester Vibes

By Reilly Williams-Gardner

The idea for this article came to me around late winter, near the start of the spring semester, when the winter weather was just starting to break and the first signs of spring were showing themselves. It was a welcome sign then, as I was sick of the cold weather and ready for the warm beauty of summer and all that it entails. Along with the change in weather, I noticed the activity on campus starting to rebound again, with more people out walking around and spending time outside. It's always a welcome sign when college students crawl out of their dorms, bleary-eyed from studying, to enjoy the soul-strengthening rays of the sun. Seeing this change in activity occur around campus made me think back on the fall semester and how it felt in comparison to the spring semester. For me, they had a definite difference in vibes. However, I wanted to see if more people also felt this difference, so I interviewed members of the Raleigh Red Rollers – NC State's Bowling Club – to hear some of their opinions on the differences between fall and spring semester vibes. This article was written around a month into the spring semester, so parts of the interviews reflect that fact.

The most common difference that many interviewees identified is the larger number of opportunities for intramural sports and clubs in fall semester. Omari Ray, a second-year in exploratory studies felt that for clubs, "Fall is more the way to go. Because you have that security when it comes to the next semester as well."

The fall semester is when most clubs and intramural sports are really looking to advertise themselves and gain new members due to the influx of new students. The Involvement Fair in Stafford Commons is a great place for students and clubs to find each other. You can still join clubs and intramurals in the spring semester, though it is often harder to find them; the spring Involvement Fair is not to the same scope as the one in the fall semester. Also, many students are more actively looking to join clubs in the fall semester, especially first-



A member of the Bowling Club watches his ball hit the pins at their meeting at Bowlero Cary on Feb. 4. The club focuses on socializing and building community just as much as they focus on bowling skills. Photo by Anna Hansen.

years, so that new friend groups and memories can be made. As Ray said, those will hopefully carry into future semesters.

Another difference is the hopefulness for summer break that occurs in spring semester which fall semester lacks. Mitchell Stevens, a second-year in sports management, felt that for spring semester, "The end is in sight. [Right] at the end of [spring break] is kind of when it starts to set in that wow, the year's really kind of going quickly. Yeah, and it's a little bit inspiring in the fact that like, hey, I'm almost done."

In the spring semester, we have something to look forward to with the coming of summer and the relaxation that it entails. This helps to give us motivation to finish the semester for the promising reward of several months' break. However, this semester can also feel more stressful in comparison to the fall semester.

"Fall semester is usually a lot more relaxed semester, as you're coming back from summer and there's a lot of holidays in there, too," said Sam Dixon, a second-year in electrical engineering.

Ray agreed, saying that the spring semester tends to feel more crammed, with too few breaks and too many exams. So, it feels more hectic especially towards the end.



Caylin Allen, assistant director of Fraternity and Sorority Life, stands next to the National Pan-Hellenic Council tables during the Black Pack Involvement Fair in the Student Leadership and Engagement Suite on April 10. The different Divine 9 organizations, Black Artist Coalition and Fusion Dance Crew were some of the organizations at the fair. Photo by Jermaine Hudson.

Though people generally feel like the timing of the spring semester is less stressful, that can vary by the person, largely due to which semester contains more difficult classes.

A final difference between fall and spring semesters is the weather.

"When you get here in the fall, it's, like, 96 degrees outside and everything's nice and everyone's outside and it's easy to meet new people and get acquainted," said Seth Ramey, a first-year in studying parks, recreation and tourism management. "And then when you come back after Christmas break, it's cold and there's not many people out and about, so I kind of see less people until, like, towards the end of the semester."

Though this can cause a slower start for social and outdoor activities in comparison to fall, the change in weather from winter to spring also has some fans. Stephens is one of these people. "I love the transition into spring," he said. "I love seeing the campus kind of come alive."

This brings us to the most important piece of information of all: the vibes of fall and spring semesters are going to be different for every person, for every year. It varies by personal preference and experiences. So how do you feel about the difference between fall versus spring semester? Do you prefer one over the other? Why? Sometimes it helps us to ask these questions that we often don't think about to learn a little bit more about ourselves, such as why you love spring while someone else loves fall. At the end of the day, fall and spring semesters each have their pros and cons between all sorts of different categories. I feel that after all is said and done, they're pretty much even. What do you think?



Parker McCall, a second-year studying aerospace engineering, launches the ball towards the net during Club Water Polo's practice at Carmichael Pool on Nov. 7, 2023. McCall recently joined the team as a transfer student. Photo by Kylee Hertrick.



GAIN AN EDGE IN THE CLASSROOM WITH A FAST, RELIABLE COMPUTER

Our Tech Den Protection Plan and includes three years of extended manufacturer's warranty, accidental damage coverage, plus service and priority loaner access while on campus.

We also offer guidance on what's best for your major and can provide all the peripherals needed to use and protect your laptop investment. Order in-store or online, then pick up on campus or opt for home delivery.

Place your order as soon as possible to ensure on-time delivery.

shop.ncsu.edu



Visit us in the Tech Den at Wolfpack Outfitters, email us at thetechden@ncsu.edu or call us at **919.515.3400**.

First-Year Frolics

Take your new campus by storm!

CONTENTS

- 19. Guide to Getting Involved
- 20. Den Decor
- 24. First-Year Dorms and their Mystical Influences
- 26. Talley Rat, Reynolds Cat: Staff Go-To Talley Orders

Tips to Become an Academic Weapon

Living Legacies & Humorous Histories

Guide to Getting Involved

By Katherine Wan

Getting involved in clubs and organizations is one of the best parts of being in college and NC State is no exception. However, it can be hard to know where to look first. Here are some tips and tricks to help you get started!

getinvolved.ncsu.edu



NC State's Get Involved webpage is your one stop shop for all NC State clubs, organizations and events. Navigate to the full list of student organizations through the side bar on the home page, where you can scroll through all of NC State's organizations in alphabetical order. If you would like to narrow your search down a bit, you can filter organizations using the "Categories" drop-down to the left of the organizations list. You can always search keywords that align with your interests to see what pops up as well. Clicking on an organization will lead to an individualized page that typically has its contact information, social media and upcoming events. Not all of the student organizations are entirely up-to-date on the site, but don't fret! There's a high likelihood the organization is still active on social media. If you find a student organization's social media, you'll probably find more recent updates and future events such as open houses, welcome meetings and more.

Student Involvement Fair and Rec Fest

The Student Involvement Fair is typically held at the beginning of each semester and is a great way to meet student organizations' representatives face-to-face. During the fair, student clubs and organizations set up tables in or outside Talley Student Union with posters and informational signs about themselves. Many clubs will hand out freebies and other goodies, so you get to learn about getting involved and you get free stuff all at the same time. Rec Fest is held at the beginning of the fall semester, and while many people go to socialize and enjoy some time with friends, many organizations are also present. Just like the Student Involvement Fair, these organizations have plenty of freebies for you!

Tabling in Talley

Throughout the school year, many clubs and organizations will table in Talley Student Union to fundraise or to get people to join their organization. While not everyone loves constant advertising for baked goods or Krispy Kreme donuts, it can be really rewarding to support an organization and learn more about what they do. You might even find that you're interested in joining and end up tabling for them next semester. If you're looking for a quick snack in Talley and see an interesting club, you could easily kill two birds with one stone.

Sign up for whatever interests you and don't be afraid to join a student club or organization in the middle of the semester. Most are happy to take on newcomers at any point in the year. The best part about college is that you get to create the experiences you want to live, so take advantage of all the opportunities you get with clubs and organizations.



Students interact with the Student Media booth during Freshman Orientation in Talley Student Union on August 2, 2023. As part of freshman orientation, incoming students were able to learn about the different departments and programs offered. Photo by Jermaine Hudson.



Kaleb Hall, a third-year studying communications, waits for students to approach the Eta Omicron chapter of Alpha Phi Alpha Fraternity, Inc. table during the Black Pack Involvement Fair in the Student Leadership and Engagement Suite on April 10. The different Divine 9 organizations, Black Artist Coalition and Fusion Dance Crew were some of the organizations at the fair. Photo by Jermaine Hudson.



Technician staff members hand out copies of the Final Four issue entitled "Why Not Both?" at their table at Stafford Commons on April 4. Photo by Hallie Walker.

Den Decor

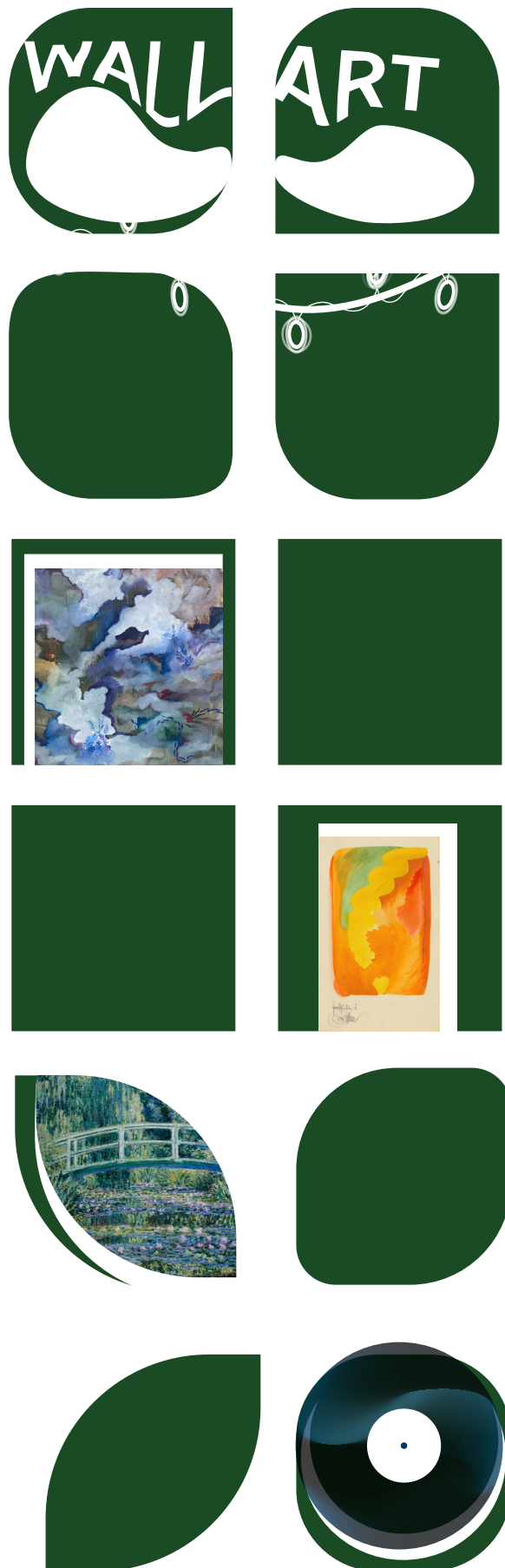
By Audrey Javan,
Designed by Nimet Betul Karatas

Your parents have finally unloaded all the hefty plastic boxes out of the car. With much difficulty, you've delofted your bed to a more reasonable height. While eating a Bojangles snack at your desk chair, surrounded by empty bags and open suitcases and a freshly-unrolled rug, your eyes drift around the blank white walls of your boxy new home. Whether you were ready for it or not, this place is now yours to design. As someone who has decorated two dorms and an apartment, I hope I can be a lantern to guide the lost in a few essential areas.

1. Wall Art

Posters, prints, postcards and flags are one of the first things one thinks of when considering decor. They cover blank walls, add color and show off your individuality! Almost all of my posters have come from K-pop albums, so I may be taking posters for granted. Without a recurring source of wall art such as that, stores like Walmart, Target and Hot Topic carry a good selection of posters for all kinds of popular movies, shows, games and bands. My other favorite kind of wall art is prints from my favorite artists. Many artists on Twitter (X) and Instagram have shops where they sell keychains, stickers and prints. Not only do you get to stare at the art you love all the time, when you put those up, but buying them also supports small artists!

I can't tell you where to hang up your posters and prints, because I don't have your individual taste and preferences. Decorating is very much a follow-your-heart activity. But if you want guidelines, then I tend to start organizing by color scheme. In my current room, my neutral-toned pieces are all hung up together around my desk, while the rest of my room around my bed and closet is colorful. The size of the item can also change things – I wouldn't suggest putting up a couple photobooth strips by themselves on a big wall, and I also wouldn't put a big poster by itself in the middle of nothing. Even posters need friends!



Hanging up posters in a dorm can be a specific kind of struggle you never considered until being faced with it. It has to be secure enough that the posters don't fall, but not so secure that it rips the paint off the walls when you take them down. The method that has always worked for me involves only two items: a roll of painter's tape and a box of Command Strips. Once you have the poster's placement planned, lay it face-down on a flat surface. Put short strips of painter's tape on the corners and wherever else needs to be secured to the wall (very big posters will need more tape in the middle). I like to fold the tape into itself to make small loops on the end of the strips, so that they're easier to take off later. Once those are secured, stick on the Command Strips as instructed. Then, you're safe to hang it up! This will protect the fragile paper of your posters from the harsh Command adhesive while also making sure they'll be able to hang onto the smooth painted cinder block walls.

2. Lights

The overhead light in dorms, while it will indeed light up the room, can be quite harsh, especially at night or early in the morning. No matter what your schedule is, you'll need at least one lamp. In my dorm, my roommate and I each had a desk lamp and a reading light that we clipped to our bed posts, which served us very well as bedtime transition lighting. The lamp I had (which has followed me from desk-to-desk for the past three years) has two USB charging ports in its base as well, which was a very welcome addition, though it's by no means necessary.

Fairy lights are much more on the decor side of the lighting spectrum, but are admittedly so cute. I have little red heart-shaped ones in my room! Tiny clear Command Hooks are good for hanging those up, since they'll almost melt into the wall. The only thing to be aware of when planning for string lights is that it can be a more difficult task than you think to run them around the edge of the ceiling. It might be easier to frame something smaller, like a window or an art-studded section of wall.

3. Tabletop Trinket : Workspace Ratio

As someone who loves cute little items that take up space and gather dust, I often end up having no space on my desk to actually set my computer or a workbook. This can be a difficult problem to solve, when you don't have space for a bookshelf to display your collections. When it comes to trinkets, try your best to frame your desk in palm pals and picture frames, while leaving the majority of the space open. If possible, you can line things up on top of your dresser and windowsill. Try. If you're like me, this will be very difficult, and I won't at all blame you for getting overtaken by cute little nightlights, stuffed animals and water bottles.

If your school-issued desk is one of the ones with a special pull-out workspace, though, forget all this. The regular desktop is for decor, the pull-out is for work. It's foolproof. Don't thank me.

Ultimately, your room is going to be yours for a whole academic year. If you're in an apartment, it'll be yours for even longer. You can heed my advice and you can collaborate with your roommate, but these decisions are yours to make based on your aesthetics, needs and materials. The only real restrictions are the dorm rules set by the university, such as no more than 75% of wall space being covered for the sake of fire safety. Make sure to read over and respect those; you want a dorm that the RA inspectors will be in awe of, but of slightly less importance, you want a dorm that they won't write you up for.

