EARLY JUMP on SPRING

Trick O' Reg allows students to register ahead for classes
Campus Closures

Key dates for closures and schedule changes through the holiday season at UH West O‘ahu:

**Nov. 28:** Thanksgiving holiday, dining hall closed, bookstore closed
**Nov. 28-29:** Pueo Fitness Center closed
**Nov. 28-29, Dec. 25:** UH Federal Credit Union closed
**Nov. 29:** Dinning hall closed, bookstore closed
**Dec. 2-20:** Mondays through Fridays, dining hall and bookstore open
**Dec. 9-20:** Pueo Fitness Center open 8:30 a.m.-2:30 p.m. except Dec. 12 and 19 will be closed 11:30 a.m.-2:30 p.m.
**Dec. 16-20:** Dining hall open 8 a.m. to 2 p.m., bookstore open
**Dec. 23-31:** Dining hall closed
**Dec. 23-Jan. 3:** Pueo Fitness Center closed
**Dec. 24-Jan. 3:** Bookstore closed
**Jan. 1:** New Year’s Day holiday
**Jan. 13:** Spring semester starts

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Election Fills ASUHWO Seats

The Fall Special Election resulted in the ratification of four new officers to the Associated Student of the University of Hawai‘i - West O‘ahu. The list of the 11 ASUHWO student leaders includes:

**President:**
SYDNEY MILLERD  
SENIOR, SUSTAINABLE COMMUNITY FOOD SYSTEMS AND POLITICAL SCIENCE

**Vice President:**
TAIMANE REVOLORIO  
SENIOR, BUSINESS ADMINISTRATION WITH A CONCENTRATION IN ACCOUNTING

**Interim Secretary:**
PAIGE PAGADUAN  
JUNIOR, ELEMENTARY EDUCATION

**Treasurer:**
GERALD MANCE  
SENIOR, BUSINESS ADMINISTRATION WITH A CONCENTRATION IN MARKETING

**Senior Class Senator:**
ALYSSA NERI  
SENIOR, BUSINESS ADMINISTRATION WITH A CONCENTRATION IN HOSPITALITY AND TOURISM

**Business Administration Senator:**
RYAN NELSON  
JUNIOR, BUSINESS ADMINISTRATION WITH A CONCENTRATION IN ACCOUNTING

**Freshman Class Senator:**
CASSANDRA HARDIN  
INFORMATION SECURITY AND ASSURANCE

**Humanities Senator:**
LOVERRA DI GIUSTINO  
SENIOR, ENGLISH AND PHILOSOPHY

**Social Sciences Senator:**
CODY REX  
JUNIOR, ECONOMICS

**Caucus Ambassador:**
RAMON ARAUJO JR.  
JUNIOR, SUSTAINABLE COMMUNITY FOOD SYSTEMS AND POLITICAL SCIENCE

**Caucus Ambassador:**
PEARLENA STONE  
SENIOR, PSYCHOLOGY

UHWO Chosen to Host Holocaust Exhibit in 2022

“Americans and the Holocaust,” a traveling exhibit of the motives, pressures and fears that shaped the United States’ response to Nazism, a war and genocide in Europe during the 1930s and ‘40s, is scheduled to be on display in January 2022 at the James & Abigail Campbell Library at UH West O‘ahu.

The exhibition will tour from March 2020 through March 2022 at selected libraries for up to six weeks at each stop. The 1,100-square-foot traveling exhibition is based on the exhibition that opened in April 2018 at the United States Holocaust Memorial Museum (USHMM) in Washington, D.C.

For many in Hawaii, the exhibit will be their first opportunity to attend events pertaining to various aspects of the Holocaust and reflect on the Jewish experience during World War II.

“Americans and the Holocaust” is comprised of 18 exhibition panels, four media programs and a touchscreen interactive.

Library Events

**Paws for Coffee**

Take a break on Dec. 4 from the stress of finals; 10 a.m.-noon in the library lobby. Coffee, snacks and (most importantly) therapy dogs.

