

TechNews

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Our mission is to promote student discussion and bolster the IIT community by providing a newspaper that is highly accessible, a stalwart of journalistic integrity, and a student forum. TechNews is a dedicated to the belief that a strong campus newspaper is essential to a strong campus community.

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SUBMISSIONS

TechNews is published on the Tuesday of each week of the academic year. Deadline for all submissions and announcements is 11:59 p.m. on the Friday prior to publication. Articles, photos, and illustrations must be submitted electronically to the TechNews website at technewsiit.com.

EDITORIAL POLICY

The editors reserve the right to determine if submitted material meets TechNews' policy and standards. For more information about our editorial standards, please email assteditor@technewsiit.com.

LETTERS TO THE EDITOR

Letters to the editor may be submitted by anyone, but are subject to review by the Editor-in-Chief. All letters-to-the-editor become the property of TechNews upon submission. TechNews does not accept or publish anonymous letters or sto

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Tales from the Victory Lap: 'Unhappy' students elude IIT experience

Miriam Schmid

TECHNEWS WRITER

In November of 2011, the Princeton Review released their list, "The 10 Colleges With the Least Happy Students." Just down the list from the military academies, at number nine was our own Illinois Institute of Technology.

Sadly, finding IIT on this list was not a shock or surprise to many current students. Why? IIT has frequented this list repeatedly. For me, this ranking does not make any sense at all.

My five years at IIT have been the best times of my life. I have had more opportunities than I could take advantage of, met friends from around the world, and grown more than I could ever have imagined. I can't imagine what my life would look right now if I had not come to IIT.

So, why do we repeatedly find ourselves on this list? I believe that there are a number of compounding factors that contribute to IIT being on this list of colleges with un-

happy students.

The first of these is the IIT student demographic. What do I mean by that? I believe that there are two main populations of students that experience more unhappiness than any other groups during their time at IIT: commuter students and international students.

Commuter students frequently come to IIT to take classes, leave when they are done, and work off campus. By doing so, these students miss out on many events, student organizations, and experiences that are crucial to connect with and feel included in the IIT community. If my only experiences at IIT were my classes, I can understand why these students report feeling unhappy at IIT.

Secondly, international students from around the world come to Chicago to attend IIT. For these students being thousands of miles from home, being in a completely new country, experiencing winter for the first time, and often struggling with courses in English can all contribute to unhappiness in the international population at IIT.

IIT is a difficult university. In 2012,

Newsweek ranked IIT as number 24 on the list of the most rigorous universities in the United States. The workload for any major is not easy and can overwhelm students. Many other colleges and universities that also find themselves on this list share this characteristic.

Finally, I believe that many students do not find a connection to the IIT community. All of the factors listed above can act as obstacles to finding a connection or a place to belong at IIT; I believe that focusing on making sure each student feels connected to, and a part of IIT will decrease the "unhappiness" in students. In the current version of this list on the Princeton Review website, IIT has dropped to number 16; I believe that this is in fact due to more opportunities for students to connect with each other and the university that have been created in the past few years.

One IIT alum (ARCH '75) commented on the Princeton Review list and summed up my thoughts on this topic perfectly, "I had the time of my life," they commented on the website. "I actually learned something. After school I could support myself"

Bringing inner peace into your life

Shireen Gul

COPY EDITOR

"You get peace of mind not by thinking about it or imagining it, but by quietening and relaxing the restless mind" said Remez Sasson

These days, life has become so busy that we hardly get to spend some time with ourselves, which I think is very important. No one knows you better than yourself so it's good to spend some time with yourself so you can evaluate yourself and have some peace of mind.

Daily life can be demanding, chaotic and sometimes overwhelming. At a certain point, you feel like bringing just a little bit of inner peace and composure into your life is a hopeless wish, but it's not true because small and smart changes can bring positive change in your life. Today I would like to share my own favorite tips on what I do when I am looking for more peace and calmness in ev-

eryday life than I have on a daily basis.

The very first thing that you need to do is set certain limits in your life. Sit down and revive the things that bother you. You may need to stop doing some of the least important things that you think are important (Facebook for sure.) Don't hold yourself to 'perfect' standards.