When your room has become your own personal self-made life-sized art piece, consider entering it into the annual Wolf Den Contest! Look out for the emails you will undoubtedly be getting that have all the instructions and information you need. Now that you have all this practical knowledge under your belt, I think you have a very good chance of winning.



NC STATE

pursue your potential with

fraternity and sorority life

On behalf of the Department of Fraternity and Sorority Life, welcome to the Wolfpack!

At NC State, we're over 50 fraternal organizations strong, empowering over 3,000 members with amazing opportunities to engage in leadership roles, active social experience, volunteering in the community, and fundraising for local and national philanthropies. Our goal is to empower students to develop a deeper sense of purpose throughout their collegiate experience. As a member of a fraternity or sorority, you can:

belong - finding a support network can be challenging, yet vital to your success. Membership connects you to a community of peers and supportive alumni.

achieve - we set high academic expectations for our members and support their classroom experience. Our members are students first and foremost. It's no wonder more than 44% of members are on the Dean's List and have higher graduation rates than unaffiliated peers.

live - we value cooperation, teamwork, and civil discourse as members learn how to live and excel with these challenges as part of the brotherhood or sisterhood experience.

lead - we champion leadership opportunities and group efforts to develop members' individual potential and prepare them for success in their future career.

give - we prepare members to give of their time and treasure - preparing them for a lifetime of engagement and philanthropy in the communities they serve.

It goes without saying, fraternity and sorority life is a transformative experience, developing lifelong relationships and community partnerships to realize your potential. This isn't about four years in college, but a lifetime of philanthropy, civic engagement, cooperation, and leadership.

We hope you will pursue your potential at NC State and consider membership in one of our organizations. They're divided into four councils, based on collective interest. Take a moment to explore their unique qualities here and, for more information please visit our website at fsl.dasa.ncsu.edu.

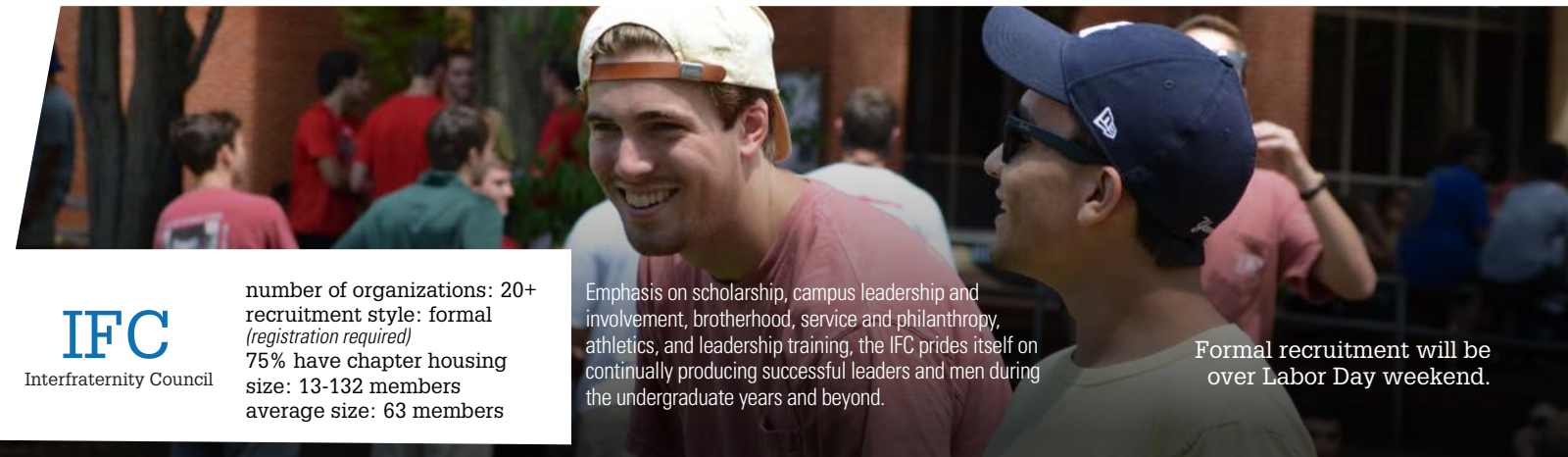
more than **50** organizations empowering over **3,000** members

"Being a member of FSL has been an invaluable part of my time at NC State. I've had the opportunity to meet so many new people, and be a part of a community of powerful changemakers on campus, while further developing my leadership and communication skills. Becoming a member of the National Pan-Hellenic Council is the best decision I've ever made."

- Dejah Headen, Delta Sigma Theta Sorority, Inc.

"Being a member of Fraternity and Sorority Life has transformed my life in so many ways and inspires me to evolve into the best version of myself daily. Without this community, I would not be the integrous leader, friend, and ambitious woman I am today, and that, I will forever be grateful for."

- Kaitlyn Adams, Kappa

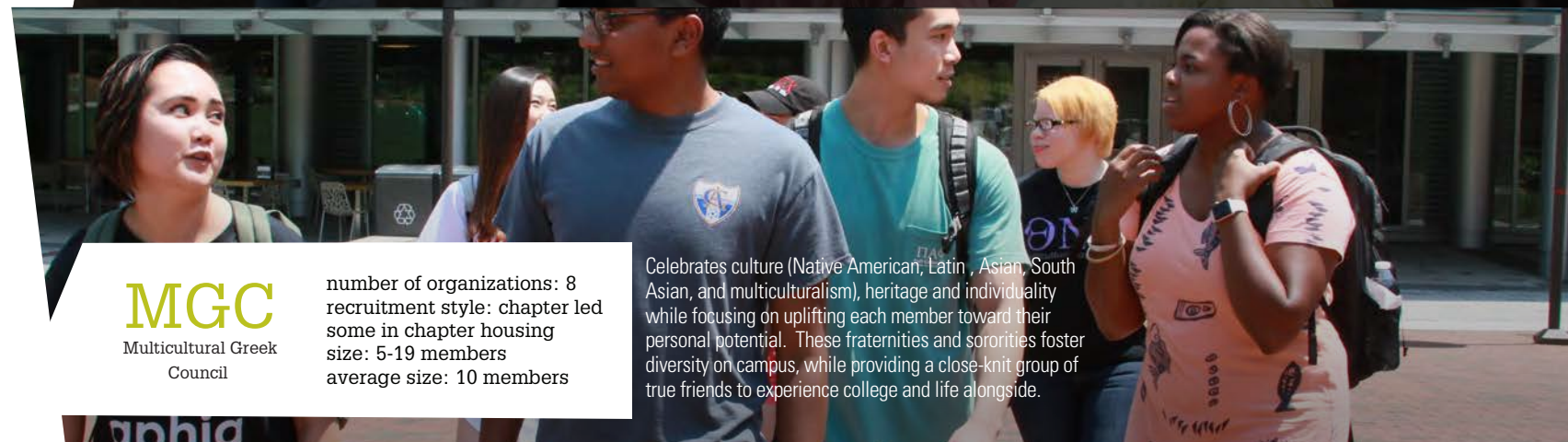


IFC
Interfraternity Council

number of organizations: 20+
recruitment style: formal (registration required)
75% have chapter housing
size: 13-132 members
average size: 63 members

Emphasis on scholarship, campus leadership and involvement, brotherhood, service and philanthropy, athletics, and leadership training, the IFC prides itself on continually producing successful leaders and men during the undergraduate years and beyond.

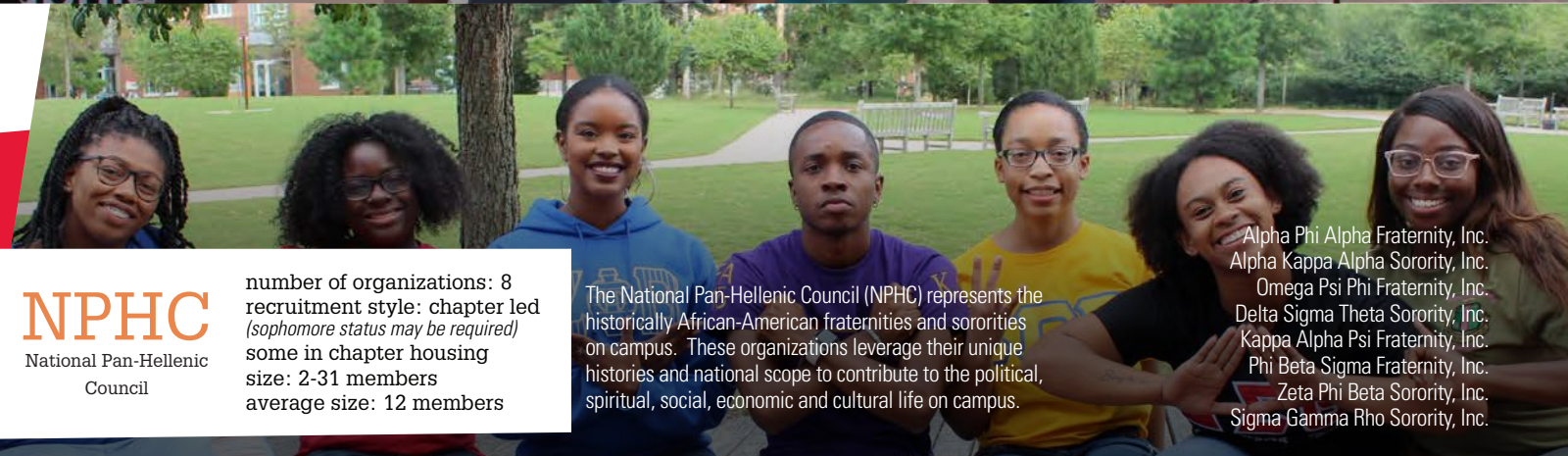
Formal recruitment will be over Labor Day weekend.



MGC
Multicultural Greek Council

number of organizations: 8
recruitment style: chapter led
some in chapter housing
size: 5-19 members
average size: 10 members

Celebrates culture (Native American, Latin, Asian, South Asian, and multiculturalism), heritage and individuality while focusing on uplifting each member toward their personal potential. These fraternities and sororities foster diversity on campus, while providing a close-knit group of true friends to experience college and life alongside.

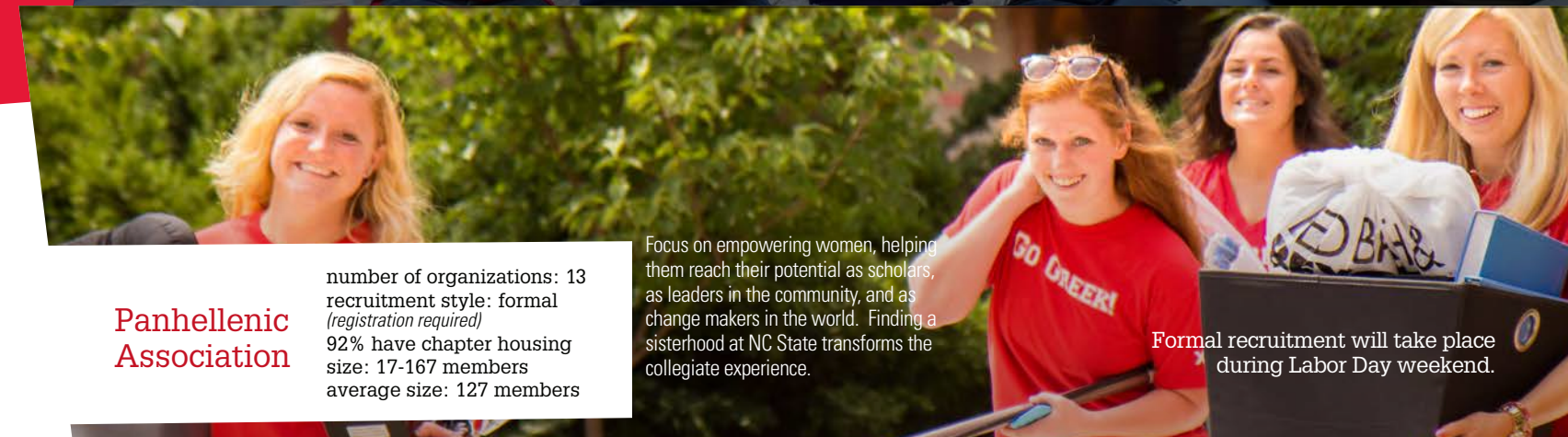


NPHC
National Pan-Hellenic Council

number of organizations: 8
recruitment style: chapter led (sophomore status may be required)
some in chapter housing
size: 2-31 members
average size: 12 members

The National Pan-Hellenic Council (NPHC) represents the historically African-American fraternities and sororities on campus. These organizations leverage their unique histories and national scope to contribute to the political, spiritual, social, economic and cultural life on campus.

Alpha Phi Alpha Fraternity, Inc.
Alpha Kappa Alpha Sorority, Inc.
Omega Psi Phi Fraternity, Inc.
Delta Sigma Theta Sorority, Inc.
Kappa Alpha Psi Fraternity, Inc.
Phi Beta Sigma Fraternity, Inc.
Zeta Phi Beta Sorority, Inc.
Sigma Gamma Rho Sorority, Inc.



Panhellenic Association

number of organizations: 13
recruitment style: formal (registration required)
92% have chapter housing
size: 17-167 members
average size: 127 members

Focus on empowering women, helping them reach their potential as scholars, as leaders in the community, and as change makers in the world. Finding a sisterhood at NC State transforms the collegiate experience.

Formal recruitment will take place during Labor Day weekend.

First-Year Dorms and Their Mystical Influence

By Reilly Williams-Gardner, Designed by Autumn Tate

As you prepare to enter one of NC State's dorms, you'll realize that they are all quite different from each other, each one as unique as the people who reside within it. They were built in different styles, places and time periods, and these factors all help to shape your college experience. Here's how each dorm hall's mystic inner juju can influence you and your college experiences.

Bragaw Hall: Pisces

Residents of Bragaw Hall tend to be homebodies. If you are going to stay in Bragaw Hall, you may find yourself wanting to stay in your room or not go far from your dorm, because why would you? Everything you need is right there! Fountain Dining Hall, the Bragaw Market (convenience store), a near-private volleyball court, and parking for your car are all right next to your dorm. However, you must beware of spending all of your dining dollars too fast at Bragaw Market, or you may be left with nothing but dining hall food at the end of the semester. Remember, don't be afraid to try breaking out of your shell and wandering around campus; there is much to see and explore that you may never find otherwise. Residents of Bragaw Hall will swear by Fountain Dining Hall being better than Clark Dining Hall and are always willing to get into heated debates about it.