**Textbook Cost: $0 Courses for Spring 2020**

The list of TXT0 courses for Sp20 can be found at bit.ly/uhwo-tc0. While registering, you can also check for the TXT0 designation. “Textbook Cost: $0” (TXT0) is the designation for a class that does not require students to purchase any course materials out of pocket. This initiative adds a level of transparency to your registration process.

Upcoming Library Hours & Closures

Fall 2019 hours conclude on Dec. 13. The library will be closed on weekends until the Spring 2020 semester hours commence on Jan. 13. The library will operate on limited hours, M-F 8 a.m.-5 p.m., from Dec. 16-20, Jan. 1-2 and Jan. 6-10.

Spring 2020 semester hours will be the same as Fall 2019 hours: Monday-Thursday, 7:30 a.m.-9 p.m.; Friday, 7:30 a.m.-5 p.m.; Saturday, 10 a.m.-5 p.m. Closed on Jan. 20.

Are you Watching Us on Youtube?

You can catch the latest tutorials covering the library’s research databases and useful search tricks on the Youtube page (bit.ly/uhwolib-yt).
Top 5 Most Frequently Asked Financial Aid Questions

Choosing how you are going to fund your college education is a big decision. Ninety-four percent of enrolled UH West O‘ahu students who applied for aid received an offer (during the 2018-19 school year; completed the FAFSA, met all eligibility requirements and enrolled in at least 6 credits).

The UH West O‘ahu Financial Aid Office is providing tips for students to understand the financial aid process. It can help you learn about scholarships, grants, work-study opportunities or loans. For more information, contact the Financial Aid Office at (808) 689-2900.

Here are the five topics asked about the most:

1. Do I need to complete a FAFSA each year?
   Yes! For a student to qualify for federal student aid, a student must complete the FAFSA for every school year that you attend. If you submitted a FAFSA in the prior year, you are eligible to complete a Renewal FAFSA, where you may choose to have most of the questions pre-filled with the information you provided. Otherwise, you can start a new FAFSA. The FAFSA is available to complete starting on Oct. 1 of the year prior to the start of the academic year. The 2020-21 FAFSA application opened on Oct. 1, 2019. Apply now for next year if you haven’t already done so.

2. Why have I been selected for verification?
   Many students are randomly selected for verification by the Federal Government; don’t assume that you’re being accused of doing anything wrong. You may be notified that you were selected for federal verification by seeing it on your Student Aid Report; or the Financial Aid Office may contact you directly. Verification is the process that schools use to confirm that the data reported on your FAFSA was accurate. If you are selected for verification, the Financial Aid Office will request additional documentation (tax transcripts, W2s, etc.) from you that support that information you reported. Keep in mind that making changes to your FAFSA may increase your chances of being selected for verification.

3. Why didn’t I get the same financial aid as I did last year?
   There are many reasons why a student does not receive the same type of financial aid as they had in previous years. Each year, different data is entered into your FAFSA which can impact your eligibility. For example, you, or your parent’s income may have fluctuated, the number in the household and the number in college may have changed from the prior year, etc. Factors like these can impact how much financial aid you’re eligible to receive each year.

4. Why was my Pell Grant reduced/recalculated?
   The Federal Pell Grant is a need-based federal grant that is awarded to the neediest of students. The amount of the grant is dependent on your EFC (Expected Family Contribution), cost of attendance and enrollment level. If your EFC changes due to a FAFSA correction or through the federal verification process, your Pell Grant could be recalculated. Initial awards are based on the full-time status of students, if you take classes at a less than full-time load, your Pell Grant may be recalculated based on your enrollment eligibility level. Pell Grants are awarded based on a sliding scale due to enrollment.

5. Where are my student loan funds?
   Federal student loans are awarded to students after filing the FAFSA. To receive any loan, you must accept your student loan on your MyUH Services portal. If you are a first-time borrower at UH West O‘ahu, you must complete loan entrance counseling and a loan agreement (MPN) at studentloans.gov. The MPN is valid for 10 years and can be used toward your future loans. After accepting your loans, the Financial Aid Office will send your loan information to the federal government where your Entrance Counseling and MPN will be linked to your account. Once these requirements are met, the loan can be disbursed to your student account. This process can take a few weeks so plan accordingly if you want to use a loan for your educational expenses.

