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Letter from the President



Since arriving at USF in July 2019, Steven Currall (right) and his wife, Cheyenne, have called the Lifsey House, the 10,000-square-foot on-campus presidential quarters, their home, which they share with their dog Rocky, the “bull-dog.” SPECIAL TO THE ORACLE/USF

I am delighted to welcome you — our newest students and families — to our University of South Florida community.

When I joined the USF community as president in July 2019, I noted that USF is a university in motion, attracting the courageous, the bold, the dreamers: those who believe that the future holds opportunities yet to be realized. Not unlike you, USF has accomplished extraordinary things for a relatively young university and shows tremendous promise for the future, especially as we move toward

the post-pandemic era.

As you begin your journey here, you will discover that USF is a university where excellence and opportunity converge. Our commitment to excellence is reflected in our outstanding faculty, scholarship, creative activity, research and world-class educational experiences. Our faculty have been recognized as members of the National Academies, American Academy of Arts and Sciences, and as fellows and members of many other esteemed academic societies. Each member of our faculty is vital to the overall mission

of the university.

We also recognize that individual and collective excellence calls for a responsibility to ensure that every member of our community has the opportunity to succeed. As expressed in USF’s Principles of Community, we celebrate our accomplishments and respect our complex differences. We invite and encourage meaningful participation by all.

Opportunity abounds at USF. Research experiences offer the excitement of discovering and sharing new knowledge. Student

organizations offer numerous pathways to enhance your academic instruction and connect with fellow students, some of whom will become lifelong friends. I encourage you to take advantage of the many opportunities to get involved and to contribute to a positive campus environment.

Importantly, USF faculty and staff are invested in the success of all students, including those who are first in their families to attend college, those from a broad range of socioeconomic backgrounds and those with the resilience to overcome

adversity. We are dedicated to empowering students to maximize their potential for lifelong success.

As you begin your studies, I encourage you to be courageous and bold as you pursue your academic goals and develop your intellectual curiosity. Our faculty and staff are excited to welcome you, and we look forward to being part of your journey at USF.

Steven C. Currall
USF President and Professor

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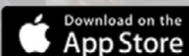
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Academic success resources to give you a head start in college



Angela Cordoba Perez

STAFF WRITER

Starting college with a desire to succeed academically but not knowing what to expect from professors, assignments, exams or even homework can be intimidating even for the most diligent students.

The fear of getting a D on the first test for a class or being stuck on a homework problem without knowing where to go for help is a reality for many freshmen, but USF has assigned centers across all three campuses — Tampa, St. Pete and Sarasota-Manatee — to support students who find themselves in those situations.

The Academic Success Center (ASC) at the Tampa and Sarasota-Manatee campuses and the Student Success Center (SSC) at the St. Pete campus provide assistance to students falling behind in their classes and those looking to get ahead.

If you are a student intimidated by your classes or struggling with a topic, one of the following resources might help lift some weight off your shoulders.

Tutoring Hub

Someone who is stressed about an organic chemistry exam or about a SMART Lab homework assignment can book a virtual appointment for free with a tutor who is knowledgeable in the topic. Simon Perez, an engineering tutor and chemical engineering student at USF, said tutors are often students who have taken

the classes they are assisting with, so it's likely they can relate to the struggles students relay to them.

"Tutoring services are useful for students, and I say that as a student that has used them and as a current tutor at the engineering tutoring center," Perez said. "They are useful because at the tutoring services you get the chance to learn from another student that already took the class you're struggling with, and that tutor already figured out how to understand [the material] or an easier way to get the material of a class."

This can help students feel more comfortable asking questions they would not ask a professor since peer help can be much less intimidating and more informal.

Both the SSC and the ASC have additional resources such as links to websites with exercises, videos and tutorials designed to help students. The university has also partnered with TutorMe Pearson Smarthinking and Knack — third-party online tutoring services — to provide students with 24/7 academic support from experts. Director of the ASC Zoraya Betancourt said students can access these services to submit essays at any time of the day and receive feedback within 24-48 hours.

If a tutor for a specific subject is booked for the day and a student is stressing out for a test on the next day, Betancourt said they can request help from a remote tutor on TutorMe to assist them.

All students, regardless of their home campus, are able to get help from the ASC or third-party online tutoring services with any homework or paper they are assigned. As the new semesters approach, Betancourt said the

See ACADEMICS on PAGE 22

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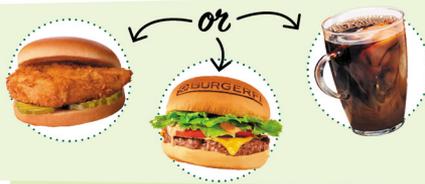
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USF transitions to Phase III, moves toward 'near-full resumption' of pre-COVID-19 activity



Leda Alvim

EDITOR IN CHIEF

With the plans to resume full operations for the summer and fall semesters, the university is ramping up its efforts to welcome students back on campus at full capacity and getting ready to turn the page after a year coping with challenges posed by the pandemic.

As part of its efforts, USF is transitioning all university activity to Phase III, the third stage of resuming normal activity outlined by the university when the pandemic began. Phase III will allow for 75% university capacity and symbolizes a "near-full resumption of critical university operations," according to Currall. Moving into Phase IV will depend on the virus' presence in the community.

In accordance with the Centers for Disease Control and Prevention (CDC) guidelines, the university announced May 18 it will be lifting all of its mask mandates and physical distancing both indoors and outdoors with the exception of clinical settings, the Student Health Center and the USF Carol and Frank Morsani Center for Advanced Healthcare.

The university has also begun the process of removing all signage across campuses that enforced the use of face coverings and physical distancing.

When it comes to class sections by modality, the university is planning to offer 77% of its classes in traditional face-to-face instruction in the upcoming fall semester across all three campuses, an increase compared to fall 2020, during which only 29% of the total number of classes were offered in person. In fall 2019, 81% of classes were offered in person.

The number of hybrid classes will decrease starting in the fall semester, with only 4% of classes being offered in that modality compared to 20% in fall 2020. The number of fully online classes will also decrease compared to last fall, however, it will mirror the same percentage of classes offered in fall 2019, at around 18%. In fall 2020, due to the pandemic, around 48% of classes were offered primarily online.

In-person meetings and events have also received the green light to resume in the coming weeks. While events won't need to follow social distancing nor face masks guidelines, coordinators must still abide by the existing university policy and will need to answer some health-related questions to help the university monitor those events.

As a way to track how many students intend to return to campus in the summer and fall semesters, all students will be required to complete the Return to Campus Assessment. Students enrolled in the summer semesters must complete the assessment before the start of their classes and their return to campus. Students starting in the fall semester will receive a link



As part of its transition to the third stage of resuming normal activity on campus, USF is offering face-to-face instruction in 77% of all classes on all campuses come August, similar to the 81% offered in fall 2019. SPECIAL TO THE ORACLE/USF STUDENT SUCCESS

to complete the form in August.