Lee and Sullivan Halls: Aquarius

If your dorm is Lee or Sullivan Hall, you will tend to find that you will become more attuned to nature and changes in temperature, or at least remember to check your weather app more often before you leave your dorm as you traverse the long outdoor balconies. You may find yourself meeting and becoming friends with a lot of engineers at these dorms due to the engineering village being located in Sullivan. Lee and Sullivan Hall residents tend to be big baseball fans thanks to their proximity to Doak Field and are always ready to watch the ball game with a box of cracker jacks. Lee and Sullivan Hall residents also tend to support Bragaw Hall residents in the belief that Fountain Dining Hall is superior.

Wood Hall: Capricorn

If you are a resident of Wood Hall, you may find yourself becoming very connected with nature as you live surrounded by pine trees. Beware to leave yourself enough time to get to classes if you live in Wood Hall, unless you are a student of the nearby College of Natural Resources located in Jordan Hall. You may find yourself sticking around and studying in the main part of campus until your classes are done to avoid having to walk back more times than necessary.

North Hall: Sagittarius

Residents of North Hall are ready for a vacation! Or at least they would have been if they were staying in their building back in the 1970s. North Hall used to be the Lemon Tree Inn, an old hotel. You may find that you love going out to a restaurant to grab a bite to eat, which is only facilitated by North Hall's prime location right on the main street. North Hall residents must beware of the temptation of eating out too much, though eating out can put a dent in your bank account quickly.

Gold Hall: Aries

If you are a Gold Hall resident, you will find that you and everyone else there are males, as Gold Hall is a male-only dorm! You may find yourself staying up late to watch sports with the bros or playing video games with your fellow hallmates. Beware to not let the activities of your hallmates distract you from your studies, or else you could be up all night without even realizing. Because of this, you may find it difficult to balance your social life with your academic needs.

Alexander and Turlington Halls: Taurus

The people in Alexander and Turlington may find that you are very laid-back and easy-going. You love to go outside and sunbathe on the grass, enjoy the fresh air, or study underneath the nearby trees. Beware of spending too much time out in the sun, though, as you can find many Alexander and Turlington Hall residents quite sunburnt after having fallen asleep outside. You may find yourself spending more time going to the gym and working out at the very nearby Carmichael Gymnasium.

Becton, Berry, and Bagwell Halls: Scorpio

Residents of these halls make up The Quad. If you are a Quad resident, you may find you are smart, studious, and not afraid to challenge yourself. Part of this is because NC State's Honors Village is located in The Quad. You may find that you are always willing to broaden your horizons and are always game to catch different activities associated with the Honors Forum. Residents of The Quad are also big volleyball players and spend a lot of time practicing on their volleyball court. The Quad are big volleyball rivals with Tucker and Owen Halls.

Tri-Towers (Bowen, Metcalf and Carrol): Gemini

If you are a Tri-Tower resident, you may find yourself spending more time outside of the dorm than inside it. You will start becoming – if you aren't already – more social as you run into people passing by your dorms and coming into your suite. Tri-Tower residents must be aware that not everyone is a short walk away from everything, and you can struggle to comprehend that people ever have to walk 15 minutes or more to get somewhere. Beware of not letting all the activities going on around your dorms distract you when you need to study. You may feel that studying can wait until later, but that catches up with you. Lastly, make sure to set plenty of alarms in the morning, as many Tri-Tower residents become heavy sleepers thanks to the train tracks running close by.

Welch Hall: Libra

If you are a Welch Hall resident, then you and everyone else there are women, as Welch Hall is a female-only dorm! You may find you love nothing more than hanging out with the ladies, and while you think Clark is better than Fountain, you much prefer grabbing a bite at Case Dining Hall whenever it's open. Beware to be conscious of the fact that not all dorms are as lucky as your dorm – you'll never have to worry about hitting your head on the ceiling if your bed is raised up thanks to the high ceilings you enjoy. So try not to rub it in others' faces when they show fresh goose eggs on their heads during the first few weeks. I've also heard that Welch Hall residents' favorite snacks are Welch's Gummies. It makes me wonder what came first, Welch Hall or Welch's Gummies.

Watauga Hall: Virgo

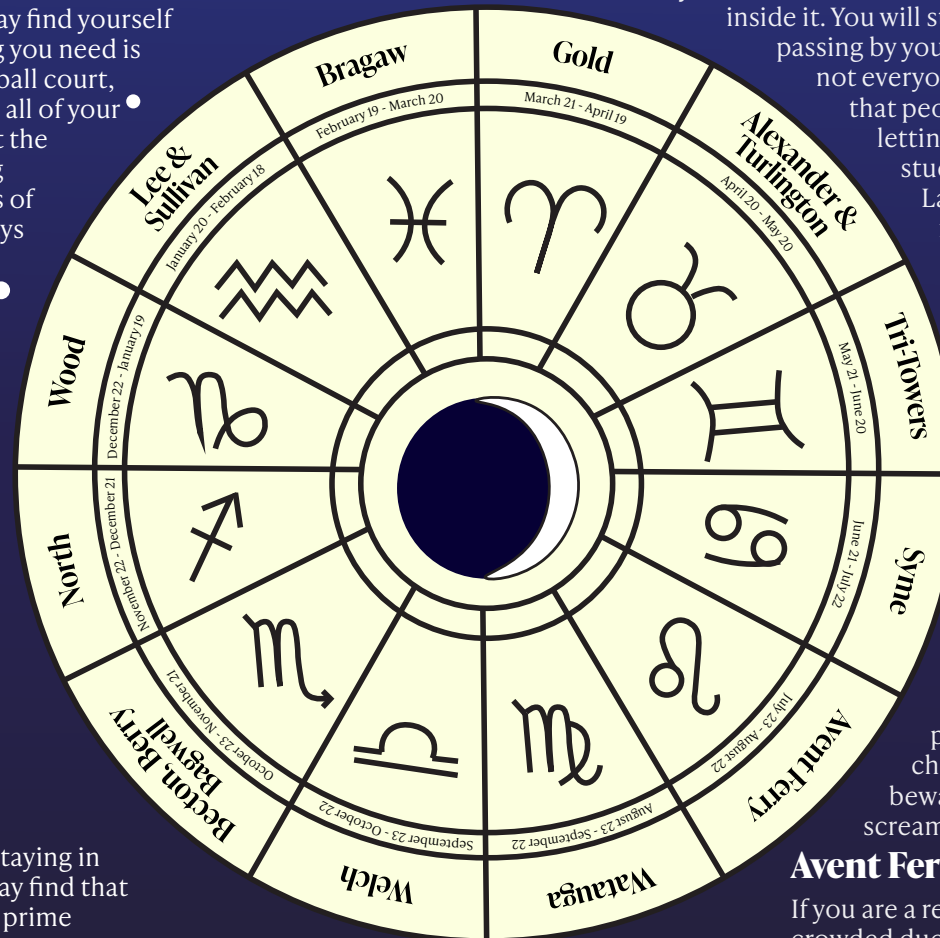
If you live in Watauga Hall, you may find that you love history and are immersed in it thanks to living in NC State's oldest residence hall and being surrounded by the historic part of campus. You may find you're never late to class thanks to the Memorial Belltower's chime, and you never have to run far to see the tower lit red after a Wolfpack win! You must beware, however, to stay clear of the ghosts who haunt nearby Holladay Hall; their ghoulish screams may keep you up at night.

Avent Ferry Complex: Leo

If you are a resident of Avent Ferry, you may find that you like to have your own space and don't like feeling crowded due to Avent Ferry having some of the largest rooms on campus. Beware not to brag too much about your room size to residents of other dorms, especially Tri-Towers residents, who can have some tight rooms. You also tend to be organized, which is needed, or else it is a long walk back if you forget something. You may also find yourself becoming a master ping pong player and practicing your skills on Avent Ferry's ping pong table, since you aren't afraid to show off those skills.

Syme Hall: Cancer

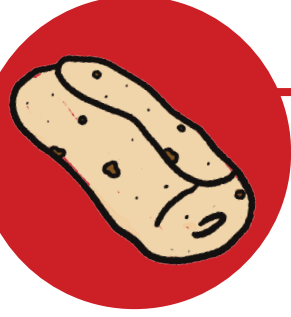
If your dorm is Syme Hall, you may find that you love the arts, and you don't have to walk far to get to both Thompson Theatre and the Gregg Museum of Art. You may find that you like having a break from the stress of classes by relaxing in the near-private Triad Courtyard, shared by only Welch and Gold Halls. You may find yourself taking long walks in nearby Pullen Park to blow off some steam and see some greenery. Syme Hall, along with Gold and Welch, are staunch Clark Dining Hall supporters, and so you may find yourself embroidered in sometimes hopeless efforts to convince Lee, Sullivan, and Bragaw of Clark superiority.



Talley Rat, Reynolds Cat: Staff Go-To Talley Orders

By Roundabout Staff, Designed by Marlowe Henderson

Reilly's Pick



The fattest burrito that Los Lobos can still wrap up. Want to get the best bang for your buck? Get a burrito from Los Lobos and have it stuffed with every burrito filler imaginable. You have complete and total creative control over your masterpiece and the explosion of flavors it creates. It may take the staff a few tries to successfully wrap your burrito as it busts from the seams.

Audrey's Pick



A sweet strawberry mango smoothie and an asiago bagel breakfast sammie with egg, bacon, cheddar and guacamole. What this costs in dining dollars, it makes up for in grease, heft and delight, keeping you full and happy for hours! Smoothie weather is upon us once again, and I, for one, am ready for the opportunity – no, the privilege – to sit outside at Park Shops for hours.

Nimet's Pick



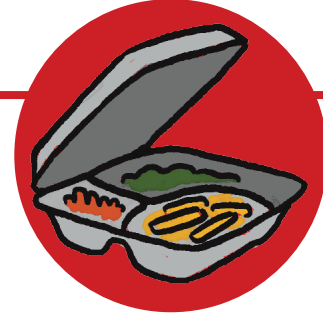
One iced chai latte from Port City Java please! When regular iced tea is too light in flavor and coffee seems too strong for your mood, an iced chai is the perfect in between with a satisfactory first sip.

Jinju's Pick



PCJ cafe au lait with a plain bagel slathered in strawberry cream cheese. For a morning or midday delight, the perfect pairing of a sweet, tart bagel paired with a mild, foamy coffee (not to be mistaken as a cafe latte) creates a harmonious balance of flavors that is satisfying every time.

Benny Mac's Pick



One Earth buffet. One Earth went to an all-you-can-eat-in-a-box model, you can cram all the food into that box and eat two or three meals for \$10. Can you tell that I'm a raccoon? ;) Plus, it's a wonderful mix of cuisines from around the world. The butter chicken is solid, the Asian food goes beyond typical Chinese takeaway and the Mediterranean choices make you want to move to the islands.

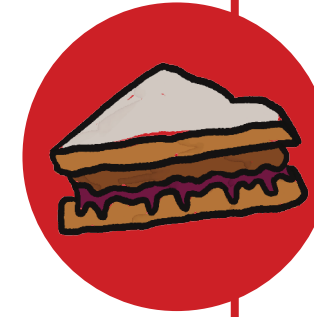
Katherine's Pick



Tuffy's buffalo chicken tenders combo with fries and Cherry Coke. The vinegar in the buffalo sauce may singe your nose hairs a little, but this order gives you a perfect balance of sour, spicy, savory and sweet.

Briana's Pick

Going out gets expensive, pack a lunch instead. The trusty peanut butter jelly sandwich lasts all day, tastes great cold and doesn't take up much space. It gets the job done.



Alannah's Pick

Piping hot cup of British Brunch with just a bit of sugar and a splash of creamer. Who wouldn't like a nice hot cup of tea from PCJ first thing in the morning? It's best to start your day off with a little sweetness, and as one of the cheaper options on the menu, you could even end your day sweet too. It pairs great with a blueberry muffin, cheese danish or Justin's breakfast sandwich.

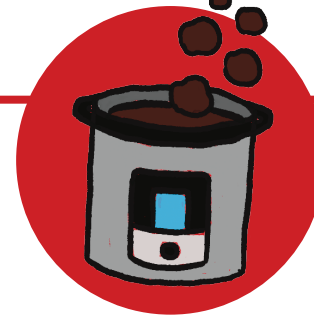


Layne's Pick



A cheese quesadilla and chips and salsa with a Mr. Pibb from Los Lobos. Bonus points if you pop into Talley Market and grab either a pint of Howling Cow Cookie Dough or a bag of MadeGood brand chocolate chip granola bites for dessert! Also pairs well with a can of either Dr. Pepper Strawberries & Cream or a Baja Blast, but you'll have to outsource those from the Crossroads Target.

Bran's Pick



Forget Talley, cook Instant Pot meatballs instead. Why? Every reason imaginable! I am admittedly a total pressure cooker addict, but they're really convenient, they're fun to use and they let you control whether you get diarrhea or not (which is sadly not the case for most restaurants). Enough said!

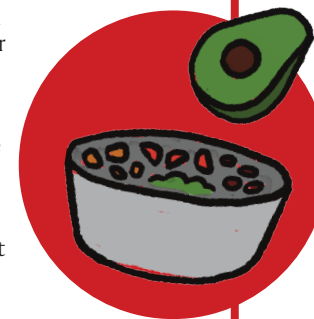
Emily's Pick



Chicken tendies and fries from Tuffy's with honey mustard and a crisp Cherry Coke on the side. As a rising fourth-year, I must admit that I have been disappointed by the food in Talley many, many times. That's why we stick with something (seemingly) safe! This order has proved to be tried and true to me over my three years on campus, and who doesn't love some chicken tendies and fries?

Marlowe's Pick

Pollo bowl from Los Lobos (with guacamole). This is a classic lunch pick. Great for all occasions, too. I would describe it as an NC State-themed Chipotle bowl if you don't have time to wait in line or walk to Hillsborough. The pollo bowl is a happy medium between a heavy and a light meal, and is great to enjoy in between classes. Splurging on guacamole totally elevates the meal.



Justin's Pick

PCJ apricot iced tea with a pump of mango syrup, and a croissant breakfast sandwich with cheddar, bacon, jalapeños and cream cheese. Not the most healthy, and not the cheapest, but as a first-year who's always hungry, with way too many dining dollars to spend, this is my favorite and the most delicious option.





NC STATE Crafts Center

CRAFTS

AS A STUDENT AT NC STATE, YOU HAVE ACCESS TO ONE OF THE LARGEST UNIVERSITY CRAFTS CENTERS IN THE NATION!

The Crafts Center at NC State University is **THE** creative hot spot on campus! With classes in a wide variety of media, there is always something new to learn and **#MAKEITHERE!**

We also offer memberships, special classes, and events.

Visit our site and join us!

ncsu.edu/crafts



A-Roundabout Raleigh

First-Year Frolics

Tips to Become an Academic Weapon

Keep your grades — and your spirits — up!