Javinar Honored as 'Pillar of the Profession'

UH West O‘ahu’s Dr. Jan Javinar has been honored with the 2020 Pillars of the Profession award by the NASPA Foundation, the university has announced.

The National Association of Student Personnel Administrators is a U.S.-based student affairs organization boasting more than 13,000 members at 1,400 campuses. The NASPA Foundation recognizes a series of distinguished individuals who have served as leaders, teachers and scholars in student affairs and higher education through the Pillars of the Profession award, one of the foundation’s highest honors.

Javinar, assistant to the vice chancellor of student affairs at UHWO, is among 18 individuals from across the country designated by the NASPA Foundation Board of Directors as a 2020 Pillar of the Profession who will be honored at its annual conference, set for March 28 to April 1 in Austin, Texas.

Javinar was nominated by his UHWO peers. Among Javinar’s nominators were Dr. Leslie Lynn Opulauoho, program coordinator violence, gore and emeritus vice president for student affairs of the UH System and chief academic officer of the UH System Academy for Creative Media.

“Dr. Javinar is an active and supportive mentor who positively contributed to my professional career path,” Opulauoho said. “Through his mastery of the student affairs and higher education theory, practice and profession, he has advocated, advised and positively contributed to the professional development of myself and many other student affairs professionals.”
New Degrees to Meet Student, Community Needs

**UH West O‘ahu launches Creative Media, Natural Science degree programs**

**BY LOVERRA DI GIUSTINO**

The University of Hawai‘i – West O‘ahu offered two new degree programs this semester: the Bachelor of Arts in Creative Media and the Bachelor of Science in Natural Science.

The Creative Media degree offers concentrations in Communication and New Media Technologies, Design and Media, Game Design and Development, and General Creative Media. The program will focus on new media through video, animation, video games, social media platforms, apps, and virtual and augmented reality.

Creative Media senior David Stone said he is excited about the new degree program. “The degree in Humanities or Applied Science seemed too broad, and now we can get more specialized training in our desired field,” he said.

Sharla Hanaoka, the Director of the Academy for Creative Media – West O‘ahu, said she will be working with the records office to assist students interested in changing majors from the Bachelor of Arts in Humanities or the Creative Media Bachelor of Applied Science into the new BA in Creative Media.

Creative Media sophomore Charles Ombao, however, said he has concerns about transferring majors to the new degree program.

“I don’t want to transfer to the new Creative Media program just because I heard the credits that you already took won’t transfer, and so basically it’s kind of discouraging when you already did all the basics under the old CM program,” he said.

“We have a master grid that shows if you took this in Humanities this is what it equals in the new degree program” said Ke‘alohi Perry, a UHWO Success Academic Advisor. “Students don’t have to worry that all their hard work won’t transfer over, because everything has a home.”

Creative Media students who would like to switch to the new BA in Creative Media are encouraged to schedule an appointment with their academic advisor. “Joseph Mareko will be the academic advisor for all of the students transferring over or registering for the new BA in Creative Media, unlike now where it is broken up into different divisions with several advisors,” Perry said.

The majority of the classes will be in the new Creative Media Facility set to open in Fall 2020.

The BS of Science in Natural Science is the first STEM (Science, Technology, Engineering and Mathematics) degree at UHWO. The degree is designed to have an applied and technical focus that will differentiate it from existing programs. The first concentration offered is applied mathematics.

With healthcare as the largest and fastest-growing industry in the United States, the campus also introduced several health-centered concentrations within the Bachelor of Applied Science degree: Health Information Management, Hawaiian and Indigenous Health and Healing, Health Professions and Long-term Care. The campus also has concentrations in Respiratory Care, Health Care Administration and Community Health.

There is also a new undergraduate Gender Studies certificate available. The course will focus on contemporary transdisciplinary scholarship in feminist and gender studies. Students will examine social and cultural achievements of women and apply contributions from feminist theory to the world around them.

The university now has eight degree programs, paired with concentrations in 43 disciplines.