Along with the assessment, students will also need to complete the COVID-19 Daily Symptom Checker to obtain a campus pass for the day. The checker will come in handy once a student is walking on campus and is asked to show their campus pass in order to attend class or even enter USF's libraries.

In its efforts toward achieving herd immunity on campus, the university will be distributing the COVID-19 vaccines to students, faculty and staff across all three campuses through Student Health Services. The vaccine clinics are being hosted on each campus once a week

until Aug. 6.

The Tampa campus will be offering the Johnson and Johnson as well as the Pfizer-BioNTech vaccines Thursdays from 9 a.m. until 4 p.m. at the Student Health Center. For students at the St. Pete campus, the Wellness Center will be hosting vaccine clinics every Tuesday from 10 a.m. until 3 p.m. and they must contact the center in order to schedule an appointment.

The Moderna vaccine will be offered alongside the Johnson and Johnson one at the Student Engagement Suite on the Sarasota-Manatee campus for any individual interested in getting their shot. Students must

bring a valid state ID or visa to their appointments in order to get the vaccine.

The transition to Phase III will mark USF's first of many steps toward operating under pre-COVID-19 conditions during the upcoming semesters, and while the virus' conditions are unpredictable, the plans for a full return remain USF's main goal.

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What they wish they knew: USF graduates' advice to incoming freshmen



Julianna Jung

CORRESPONDENT

Incoming freshmen are navigating a campus returning to normalcy after the COVID-19 pandemic shifted most of their senior year of high school online. With similar experiences, graduates finishing their degrees at USF have advice for freshmen to make the most of their first semester in college.

Some graduates stressed the importance of adapting quickly to college life and maintaining a healthy work-life balance, while others, like management graduate Isabella Schmidt, said feeling comfortable in your chosen career path is key.

"I did not have the feeling of wanting all the answers [when I started college], I more so wanted to make sure my major was correct for what I wanted to do," Schmidt said.

She acknowledged adjusting to college life can be difficult, but said there is an abundance of advisers and faculty willing to help you carve out a route to professional success postgraduation.

"Connect with your professors," she said. "They really care about you, and it is a great way to network. I reached out to my professors a lot when it came to assignments. I wanted to ensure that I was doing my best work so I reached out to them for clarity."

"Some of my professors would talk about their work outside of USF during class to apply it to the class so sometimes I would reach out to them about that. Talking with professors outside of class helped me get to know them more and for them to get to know me more."

Alongside connecting with faculty and chilling out with new friends, other graduates wish they had been told to get involved at the beginning of their college career to get a head start on building their resumes.

Public health graduate Musaab Tariq was an orientation leader (OL) during his time at USF. He encourages students to use their OLs as a resource since they can give students advice on a variety of opportunities and experiences to pursue during the course of their college journeys.

"Ask your orientation leader anything you want to know about how to be successful," Tariq said. "The most important part [of college] is to get opportunities in your field as soon as possible so by the time you're a senior. You can be a president of a club or your boss can write you a really good recommendation letter."

"I was able to become an orientation leader, join a community service fraternity, have an on-campus job and research with the Office of Undergraduate Research. I was able to receive a lot of opportunities towards the end of my freshman year but that was more because I wasn't too interested during my first semester."

Julia Stein, a graduate with a major in integrated public relations and advertising, also

■ See ADVICE on PAGE 22



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In-person campus events to welcome students back in summer, fall semesters



Freshmen and sophomores will be able to finally relax while doing arts and crafts with their hallmates or party hard at the FIT's outdoor pool on Friday nights in the fall when in-person activities commence once again. SPECIAL TO THE ORACLE/USF STUDENT SUCCESS



Henry Aleksandrov

CORRESPONDENT

As freshmen begin their journey into college life, they can expect a campus experience to mirror the pre-pandemic conditions of fall 2019. From a wild Week of Welcome (WOW) to a stellar Stampede of Service, they will be getting the full Bull treatment.

Though some students have expressed apprehension about a full return to campus, Dean of Students Danielle McDonald said the university is eager to get students back on campus and celebrating in-person events

since so many were missed out on last year.

"Fall is going to be full of activities," she said. "We will be having the Week of Welcome, [Center for Student Involvement (CSI)] and [Center for Leadership and Civic Engagement (CLCE)] will do their programming of events. They are putting together their programming calendar just like it would have been in fall 2019."

In the fall, the CLCE and CSI will still be including virtual options in their activities in order to accommodate more students who may be nervous about a full return or who want to interact with students from other campuses, according to McDonald.

"The only difference from previous years is that we also may be including more virtual programming, because we do

know that students from other campuses like to participate in the offerings at different campuses," she said.

"So what we're looking at is going back to a lot of our traditional events, our face-to-face events, but also looking to see how we can utilize our virtual platforms to engage even more students."

Mike Severy, director of the CLCE, said the department will be back in full swing with plenty of events to get students involved.

"We [at the CLCE] anticipate being back to where we were in fall 2019," Severy said. "So, [we will be hosting] the Student Organization Fair, Lunchtime Leadership Series, the Emerging Leader Institute [ELI], a Stampede of Service around the 9/11 day of service, and getting students back out into

the community. So from a CLCE perspective, we'll be right back to normal."

Student organizations will be able to host in-person meetings the way they would in 2019, with no distancing or maximum capacity, according to McDonald.

At the Student Organization Fair, students can meet people from a variety of clubs and find some organizations they would like to join. The event is currently scheduled for Sept. 15 from 11 a.m. to 1 p.m. Severy said it is a great way for freshmen to get involved at the university, especially after a school year where that was challenging.

Freshmen and sophomores will also be able to gain leadership experience at ELI, a retreat that allows students to hone their leadership skills and meet other student leaders through activities and reflection sessions. The CLCE will host two separate ELI events this year, one for freshmen, and one for sophomores who missed out last fall, according to Severy.

Severy also said he is excited to get students back out and volunteering in the community, as service is a priority of the CLCE.

"There's a high level of interest from our student organizations about getting back to in-person experiences and we take that interest into the plethora of other on-campus and off-campus experiences. I think there'll be a high level of interest to get re-engaged with others and service and engagement opportunities in general," Severy said.

The Stampede of Service will be the best way for freshmen

to get involved in service opportunities right off the bat, according to Severy. A theme for service will be chosen and a kickoff will be held the week of Sept. 6. At the kickoff event, students will begin the process of starting their community service in accordance with the Stampede theme and objective.

In terms of on and off-campus events, the university will be encouraging everyone to get vaccinated, and while no mitigation procedures are required at events, they will be encouraged, according to McDonald.

"We will be making sure that people are washing their hands. We have hand sanitizers available and things like that, but other than that, there's [no] COVID-19 mitigation restriction that we're putting on events," McDonald said.