CONTENTS

- 30. Bricking the Norm: Exploring Unique Courses at NC State
- 32. CODA Conversations: Changing Majors, Adding Minors, and Avoiding Existential Crises
- 36. Living Undecided: Bran's Exploratory Studies
- 39. Embedded Counselors: Here to Help
- 40. Exam Season Survival Guide

Living Legacies & Humorous Histories

Bricking the Norm: Exploring Unique Courses at NC State

By Justin Isaiah Iriarte

For students at NC State, many simply construct their semester schedules to fulfill the long list of their major-required courses and general education requirements. If you are looking for some interesting courses to fulfill those pesky gen eds or have any free credits available, try taking a course just for the sake of taking it. And, who knows? You may find a new interest, hobby or passion.

In completing the grunt work for the sake of pursuing a more well-rounded academic career, consider the courses below for future semesters.

HESO278: Fly-fishing

NC State has many very specific fitness courses to pique the interests of students, with fly-fishing being no exception. This class particularly caught this writer's eye as a former resident of Alaska, where fly-fishing was a normal, summer tradition for my family. Students in this course learn the basics of this traditional practice, with emphasis on technique, gear selection, the fitness of the sport and basic trip planning. Understandably, for many, fly fishing sounds a little too out of their niche, but HESO278 is perfect for a wide range of people. From nature lovers to fishing enthusiasts to someone who may just need one more credit to fulfill their fitness requirements, fly-fishing is worthy of a spot on your schedule in the coming semesters.

BIO230: The Science of Studying Dinosaurs

Explanations and praise of this course come from Roundabout's editor-in-chief, Bran Poster, a third-year student studying English.

"The Science of Studying Dinosaurs is aptly named. Forget about Barney and Godzilla: take this class to get into some real, hardcore antediluvian action. You'll learn about how you can use the law of superposition to determine the relative age of underground fossils, saltatorial locomotion, the baby schema and much more. Be warned that (at least when I was in the class) the tests were extinction-level events, but thankfully they had a meteoric curve. It's a fantastic class for anyone of any major who wants an in-depth look at nature's most iconic egg-layers."

REL323: Religious Cults, Sects, and Minority Faiths in America

Roundabout photo editor, Emily Peedin, a third-year student studying psychology and religious studies, gives this course her top remarks claiming that it was "single-handedly the class that inspired me to add [the] religious studies double major." Peedin recalls that the students learn about modern religious movements, the classification of certain religions as cults and various mainstream as well as obscure neo-religions. She praises the class's current instructor, Dr. Jason Bivins, for his knowledge about religion in America as well as his open-mindedness while teaching about sensitive subjects. Addressing potential concerns some students may have about what a religious studies class may entail, Peedin, as a religious student herself, advises that although some students are afraid that these classes may try to push a certain agenda, this is not the case. So if you want to know what practices subjects of Jediism follow, or more about the Church of the Flying Spaghetti Monster,

sign up for this course. In the words of Emily Peedin, "This course is absolutely one you should drink the Flavor Aid (not Kool-Aid) on!"

SOC206: Social Deviance

Social deviance describes everything that makes up a society like pieces of a puzzle, with some that don't fit like the rest. Studying actions, beliefs and traits that violate established norms, this sociology course treats figures in society similar to strings in a ball of yarn that are just waiting to be untangled. As a criminology major myself, I find particular interest in this subject, and I will forever advocate for the complexities that this course explores.

ENT203: An Introduction to the Honey Bee and Beekeeping

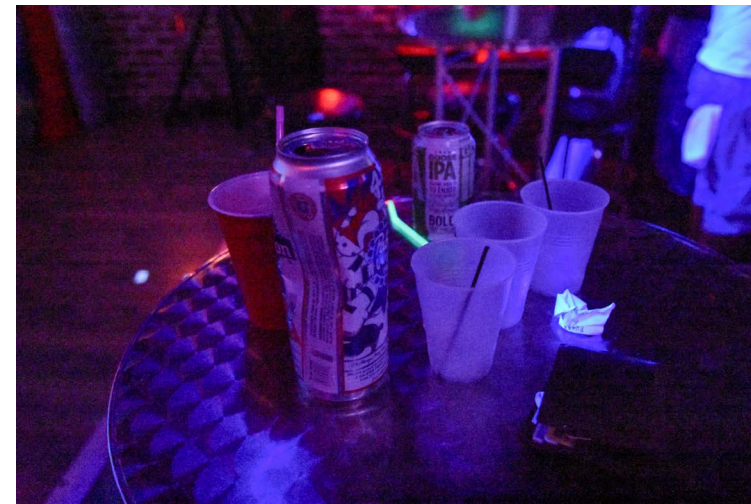
With the title not needing any more buzz (needed to include at least one pun), this course is a favorite amongst NC State's nature enthusiasts. Students learn topics ranging from honey production practices and pollination to general biodiversity, providing a deeper connection and appreciation for our five-eyed friends. So next time you stir a spoonful of honey in your tea, connect to the hivemind and explore where it came from with this course.



Sophia Boyd (left), a fourth-year student in zoology and environmental science, and Erin McCluskey (right), a fourth-year student in genetics, inspect two beehive frames at the NC State Agroecology Education Farm on Sept. 26, 2021. They were checking on the bees and their comb progress. Photo by Hallie Walker.

BBS/FS325: Introduction to Brewing Science and Technology

Before you have your first pint of ale, learn what goes into its production. If you want to receive your minor in brewing science and technology, or if you just want to know how the frothy elixir is made, this highly curated course takes you through the basic steps of brewing, biological and chemical processes, and how brewing beer



Beer cans and cups sit discarded after the Benefit Drag Show at Flex Nightclub & Bar on Oct. 19, 2018. All tips collected during the drag show went to the Women's Rugby Team at NC State. File Photo by Sindy Huang.

translates to a commercial market. After finishing this class, taking a swig of your favorite beer will taste that much sweeter – after you turn 21, of course!

ANS105: Introduction to Companion Animal Science

To better understand and explore what makes this course so interesting, I spoke with Reed Threadgill, a first-year studying animal



Sami MK and Mushtaq Shaikh, graduate students studying computer science, take a break from classes by petting Star the therapy dog during the Pause for Paws event hosted by NC State Prevention Services during Winter Welcome Week at the James B. Hunt Library on Jan. 10. Pause for Paws was hosted during the first week of spring semester to help students relieve stress and be comforted at the beginning of the new semester. Photo by Sarah Cochran.

science. Providing a general overview of the course, Threadgill says that students are provided with in-depth knowledge about various domestic animals. She enjoyed learning specific facts about both traditional and non-traditional companion animals and expressing her appreciation for the knowledge she learned in the class that would help her if she ever wanted to own any. In Threadgill's words, "I would highly recommend this course to any student who takes an interest in knowing random fun facts about animals." Overall, although this class is good for anyone who wants to work with animals, wants a pet in the future or simply likes trivia, prospective students are encouraged to make an effort to memorize content on both larger and more minute scales.

Being a student at NC State means finding your academic passions and interests. This process doesn't have to be daunting or boring by any means. Find yourself reaching outside of your comfort zone and try your hand at courses that venture outside of the basic curriculum. Find out more about these classes, explore more options on NC State's course catalog and expand your general classroom prowess.

You don't have to choose between your education and your recovery.



Pack Recovery is here for you. The Collegiate Recovery Community at NC State supports students in all stages of recovery.



GOOD IDEAS

UNIVERSITIES

Written by Layney Keese
Designed by Jini Hughes



Changing Majors, Adding Minors and Avoiding Existential Crises

Changing majors is a quintessential college experience for the vast majority of students. Although pop culture may lead an incoming freshman to believe that one is meant to have their whole life planned out before setting foot into their first university-level class, it's extremely uncommon that a scenario like that happens.

Sometimes, students feel societal pressure to stick with the major that they began undergrad with, whether that pressure comes from parents, peers or what is deemed most successful by cultural standards. However, expecting every student to follow a path they picked at 17 or 18 years old is not always realistic. Many students find themselves discovering new career paths simply by taking whatever classes interest them the most, even if it doesn't necessarily pertain to their intended major. My first semester at NC State, I took a forensic anthropology course to satisfy a GEP requirement. I hadn't expected to enjoy it as much as I did, and I ended up adding a minor in anthropology. Minors are a great way to learn more about a subject you are passionate about while still staying on-schedule to graduate, especially if you're not totally sure you would like to use that skill in your career, but it's a possibility.

You don't have to have everything planned out as a first-year!

My first year of college was filled with a lot of uncertainty about what I wanted to do. While I entered NC State as a film studies major (yes, we have that here), I vacillated a lot about my purpose when it came to a future career. I considered myself a jack-of-all-trades when it came to creative endeavors. While I am by no means a master at everything I have tried, I enjoyed anything that involved my right-brain way of thinking, from writing to film production to ceramics.

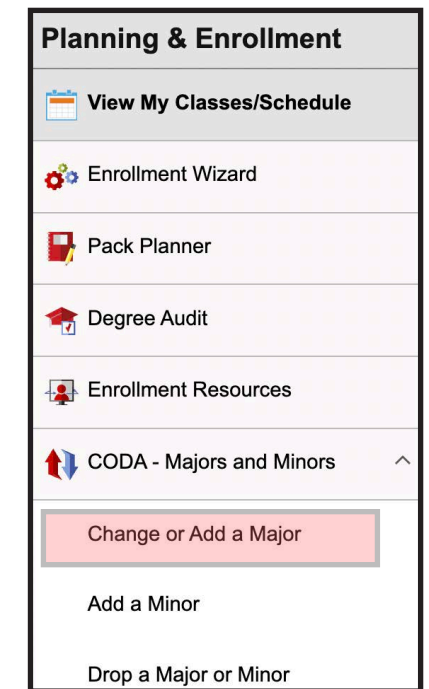
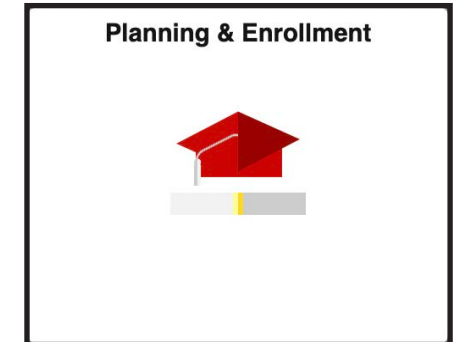
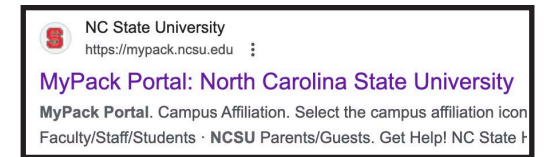
The one question I asked myself when changing my major was,

"Would I enjoy doing this as a career?"

Some things are meant to be hobbies, and that's completely okay. It helps to reflect on what you are talented in, as well as what you enjoy doing, and researching careers that excite you. For me, it was the publishing industry, which led me to my current major in English literature. However, this applies to every field. Do you enjoy engineering? Psychology? Working with animals? Teaching? If you could get paid to do one thing you enjoy, what would it be? It's also important to keep in mind that some jobs can combine several of your interests. With research, you can find something that includes multiple niche skills.

However, changing your major may feel like a big and life-altering decision. Many of my friends are in majors related to engineering, and during particularly rough semesters, I would hear the phrase, "Maybe I'm not cut out for this" in a way that was not unlike a Greek chorus. Many times, it was simply a class that was unusually difficult for them, and they were actually very good at the skills that engineering requires. But it's absolutely fine to come to the realization that perhaps you simply aren't cut out for whatever major you initially planned for. The joy of humanity is that everyone bears different strengths. We are not all meant to be engineers or English teachers. There are so many careers out there for every skill set, it's just a matter of finding the one for you. And the earlier you change your major, the easier it will be to adjust, especially if the new major isn't very similar to your old one in terms of required courses.

So once you've figured out what your purpose is in life, how do you go about changing your major? While literally shouting it from the rooftops is a potentially therapeutic activity, it won't change your Pack Planner. First, you'll need to log into the MyPack Portal with your Unity ID. Then, click on the tab that says "Planning and Enrollment." On the side bar on the left-hand portion of the webpage, click "CODA - Majors and Minors," which will open a drop-down menu. From there, you can choose to add or drop a major or minor. Click on the corresponding tab for what you're trying to accomplish, then follow the instructions given. Specific majors differ in their requirements, so if you're considering a switch, research those requirements sooner rather than later. Some majors may require a few essay-style questions on the application, so think hard about why you want to switch and why you are passionate about your potential new major! If switching into something STEM-related, some majors are more competitive than others, so do your best in your GEP courses and research acceptance statistics for the major at NC State! Adding a minor is typically a less insufferable ordeal, but it differs depending on the discipline.



And that's it! You're now an expert at maneuvering CODA. However, if you run into any problems or still aren't sure about what you would like to do, talking to your academic advisor can help! Their name and contact information can be found under the "Advisors" tab in the same "Planning and Enrollment" section in your MyPack Portal.

Best of luck and welcome to the Wolfpack!

NC State Student Government

NC State Student Government serves as the official voice of the student body, devoted to **ethical** and **accountable** public service. Student Government works to **educate** future leaders, **empower** our students, and **transform** NC State for the better.



Connect with us to stay informed and learn how you can get involved

go.ncsu.edu/sg

@ncstatesg



NC STATE Emergency Management and Mission Continuity

Emergencies Do Not Wait For You!

Emergency Preparedness



MAKE A PLAN



BUILD A KIT



BE INFORMED

Be Pack Ready

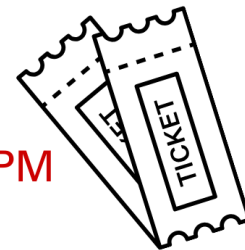
go.ncsu.edu/packready

FIRST-YEAR RESIDENTIAL PERMIT LOTTERY

Lottery Opens: **June 10th, 2024 @ 10:00 AM**

Lottery Closes: **August 6th, 2024 @ 3:00 PM**

Lottery Drawing Date: **August 7th, 2024 @ 12:00 PM**



- This applies to the Resident Storage (RS) Permit only
- Eligible residence halls include Alexander, Bagwell, Becton, Berry, Bowen, Bragaw, Carroll, Gold, Lee, Metcalf, North, Owen, Sullivan, Syme, Tucker, Turlington, University Towers, Watauga, Welch, and Wood
- Will have 3 business days once notified you have been selected to purchase the permit.

For more information visit:

go.ncsu.edu/studentparking

NC STATE TRANSPORTATION

GET READY TO DINE!



SCAN TO LEARN MORE ABOUT YOUR DINING PLAN



SWIPES + DINING DOLLARS

Your meal plan is packed with great features to help you get the food you love.



ACCOUNT MANAGEMENT

Monitor your account during the semester, add more Dining Dollars if you run out, or add funds to your All Campus account.



ALLERGENS + NUTRITION INFORMATION

Our award-winning nutrition team is here to make sure you have a safe and satisfying experience when you eat with the Pack.



GRUBHUB

Download Grubhub this summer and link it to your dining account.