To schedule an appointment with an advisor, call 689-2689 or stop by the Academic Advising Office in C-236.
The Psychology of an Island ‘Gearhead’

UHWO instructor and award-winning filmmaker Hanson urges students to follow their passions

BY LOVERRA DI GIUSTINO

“If you’re going to go to the trouble of doing something, try to do it the best that you can,” is the personal philosophy of the Dr. Mark Hanson, a Psychology professor at the University of Hawai’i – West O’ahu.

Hanson, before becoming a college professor and an award-winning filmmaker, said he was a C, D and occasional B student at Radford High School. It wasn’t until he transferred to UH-Mānoa where he earned his bachelor’s in Psychology that he discovered his passion for psychology.

“I enjoy sharing my academic passions with students, insofar as they are interested in learning and willing to put in the work,” Hanson said. “I really like working with students who don’t think they can deal with science, and show them that they can if they work at it.”

After finishing at UH-Mānoa, Hanson earned his master’s in Experimental Psychology at San Diego State and a master’s and PhD in Comparative Psychology at UC Davis.

His first job after earning his doctorate? Roofing a house and yard maintenance work. He then worked for the National Marine Fisheries Service in Hawai’i for three years before joining the UHWO Psychology program.

“It was a miracle I was able to get a teaching position, which was another highlight of my career,” he said. “I became a professor for the autonomy and the ability to explore things that are interesting to me while earning a living.”

Hanson grew up in Kaneohe riding dirt bikes and building hotrods. It was his love of cars and Hawai’i’s speed culture that led the self-described “gearhead” to create the documentary, “Hao Wela: The Untold Story of Hot Rodding in Hawai’i,” with Stan Orr, a UHWO English professor, and a former UHWO instructor.

“I was drawn to making the film because I’ve been a gearhead all my life,” Handson said. “I got my first dirt bike when I was 10 by stripping down my older brother’s 1964 Honda 50. The film was originally Stan’s idea. It was a huge learning curve, but we did very well with awards in film festivals.”

The 2017 film received eight awards, including “Best Hawaii Film” at the 2018 Honolulu Film Awards, a Silver Award at the 2017 NA Film Awards and a Merit Award at the 2017 Cinemafest. The film is currently available for viewing on Amazon Prime.

For the Fall Semester, Hanson’s offerings included the courses Learning and Motivation, Cognitive Psychology, Physiological Psychology, Social Correlates of Drug Use and Childhood and Adolescent Development for the Fall 2019 semester.

Hanson recently talked story with The Hoot and shared his insights and thoughts on various topics.

What factors do you consider when preparing course materials?

Increasingly I try to be mindful of how students are now capable of learning. There has been a marked change in the tolerance of the student body at UHWO for studying material that has any sort of science-based focus, or which requires academic reading or any memorization to master.

When I mention anything to do with neurons, brain anatomy, physical principles that underlie our psychology, applying theory or the need to learn new vocabulary, a lot of faces go blank. I come from the now outdated tradition that values actually knowing something. Lately I’ve been covering less material while trying to focus on greater depth of understanding.

What do you think students ought to know about studying psychology at UHWO?

I think students should know that Psychology, not just at UHWO but everywhere, is more than just about people’s feelings and treating mental pathology. I sometimes call myself a “normal psychologist” in jest because there is such a lack of awareness that the field is not only about clinical practice.

I’m interested in how our brains process information, how our senses are able to provide information to our brain so that we can represent the world inside our head, how evolution has shaped human development and behavior, how experiences become memories, what babies know when they are born, if dogs think in smells the way we think with mental images and words, how the behavior of humans is similar to and different from the other animals we have evolved with and why.

None of this has to do with pathology. Rather it’s about understanding how the systems are able to function when things are going normally. These topics also require talking about and understanding things like evolutionary theory, learning theory and the science that underlies the functioning of our nervous system. I feel that students of psychology should be aware of these things.

“I suppose the philosophy that emerges from that story is that if you’re going to go to the trouble of doing something, try to do it the best that you can.”

How did you become interested in psychology?