USF wants students to participate in on-campus activities, especially after the virtual school year students experienced, according to McDonald. Freshmen and some sophomores will be brand new to the campus, so she hopes those students will be able to partake in some signature USF experiences.

"We're trying to engage our students who started last year but didn't really get to have some of these experiences, so we want to bring them and engage them in our community and then our brand new students [as well]," McDonald said.

Another event to help incoming students feel a part of the USF community is WOW, which serves as a weeklong

■ See EVENTS on PAGE 24

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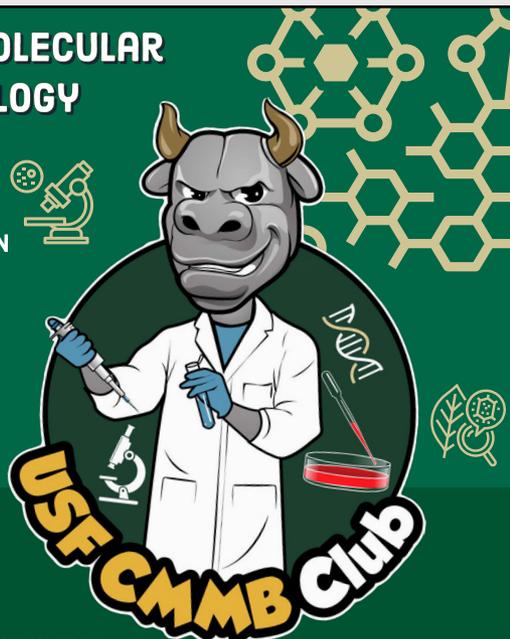
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SCAN ME



SCAN ME

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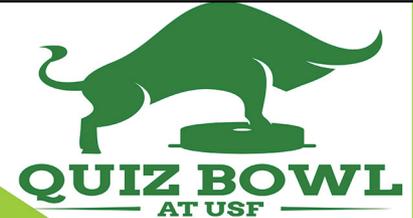


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'We'll get out better and stronger if we take care of each other'

The Oracle staff interviewed College of Public Health Dean and Chair of USF's COVID-19 Task Force Donna Petersen about USF's efforts to reopen at full capacity for the Summer B and fall semesters as well as how the student experience might be affected a year after the pandemic began.



What are your hopes and expectations for the fall semester?

I am very much looking forward to welcoming back students who have persevered with us over the past year and a half, and I'm looking forward to welcoming new students. I'm looking forward to seeing my colleagues, greeting our staff ... I'm looking forward to engaging fully with the campus, all campuses and the community, so that sounds like something normal. That's what I'm hoping for, normal, disease-free, that's my hope.

How similar will the fall 2019 and 2021 semesters look like as USF works to welcome back

students at full capacity?

We're looking to fall 2019 as a benchmark. That was the last time things were as they normally are, right? Spring is when everything changed. So I think you're going to see no more social distancing, all that yellow tape and decals are coming down, we're going to fill the classrooms as enrollment dictates, we're not limiting seats, we're not limiting access to spaces, we're not limiting the size of groups. I think all of that will be normal.

We have always offered a pretty robust set of online course offerings, [and there are] a lot of reasons to do that. I fully expect that as much as we want all of this to go away, we've

learned a lot and I don't think we should lose the lessons that we've learned so I think you'll continue to see some hybrid course offerings. All the trends are moving in the right direction but the virus is still active in our community, it's not gone. I'm hoping we will continue with the flexibility.

What will be the status of mask wearing for the Summer B and fall semesters?

We aren't requiring masks anymore. It would be difficult to enforce, because we want people to get vaccines and we want them to feel free if they're comfortable to no longer wear a mask. But unvaccinated people, we strongly recommend, should continue to wear masks.

I think freshmen coming to campus, you're going to see some people masked and some people not. That's probably what they've seen in their home communities and the neighborhoods where they live and work, so I think that's what they should expect.

How do you think the postpandemic college experience will look?

We had students start last year [who] have not ever been to campus, as you said they've only been in an online learning environment. I would assume it's going to be fun to meet people face to face for the first time to see what people look like, how tall they are, so I think that's going to be fun, but it'll probably be a little awkward too because we're still figuring out what's the best way to go about our business.

There will still be people among us who have not yet gotten a vaccine and there are some people with some pretty serious health conditions that even if they've

gotten a vaccine may still be at risk. So I think you'll still see people wearing face masks, and I think we just need to accept that. What I mean by that is I hope people don't judge people who wear or don't wear a face mask. ... We're a very resilient and adaptable species and I think young people, in particular, tend to be much more flexible so I'm hoping we can come at this from a spirit of kindness for our collective humanity.

How important is it for USF to make this step to welcome back students at full capacity?

We're a university. We exist to educate, to train, to prepare, to serve, to explore, to investigate, to learn ... all those things. What we've learned is a lot of that can be done remotely. The technology we have is amazing. I can't imagine what this would have been like without this. So we've learned we don't necessarily have to be in the four walls of a campus, we don't necessarily have to be in an office but at the same time, if you think about a university community, and how that university community exists sort of as its own ecosystem, it is enriched by people being there, and coming together and engaging.

I think the university looks forward to having everyone back, seeing people out on the lawn, Wednesday's Bull Market, fans in the stands, people in the audience of performances, right? All those things are what make a university a very special place. So I think we're really delighted that we're at this point, and we can welcome people back.

What is your message to the incoming freshman class?

We can't wait to see you. We can't wait to help you have a wonderful

college experience. We have a lot of love we have to shower on the students coming back. But we have to reintegrate the students who were with us and left and now are back, the ones who joined us but we've never seen, and now you, our new sort of bright hope for the future.

I hope all of us appreciate what we've just been through ... it takes an individual and a collective response to manage something like a global pandemic, but those same lessons apply to everything. Taking care of ourselves and each other in college can be stressful. Are we looking out for each other? Are we being kind to each other? Are we reaching out a hand? Are we encouraging students to seek help when they need it? Whether it's for academic support, food insecurity, counseling, there's all kinds of things people need to live a healthy whole life and we know that students who are healthy and well do better academically.

It's in everybody's best interest for us to take care of each other and ourselves. That's the last lesson that I hope we all learned, that we have it within us to adapt and respond and protect ourselves, but we also have [it] within us to support each other in the collective. ... I'm hoping that this group of students who have been through this, and the new group coming in, can change that attitude for the future that we're all in this together, and we'll all get out better and stronger if we take care of each other.

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College of Education Graduate Student Council



USF's College of Education Graduate Student Council is an interdepartmental and interdisciplinary group of graduate students whose mission is to enrich the graduate student experience through fostering college-wide collaboration, promoting excellence in educational research, and advocacy. We represent the interests of all graduate students in the College of Education, assist in addressing student concerns, and disseminate information pertinent to the graduate student experience.