Now find a relaxation technique that works best for you. I like to go on a walk with slow music on my iPod and think about all the good that I have in my life. Long walks, music, yoga, meditation or going for a swim? Find out and do that the way you like it.

Don't make mountain out of molehills. This is one of the main reasons why these days everyone is suffering from depression.

This can create a lot of unnecessary stress. When you feel that something is bothering you a lot, stand in front of the mirror and ask yourself few question: does someone on the planet have it worse than me? Will this matter in 5 years? People who love and un-

derstand me, will they stop loving me? These questions help you realize that such things are worthless. Always remember nothing is more than you and your self-satisfaction.

When we think too much about the past it ruins our present and future both. So remember yesterday, dream for tomorrow but don't forget to live today.

If something happened in past and it's still bothering you, then accept and let that feeling and thought in instead of trying to push it away. Just accept it and let it go. Wrong is never wrong until and unless you don't accept that it is wrong and keep on repeating it. So if the lesson is learned it should not bother you anymore.

The last thing is again a quote from Remez Sasson, "Your nature is absolute peace. You are not the mind. Silence your mind through concentration and meditation, and you will discover the peace of the Spirit that you are, and have always been."

Try these few things and let me know that either it helped you or not.

Navigating social media proves perplexing

Shireen Gul

COPY EDITOR

It has been quite a while since social media had taken over the world. Everyone is using it according to their needs, but did anyone ever think, "What is an appropriate way of using this tool which is here to help us," like other technologies and applications?

I know the answer is no, because people are too busy to do so as they already have lot to learn. Yesterday, I randomly asked few people around me, "Is it really useless to follow any rules while using social media." 90% said yes and I was like "What? Why, why do you think so?" 40% said "because we already are following a lot of rules in our life and don't want any more," 20% said "because we use it for fun and time wasting," 20% said "because it's not worth any rules," and 10% said "We never thought about it."

Wow! Now these statics are very interesting to me. Aren't they to you people? I am sure they are, and after seeing such statics I don't think I should give a lecture here on the dos and don'ts for social media, but let's give it a try:

I personally do take care of few things when I am using social media, as I am journalist and I have to take care of everything that I say or post that is public, but now-a-days, even if something isn't personal, don't say it because you never know when

an employer will ask for your Facebook username and password and won't hire you for whatever you have on Facebook profile.

The very first thing that I personally do and want everyone else to do, DO have fun and be funny because you are here to relax. Twitter and Facebook are a great forum for punchy jokes, but if you are bad at jokes DON'T try it. Just relax and keep clicking like button for other people jokes.

One thing that irritates me the most is the constant oversharing of things. Please DON'T share every other thing that you see has a share button. Just remember one thing; it's your account, whatever you are going to share will represent you, so be very cautious when sharing anything. Nobody is interested to know what your mom is cooking or how your relationship is going. The ones who are interested in it would know before you tweet about it.

The best part of social media is that it can keep you connected with all those people who are out of your reach. So DO follow the stars you'd want to be friends with, the newspapers you read, the film stars you adore and the journalists you admire. It's the most in-the-know way to be in-the-know.

DON'T complain about your work here; it's Twitter not your mom. Don't forget they can see you so it better you go home and give a call to your mom and tell her what your boss is doing to you. She is the most trustworthy person to complain about your work.

DO play nice and use wise and respectful words. This is a public forum, so don't say anything you wouldn't say to someone's face, or to a TV camera. Even if you can say it on someone's face don't say it here because it's not the right place to do it.

DON'T exceed the tolerable four-tweets-a-day limit. Come on, have a life; don't make people say "Not again." If there is some breaking news then it can be OK but not on daily basis. Let people wait for you to tweet rather than making them unfollow you within a week after they started following you.

DO use Twitter to its full potential. It's been the breeding ground for books, TV shows and political revolutions. You decide what's next. You never know you can be the next revolutionary person. Remember the Arab Spring.

DON'T get too personal or negative it will not only affect the other person but it will affect you as well.

DO engage and interact. This can be a good place to create personal relations and maintain them. You never know who can be a help or news in future.

Last but not the least, if you can't follow these dos and don'ts then DON'T forget to make your account private. It's your private possession until and unless you are using it for marketing purpose.

I hope I didn't bore you to death with my few pieces of advice that might be a help for you in the future.