I always liked psychology as an undergrad at UH-Mānoa, but was not a major; I’d just pick up a psychology class every semester or so. I had been accumulating a lot of credits but had no major declared, so a counselor called me in to figure out what I was doing. In that counseling session, she advised me that if I focused on psychology I could graduate in a year. After that I took the same Learning and Motivation class I now teach at UHWO, and through that course I
got an opportunity to volunteer at the Kewalo Basin Marine Mammal Laboratory (now gone) to help care for the research dolphins while the graduate students were away for the holidays.

My future wife interviewed me when I showed up to volunteer; she later told me she thought I was an “arrogant ass” in that interview. That holiday gig turned into 18 months of volunteering at the Kewalo lab, working and swimming with dolphins every week. That was when I got serious about psychology as a career and becoming a professor.

**What are you studying/working on in your current research?**

I read new stuff to keep my courses up to date, that is a major focus of my research efforts—reading and learning new material to inform my instruction. For non-instructional research, I’m between projects right now.

I recently finished producing a documentary film about hot rodding in the islands and am looking for something new to focus on. I’m thinking about maybe a book based on the interviews and research I did for the film. I’m not sure what will be next, but at this point in my career it will need to be something I’m really excited about. If not, I just won’t have the energy for the work.

When students ask me about their career options, I ask them what they love to do, what gets them excited? Whatever you do for a job is going to be hard work, it makes all that hard work a lot easier if you go into something you can generate some passion about.

**What was the most current research you’ve published? Why was this topic of interest to you?**

That would be my film, “Hao Wela: The Untold Story of Hot Rodding in Hawai‘i.” It was a long-term project and a huge amount of work, but very rewarding. I get people sending me emails telling me the film made them cry and thanking me for representing something that was very important to them but remains largely unseen in the islands. I never experienced that before.

[Image]

I also want to give a shout-out to our Vice Chancellor of Academic Affairs Jeff Monez, who came from a racing family in Waipahu and was very supportive of the project. I want to recognize Jeff for his support because racing and motorsports are generally not encouraged much in Hawaii. There’s this strange duality in the islands where the official state policy wants to discourage racing or make it invisible because it doesn’t fit with their tourist authority image of swinging palm trees and tropical beaches. I think that attitude filters to much of the broader culture while at the same time there’s this huge community of down to earth local folks who are super passionate about racing.

For myself, I was drawn to making the film because I’ve been a gearhead all my life. I still build cars to this day; it’s like I can’t help myself. Later my brothers and I all had souped-up cars and would participate in the “run-what-you-brung” drag racing nights at Hawaii Raceway Park. It was great fun.

**What has been the highlight of your career?**

Academics as a career has been very good to me. I can’t name just one highlight but I’ll name the ones that stick out in my mind:

Training captive dolphins for cognitive experiments as an undergraduate. Studying wild dolphins on the coast of San Diego. Teaching a field studies course in La Paz, Baja Mexico, and seeing all kinds of whales, dolphins, whale sharks, sea lions, rays, frigate birds and on. Conducting crazy field experiments at UC Davis that involved using predator models to scare California Ground Squirrels of different ages. Working with monk seals at Sea Life Park, I had a desk with a view of Rabbit Island. Working on a project for NOAA that involved chasing humpback whales off of Kaua‘i in a small boat to collect tissue samples with a crossbow, and then collecting a photograph of the same whale’s fluke—it was like some kind of real-life video game experience that actually helped the whales. And making a film about hot rodding in Hawai‘i.

Those are the career experiences that came to me from praying a lot, putting in the work and paying my dues.

[Image]

**What is your personal philosophy?**

I remember back when I first returned to the islands after graduate school. My wife had given birth to our twin daughters and she was still in Cali while I got settled with work and found a place where we could live with our pets on O‘ahu. I was way over-qualified for my monk seal caretaking job, which involved a lot of feedings, and catching and restraining of monk seals for veterinary procedures.

I was away from my wife and new daughters, working two jobs, tired all the time (I’d fall asleep if I sat down for 10 minutes) and feeling a little desperate about how we would make a go of it back in Hawai‘i.