For more information email jenniferm4@usf.edu

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USF MCHSO



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We are the University of South Florida chapter of the nonprofit Foundation of International Medical Relief for Children (FIMRC)

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We hold events throughout the semester and also notify students of any opportunities where they can contribute throughout the community. Feel free to check out our Instagram page and Bull Sync to learn more. We look forward to seeing you!



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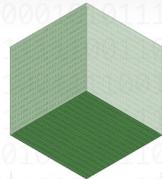
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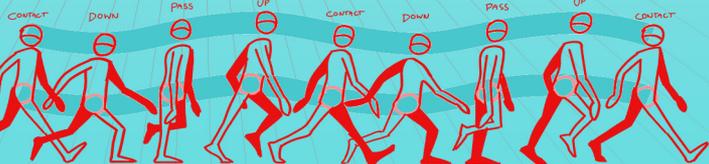
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Stressin' Lesson: Ways to reduce pressure and anxiety in college



Audra Nikolajski

NEWS EDITOR

Exercise or take a walk

Taking time to get some fresh air and soak up the sun's rays is one of the best things you can do when you're feeling bogged down. You can take some deep breaths and calm your mind while you take in the natural surroundings.

For those interested in a quick stroll, a walk around any of the campuses can be rewarding and beneficial to your health. Whether you are strolling through the Courtyard at Sarasota-Manatee, along the bay, or down Martin Luther King Jr. Plaza, you are sure to feel a little better after your stroll.

Castor Pond is the place to be, according to Krysselle Gonzales, a global business major. She turns off her electronics and walks down so she can see the ducks swimming in the pond.

"Watching the ducks is therapeutic because it's simple," she said. "It's nice to not have to think and just allow myself to relax."

Get organized

For some, engaging in organization may not be the most stress relieving of tactics, but practicing time management and making to-do lists can help you to tackle your stress and reduce it into something more manageable.

Allie Byndas, a mechanical engineering major, makes use of a large desk calendar, so she always knows her due dates and schedule.

"Engineering classes can be really stressful and fast-paced, but I've found that making a

monthly calendar as well as a to-do list weekly has helped me stay on track with all of my assignments," she said. "I've always taken the max number of classes and I've never missed an assignment solely due to my large desk calendar."

She tackles her assignments systematically, and recommends her method because it has been successful for her.

"If I have more than one assignment due on the same day, I start with the easiest and work my way toward the more difficult ones so I don't waste time," she said. "I get done the ones I know I can do fast first, that way if the more difficult ones take me longer I'm not missing out on the rest of my assignments."

Engage in escapism

Students who may not be apt toward organization might prefer to get away from the stress for a while. Even if you can't physically escape to the beach or park, you can still focus your mind on something else for a while.

A Netflix binge or bad reality TV are sometimes the best ways to do this. A season of "Stranger Things" or a few episodes of "The Bachelor" are sure to get your mind off the stress so you can just unwind for a while. Grab your favorite snack, put on pajamas and let yourself enjoy the moment.

For Bailey Combs, a junior biomedical sciences major, reading is the best form of fiction to escape stress.

"Reading helps me reduce stress by letting me go into another world. It also helps me regulate my sleep, believe it or



Braving the late nights and long assignments in college can be stressful, but taking walks, watching TV and getting organized can help the stress melt away. UNSPLASH/ Kelly Sikkema

not," she said. "I always turn off my phone and read one chapter of my chosen book before going to sleep. This helps me wind my brain down from all of the stress of life and all of the screen time I had throughout the day."

Talk to someone

Even if you don't feel that you need to see a counselor, it is always good to speak with someone about your feelings. Bottling up your stress will make it seem even more burdensome and harder than it could be if you expressed your thoughts.

You might want to talk to a good friend, roommate, partner, parent or mentor. Tell them what's been stressing you out. They can lend an ear, and even

offer help if you are feeling overwhelmed with a problem or responsibility. Get the stress off your chest in any way possible.

College can be hard. You might have bad days. You might have days where you are awake for 24 hours straight. You might find yourself upset and overwhelmed.

However, that won't be every day. In fact, it won't even be most days. College is fun. You'll meet new people, make new friends and find new passions. Don't let stress distract you from the new experiences you are having, because some of them will be memories to last a lifetime.

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ADVICE

Continued from PAGE 9

believes getting involved in organizations and clubs is a great way to gain opportunities.

“I was involved in Sigma Delta Tau [in] which [I] held multiple leadership positions [and was a part of the] National Panhellenic Conference,” she said.

Four years pass by rapidly, and the faster students become involved, finding opportunities and clubs to join, the more prepared they will be throughout their college career. While exploring new clubs and activities to enrich their life is a commendable effort, there is one aspect of college that should never take a backseat to extracurriculars: classes. Biological health sciences graduate Keila Santos said students should always take classes seriously and keep their eyes on the four-year prize.

“I didn’t take my classes as seriously freshman year, and when I started my sophomore year I took my studying more seriously so that my GPA could be good enough for my track,” she said.

“Yes, college is fun, and you should branch out and make memories, but don’t be the person that doesn’t have the balance, and at the end, your GPA drops.”

As Stein looks back on her college experience, she said the best advice to give incoming freshmen is to discover who they are.

“While it’s important to discover what major works for you, who your friends are, and what clubs to join, it’s equally important to discover who you are,” Stein said.

ACADEMICS

Continued from PAGE 6

center’s focus will be to provide students access to all resources so they can academically succeed at USF.

“The whole purpose is to really have a wider base, a web that extends out, making it very easy and accessible to students to get help from anywhere, regardless of where they’re at, regardless of what campus they’re assigned to or what campus they primarily take classes in,” she said.

Writing Studio

If writer’s block suddenly hits and you’ve got a 20-page paper due in a week or you’re not sure what MLA even stands for, head to the Writing Studio for support. The Writing Studio will be opening both face-to-face and online appointments starting June 28 to provide students with any assistance they need with their essays.

“We’re looking to operate very similarly to how we did in fall 2019, offering weekend hours, evening hours and morning hours of tutoring,” Betancourt said.

To schedule an appointment, students must visit the Academic Success Center’s website and pick a time under “Writing Studio Consultation.” Each consultation lasts for about 45 minutes, and if a student chooses to meet online, their appointment will be held through Microsoft Teams.

Students are encouraged to bring the draft of their essay as well as the assignment guidelines and come prepared with any questions they would like to ask their writing consultant. The Writing Studio website also has handouts that can help students with academic and professional writing, revision and editing, writing styles and citations.

Ethan Rampersaud, a

freshman statistics major, said he used the Writing Studio to fine tune a thesis he wrote for his Acquisition of Knowledge class and found it to be very beneficial.

“Students should use the Writing Studio so they can have an experienced pair of eyes review drafts and make suggestions relevant to both the current project and future projects they complete,” he said.