It won't be long until you move in and are ready to eat. Knowing how your plan works will help you get the most out of it!



NC STATE DINING

LIVING UNDECIDED:

BRAN'S

EXPLORATORY STUDIES

RUMINATIONS



ROUNDABOUT
MAGAZINE

By Bran Poster,
Designed by Jinju Hughs

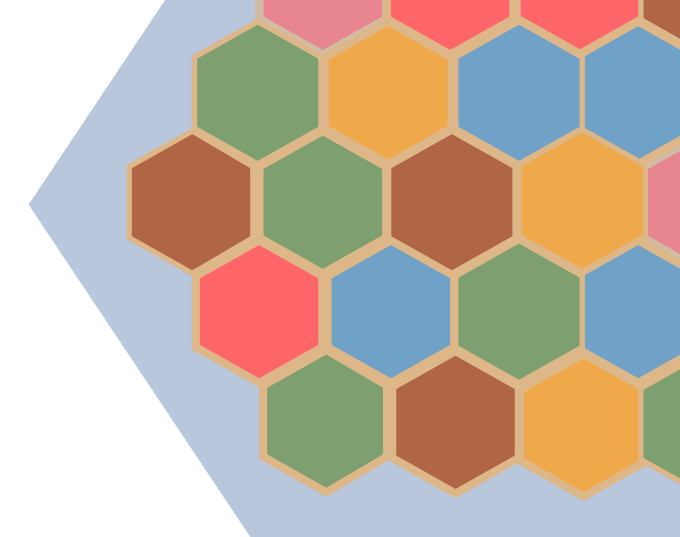
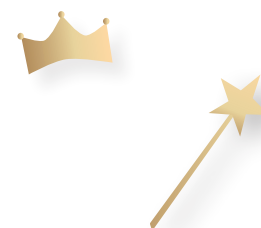
One of the world's more trivial tragedies is that I can't be your fairy godmother. As awesome as it would be for me to swoop in and magically assuage all of your anxieties about choosing majors, minors, postgrad pathways and whatever else, I know a single magazine article can't do that. For goodness sake, I read entire books and that didn't do it for me. Besides, each of us has different aspirations, different parental expectations and different degrees of financial flexibility: it's unrealistic and downright arrogant for me to try to address every pre-college life situation.

But although I can't give universally applicable advice, I can share what went through my head when I was undecided – and what finally gave me the conviction to choose a degree. Maybe my musings will be useful to you, maybe they won't: either way I hope they're entertaining! I'll keep platitudes and preachiness to a minimum, I promise!

I struggle with something called the "one chance effect." My fellow Catan board game geekers understand this: in Catan (at least the base version), once you place a road or a town or a city, that's an irreversible decision. You have one chance to choose locations that determine your trajectory for the rest of the game. While it's fun to weigh the probabilities of how much wood and sheep a placement will produce, the problem is that going into college I thought choosing majors was also an irreversible decision – a decision that determines the trajectory of the rest of our lives.

I felt like I was choosing my career, not just my degree.

Long story short, this is some hooey. Firstly, it's not an irreversible decision, especially if you've got some financial flexibility: Layney's "Coda Conversations" article on changing degrees will tell you that. Secondly, it absolutely doesn't pigeonhole you into a fixed career path. According to a 2013 study by the Federal Reserve Bank of New York, only 27% of employed American college graduates have a job related to their major (excluding careers that explicitly require specific postgraduate degrees like doctors and lawyers). Ask your parents if their degrees match their current careers, and see what they tell you – mine were music majors!



Upon learning that my existence in the universe isn't preordained by a college degree, I took a step back and asked myself what I wanted to get out of a university education in the first place. If I'm not on the study track to become a proctologist or an attorney of equine law, why should I spend gobs of cash on something that doesn't directly lead to a job?

If you value straightforwardness, maybe proctology actually is the way to go. But I considered this:

If I'm not taking college classes for future employers, I'm taking them for myself.

I'm taking them to challenge myself, better understand what I can bring to the world and (platitude alert!) learn new ways of thinking and doing. And yes, whenever possible I take classes that are fun, because experience has taught me that life is best when myself and the people around me are happy. What a shocking idea!

The exploratory studies program at State is great, but the decision of what major to pick ultimately has to come from within. Rest assured, though, that you'll have an arsenal of information at your disposal to help you make that choice (you'll even get your own adviser).

I am a proud English major (rhetoric & professional writing concentration) with a double minor in Science, Technology and Society and Creative Writing. I picked those degrees with confidence – not because I knew they would lead to specific careers, but because they're excellent choices for my growth as a person. If you don't take away anything else from my rambling, remember:

College is for you.

I hope this was helpful, or at least amusing! If my degrees look interesting and you'd like to know more about why I picked them, don't hesitate to reach out – my work email is on the contact info page.

Innovation begins with analytics. Master both at NC State's Poole College of Management.



Explore our portfolio
of acclaimed master's
programs and more.

Master of Business Administration
Master of Accounting
Master of Management, Marketing Analytics
Master of Management, Risk and Analytics
Certificates
Executive Education and Lifelong Learning
Undergraduate Programs

Online, in person or a mix of both.

poole.ncsu.edu

#1 in Entrepreneurship in the Southeast

Princeton Review and
Entrepreneur, 2022

Top 20 Among Analytics Programs Nationwide

U.S. News & World Report, 2023

Embedded Counselors: Here to Help

By Jackson Webb, Photo by Emily Peedin

Mental health. It's a lot to take in. It's equally as important as physical health, but it seems sometimes like taking care of it is so much more difficult. It's not like you can just go to the gym, do six reps of "feeling better" three times and then you are miraculously able to feel the tightness in your chest fading away. It's not that easy, and the fact that it isn't that easy makes it feel impossible.

Our generation is the first to really look back into the eyes of mental health issues, but they have always been looking at us. It feels bizarre to stand on the edge of a human frontier, with the treatment of mental health issues being extremely new in the history of humanity. It feels daunting. Especially since the stigmas that permeate the different struggles we all face are highly resilient societally, meaning that not only do you have to face internal difficulties, but external barriers of judgment and decision from admitting you have a problem. Imagine telling your parents or teachers that you have the flu and they tell you the flu isn't real, or that you just have to try not feeling sick. It doesn't help. It feeds the sickness, worsening it as it grows. When combined with the extremely real financial and physical barriers that come with getting mental help, it makes it seem like the sickness is chronic and unending, less of a temporary cold and more of a permanent aspect of yourself.

This isn't true. The barriers, stigmas and effects of the issues themselves are all too real and all too damaging. But they are certainly not permanent. Mental health issues are not faults in the person themselves, but are instead diseases to be treated, and one of the first steps of treatment is to get help. While not as straightforward as surgery for physical health issues, methods such as therapy or medication do go a long way towards treating the illness. In some cases, the first step starts with reaching out to a therapist or counselor, someone who has experience and training in the mental health field.

Thankfully, at NC State, many of the barriers that exist elsewhere have been taken away, or at least lowered. Counseling services have been made more accessible over these past few years, and another step was recently taken towards increasing mental health help accessibility with the establishment of embedded counselors in the colleges. This program allows for at least one counselor within each college to cater to the needs of the students of that specific program. While students can certainly go to the main counseling network as well, this allows for a broader reach of mental health services.

I had the chance to have an email interview with the embedded counselor in the College of Natural Resources, Mr. William Hitt.



William Hitt, an embedded counselor in the College of Natural Resources and the College of Education, stands for a photo outside of Broughton Hall on April 18. Through his work as an embedded counselor, Hitt provides free counseling services both on-campus and virtually to students.

Counseling methodologies and backgrounds are quite diverse in experience, having practiced at a community college, a college of nursing, an HBCU and an integrated primary health care center.

"Although I spent the last year working in an integrated primary healthcare setting, the vast majority of my counseling experience has taken place in higher education (around 10 years now). I enjoy this setting and find the passion of university students for their subjects and future careers to be infectious. While it can be easy to slip into routine as you grow older and spend more time in your chosen field, newer generations can ask important questions, like: 'Do we need to do things the same way we've always done them?'" Mr. Hitt said.

The changing student needs in counseling is of special importance to Mr. Hitt, and one of the reasons he believes so strongly in the importance of the embedded counselors program.

"An embedded counselor can forge close relationships with college faculty & staff, which can ensure that the counselor stays top of mind whenever faculty & staff encounter a student struggling with any type of mental health challenge. In addition, embedded counselors can (and should) learn the ins and outs of college curricula. In this way, the counselor will know what students are referring to when they mention the specifics of their programs, and counselors can anticipate potential times of stress," he said.

While the needs of every college and individual will be different from one another, and each college may be somewhat physically isolated from one another, the method of seeking help is the same wherever you are.

"To get started with counseling services of all kinds, you'll first visit go.ncsu.edu/cou-intake. You can then fill out form 1a or 1b, depending on whether you meet with a triage counselor immediately or schedule an appointment. You'll meet with a triage counselor for 20-40 minutes, where you'll explain your concerns and explore possible treatment options. One of these options will be regular meetings for individual counseling with your embedded counselor. Others include group counseling, workshops and external referrals (off-campus). If this all seems overwhelming, you can schedule a drop-in appointment with your embedded counselor (if you're a College of Natural Resources/Education student) by navigating to go.ncsu.edu/dropin-signup. The embedded counselor can then walk you through the process and the two of you can even do the intake paperwork together."



Additionally, the services provided by counseling are confidential and the costs associated with it are already covered for students taking classes. Getting help can be hard, it can seem daunting to start treating your mental health, and a lot of times it can be due to barriers. But NC State is here to help take down those barriers. Wellbeing is within reach, and there are many, many people here dedicated to helping you achieve it.

Exam Season Survival Guide: Sophia's Exam Mental Health Do's and Don'ts

By Sophia Buckner, Photo by Jermaine Hudson

Exam season is perceived as one of the most stressful times for students – but it doesn't have to be! Here are some exam do's and don'ts I've found helpful that might work for you as well.

Do's:

Balance my workload with fun! – Maintaining a good balance between work and fun makes my studying and motivation consistently more enjoyable. I try and find things I enjoy – anything from staying in bed and watching a movie or going out and spending an hour or two with my friends. Making room for fun activities helps give my mind a break and acts as a nice refresher from studying.

Finding proper study habits that best suit me – Studying and memorizing are skills that I've learned by finding study methods that work for me. For math or science, I use practice problems and visual examples. For memorizing, I typically rewrite my notes or make flashcards. These study methods work best for me because I'm a visual learner!

Self-care – Even if this is just going outside and getting a few moments of fresh air, this can help you immediately reduce levels of stress. Also, make sure to maintain practicing proper hygiene habits during this time to take care of your mental and physical well-being. I have found that dressing nice and making sure I feel and look nicer has helped me be more productive. Taking some time out of your day to practice other things like trying to meditate or listen to some music could help give you the motivation you need to continue working hard on doing well on your exams.

Studying at my favorite spot

– There are many prime quiet study spots around campus, but my favorite is D. H. Hill Library. The bottom floors are crowded, but if I can find a top floor, these are normally quiet and the views are beautiful (especially the sunsets). James B. Hunt Library is a good one too. It's also possible to reserve study rooms to have more options of quiet spaces to study. Aside from the libraries, there are wonderful quiet areas in Talley, and I can always stay in my dorm room.

Being with people I like – I try to find people who are also studying the same material as me or in the same classes. Having classmates or friends as study partners helps me boost my motivation to study. This might help you memorize your vocab list or flashcards and resolve any questions you have together. Also, try not to study in your bed. You may lose focus and get distracted by how cozy your pillows are. Instead, you should try to recreate the exam environment (so it's easier to focus).



Students exercise on the top floor of Carmichael Wellness and Recreation Center on Nov. 16, 2023. 2023 marks the NC State Department of Health and Exercise Studies' 100th anniversary.

Don'ts:

Overthinking – Overthinking can get my mind way off the topic of what I actually need to focus on and leads to me becoming more disorganized. I overcome my overthinking habits by applying the do's mentioned above like exercising and balancing work with fun.

Poor sleeping habits – I try to set up a study schedule so that I'm not waiting till late at night to cram in study sessions. Maintaining a solid sleep schedule is very important when dealing with the stress of exam season. I always make time for sleep even during this chaotic time to help my mental and physical awareness for studying/exam prep. Trust me, this will benefit you as well!

Not exercising – I do what feels best for me. Whether this is walking, running, yoga or any other physical activity, it's always good to get my body moving. Setting aside even just a few minutes each day helps boost my brain power and keep my stress levels lowered.

Bad eating habits – Just because I am on a tight routine to make sure all of my studying gets done doesn't mean I have to make time in the day to eat a proper meal and fit in some healthy foods. I also try to incorporate some brain foods like green vegetables, smoothies or nuts to aid my physical and mental capacity.

Being unorganized

– I keep a schedule on Google Calendar to help me keep track of what I need to get done in preparation for studying. I also keep my study area tidied up to help me better focus. I have to remember to organize my notes from the lectures to make sure I am only having to study what I need to know for the test. I have learned that being unorganized will ruin my study routine and give me even more stress and hassle.

In Conclusion

Practicing these few habits and maintaining proper self-care boosts my exam scores and increases my overall mental and physical well-being. Hopefully some of my techniques are useful to you – experiment with what works and what doesn't. Best of luck!



WELCOME WOLFPACK FRESHMEN

As you begin this new chapter in your life, we encourage you to apply yourself and engage your mind fully. Go for it! Pursue knowledge and academic training in your field of study. College can be one of the best experiences of your life; lasting friendships are developed and your future path is chosen. While here you will no doubt be exposed to various philosophies. College is also a time when many consider the spiritual aspect of their lives. We are a group of faculty and staff who are united in our discovery and experience that Jesus Christ provides intellectually and spiritually satisfying answers to life's most important questions. Interested? Talk with us or go to cfsn-ncsu.org, EveryStudent.com or MeetTheProf.com.

