

CAMPUS & COMMUNITY

Promethean Advice Column

Dear Dad and College Cousin,

How do I stay organized in my classes?



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DEAR FREE SPIRIT,

I know a guy who needs the labels on the canned goods in his cupboards to be perfectly unidirectional and aligned, so the brand name faces 180 degrees outwards. All cans are also alphabetized. He loses sleep over these things. It seems like overkill to me. No judgment because it works for him.

In my workshop, I know where everything is. If you ask me where my heat-shrink tubing is, I know it's on the top right shelf of the 3rd workbench, next to the epoxy and popsicle sticks. That's where it's been for years, and that's the first place I look when I need it. Why is it there, and not by the electronics stuff, since it's undoubtedly electronics-related? No clue. That's just where my brain decided.

To someone else, my system makes no sense and probably looks disorganized, but it works for me and that's what matters. Also, I don't care what anyone else thinks.

My main point is that different things work for different people. Your system may not match someone else's, but that doesn't mean you're disorganized, if you're still getting stuff done.

First off, identify where your deficiency is and if one actually exists. Are you not getting things turned in on time, or do your classmates just

not understand your system? Don't change yourself over invalid criticism.

The teachers here at UW-Superior don't exactly hide assignments. You have a syllabus and Canvas that you can refer to an unlimited number of times. There aren't secret projects.

If you're the person constantly borrowing pens because you chronically forget them, then march down to Walmart and buy some. Don't wait until your next Walmart run, take care of it now. Stuff 50 in your backpack. Have a backpack.

Stop any negative self-talk. If you walk around saying "I'm so unorganized," that perception becomes reality. I hear people calling themselves an "idiot" or saying "I'm so dumb" far too often. Negative self-talk is destructive and programs your brain to think that way. You're pretty cool. Embrace the good and the positive.

Lastly, if you have real trouble concentrating or chronically find yourself unable to get things done by deadlines, talk to a doctor. Be honest.

There are very real medical conditions that could be getting in the way and medications that can dramatically improve your quality of life. Don't swim upstream if you don't have to.

Sincerely,
Dad

DEAR FREE SPIRIT,

I am going to be completely honest. Staying organized in anything, let alone life and a full-time course load of college courses is hard. Here are the things that I remind myself of when I am working through things and the way that I organize myself and my own classwork.

First of all, accept that sometimes you are going to be a hot mess. Life is hard and most of the time things are not going to be or feel perfect. Also recognize that anything worth doing is worth doing halfway. You can always finish something later. A 50% will always be better than a 0%.

Something that's important to my personal organization was finding a calendar and a way to keep track of my tasks that made sense for my brain. Whether that's paper, digital, or a combination of the two. For me, this is a constantly adjusted Google/Outlook Calendar on my phone, and a daily to-do list sticky note on my laptop.

Ask for help. Seriously. It's not embarrassing, just ask. I promise whether it's a professor, friend, classmate, or someone from the dozens of places that offer support on campus, there is someone who

can and will help you.

Finally, I leave you with what I think is genuinely the most important of them all.

Take breaks when you need them, so you don't overwork yourself.

Burnout is a real thing, and it's really hard to come back from. Speaking from personal experience, learning to recognize when you are nearing the breaking point is important. I always think of the time that my therapist told me I was "feeling crisp." I had been overworking myself, and instead of taking care of myself I kept pushing myself further when I needed to take a break to be able to do good work like I was trying to. But remember, even when you're busy, take a breath and step away from what you have to do to take care of yourself.

Just remember that no matter what happens, your priorities and to-dos will still be there tomorrow, and that your rest and personal sanity are more important than anything.

Good luck with your classes (you've got it, I promise),

Your Cool College Cousin



Poster for ¡VIVA! "Fake Quinceañera" event.

Poster created by Ana Camila Lara Lopez

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¡VIVA! There's a new club at the University of Wisconsin-Superior (UWS); ¡VIVA! Latin Association or VIVA for short. This club is aiming to connect with Latin Americans on campus and embrace cultural diversity with all. ¡VIVA! had their first meeting on Feb. 25.