If a live, virtual appointment is not preferred, students can also opt for an asynchronous submission, in which their paper will be reviewed by a writing tutor and returned with edits. The option, offered through the St. Pete SSC, takes about 1-2 business days to return the edited paper to the student.

Study skills mentor

Sometimes academic success also depends on the strategies students use to excel in their classes. Methods that were effective in high school may not be effective any longer as work gets more challenging or homework is now coupled with a part-time job.

To guide students struggling to pinpoint the most effective learning methods for them, USF offers appointments with mentors that can help improve time management skills, procrastination habits, note taking, test taking and reading strategies.

Office hours

To receive more personalized advice that directly pertains to the classes they are in, students can communicate with professors and teaching assistants (TAs). Office hours, which are times when students can meet with them, are usually written in the class syllabus.

These one-on-one sessions



Although freshmen may be hesitant to seek academic help, USF boasts a variety of resources, from a writing studio to a tutoring hub. **SPECIAL TO THE ORACLE/USF STUDENT SUCCESS**

can be very helpful when there is no time left in class to ask specific questions or when someone wants a more in-depth explanation about the material presented. Perez said students might feel nervous to speak with professors sometimes, but professors are usually more than willing to help them out.

“I think office hours are great. They are a good opportunity to get a direct answer to any of the questions you might have about the class material,” Perez said. “Also, it’s a good opportunity to get to know your professor or your TA, kind of bond with them.”

‘Club Lib’

Club Lib, also known as the USF Libraries, is also one of the many places on campus focused on providing support and resources for students to succeed in their classes. Whether students meet with their peers to finish a group project or visit the fifth floor for one of the quietest places on campus to study, Club Lib has it all.

Starting on June 28, the library will resume its normal operations and lift all of its restrictions and

its reserved seating protocol as part of USF’s efforts to resume to pre-COVID-19 operations for the Summer B and fall semesters. For Summer B, the USF Library in Tampa will be open Monday through Thursday from 8 a.m. until midnight, Friday from 8 a.m. to 6 p.m., Saturday from 10 a.m. to 6 p.m. and Sunday from 1 p.m. until midnight.

The Tampa Library will also resume operating 24/7 Monday through Thursday beginning Aug. 23, the start of the fall semester. Students will get to grab a late-night coffee at the first floor Starbucks as they pull an all-nighter before a big test or take a nap at one of the study pods on the fifth floor.

Don’t be nervous, use the resources

Seeking guidance, using resources, meeting with tutors and asking questions to professors are reliable strategies that students can use to achieve academic success. If USF provides resources to make the difficulties easier to overcome, those who need them should take advantage.

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Nashama at USF (Al Nashama) is a Jordanian student organization at the University of South Florida (USF) which aims to interact with the international student community at USF and introduce the culture, traditions and values of our country, Jordan, among USF students and faculty through organizing cultural and social events. Various activities will be conducted and sponsored to strengthen the bonds among Jordanian students body as well. As an international and multicultural organization, our events will be both educational and entertaining, and will be opened for everyone on campus.



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EVENTS

Continued from PAGE 12

introduction to the university and its operations.

This year, McDonald said WOW will be even more important because it's in celebration of a "triumphant" return to in-person activities.

"It's really a time for all of us to celebrate coming back together, and I think we have even more to celebrate now that we've gotten through this past year," McDonald said.

The schedule for WOW has not yet been finalized, according to McDonald, as people are still able to submit events. Once a final itinerary is created, students will be able to find all of the events listed on CSI's website.

Usually, events run from 11 a.m. to 1 p.m., but there are also nighttime activities such as Movies on the Lawn on Wednesday nights, and Bulls Nite Out (BNO) on Fridays that will start during WOW and continue throughout the semester.

BNO is a weekend program that was created to offer students alternatives to bars and clubs. Various places on campus host dance parties, outdoor activities, comedy shows and movies, according to the CSI website.

Unfortunately, this year's freshmen will not be able to

experience one of the most iconic events of WOW — the balloon drop.

"The only change to the welcome event is that we probably will not be doing the balloon drop. We really ran out of space for that in the fall, we had to turn away hundreds of students because the space just wasn't big enough," McDonald said.

Those who have not had an opportunity to know what it feels like to be a university student will be excited by the campus atmosphere, according to McDonald.

"We have two groups of students [freshmen and sophomores], who have never really seen what USF looks like," she said. "I think there's a lot of energy and a lot of excitement about reengaging students with each other."

Although CLCE and CSI hosted many virtual events to get students involved at USF during the pandemic, McDonald said she has missed in-person activities and hopes they will generate some serious Bull pride.

"I can't wait to see our students again in person," she said, "We're very excited that students will have an opportunity again to feel what it means to be a USF Bull, and to feel what it means to be a part of this community."



Dean of Students Danielle McDonald said this year's Week of Welcome is the perfect opportunity for students to celebrate making it through challenges the pandemic brought and successfully returning to campus. **SPECIAL TO THE ORACLE/USF STUDENT**

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Getting to know the next student body president and vice president

Editor in Chief Leda Alvim interviewed Student Body President Julia Cunningham and Student Body Vice President Jillian Wilson about their experiences at USF, their advice to returning students and incoming freshmen and what they hope to provide the student body in their upcoming term.

What is your best memory from your time at USF so far?

Julia: Homecoming. [During] my freshman year, I was a mayor [for Castor Hall's] Hall Council and because of that I was able to participate in the homecoming parade and that was super fun. We had our own cart for Castor Hall, and I was able to throw candy at students who were watching the parade, walk all through campus in this huge parade and everyone's so happy and it was just like, we felt really united as a community. Afterwards, we had some carnival rides in the parking lot in front of the Campus Recreation Center. So, after the parade, me and the rest of our mayors from Hall Council all went to the carnival and went and rode the rides, and that was

super fun.

Jillian: Some of my favorite memories are from the Campus Activities Board events that they throw, especially Movies on the Lawn or the times that they've done bubble parties, or like paint-throwing parties. Those are super fun on campus and it's a good way to get involved.

With everything going back to full operations, in-person, face-to-face events, what are you most excited for this upcoming year?

Julia: What I'm looking forward to and I really enjoyed as a student was Bull Market, which we had every Wednesday prior [to the pandemic], and it was so fun because one of the things that I've decided to do personally

this last year was purchase from small businesses rather than large corporations, and so it's really nice to have Bull Market there where you are able to support local business owners. They have some really great stuff and a variety of things you can purchase such as little USF pins or thrift store clothes. So I think Bull Market will be really exciting just for myself, and I know a bunch of students are going to love to have that back as well.

Jillian: I'm excited to go back to, [though] I don't know what capacity will look like, of course, but I'm excited to go back to different athletic games and sports games and stuff like women's soccer, basketball games [and] football games.

What advice would you give incoming students starting their journey at USF?