Everette Gray Allen – OIT IT Specialist
 Dr. Chris Austin – CSAPC
 Dr. Suzanne Balik – Department of Computer Science
 Dr. Steve H. Barr – Management, Innovation & Entrepreneurship
 Valerie Basham – NC State Veterinary Hospital
 Carrie Baum-Lane – Applied Ecology
 Dr. Mark Beasley – Department of Accounting
 Donise Benton – Communications
 Dr. Emily Zechman Berglund – Civil, Const. & Environ. Engineering
 Dr. Roy Borden – Prof. Emeritus Civil Engineering
 Dr. Michael Boyette – Biological & Agricultural Engineering
 Dr. Marianne Bradford – Poole College of Management
 Kiresten Branch – Department of Computer Science
 Dr. Rick L. Brandenburg – Entomology & Plant Pathology
 Dr. Joseph Brazel – Department of Accounting
 Dr. Steve Broome – Crop & Soil Science
 Dr. A. Blake Brown – Agricultural & Resource Economics
 Dr. Kathryn L. Brown – Arts Entrepreneurship
 Dr. Gregory Buckner – Mechanical & Aerospace Engineering
 Dr. Wayne Buhler – Horticultural Science
 Dr. Lisa Bullard – Chemical & Biomolecular Engineering
 Michael Bustle – Global Training Initiative
 Connie Caldwell – College of Humanities & Social Sciences
 Dr. Matt Campbell – Biological & Agricultural Engineering
 Dr. Al Chen – Accounting Department
 Dr. Mo-Yuen Chow – Dept. of Electrical & Computer Engineering
 Dr. Maurice Cook – Professor Emeritus, Soil Science
 Dr. Rich Cooper – Crop & Soil Sciences Dept.
 Breyana Davis – Agricultural & Human Sciences
 Dr. Christopher S. DePerno – Dept. of Forestry & Environ. Resources
 Judith F. Daniels – College of Agriculture & Life Sciences/CBO
 Dr. Rhett Davis – Electrical & Computer Engineering
 Steven DelGrosso – Industrial & Systems Engineering
 Heather Dellinger – Career Development Center
 Dr. Joseph L. Donaldson – Agricultural & Human Sciences
 Dr. Jon Doyle – Computer Science
 Shawn Dunning – College of Engineering, ITECS
 Dr. Harriett C. Edwards – Agricultural & Human Sciences
 Dr. Michael Edwards – Parks, Recreation & Tourism Management
 Kenny Ferguson, MBA – Director of Information Technology
 Dr. Peter Ferket – Prestage Department of Poultry Science
 Patricia Anne Fields – College of Education
 Dr. April Fogleman – Food, Bioprocessing, & Nutrition Sciences
 Dr. Mary Fosnaught – Prestage Department of Poultry Science
 Dr. Sherry L. Fowler – Poole College of Management
 Dr. Garey Fox – College of Agriculture and Life Sciences, Dean
 Dr. Bonnie C. Fusarelli – Professor, College of Education
 Dr. Betty Gardner – Biological Sciences
 Dr. Ed Gehringer – Department of Computer Science
 Pamarah Gerace – University Student Legal Services
 Dr. Gary Gilleskie – Biomanufacturing Training & Education Center
 Lucy Gottlieb – Institute for Advanced Analytics
 Dr. Andy Hale – Biological & Agricultural Engineering

Dr. Steven Hall – Biological & Agricultural Engineering
 Alicia Harris – College of Humanities & Social Science
 Felicia Harris – Office of Global Engagement (IEP)
 Dr. Gabriel Keith Harris – Food, Bioprocessing, & Nutrition Sciences
 Nikki Harris – College of Natural Resources
 Dr. Robert B. Hayes – Nuclear Engineering
 Dr. Gary Hodge – Forestry & Environmental Resources
 Dr. Dennis Hazel – Forestry & Environmental Resources
 Gail Hill – GTI
 Dr. Daniel Israel – Crop & Soil Sciences
 Lee Ivy – Director of the Agricultural Institute, Agriculture & Life Sciences
 Dr. Jeffrey Johnson – Biological & Agricultural Engineering
 Dr. Chad Jordan – Plant & Microbial Biology
 Dr. David L. Jordan – Crop Science
 Dr. Ivan Kandilov – Agricultural & Resource Economics
 Lisa L. Keel – Design and Construction
 Sandi Keith – Department of Health & Exercise Studies
 Dr. Jung-Eun Kim – Department of Computer Science
 Dr. Sung Woo Kim – Animal Science Nutrition
 Dr. Kenny Kuo – Molecular & Structural Biochemistry
 Dr. Aleksandra Kymalainen – Department of Chemistry
 Bryce Lane – Horticultural Science
 Dr. Aric LaBarr – Institute for Advanced Analytics
 Dr. Tyre Lanier – Food Science
 Jamie Larsen – English Department
 Dr. Crystal Lee – Teacher Ed. & Learning Sciences
 Issac Lewis – Horticultural Science
 Katrina Lewis – Advancement Services
 Dr. Fanxing Li – Chemical & Biomolecular Engineering
 Dr. Jianqing Liu – Department of Computer Science
 Dr. David Livingston – Crop Science
 Dr. Frank Louws – Horticultural Science
 Paige Luck – Food, Bioprocessing & Nutrition Sciences
 Felicia Mangum – Athletics, Women's Basketball
 Dr. Robert H. Martin Jr. – Emeritus Professor, Mathematics
 Julia Matthews-McClain – Psychology Department
 Dr. Jacquelyn McClelland – Emeritus, Ag. & Human Sciences
 Lis Meyer – Horticultural Science
 Dr. Tom Melton – NC State Extension
 Dr. Jason Miller – English
 Katie Miller – University Communications
 Dr. Steven L. Miller – College of Education
 Julie L. Moon – Catering Sales Liaison
 Dr. Annette Moore – Parks, Recreation & Tourism Management
 Parks Newby – STEM Education
 Dr. Gracious Ngaile – Mechanical & Aerospace Engineering
 Antoinette Norton – OIED/Women's Center
 Dr. Jack Odle – Animal Science
 Angela Oldham – CALS Personnel Services
 Dr. Arnold Oltmans – Agricultural & Resource Economics
 Emily Packard – University Communications
 Dr. Jason Painter – The Science House
 Dr. Michael Parker – Horticultural Science

Lacy Parrish – Biological & Agricultural Engineering
 Dr. Bob Patterson – Crop & Soil Sciences
 Jill Phipps – OIT-Business Services
 Dr. Carrie Pickworth – Animal Sciences
 Wayne Pollard – Health & Exercise Studies
 Dr. Daniel H. Poole – Animal Sciences
 Terry K. Price – Poole College of Management
 Cynthia P. Pullen – Friday Institute
 Dr. Bobby Puryear – Department of Economics
 Dr. Scott Ragan – The Science House
 Dr. Gary Roberson – Biological & Agricultural Engineering
 James E. Robinson III – Friday Institute
 Lenny Rogers – NC Cooperative Extension
 Jeff Roggie – Facilities Grounds Management
 Barbara Runyan – Office of Information Technology
 Dr. John Russ – Agricultural & Resource Economics
 Dr. Kay Sandberg – Department of Chemistry
 Dr. Tim Sanders – Food, Bioprocessing, & Nutrition Sciences
 Dr. Chadi Sayde – Biological & Agricultural Engineering
 Dr. Jonathan Schultheis – Horticultural Science
 Dr. Mary Schweitzer – Department of Biological Sciences
 Xipeng Shen – Department of Computer Science
 Dr. Ben Silliman – Agricultural & Human Sciences
 Melinda "Miss Mindy" Sopher – Department of Communication
 Clarissa Spencer – Center for Integrated Pest Management
 Dr. Laura Sremaniak – Department of Chemistry
 Dr. Larry F. Stikeleather – Emeritus Prof. Bio. & Ag. Engineering
 Sarah Stokely – Academic Success Center
 Dr. Jeffrey Stonebraker – Poole College of Management
 Michael Sturgill – Crop & Soil Sciences
 Zanna Swann – NC State Student Media
 Josh Thompson – Office of Information Technology
 Dr. Peter Thompson – METRIC
 Dr. Kimberly Titus – Department of Computer Science
 Dr. Joseph Tracy – Materials Science & Engineering
 Dr. Chau Tran – Mechanical & Aerospace Engineering
 Zeldia Tuazama – Department of Computer Science
 Dr. Beverly B. Tyler – Management, Innovation, & Entrepreneurship
 Karen Rackley Visnosky – Accountant
 Michael Walker – College of Engineering, Dean's Office
 Dr. Lingjuan (Ling) Wang-Li – Biological & Agricultural Engineering
 Dr. Jason Ward – Biological & Agricultural Engineering
 Deborah Wilkins – Poole College of Management
 Dr. Billy Williams – Civil Engineering
 Braska Williams – Friday Institute
 Eddy Wu – College of Engineering
 Jayne Yoder – Animal Science
 Dr. Michael Yoder – CALS Administration 4-H
 Timothy Young – Shelton Leadership Ctr. & Inst. for Emerging Issues
 Dr. Man-Ki Yoon – Department of Computer Science
 Dr. Xiangwu Zhang – Wilson College of Textiles

WE WELCOME YOU TO THE PACK!

WELLNESS AND RECREATION



A-Roundabout Raleigh

First-Year Frolics

Tips to Become an Academic Weapon

Living Legacies & Humorous Histories

Learn your Wolfpack history and envision your Wolfpack future.

CONTENTS

- 44. Superstitions at the State College
- 48. Superlatives for Majors
- 51. Why Not You?
- 54. Alumni Success Stories
- 56. History of the Wackiest Wolves

Download our app



@ncstatewellrec



 wellrec.ncsu.edu

 wellrec-info@ncsu.edu

NC STATE UNIVERSITY
Wellness and Recreation

Superstitions at the State College

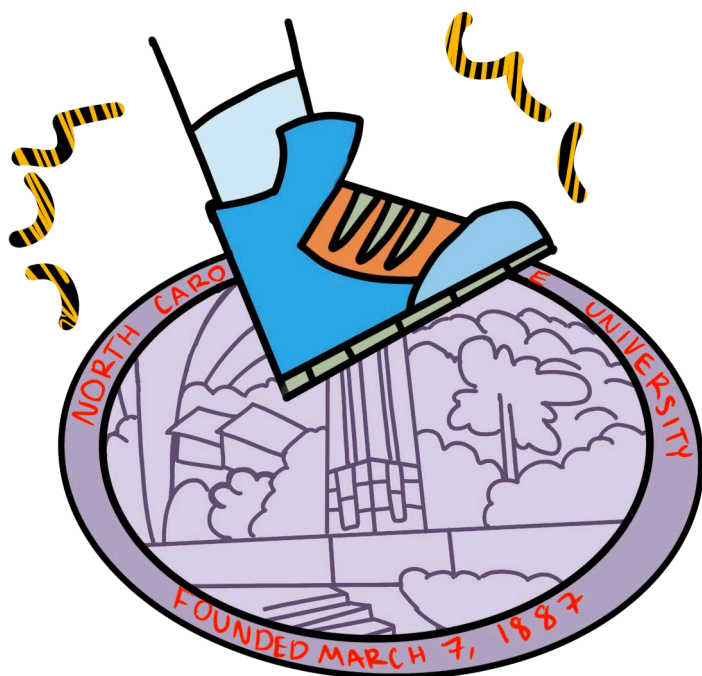
By Jackson Webb, Designed by Jup Poster and Briana Vreuls

The land-grant university. The State College. The Wolfpack. NC State University is, inherently, a university of the people. A place where the working class of North Carolina can go and receive an education that is not only intellectually stimulating, but also has tangible value in the workforce. Not to slight our siblings in the Triangle, but we share the same share of the state with Duke and Chapel Hill, so I can certainly understand why there was an appetite for an “unpretentious” place of higher education. So you would think, this being a bastion of the farmers, scientists and engineers of North Carolina, that NC State would foster a collegiate culture of sober-minded determination, free of the pageantry and gregariousness of so many southern universities.

Yeah right.

As anybody clad in the red-and-white striped overalls can demonstrate, the culture of NC State is as effervescent and eccentric as any of its rivals. Just go to gameday at Carter-Finley for proof of that. The quirks, superstitions and folklore that make up the culture of this place, however, are uniquely those of the land-grant university.

Talley Student Union (Stepping on the Seal)



If you don't believe it, look no further than the floor of the Talley Student Union, where the crest of the Belltower adorns the central floor. As thousands of students and visitors walk across the seal each day, they are accidentally inviting a curse upon themselves. While the exact effects of this curse vary from student to student, first-hand accounts of its effects are certainly harrowing. Some unlucky steppers report not graduating on time due to changed degree requirements, others say their homework mysteriously disappeared. Some even say that one student who stepped on the seal accidentally caused a chain reaction in the karmic balance of humanity that

ended with the emergence of the COVID-19 pandemic, leading to the cancellation of graduation ceremony in 2020. Thanks.

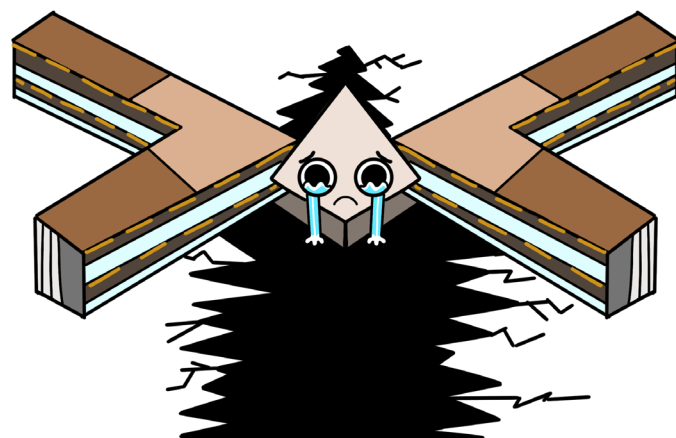
Dr. Johnson Statue

In the tragic event that you've already stepped on the seal, hope is not yet lost. Rubbing an effigy of former chemistry professor William R. Johnson's head may just save you from certain doom. The patron saint of despairing organic chemistry students, a life-size statue of Johnson on the plaza outside Burlington Nuclear Lab is regularly martyred with noogies, and for good reason. Massaging Johnson's bronze pate is a surefire way to ace tests, regain karmic energy and get away with fiduciary fraud. Nobody aside from a smattering of snoots really knows who Johnson was in life, but in sculpture, he became NC State's resident good luck totem.



Bragaw Hall

Digging even deeper into the extended lore of NC State, you find the *incontrovertible truth* that Bragaw Hall is positioned directly on top of a seismic fault, leading to it only being four stories tall and in the shape of an X. While the more geologically, engineeringly or logically prone among you may scoff, then how else would you explain Bragaw Hall's X shape? It can only be that the building itself is binding the earth beneath it together, closing the gap in the ground that would otherwise swallow up all of Raleigh. Additionally, Bragaw Hall is the first dorm to be built in the modernist style here on campus. You know what else was discovered relatively modernly? Plate tectonics and the existence of faults in the Earth's crust. Again, with a casual search you may find that the nearest fault line is far to the west of Raleigh, but to that I would say Hogwash! That's just what Big Fault Line wants you to think, you Sheeple! I know the truth about Bragaw Hall, and I'm not going to hold it in any longer!