Club president Domenica Salgado Cevallos expressed that she explored the clubs and activities available when she first came to UWS. She found Nippon Cha Cha Cha, which aims to encourage people in the UWS to experience authentic Japanese culture, and the Black Student Union, an organiza-

¡VIVA! Latin Association

tion that provides a positive outlook on African/African American culture. Salgado Cevallos realized there wasn't a specific Latin American club. The discussion and planning started shortly after, months before the first formal meeting.

"So what I wanted to do is to bring a little bit of our culture here... for our international students, and for all of us that want to be part of the club, so that they can feel a little bit closer to home," Salgado Cevallos said.

"And we also want to bring, you know, new experiences, new events. We, Latin Americans are really known for being super friendly, and even though you're not part of the family, we will consider you as part

of the family," she highlighted.

¡VIVA! is hosting "Fake Quinceañera", which takes place April 24 from 6:00 p.m. to 8:00 p.m. at William Pope Wright Student Center. A quinceañera is a coming-of-age celebration that's mostly held in Mexico "but like every Latin American girl has had it at least once in their life, or they've gone to [one]," Salgado Cevallos said. "And it's fake because, you know, we don't have all the equipment or all the essence to make it like a exact quinceañera, but we want to bring as much as possible to the table."

She's hoping this will become the club's signature event for years to come.

Days of Giving fund Superior athletics

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The Superior Days of Giving event was back with passion March 24-26. The event is hosted every year in an effort to raise money for students at the University of Wisconsin-Superior. All donations go back to helping students reach their full potential during their time at Superior, through



Zoey, being intrigued by the sound of the camera, March 24 in the Yellowjacket Union Atrium.

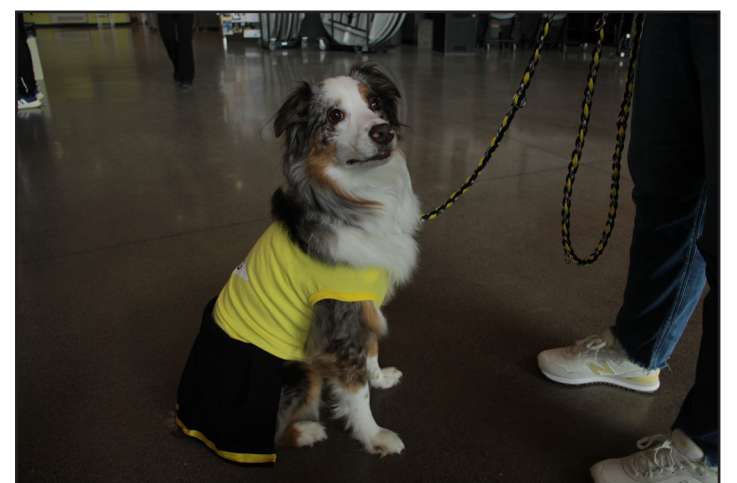
Photo by Emily Tews | Promethean

funding scholarships and strengthening programs.

The athletic department is one of the programs that benefit significantly from the Days of Giving event. Each team requested funding for one to two items or experiences for their team next year. This year both tennis teams requested long sleeve training shirts and a fall team retreat. Head coach of both the men's and women's teams, CeeJay Schaffner, is grateful to those who have donated to his programs. "It's cold up here. All we have is short sleeved stuff to train and play matches in, so it's nice to have that long sleeve," Schaffner continued "It's always just good to have an extra piece of branded apparel to wear around the court and off the court." The long sleeves were funded; however, the team's retreat goal has yet to be reached. The team is hoping to finish fundraising that amount over the next few months.

The baseball program has also asked for two items this year. The first was the Armored Heat Recovery app, and the second was a Max Pro Small Ball Machine. Assistant baseball coach Ryan Castaneda is excited about where the new equipment will take the team next year skill-wise. "Both of these will drastically help our program from a hitting standpoint. Mini balls can help us with hand-eye coordination and just bat to barrel skills. For the Armored Heat app, this will help our pitchers and position players just keep their arm strength and mobility throughout the entire year," said Castaneda. Both of baseball's items were fully funded.

The Superior Alumni and Friends Foundation reported they had 301 donors, which was a 150 percent increase from their goal of 200 donors. Together, they raised over \$146,000 towards students.



Zoey, the support dog, being a cutie in the Yellowjacket Union March 24.

Photo by Emily Tews | Promethean



Draw on a Duck at the tabling for Days of Giving on March 24.

Phot by Alicia Zoltowski | Promethean