Julia: I have two different pieces of advice, one for school and one for friends. So, for school, a big thing that really helped me to stay on top of my work and all my extracurriculars I had going on was a big calendar that I hang up right in front of my desk, and at the beginning of the semester, I went through all of my syllabi and I wrote down all of my upcoming assignments. I wrote down study schedules for exams I have coming up ... in order to stay on top of assignments. It gave me a good perspective to see what I had for that upcoming month, and then I was able to plan more social events like hanging out with my friends around my school schedule because, of course, school is your



As Student Body President and Vice President, Cunningham (right) and Wilson (left) hope to bring all three campuses together under a post-pandemic era. SPECIAL TO THE ORACLE

priority when you're in college.

As far as the social aspect of college goes, especially during this time of transitioning back from online to in person, one of the things that I really had to do as a college freshman was come out of my shell and become much more confident in myself and not be afraid to go up to a stranger and be like, 'Hey, I love your top. That looks so cute' and then strike up a conversation from there. That's how I met some of my really great friends ... so just things like that. Go out of your way and don't be afraid to talk to somebody and really be confident in yourself. I

think that's the best way to make friends and meet new students on campus.

Jillian: Summarized into two words: Be brave. Go to your professors' office hours, go join that student org you're interested in, go to events, go to games, go to Movies on the Lawn, go to a Bull Market, go to the dining hall, go get involved on campus, go after that job you're interested in, go after that research opportunity on campus. Don't limit yourself and don't talk yourself out of it, just go after it and do it and just don't be afraid. Haters are gonna hate, but you should always go after what you're interested

■ See JJ on PAGE 27



Cunningham and Wilson met at an on-campus event organized by Campus Activities Board (CAB) during their freshman year. They emphasized the importance of getting involved as much as possible. SPECIAL TO THE ORACLE

Julia and Jillian

Continued from PAGE 25

in and not be afraid to get embarrassed or be a little silly.

What are some ways that you maintain both your physical and mental well-being?

Julia: One of the best bits of advice I got from my parents was taking some time, once a week for myself, even if it's taking 30 minutes out of my day once a week to go get Starbucks and sit in my car on TikTok ... just some time to myself or even if I set aside on Fridays. This semester, I typically had some time and I would go to a thrift store off campus, and I would just walk around [and go] to the store, so I really think taking time for yourself outside of school gives you some time to come back, reflect on this past week and get ready for the next week.

Jillian: If you're in a situation [where] you're having trouble with a roommate or you're having a disagreement with

someone, I would say go take a walk and just like cool off or de-stress ... because getting those endorphins while you're walking, getting a little bit of exercise and just taking a mental break [are] the most rewarding.

My second piece of advice would be if you find anything troubling about the experience or you just want to talk to someone, if you're an out-of-state kid or if you're going out of town and coming to Tampa, ... go book that appointment with the [USF] Counseling Center on campus. Go book an appointment and talk to one of the therapists that we have, ... it's the easiest thing to do is just go talk to someone to talk through everything that you're worried about. That way you can get it off your plate and feel at least a little bit of relief of having someone to talk to with those issues.

What are some of your hopes as you step into your roles as student body president and vice president?

Julia: The biggest thing that I hope to do is just fairly and honestly represent the student body. I think that the way that I can fail as student body president is to lose track of the people that I represent, which are the students. So, I feel like my biggest hope in this administration is that the students know I have done everything I possibly can to fairly and accurately represent them, and I have fought tooth and nail to make sure that they are getting the best from us and we are doing everything we can to help them succeed at this university.

Jillian: One of my biggest hopes for this administration is to work toward more equitable resources at all three of our campuses, making sure that our Sarasota-Manatee and our St. Pete campuses have at least some of the same resources as Tampa because right now, there are some things that they don't have at all. So, at least trying to branch out and try to create equal resources, because ... it's not fair those two campuses don't get the

same things as Tampa. That's my biggest hope of making sure that we represent all students in their consolidated university and not just focusing on the biggest campus of Tampa. I want to make sure all students feel they have the best college experience they can no matter what campus they're at or what city they're in.

What was the biggest lesson you've learned this past year with the pandemic?

Julia: I think two things that the pandemic has really made me aware of is that it's really important to do those self-check-ins and take some time and be like, 'Where am I at? How am I doing, both mentally and physically?' [This is] especially because the pandemic was so isolating for a lot of people and I'm not excluded from that. It was really important to make sure that I set aside some time for myself and reflected on where I was and how I was feeling mentally and physically.

Another thing that is really

important is surrounding yourself with good people. I'm very lucky to have a good family and a good group of friends, so really doing what I can to strengthen those relationships and keep them. I think it's really important to rely on the people who love you and care about you and want you to succeed ... Make sure you really rely on the people who care about you and make sure you are caring about yourself as well and checking in with your mental health and your physicality.

Jillian: Patience. Just because you plan your entire life out step by step does not mean it will go that way, and we saw that with the pandemic. Especially as we transition back to [being] in person and as we transition online, nothing's ever going to go according to plan in life, so you just have to be patient, go with the flow and take the ride of life. ... Be patient with life, be patient with yourself, be patient with your mental health, be patient with others, and that's really all you can do.



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Fraternities and sororities open fall registration process, prepare for hybrid recruitment



Emma Lail

STAFF WRITER

Connection is key in college, and one of the easiest ways to connect with others on campus is by joining USF's Fraternity and Sorority Life to establish friendships to last beyond just your academic journey.

USF consists of four councils, including Panhellenic (PHA), the Multicultural Greek Council (MGC), National Panhellenic Council (NPHC) and the Interfraternity Council (IFC).

Vice President of Panhellenic Recruitment Kimberly Vojtko said PHA, which represents 10 of the university's sororities, opened registration from April 12 to Aug. 27 for fall recruitment that will take place on the weekends of Aug. 28-29 and Sept. 4-6.

IFC, representing 15 fraternities on campus, will open registration July 1 and recruitment is estimated to occur between Sept. 1-17, according to Assistant Director of Fraternity and Sorority Life Travis Parker.

NPHC, which represents nine historically Black Greek-lettered organizations, and MGC, which represents 14 culturally oriented organizations, do not partake in a formal recruitment but use a nontraditional route to get new members by hosting events throughout the fall semester.

The registration process for both PHA and IFC requires the applicant to provide their GPA, school year as well as their personal information

including where they are from. Potential new members (PNMs) will register through a software system called Campus Director and will also be asked why they are interested in joining a fraternity or sorority, according to Parker.

"Essentially, it is biographic information ... the chapters need to help them get just a little bit of information about the potential members," Parker said.

Each chapter from all councils has different requirements that a PNM must meet in order to join. The requirements for each chapter can be found under Fraternity and Sorority Life on the USF Center for Student Involvement website.