Tuffy

Aside from the true purpose of a residence hall and the magical power of the picture of the Belltower, one of the most mythologized aspects of NC State culture is that of the iconic mascot: Tuffy. Tuffy's lore, while seemingly straightforward, is itself shrouded in mystery, mostly in regards to who exactly came up with the ideas for its creation. In 1921, NC State was desperately trying to come up with a mascot. Many ideas were thrown out, none of which truly encapsulated the distinct identity of the school. Here, the lore diverges. Some say that an anonymous graduate wrote to the Alumni News publication that the “snappy, aggressive” sound of “Wolfpack” would be a good fit for the burgeoning program. However another account states that a local paper likened the ferocity of the players to that of a wolf pack. Either way, the name stuck and (aside from worries over similar naming conventions to U-boats in World War II) the Wolfpack would remain the official name for the team to this day. But what about the two greatest wolves of the Wolfpack: Mr. and Ms. Wuf. While Mr. Tuffy Wuf began to be used widely by the sports of the university throughout the '50s and '60s, he was nameless. And then, like the removed rib of Adam was used to create Eve, Ms. Wuf was formed from our beloved Tuffy (at least that's how I was told she came to be). They continued to be known only collectively as the Wolfpack until the early '80s, where they were given the names we know them today, Mr. Tuffy Wuf and Ms. Wuf. That's right, she technically doesn't have a first name. So in the tradition of the old grad that suggested the Wolfpack in the first place, I am going to suggest we name her Brenda, because she looks like a Brenda.

When I first came to NC State University in the early August of 2023, I was blind to the rich tapestry of lore, superstition and conspiracy that pervades every inch of this university. While the oddities of this place range from the complicated tales of our beloved wolf to the secret truth of Bragaw Hall (I know what I saw, they can't silence me any longer), these stories and tidbits of knowledge are a central part of belonging to a place and a community. It is not just the curriculum, the grades or the classes we share that bind us together, but the memories, the feelings and the connection with the places we love that make us part of the Wolfpack. So please, look up at the injustice towards Ms. Wuf, look around at the lies you've been told about Bragaw, and look down where you're stepping, or you'll see why there are legends of the State College that don't get told to those touring.



AUGUST 15 - 24

Download the **NC State Guides App** and search for '2024 Wolfpack Welcome Week' to create your custom schedule.



go.ncsu.edu/NCStateWWW

#NCStateWWW

WORK ON CAMPUS

NC STATE
CAMPUS ENTERPRISES

THE DIVISION FOR RETAIL AND HOSPITALITY

JOIN OUR TEAM!

GAIN SKILLS FOR LIFE

- Work as part of a team
- Assess challenges and present solutions
- Think quickly and adapt to situations
- Develop verbal and leadership skills

ROOM TO GROW

- Annual increases
- Opportunities for promotion
- Bonus opportunities*

*available for NC State Dining student employees


STUDENT FRIENDLY SCHEDULES

- 10-15 hours/week
- 4, 6 and 8 hour shifts
- Ability to trade shifts

APPLY EARLY!
Scan the QR code or visit
go.ncsu.edu/ce-student-jobs



NC STATE



University Housing

Live and Learn at NC State.

There are many ways to get involved and make campus feel like home.

- Attend building and Village events
- Enter the Wolf Den Challenge
- Apply for a student staff position
- Engage with your residence council
- Follow our social media accounts for contests and activities

housing.ncsu.edu

Career Development Center



discover your calling

through seminars, counseling, and assessments



inspire employers

with proven job search strategies, interview skills, and career readiness



graduate with confidence

achieving direction, expertise, and professionalism

NC STATE UNIVERSITY careers.ncsu.edu

NC STATE



Welcome to the Wolfpack from Parents and Families Services

RESOURCES

- Facebook Live
- Family Ambassador Program
- Pack Family Allies
- Pack Family Regions
- Parents' Helpline
- Second-Year Initiative
- VIP Program
Learn more at go.ncsu.edu/vipprogram

COMMUNICATIONS

- Family Handbook Calendar Publication
- Monthly Conversation Calendar
- PackTalk Blogs
- Quarterly Email Newsletter
- University Updates and Information

SIGNATURE PROGRAMS

- Family of the Year
Learn more at go.ncsu.edu/pfs-foty
- First-Generation Family Reception
- Going Global
Learn more at parents.ncsu.edu/goingglobal
- Pack Family Traditions
Learn more at go.ncsu.edu/packfamilytraditions
- PackKIN Action Sibling Event
- Parents and Families Weekend
- Regional Welcomes and Send-Offs
- Spring Fling
- Weekly Virtual Coffee Chats

SAVE THE DATE FOR PARENTS AND FAMILIES WEEKEND

SEPT. 27 - 29, 2024

Tickets go on sale in August. Limited tickets available. For more information, please visit go.ncsu.edu/parentsandfamiliesweekend

STAY CONNECTED

Email: ncstateparents@ncsu.edu
 Phone: 919.515.2441
 Website: Families.ncsu.edu
 f @ X @NCStatePFS

Supporting parents, families and all who champion student success at NC State University!



Inspiring exhibitions Engaging programs Always free

gregg.arts.ncsu.edu

Free & open to the public
Tues. through Sat., 10 a.m. to 5 p.m.
1903 Hillsborough Street, Raleigh
919.515.3503

the GREGG MUSEUM of ART & DESIGN

**GREEN THUMB
award**

Though NC State is home to many nature enthusiasts, those in **Horticulture Science** and **Plant Biology** reign supreme. Students in these programs have tied for their equally impressive knack for nurturing our flora and fauna. Beyond finding beauty in every petal, leaf, sprout and seed, students in these programs dig deep into understanding the heartbeat of nature and the sustainable growth of our ecosystems. We salute you, our horticulture heroes!



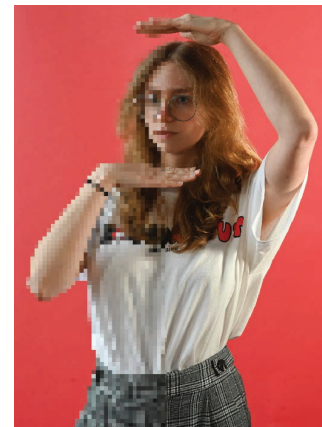
best
SHOULDER
to
CRY
on

Psychology majors often don't get the recognition they deserve. It isn't all about studying personality types and debunking mainstream psychological trends. Students in this major are often juggling between diagnosing their internal conditions as well as consoling others on theirs. This is what makes students in this major so great at lending a hand (or shoulder) to a friend in need.



best
**PROBLEM
SOLVER**

All those years of true crime documentaries and podcasts, "Criminal Minds" reruns and dreams about working for the FBI have all led you to this. **Criminology** majors are convinced they can get to the bottom of every mystery. Be wary around students in this major, however, as they know how to catch you in a lie and won't hesitate to analyze your every move.



most
PIXEL-PERFECT

In a world of a vast digital landscape, **Graphic and Experience Design** majors are artistic perfectionists, not leaving a single bit out of place. Their eye for detail is unmatched, crafting visuals that cultivate experiences that resonate with viewers. They're not just designers, they're digital artisans, so raise a virtual brush for our most pixel-perfect creators.

class
ROCKSTAR

What **Geology** major doesn't love a tasteful pun? Students in this program are rockstars in their own right, often donning nature-friendly outfits that allow them to get up close and personal with the rocks, minerals and environments that they study. We at NC State appreciate our geologists deeply; without them, who would be able to tell you the composition of the gravel and dirt on the ground on construction sites around our campus?



most
**LINKEDIN
CONNECTIONS**

For **Business** students, networking is the key to success. These students are great at getting their foot in the door, and many are very proud of the connections they start to make in college. With an unexpectedly intense course load, it's no surprise that **Business** majors are so outspoken about both their involvement in university activities and their choice of major.



**SUPERLATIVES
for majors**

Written by Justin Isaiah Iriarte
Designed by Marlowe Henderson
Photos by Emily Peedin



**PATHFINDER
award**

Exploratory Studies students spend much of their time understanding the vast array of majors NC State has to offer. These students find interest in many different disciplines and once they do settle down and find their place of study, there is no doubt that they have earned their place in their program as well as the title of Pathfinder.



most
LIKELY
to
**FALL
ASLEEP
STUDYING**

The College of **Engineering** is often regarded as NC State's bread and butter, and with that reputation comes fervently designed course requirements that students work very hard to traverse. **Engineering** students all have experiences of studying a little too late in the night for their exams which results in their academically-induced crashes, but that just shows their unwavering dedication if not their exhaust-fueled delirium.



best
HIGH-FIVE
giver

Studying to teach the world's youth requires a talent that many other students do not possess. **Education** majors understand the hardships of learning and have to find and understand ways to shape the next generation. This is why the validation received from their high-fives is truly the best on campus.

**GRAMMAR
POLICE**

Instilling their place as the punctual and syntactical law enforcement of the humanities, **English** majors know their way around an essay. Knowing when and where to use a semicolon is an **English** major's forte, so give them credit for their sometimes overbearing yet caring advice on how to put a sentence together.



DRESS
to
IMPRESS
award

As students who dedicate their undergraduate careers to establishing their identity as true fashion icons, there's no question that they know how to put an outfit together. However, don't be fooled by their chic presence – students in **Fashion and Textile Design** have a rigorous course load that would put many of us in stitches. Spending time in their closet, thrifting, shopping, studying or designing, the students in this major set the trend for what's in and what's out at NC State.



TREE HUGGER
award

Similar to our Green Thumb Award winners, **Forest Management** students have found their place among the plants, more specifically the trees. Learning how to take care of our precious forest ecosystem is their passion and they take that job very seriously. Don't hesitate to ask students in this major their favorite tree; if they're not passionate about one, they'll give you a list instead.



HEY STATE STUDENTS!

IF YOU LIKE...

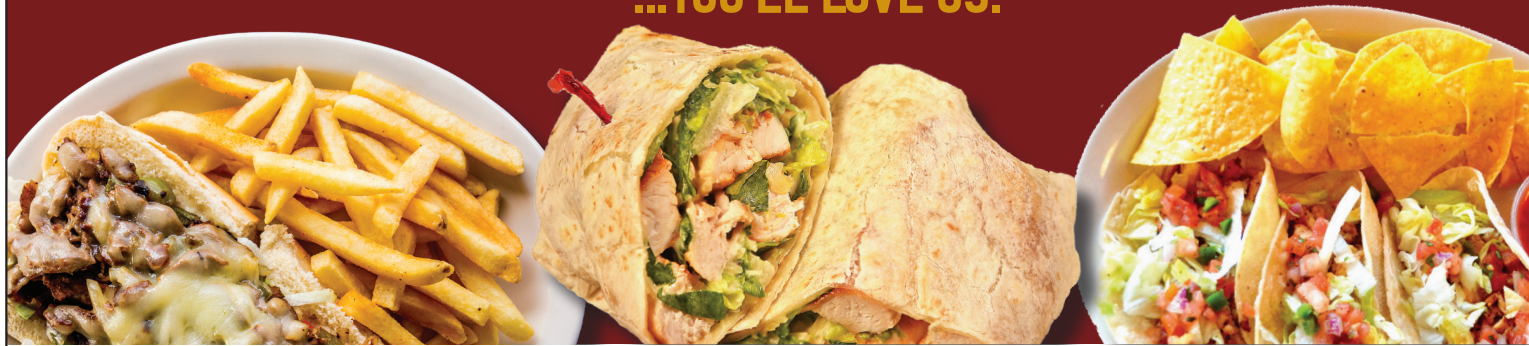
HOMEMADE CHILI, BUFFALO CHICKEN DIP, MOZZARELLA STICKS, BOOM-BOOM SHRIMP, FRIED PICKLES, HAND-CUT FRIES, JUMBO SOFT PRETZELS, CHIPS & QUESO, HOMEMADE SALSA, LOADED POTATO SKINS, FAMOUS WINGS, BUFFALO BITES, SALADS, HOMEMADE PIZZA, CHICKEN FINGERS, ACP, FISH & CHIPS, AHI TUNA, FRIED SHRIMP, BBQ, WRAPS, BABY BACK RIBS, BURGERS, PHILLY CHEESESTEAKS, GRILLED CHEESE, CHICKEN SANDWICHES, HOT DOGS, MAC & CHEESE, FRIED PICKLES, & MORE

...YOU'LL LOVE US.



JUST STEPS AWAY FROM
NC STATE CAMPUS!

2235 AVENT FERRY RD
(919) 755-3880



AMEDEO'S ITALIAN RESTAURANT | 3905 WESTERN BLVD | (919) 851-0473

AN NC STATE TRADITION SINCE 1963!

**1/2 PRICE ENTREES FOR STUDENTS EVERY TUESDAY
WITH VALID STUDENT ID AFTER 4 P.M. DINE-IN ONLY!**



WHY NOT YOU?

BY AUDREY JAVAN, COVER CONTRIBUTED BY D.J. HORNE, DESIGNED BY BRIANA VREULS

A review of basketball star DJ Horne's new kids' book about beating the odds and making it to the Final Four.



You might know DJ Horne as the NC State star basketball player whose stunning speed and shooting skills kept lights on and hope alive all over campus for the whole month of March. If you didn't know that, then you certainly should by now; it's deeply ingrained in Wolfpack history and we all have shirts for it. But do you know DJ Horne, the children's book author? Many don't. At least not yet.

"Why Not Me? Why Not Us?" was released shortly after the conclusion of the NCAA tournament, when campus was still buzzing with every riotous emotion. With a title that echoes the rousing call that graced many Instagram captions and aforementioned shirts, Horne uses the book to explain not only its origin, but also the deeper meaning it holds for him. Before he famously said it at the ACC tournament, "Why not me?" was a phrase that kept him afloat as a young athlete trying to keep his footing against doubts, fears and naysayers. By believing in himself against everything and always keeping his head up and his eyes on the prize, he was able to overcome all of that and become the person he is today. Having self-confidence and believing in yourself is a common message, but an important one. If someone's going to be a star, why not me? If someone has to win the championship, why not us?

Illustrated children's books are a treasure of a genre, known for short, sweet, inspiring tales that are sure to induce a laugh, tug on a heartstring and teach a lasting lesson all at once. Even at the ripe old age of 21, I still page through the kid's tables in bookstores from time to time. Some titles I find are perfect for my little cousins, but some are, somehow, perfect for me. Whether it's the art style, the prose or the message within, kid's books have a magic that appeals to such wide audiences. Horne's debut book fits beautifully into

this tradition. The delivery is simple and straightforward, very accessible to younger kids, but the heart of it is ageless and timeless. Anyone can read it and come away lighter, with a new bounce in their step and a smile on their face.

Even though the book is dedicated to future athletes, the message applies to anyone with big dreams. They might seem out-there or unattainable, but who says they're impossible? Being able to rise above all doubts while staying dedicated to your goal is the main force that will get you there. Seeing where that mindset got Horne, both through the book and through the tournament, is encouragement enough. The

next time you feel worried about your dreams or abilities, I hope you can hear Horne's voice in the back of your mind, reminding you, "why not you?"

It's important to note that the phrase "Why Not Us?" has been claimed by NC Central University basketball, evidenced by 2021 docuseries of the same name. I would like to formally thank head coach LeVelle Moton for allowing us to use the phrase for our tournament run. If you wouldn't mind, at least in this format, can we share it for a little while longer?