One day I had been praying a lot about the whole situation, and while I was shooting down some seal scat at Sea Life Park (the park let NMFS keep the seals there), it occurred to me that if God wanted me to be shooting down seal scat in paradise, I was going to be the best seal pop shooter-downer I could possibly be. I started embracing that attitude in everything I was doing, and few months later I got the tenure line job I’m still working today.

I suppose the philosophy that emerges from that story is that if you’re going to go to the trouble of doing something, try to do it the best that you can.
Growing up, I enjoyed American and Japanese cartoons because of how much fun I would have engaging with the characters and living in a fantasy world (other than my own). I am not ashamed to admit that I still enjoy all types of cartoons, mostly family-friendly.

However, I never had a favorite American cartoon because they all seemed to be equally good and one never outshine the others. So I have been on a quest to find my favorite American cartoon TV show.

On March 30, the Cartoon Network released “Victor and Valentino.” Being an enthusiast of Latino and Hispanic culture—and after reading the plot of the show before it came out—I had a great feeling about the show. Who knew this one would become my favorite American cartoon?

“Victor and Valentino” centers around brothers Victor and Valentino who live in the Mexico-inspired town of Monte Macabre. Valentino, an intelligent, respectful, kind and mature pre-teenager, and Victor, a dumb, rude, mean, cunning and childish 11-year-old, live with their kind, but quick-tempered, grandmother, Chata.

However, when evil and/or scary creatures or spirits based on Mexican culture terrorize Monte Macabre (because of Victor’s mischievous behavior), Victor and Valentino must work together to defeat the evil by clever thinking and problem-solving.

After seeing the first season of “Victor and Valentino,” I fell in love with the cartoon in its entirety. This TV show/cartoon series is the first of its kind that I have seen to feature two main protagonists instead of only one. Valentino is an excellent example of how viewers should aspire to be, and is an extremely likable character. Victor, although a complete polar opposite of Valentino and an obvious example of how viewers should aspire not to be, surprises me that he can actually fix the problem he creates with Valentino.

It is impressive to watch two polar opposites help each other defeat the evil that terrorizes the town. And I love how Victor is still considered a protagonist even though he acts like an antagonist. Also there is a character named Charlene who is super creepy and is the main antagonist in the series.

This cartoon is supposedly aimed toward underage teens, and maybe even younger kids, but I highly recommend this cartoon for college students. Victor uses minor bad language and is rude at times. And the evil and/or scary-creatures are too scary for younger kids. Also, there is minor violence in the show.

The questions I have about this show are: How long is Victor going to stay good before turning completely evil? If Valentino is forced to be the only solo hero in the future, due to Victor’s choice (should Victor choose to be evil in the future), can Valentino defeat evil alone? If Victor is going to become an antagonist in the future, is Charlene going to stay the antagonist as well? And finally, when are they going to release merch?

Happy Holidays!

from The Hoot Staff
Congratulations are in order to the graduating class of Fall 2019. We have come a long way, and our undergrad journey is coming to an end. With that said, as your fashion guru and writer, I hope you have been thinking of your graduation outfits.

Since graduation photos are eternal and will be shown to everyone you know, I recommend wearing clothes that are timeless and classic. You may ask yourself, what is a timeless look? It’s basically clothing that will never run out of style.

Starting with the ladies, I recommend wearing a LBD (little black dress). Everyone woman has or should have one in their closet. It’s that one black dress that is perfect to wear to every occasion. For example, my LBD is an off-the-shoulder, ruched dress that is about knee length. This would be an appropriate attire for walking on stage, since it is comfortable and classic.

We cannot forget about the guys. Fellas, I would recommend sticking to the basics. A simple tailored button-up shirt is and forever will be appropriate to any occasion. Pair that with a textured skinny tie with a pair of tailored chinos, and my dear, you got yourself an outfit. For example, a burgundy button-up shirt with a gray textured skinny tie and khaki chinos screams, “I am a graduate!”

We cannot forget about the shoes. Fellas, oxfords or penelopeafers will be your best friend with this look, too.