The recruitment process can open doors to incoming students wanting to meet new people, get involved on campus, grow their networking skills and feel a sense of belonging. The process consists of six days during which PNMs have the ability to learn about all the chapters and decide which is right for them.

Vojtko said PHA recruitment will be hosted online the first weekend via Zoom and the second weekend will be in person with proper health and safety guidelines in place, including wearing masks and social distancing. Guidelines are subject to change as recruitment gets closer based on COVID-19 restrictions, according to Vojtko.

Vojtko explained the sorority recruitment process is based on mutual decisions between both the sorority and the PNM. This means the PNM will narrow down their choices throughout recruitment days and eventually pick a sorority that will, in turn, accept or reject the PNM.

All PNMs will receive guidance throughout the week by two Rho Gammas, sorority members who briefly dissociate from their



With almost 50 chapters to choose from, USF's Fraternity and Sorority Life offers incoming students philanthropic avenues and tight-knit friendships to last a lifetime. ORACLE PHOTO

chapter to guide PNMs through the recruitment process, in a group along with 15-30 other PNMs. Rho Gammas provide specific directions and details regarding what recruitment will entail, including what needs to be worn on each day and information about each chapter.

The first day of recruitment is Spirit Day, which consists of PNMs sending in a video for the chapters to watch. The videos will include the PNM telling members a little bit about themselves in a 5-minute introduction video.

The second and third days will be centered around philanthropy and also hosted over Zoom. The fourth day will become more intimate as the theme of the day is sisterhood and this will be the first session in person at the Marshall Student Center. Conversations between PNMs and current members will go more in-depth and PNMs have to narrow down their selected chapters to five.

Preference Day will lead to one-

on-one sit-downs with a member and a PNM, and the new recruit can only speak to one or two chapters. Finally, chapters will send out bids to PNMs on the aptly named Bid Day. This bid means a specific chapter wants to see a particular PNM grow and learn throughout their college career within the chapter.

Formal fraternity recruitment has many similarities and differences compared to formal sorority recruitment. The process generally takes eight days. This time period entails an orientation, chapter previews, recruitment events, new member presentations, preference interviews, bid acceptance and bid rally.

The first day of fraternity recruitment is attending orientation, where PNMs will take the time to join a session that introduces them to IFC, according to the Vice President of IFC Recruitment Camilo Plata.

After day one is completed, days two through six consist of chapter

events. PNMs will have five days to learn about the chapter, including their philanthropy and values as well as meet other students.

The week concludes with bid selections and a bid rally. During these two days, PNMs will select the chapter they wish to join and attend a celebration for all the PNMs and all the chapters as they join their new organization.

Throughout the recruitment process, new members will learn about what each fraternity has to offer and evaluate which fraternity they can see growing in. All fraternity chapters hold their new members to high academic and personal standards, according to Plata.

NPHC and MGC recruit new members in a nontraditional way but still based off of a mutual decision process. To become a member of one of these councils, students have to be at least a second-semester freshman, establish a presence at USF and

See GREEK on PAGE 31

Fall, winter sports usher intriguing storylines into next season



Incoming sports fans to USF will find something to enjoy from the teams the university is touting, whether that be fresh faces in men's basketball hungry for game time or super seniors preparing women's basketball for another historic season. USF ATHLETICS PHOTO



Richard Silva

SPORTS CO-EDITOR

In the past year alone, USF fans have experienced both the highs and lows of NCAA sports.

Whether it's the women's basketball team making program history by winning its first-ever conference tournament title or the football team struggling to find its footing with a first-year head coach,

the storylines for each sport at the university will undoubtedly be interesting to follow.

Even in what may seem to be the bleakest of circumstances, the handful of highlights below show that fans of any of the fall and winter sports have plenty of reasons to get excited about the seasons ahead.

Women's basketball: An encore to a historic season

Last season very well could have been the most historic campaign in USF women's basketball history, and an encore in 2021-22 looks inevitable.

Not only did the Bulls take home the first-ever regular-season

and conference tournament titles in program history, they also won a game in the NCAA tournament and had regional No. 1 seed NC State on the ropes at halftime in the second round.

The Bulls eventually fell to the Wolfpack in the second half of that game to put an abrupt end to their dream season, but shortly after the team received exciting news.

Senior front court players Shae Leverett and Bethy Mununga announced their intent to return to the team for one last season, a "final run" as Leverett put it in her announcement.

The duo combined for 14 points and 19.7 rebounds per game last season, while also teaming up to play

some formidable defense against the bigger players on opposing teams.

In typical circumstances, both players would have been forced to leave the team because they ran out of eligible years to play, but due to the impact COVID-19 could potentially have had on the season, the NCAA announced last season would not count against a player's eligibility. Thus, Leverett and Mununga had a chance to run it back.

If that wasn't enough, the Bulls brought in a trio of new faces to reinforce an already dominant squad. Guard Bella Weary and forward Odeth Betancourt signed an NLI to join the team, and forward Dulcy Fankam Mendijadeu transferred to USF from Memphis.

Mendijadeu could have the biggest immediate impact for the Bulls as she averaged 14.1 points, 10.6 rebounds and 1.6 blocks per game last season with the Tigers. Her rebounding total was good enough for second in the conference, behind only Mununga.

With the retention of players like Mununga and Leverett and the additions of Weary, Betancourt and Mendijadeu, the sky is the limit for this team next season.

Football: Possible emergence of a quarterback

Ever since legendary USF football quarterback Quinton Flowers graduated from the program in 2017, the position has been up in the air and a consistent answer has yet to be found.

Multiple talented athletes have tried their hand at locking down the starting position, but for one reason or another none have been able to stick.

That could change this season.

Currently, the Bulls appear to

have four quarterbacks fighting for reps in practice between freshman Timmy McClain, sophomores Katravis Marsh and Jarren Williams and junior Cade Fortin.

From the small amount of information coach Jeff Scott has given this offseason, it appears Fortin is the front-runner after his performance this spring, with Williams, Marsh and McClain slightly behind him, in that order.

"For the quarterbacks, we got four guys really competing," Scott said in a press conference March 9. "We split up their reps 3-3-2-2, so they're always getting reps pretty much every period and getting some good experience.

"We mix up who goes with the ones and twos. Cade and Jarren have been going back and forth with the ones and twos, and Katravis and Timmy are splitting time with threes and fours, and [Marsh] has gotten some reps with the twos [as well]."

Although Scott has given his fair share of praise toward the quarterbacks, he has also made it very clear the starter is far from established, and the competition will continue as game one against North Carolina State approaches.

"Right now it's really simple, the best players are going to play ... I honestly believe all four of those guys have legitimate potential to be our starter," Scott said.

Men's basketball: New faces looking to succeed

Not only did the men's basketball team suffer some close conference losses last season, it also had to endure a COVID-19 complication midseason that put its games on hold for approximately one month.