DJ Horne's team drove out personally to give me a signed copy of the book, but that's just writer privileges. You, on the other hand, will probably have to buy it like any other book. The last time I checked, it wasn't available in any physical Barnes and Noble locations in the area. Maybe it will be soon, but until then, it's available for purchase online at both Barnes and Noble and Amazon. Every NC State memorabilia collector, basketball fan or big dreamer should certainly not hesitate to get their hands on it!

Graduate guard DJ Horne holds the South Regional Champions trophy in the locker room after winning the NCAA Tournament Elite 8 game against Duke at American Airlines Center in Dallas on March 31. Photo by Hallie Walker.



(From left to right) graduate center Lizzy Williamson, graduate forward Mimi Collins, graduate center River Baldwin and junior forward Katie Peneueta celebrate during the game against UNC-Charlotte in Reynolds Coliseum on Nov. 7, 2023. Photo by Emily Peedin.



NC State head coach Wes Moore talks to the starting lineup before the ACC Tournament semifinals game against Florida State in Greensboro Coliseum on March 9. Photo by Hallie Walker.



They Came, They Conquered: Alumni Success Stories

By Katherine Wan, Photos by Emily Peedin



Dr. Ondulla Toomer, an NC State alumna, stands for a photo inside her laboratory in Scott Hall on May 14. Dr. Toomer currently works as a research scientist for the US Department of Agriculture, alongside remaining an adjunct faculty member of the Food, Bioprocessing and Nutrition Sciences department and the Prestage Department of Poultry Sciences.

I'm entering my third year of college soon, and the pressure of getting good grades and finding internships grows heavier each day. Most of all, there's a pressure to be successful. As college students, our time at school will be finite, whether we've come to terms with that or not. How are we supposed to best use our time to achieve our goals? Is there a hidden recipe to being successful in college and in our careers? More importantly, what even is success?

Well, I doubt anyone can tell you exactly what to do and when to do it, even if I wish that was an option. But there are people who've done this before. They also came to NC State for the first time, walked on the same bricks and struggled through long nights of studying.

I had conversations with three NC State alumni – Dr. Ondulla Toomer, Kieran Moreira and Matthew Panizza – who are very different, but equally inspiring. I think there's a lot we can learn from their personal university journeys and how that has shaped their success today.

Toomer is currently a research scientist for the US Department of Agriculture and serves as an adjunct faculty member of the Food, Bioprocessing and Nutrition Sciences department, as well as the Prestage Department of Poultry Sciences. She has not one, not two, but four degrees from NC State. In 1994, she received two bachelor's degrees, one in biochemistry and the other in chemistry. She then returned to earn her master's degree in physiology in 2000 and a doctorate in nutrition sciences in 2005.

NC State has been vital to Toomer's career, giving her the necessary technical skills to succeed as a scientist. But she attributes NC State's greatest impact on her to her classmates.

"I think my experiences during my PhD really shaped me a lot," Toomer said. "There [were] a lot of graduate students that were very instrumental in me being a lot more forward thinking. In graduate school, you are exposed to people from all walks of life. From everywhere on the globe, and they really brighten your experiences academically and bring a wealth of knowledge to you."

However, her journey as a Black woman in academia has not been easy. "I don't look like the typical scientist," Toomer said. "And I didn't come from a typical background. I came from a small town, Selma, North Carolina, which is about 45 minutes east of here. And I had never known a scientist before, period, [much less] a female scientist or a person of color that was a scientist."

Despite not being taken as seriously, she kept her head up high and proved that she was just as capable as everyone else. And to her, the work she does doesn't even feel like work. Being able to find the answers to her questions and publish her research is both fulfilling and exciting. And that very passion she has for her work is the reason she says she is successful.

"And that's why you really have to be led by what's in your heart," Toomer said. "Because your heart will lead you, your heart will lead you if you just do your very best. And then that's success; you're successful."

Moreira initially attended NC State to study biology, but one film elective during his second semester led him to graduate with a degree in film studies in 2011. Although a drastic change, he has never once looked back and now works as a senior art director and manager at Red Hat and is an independent filmmaker.

"I saw this in Sundance Labs, [from] the actor-director, Mark Duplass," Moreira said. "He had said, 'The cavalry isn't coming.' I don't want people to be discouraged by that. I think it's actually a freeing statement where you are in charge of your own career path." Through his time at NC State, Moreira was able to shape his career path and now fondly remembers his professors and classmates. A lot of the friends he made at State are still part of his support group to this day, who have truly made a difference both back then and now.

"[I] hadn't really found my group of friends yet, and hadn't really found that career path forward," Moreira said. "But I think the biggest thing was staying open to the opportunities, and that second semester, I ended up becoming a radio DJ. And I found so many friends through student media ... It almost felt like it was a transformative time in my identity as a person." Moreira reflected on what success meant to him based on his experiences in school and his career.

"For me, it's if I've learned something new," Moreira said. "If I push myself out of my comfort zone, if I can say, 'Yeah, I did something



Kieran Moreira, an NC State alumnus, stands for a photo outside of the 1911 Building on May 15. Despite not majoring in the arts while at NC State, Moreira currently works as an independent filmmaker.

different on this project that I've never done before.' To me, that's success ... The outside accolades [are] nice and certainly welcomed, but I think at the end of the day, you really have to be personally proud of what you've done as well."

Although Moreira did not know what he wanted to do before he came to State, Panizza knew he wanted to become an engineer from a young age. He would take apart broken appliances and put them back together again and was constantly enthralled by circuits and software. He recently graduated with a bachelor's in computer engineering in December 2023 and a master's in computer engineering in May 2024, through NC State's accelerated master's program.

"I picked up a microcontroller in high school and had a lot of fun with the software and seeing what you can do, like you write something

on a screen and then you can see an LED blink in real life later on," Panizza said. "And that just kind of woke me up. And I was really, really passionate about that. So I always kind of knew I wanted to be an engineer."

Panizza joined SolarPack, NC State's first solar vehicle team, as a first-year, and eventually became the low voltage lead and was in charge of accessory electronics such as turn signals and headlights.

"When I came in as a freshman, I had seniors above me that knew a lot about the existing systems and the cars," Panizza said. "... And then towards the end I got myself to sit in the seat of being a leader and teaching the underclassmen how to build stuff with their hands and bring up new ideas and bring them to life."

He currently works at Wolfspeed, a semiconductor manufacturer in Durham. He finds a lot of fulfillment in his work and feels proud of his success, so much of which was shaped by his time with SolarPack. Although Panizza didn't achieve everything he intended to when joining SolarPack, he was able to grow in ways he didn't even expect.

"[Success is] not necessarily achieving what you were trying to achieve in the beginning," Panizza said. "But we learned a ton along the way, not just in terms of technical skills. Okay, here's how all these components work together, but also learning how to work with other people and the people around you, and growing in connection with them and working as a team."

Whether you are only now entering your first year at NC State or your journey here is about to come to a close, the future remains unknown. This may be scary and trust me when I say you are not alone in that fear. But there's something beautiful about the unknown as well, that our future is not predetermined. We walk to the future we choose, one step at a time. And there's no shame in walking in a different direction either. The best part of the journey is the people we are surrounded by, who make it all worthwhile.



Matthew Panizza, an NC State alumnus, stands for a photo outside of Alexander Residence Hall on May 8. After graduating from NC State, Panizza began working for Wolfspeed as a test engineer.

History of the Wackiest Wolves: NC State's Many Mascots

By Hayden Love

As a member of the Wolfpack, I am sure you can guess what our mascot may be. We actually have multiple! To name a few, there's the beloved Tamaskan dog Tuffy III, Mr. and Ms. Wuf or "Wolf-Monster" aka "Hell," a demonic-looking robot suit that terrorized students during the 1946 season. Well, you may not have heard about the last one, but NC State has a long history of mascots that have represented the school for various allotments of time. Today, you will discover the fascinating history of the weirdest and wackiest mascots this school has seen, and gain an appreciation for the modern mascots we have adopted today!

To begin, we should go all the way back to our first ever mascot, Wallace Whitfield Riddick. If that sounds like a boring human name, well, that's because it is! Thought to be our first ever mascot in 1899, Wallace Whitfield Riddick was the 5-year-old son of the future chancellor Wallace Carl Riddick. While this is a far fetched idea to modern college students and alumni, it was a pretty standard practice back in the day. Mascots were not

Tuffy III winks at the crowd before kickoff at the football game against Furman at Carter-Finley Stadium on Sept. 18, 2022. Tuffy III became NC State's live mascot in the summer of 2021 after Tuffy II died from heart disease. File Photo by Danielle Meyer.



thought of as staple banners of a school like they are today, but more so good luck charms. Thus was the case with Wallace Whitfield Riddick, who was the source of good luck for the 1899 baseball team. Due to this philosophy around mascots, though, this chancellor's son was probably not officially recognized or even thought of as a school mascot. That wouldn't come for another 40 years with the introduction of our first wolf mascot, State.

State was the first ever wolf-like mascot the college saw sometime in the 1940s. When I say "wolf-like," I should say, an actual wolf. State was a timber wolf that NC state managed to pick up. While more tame than a typical wolf, he was quick to show his wild side when presented in front of a far more wild audience of enduring sports fans. Due to this fact, in 1946, NC State sold their first mascot to a traveling zoo for the low price of \$25. NC State wouldn't see another animal mascot for over a decade, but it wouldn't take long for a new wacky mascot to hold the title.

In 1959, another timber wolf named Lobo I was introduced as the new official mascot to the Wolfpack, who unfortunately passed within 2 weeks of arriving at the college due to his sickly state. Trying to quickly fill the void, Lobo II was introduced in 1960. Lobo II appeared at a couple football games, but due to the stress induced by large crowds of roaring fans, he quickly escaped from his keepers. Despite their best efforts, Lobo II was never found. Lobo III finally stayed around. Lobo III was marketed as a timber wolf, just like his two predecessors. It was quickly discovered, though, that Lobo III seemed to have a lot more in common with a coyote. This sparked a lot of talk among students, with phrases such as "Kyotes Are Kool" becoming popular. In 1970, due to becoming more untamed, the beloved "kyote" was retired to a happy home, where he lived out the rest of his life.

Costumed mascots came more into style during the 1960s-70s, but NC State made sure to be ahead of this curve with the creation of their first costumed mascot in 1946. Ira Helms, a mechanical engineering student, crafted a mechanical wolf-man thing to be shown off at football games. Due to its large and horrifying

appearance, it quickly became known as "Hell" or "Wolf-Monster" to students. It was originally intended to be a robot, but due to running out of time, Ira was forced to wear the suit. Other students followed closely behind with a remote control to give the idea of it being fully autonomous. After a short and terrifying reign, the hellish beast was laid to rest at a tasteful funeral following the 1947 Gator Bowl.

That wouldn't be the end of scary mascots for NC State though, as a decapitated Ms. Wuf would show herself to the world in 1978. During an NC State club hockey game, Ms. Wuf's head was snatched clean off by a scheming Chapel Hill student, who then ran off to a getaway car. In fear of getting into legal turmoil, the thieves eventually turned in the head to Chapel Hill's cheerleaders, who then returned it to their rightful owner. With Ms. Wuf whole again, our mascots will never see another horrifying iteration for the (hopefully) foreseeable future.



Pictured here is Ms. Wuf walking a previous live mascot sometime in the 1970s. According to information given by Special Collections Research Center, this image was actually taken by a Technician photographer at the time of its creation.

"Ms. Wuf takes the mascot for a walk" photograph, University Archives Photograph Collection, Athletics Photographs, UA 023.004, Special Collections Research Center, North Carolina State University Libraries, Raleigh, NC.

For more intriguing information on the history of our school mascots, scan the codes below or find both parts of the article by Clara Wilson on lib.ncsu.edu.

Mascot Mania: The Evolution of NC State's Mascot

Part I



Part II



NC STATE

The Division of Academic and Student Affairs

Welcomes the Class of 2028

dasa.ncsu.edu



Follow @NCStateDASA to get involved and find your communities.

College Student Discount



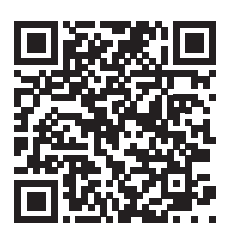
SAVE 15% College Students Can Save 15% on NC By Train tickets

Benefits:

- ✓ Budget friendly travel option
- ✓ Save gas and skip traffic
- ✓ Onboard electrical outlets at every seat
- ✓ Free WiFi services
- ✓ Opportunity to relax or grab some extra study time while traveling
- ✓ Spacious comfortable seats with ample legroom

10 TRAINS DAILY BETWEEN RALEIGH AND CHARLOTTE

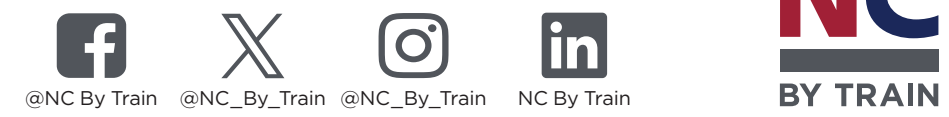
MORE THAN **500 DESTINATIONS** NATIONWIDE



BOOK TICKETS ONLINE

*Tickets must be booked at least three (3) days in advance of travel to use discount.
**Valid for riders between the age 17-24

NCBYTRAIN.ORG
Go. Connect.



UNLEASH YOUR CREATIVITY

At NC State, all students are welcomed and encouraged to participate in the arts, regardless of their academic major.

Experience dance, music and theatre – onstage, backstage, in classes or in the audience. Create something beautiful with your hands or explore a museum exhibition. Find your inspiration!

arts.ncsu.edu

Learn about fall auditions in dance, music and theatre at go.ncsu.edu/auditions.



artsncstate

PANORAMIC DANCE PROJECT. PHOTO BY JILLIAN CLARK.



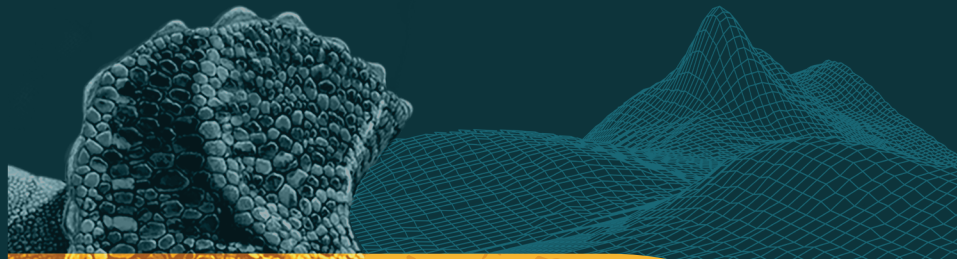
**AN EPIC
JOURNEY**

**67 MILLION
YEARS IN THE
MAKING...**



DUELING DINOSAURS[®]

Reserve Your **FREE** Ticket
duelingdinosaurs.org



Downtown Raleigh

NORTH CAROLINA Museum of Natural Sciences