Citation
Citations are an integral part of writing in the academic style. You can find information about citing sources here: http://guides.westohahu.hawaii.edu/citing.

You can also find many tools online to help you cite sources, such as:
www.citethisforme.com/
www.easybib.com/
www.citationmachine.net
www.bibme.org

Some of these citation tools can be accessed for free. Others offer a certain amount of free uses before charging a fee.

Another way to create automatic citations involves using a citation manager such as Mendeley (www.mendeley.com) or Zotero (www.zotero.org). These programs will allow you to store files and make notes of all of your written source material.

They will also pair with certain word processors and automatically create in-text citations and bibliography pages.

If you have questions about using specific tools or would like to request a tutorial, email uhwode@hawaii.edu. Additionally, you can find resources for other things related to distance learning at westoahu.hawaii.edu/distancelearning/student/.

Campus March
Healing Soles and Pride & Diversity hosted its annual walk around the UH West O‘ahu campus on Oct. 31 to raise awareness about and against sexual violence. The event, sponsored by the UHWO Compliance Hui, was partnered with Academic Advisers’ “Trick or Reg” in the Plaza by the Naulu Center.
Tips & Tricks:

Surviving the Last Few Weeks of School

BY MICHELLE ZHENG

It’s been a wild year and it feels like just yesterday we were entering college for the first time. For first years, congratulations! You’ve almost made it through your first year in college. For those of us who have been here longer, it’s only a few more years until you get that degree.

As the semester winds to a close, here are some tips and tricks to prepare for the onslaught of finals, projects, presentations, and tests:

Do what you can manage. When it comes to multiple finals, it is easy to feel overwhelmed, but understand that you are only one person and it’s OK to take it one step at a time.

“If you have multiple finals, don’t feel discouraged because of one bad test, focus your energy on doing well on the next one,” says junior Jalen Choy, a History major.

Study Sessions. When it comes to the actual studying portion of tests, group up with friends and classmates. “For finals, study sessions really help,” says sophomore Sean Aczon, a Business Management major.

Whether it is five minutes or five hours in the library or off campus, take the time to study with a good group of people and you won’t regret it. Even if you all don’t end up accomplishing much, spending time with people, and laughing a bit can help relieve some stress.

Before it all goes downhill from here, the No'eau Center in the UHWO library hosts a “Cram Jam” with lots of fun prizes, crazy smart tutors and a comfortable atmosphere to help get that last minute knowledge in your brain.

You can arrange one-on-one sessions with a tutor or gather your squad plus a tutor to ensure success.

Don’t stress yourself out. Remember that failing a class won’t be the end of the world.

“Grades don’t determine who you are,” says junior Jourdan Kaya, a Nursing major. “It may cost a little more money, but your future career will only look at your degree anyway.”

The requirements for certain degrees are challenging and it may seem like your friends have it much easier than you, but this education is for yourself. You have to pursue what you want to do and it’s OK if there are a few bumps along the way as long as you stay passionate.

After finals, take a break and spend it with friends and family. Being surrounded with loved ones after a stressful period is great for your mental and physical state. According to an experiment published by the American Psychological Association, “Having a best friend present during an experience significantly buffered the effect of the negativity of the experience on cortisol and global self-worth.” This experiment may have been about best friends, but the research could also apply to loved family members or even favorite pets.

Good luck to everyone, and have a happy holiday.

ABOUT THE AUTHOR:
MICHELLE ZHENG IS A SECONDARY EDUCATION MATH MAJOR.

Early Jump on 2020

Continued from Page 12

fun way to fulfill the requirement while actually getting to study where we live—so we go out snorkeling and study in the tidepools. A lot of fun activities,” Schweiss said.

Philosophy instructors Joshua Stoll and Matthew Izor were at the event to meet and help prepare students for the next semester.

“I focus a little bit more on the historical development, like intellectual history a little bit,” Stoll said. “The development of certain ideas across the philosophical history of the east and west.”

“So, in my class,” Izor said, “we read short novels as a way to try to see philosophy is intertwined with everyday life, and to kind of talk about things in a more light-hearted and colloquial way.”