The women's team also

■ See SPORTS on PAGE 31



The USF football team will kick off its 2021 season against North Carolina State on Sept. 2.
ORACLE PHOTO/LEDA ALVIM

SPORTS

Continued from PAGE 30

suffered from a monthlong COVID-19 induced hiatus, but the men couldn't seem to regain their footing as they went 2-8 over their final 10 games.

After the season concluded, a rash of transfers hit and nine players left the program in March prior to a report announcing USF was conducting an independent review of a staff member for multiple incidents of "racially charged comments."

With a void that large, coach Brian Gregory and company had to get to work to bring in players and recoup the talent they lost to the transfer portal.

As of May, the Bulls have added nine new players consisting of eight transfers and one freshman from high school. The transfers include freshman Corey Walker Jr., sophomores Sam Hines Jr., Bayron Matos, Jalyn McCreary and DJ Patrick, juniors Jake Boggs and Serrell Smith Jr. and senior Javon Greene.

The freshman coming from high school is Trey Moss, a guard from Windermere, Florida.

The prospect of adding nine new players to the squad this season gives fans an exciting storyline to follow. It will be interesting to see how the Bulls come together and get used to each other's tendencies as the season wears on.

Women's soccer: Quest to repeat as conference champs

When superstar forward Evelyne Viens graduated from USF in 2019, the question going into last season was how the team was going to replace her goals, being that her foot was directly responsible for 25 of the team's 44.

Ultimately, the Bulls survived Viens graduating as they went 10-1-2 and won the AAC tournament, but they did it with the emphasis on the defensive side of the ball rather than the offensive.

In 13 games, USF allowed just six goals and had a total of nine shutouts, due in large part to the work of AAC Defensive Player of the Year Chyanne Dennis and

AAC goalkeeper of the year Sydney Martinez, among others.

While defense became the team's focal point, not all was lost on the offensive end.

Forward Sydney Nasello won AAC Offensive Player of the Year, scored a team-high six goals and logged 28 shots on goal, also a team-high.

Nasello's energy and hustle powered the Bulls all season long, and she has an opportunity to do it again next season along with Dennis and Martinez who are each returning.

Along with that trio, the development of players like freshman defender Vivianne Bessette makes the thought of repeating as conference champs next season all the more likely.

GREEK

Continued from PAGE 29

allow the councils to get to know who they are before joining, according to Parker.

The sororities and fraternities within NPHC and MGC will host events both virtually and in person such as info sessions, bake sales, step shows, philanthropy events and yard shows in order to meet PNMs. Parker said these councils like to get to know the people they are interested in before they join the organization.

Once the application is received by a chapter, it will be brought to a national or regional hierarchy, according to Parker. This hierarchy will then sign off on the PNM and the new member process will begin.

Parker said he strongly encourages eager students to attend as many events as possible in order to get to know what each chapter has to offer before actually applying to be in an

organization. Applications can be found directly through each chapter.

Each aspect of recruitment tries to lead future PNMs to the sorority or fraternity that can help them achieve their personalized college goals. Making connections, getting involved, inspiring a sense of belonging and learning about the community can all come out of being a part of fraternities and sororities, all of which are especially needed coming off the tail end of a yearlong pandemic, according to Parker.

"Making the assumption that a lot of our incoming students have also been virtual in high school and they are looking for that in-person connection, I believe that fraternities and sororities can provide that avenue for them to build those connections outside of just the screen," Parker said.



Interested students will go through either six days of sorority recruitment or about eight days of fraternity recruitment during which they will have the chance to figure out which organization is the right fit for them. SPECIAL TO THE ORACLE/@usfpanhellenic

On-campus well-being resources to take advantage of



Dylan Cohen

STAFF WRITER

As a new class of USF students arrives, Student Health Services (SHS) and many other centers providing resources for mental and physical health are preparing to assist these newcomers in their transition.

If you're suffering from the dreaded "freshman 15," perhaps in tandem with the "COVID-19 pounds" or you want to create healthy eating habits to last through college and beyond, USF's resident dietitians can help develop individualized plans to lead you on the right track.

Dietitians Katie Webster and Stacey Struhar, the latter of whom joined the office in January 2020, work out of SHS and often help new students adapt to college life without sacrificing proper meals.

"It can be a big transition for [incoming] students to be responsible for their own grocery shopping and preparing meals," said Webster. "We can provide tips and make sure they're on track with balanced eating."

The dietitians also provide nutrition therapy for those with underlying medical conditions, such as diabetes and hypertension, as well as weight loss counseling. They oversee the Feed-A-Bull Food Pantry as well, which is made for students struggling with food insecurity.

To make an appointment, students can call the main student health appointment line

and ask to schedule with the dietitian. There is a \$10 fee that will be billed to the student's insurance, but it is not necessary to make an appointment and can be covered by the student themselves. There will be no in-person meetings until fall, during which students will have the option to either go in person or have a meeting online.

Webster also stressed that alongside the dietitians, there are numerous other resources provided by SHS, such as a walk-in clinic, sexual health and gynecology, LGBTQ health services and a counseling center, among other resources listed on its website.

St. Pete and Sarasota-Manatee offer similar services for students. The St. Pete campus offers near-identical services to Tampa through its Wellness Center.

The New College of Florida and Sarasota-Manatee share services through its Counseling and Wellness Center (CWC). Sarasota-Manatee students can meet with counselors on campus, however, students may be referred to Tampa or community dietitians through online appointments if the campus cannot provide the needed service.

USF Tampa's Counseling Center provides an abundance of mental health services, from helping people process their emotions through group and individual counseling to accessing resources they didn't know about, such as accommodations for preexisting health conditions and group therapy.

Staff Psychologist Nicholas Joyce is just one of the over 20 licensed clinicians in the USF Tampa counseling center and sees about 25 clients per week.



USF Tampa's Counseling Center has over 20 licensed clinicians ready to support students through individual and group therapy as well as provide resources and accommodations for those who may need them. ORACLE PHOTO

He said students can make an appointment with the clinicians for a variety of reasons.

"Students come to us when they're experiencing some level of distress," said Joyce. "The top three things we see at the counseling center are anxiety, depression and relationship issues."

The service, available to students universitywide through online appointments, is at no cost to students.

"It's important that students know that this [service] is free," Joyce said. "There's no harm in making an appointment and

talking to someone. If you don't like it, you don't have to come back. There's really no cost."

In response to the pandemic, the counseling center has been using telehealth appointments to connect with students. Much like the dietitians, this fall, the counseling center will provide an option for students to attend either in person or online at their discretion.

The counseling center is closed weekends, but its doors are open for students from 8 a.m. to 7 p.m. Monday through Thursday and 8 a.m. to 5 p.m. Fridays.

While it can be scary to transition to a new environment and act independently, the university offers a variety of resources available to make the transition from high school to college smoother and your first semester at USF truly "memorable."