Philosophy, according to Izor and Stoll, can help with “whatever question they’re grappling with in life, the things that keep them up at night that there’s a way in which we can involve those sort of questions in whatever classes we’re teaching. It’s kind of a way of saying that even if we’re teaching something that is not relevant to what you’re doing, there is a way in which we can find a connection.”

Most of their philosophy classes fulfill many Gen Ed requirements, with both writing-intensive and ethics classes, they said.

The Spring Semester will soon arrive, but many UH West O’ahu students are well-prepared.
Campus (SPORTS) Life

PHOTOS COURTESY IMWEST / ORIANA DANBY, ERNIE SALAS, AIGA ALE

Team Tyto of UH West O‘ahu brought home the IMLeeSports Flag Football League championship trophy. The squad posted a perfect 7-0 record this season and clinched the title with a 13-12 victory over the Honolulu Community College Wallabys on Oct. 29.

Students at UH West O‘ahu take part in myriad intramural activities during the school year. Sports in the Fall semester include bowling, volleyball, dodgeball and basketball—and even tutorials where they can learn to play their favorite games.

The Great Lawn is the weekly site of students taking part in the “Play to Learn” sports tutorials. Among the players are (from left) Darryl Johnson, TJ Ale, Kaiberenn Halemau, Aiga Ale, Oriana Danby and Kassy Takeda. The sessions, held on Thursdays, are free and open to UHWO students, staff and faculty along with Tokai International students.

Aloha Pula drives as Ceyber Silva (right) gives chase.

Ian Akaka-Folau (left) and Crumel Mooring battle for a loose ball during basketball season.

Giovanni Aczon (left) and Kaniela Wähilani get set as April Alaimalo makes a return.

Cody Smith (left) and Blayze Simon go up for a pass during a flag football game.

Security officer Fia is pressured by Ceyber Silva (left) and Michael Pascual in the UHWO staff vs. students flag football tournament.

Naazam Basir reacts during the bowling tournament early this Fall. IMWest held another tournament in mid-November at Fort Shafter.
Early Jump on 2020

Students take advantage of Trick O’ Reg to register for Spring Semester classes

BY BETHANY GALLARDE

With the Fall Semester officially coming to a close, both returning and incoming students need to start thinking about Spring 2020—whether that be what classes one should take or simply what to do.

On Halloween, an event was held at the University of Hawai‘i at West O‘ahu Plaza called “Trick O’ Reg” to help students pre-register for the Spring Semester, which starts on Jan. 13.

“We want to engage with students and want to make sure that we’re accessible to students and they’re able to meet with their advisors and build relationships with students and be able to be prepared for registration as that can be a really stressful time,” said Kealohi Perry, an academic advisor for the divisions of Social Sciences, Humanities and Education.

The pre-registration events along with assisting returning students to ensure they have all they need also served as an orientation for incoming students.

“Make sure to register on time, make sure you preselect your classes, update your student record,” Perry said, “so when you are eligible to register on your day of registration things are smooth and you are able to get your classes.

“Always have a Plan B and C in case the classes you want get filled, and if you’re a senior make sure you meet with your academic advisor to make sure you’re ready to graduate that semester.”

The event also offered students an opportunity to declare or change their majors.

“They can definitely talk with their faculty advisor, they can talk with their academic advisor, they can do things like they’re not sure about the degree, or if they’re not sure about their career, they can do things like take up focus on to careers assessment to give them a good idea if this switch is a good fit for them and if it’s going to meet their career goals and dreams,” Perry said, adding that students should “have conversations with family and friends to figure out if that’s the right path for them they want to go into.”

Many UHWO instructors attended Trick O’ Reg “to get students familiar with the different classes they can take here in the spring,” said Virginia Schweiss, who attended the event for the first time.

“I will be teaching Marine Biology and also Hawaiian Environmental Biology,” she added, “so both of those are diversification of biology requirements so students trying to fulfill their Gen Ed requirements for biology can take this course.”

Her class is on Mondays and Wednesdays from 11 a.m. to 12:20 p.m., with a Monday lab from 12:30-3:20 p.m. “It’s a really... Continued on Page 10