

## *Rocking Out At RadStock*

By: *ALEX CASTANIEN*

On a beautiful Friday afternoon, Radford University hosted a new music festival, Radstock. Different bands and dance groups performed various musical acts on the stage in front of Heth Hall.

Also, the Rugby club, the Birds project, WRRU, and Radio Free Radford set up tables to enjoy the music and promote the festival.

The audience lay in the green grass while the bands played. Many of the performers are Radford University students or Radford alumni.

The First alumni band to play was the Death metal band Brain Sludge. The three-man band consists of two brothers, Tomas Marshawn and Gavin Marshawn on Drums and Bass, and lead singer Graham Conway, all of whom are Radford alumni. The band started in 2019 and has strong ties to southwestern Virginia. They shout out Floyd County during their performances and reference it in their songs.

“It has been a trek. We’ve been doing this for three years,” said Lead singer Conway, “I Like writing complex and Brutal Shit it tickles a part of my brain.”

The band Hutchison Drive also performed after BrainSludge. It is led by lead singer Jessica Rose, a 2022 Radford alum. The band plays mainly pop music with jazz and funk infusion. The band covers at Radstock but is working on putting out Original music.

“We all come from diverse musical backgrounds,” said Rose, “I grew up with country and folk music, but I studied classical music, so I have very rounded music skills.”

“Watching people perform the energy that they give you on stage, I want to give them the same energy back, and it’s really good energy out



*Alex Castanien's Photo*

here, especially because I was looking like a bad day, but it is gorgeous out here,” said Rose.

The whole event was put together by many Radford students and organizations Like the MBSA, which is the Music Business Student Association, and a few of their members.

“The first thing we had to do was to get the funding to do this,” said Elie Lam, the vice president of the MBSA, “we had to present ourselves to the CPC, and they approved the event, and we told them that we are here to enrich people’s lives using music.”

The whole event was in jeopardy at Noon with a brief Rainstorm that threatened the event to the Basketball courts in the gym, but it cleared up for the start of the festival.

“Watching people perform the energy that they give you on stage, I want to give them the same energy back, and it’s really good energy out here, especially because I was looking like a bad day, but it is gorgeous out here,” said Rose.

# The Staff

Editor in Chief: Serenity Sears  
Major: BFA Dance & BS Media Studies  
Contact: gsears@radford.edu

Managing/Intern Editor: Alex Castanien  
Major: BS Media Studies  
Contact: acastanien@radford.edu

Staff Writer/Intern: Keiko Klisiewicz  
Major: Biomedical Sciences  
Contact: kklisiewicz@radford.edu

Staff Writer/Intern: Veronica Mehl  
Major: Digital Marketing  
Contact: vmehl@radford.edu

Section Editor: Stephanie Perez  
Major: BS Public Relations  
Contact: scperez@radford.edu

Copy Editor: Owen Saunders  
Major: BS Communications Studies  
Contact: owsaunders@radford.edu

Staff Writer: Abigail Ridpath  
Major: BA English/ minor in Creative Writing  
Contact: aeridpath@radford.edu

Staff Writer: Jacob Hurd  
Major: Media Studies with Advertising  
Contact: jrhurd1@radford.edu

Staff Writer: Abi Morin  
Major: BS Media Studies  
Contact: armorin1@radford.edu

Staff Writer: Aidan Hilton  
Major: BS Theater/ minors in Cinema and Environmental Science  
Contact: ajhilton@radford.edu

Web-Designer: Benjamin Goldfeder  
Major: Info Sci. & Sys. with Info. Sys. & Security Management/ minor in Legal Studies  
Contact: bgoldfeder@radford.edu

# Contents

**01 ROCKING OUT AT RADSTOCK**

**03 THE STU BFA ART SHOW**

**04 IN THE DIRT: NAVAJO BIKING CULTURE**

**04 LOVE LETTER TO THE RU DANCE DEPARTMENT**

**05 FINDING BALANCE IN SCHOOL WORK AND ELECTROLYTES**

**05 ARMONDO'S RESTAURANT REVIEW**

**06 WHAT IN THE WORLD IS THE TRANSFER PORTAL**

**07 AN INTERVIEW WITH SUSTAINABILITY MANAGER DR. BODENHAMER**

**08 SOMETHING WICKED THIS WAY COMES: EXAM WEEK**

# The Staff

Staff Writer: Aiden O'Connor  
Major: BS Media Studies  
Contact: apoconnor@radford.edu

Staff Writer: Kimberly Barajas  
Major: BS Criminal Justice  
Contact: krodriguezbaraja@radford.edu

Staff Writer: Lauryn Washington  
Major: BS Dance/ minor in Education  
Contact: lawahington@radford.edu

Staff Writer: Samuel Sprout  
Major: Bachelor of Science in Nursing  
Contact: ssprout@radford.edu

Staff Writer: Hazel Haggerty  
Major: BS Media Studies with Journalism  
Contact: hihaggerty@radford.edu

Staff Writer: Frankie Pelletier  
Major: BS Media Studies  
Contact: fpelletier@radford.edu

Staff Writer: Oli Sparks  
Major: BS Biology and Studio Art  
Contact: osparks@radford.edu

Faculty Advisor: Bill Kovarik  
Contact: wkovarik@radford.edu

## THE STU BFA Art Show

By: *OLI SPARKS*

On April 19th from 5-7 PM at the Radford University Art Museum on Tyler, the exhibition for the BFA Studio Show was held. The gallery consisted of 7 senior artists as their final gallery showing at Radford University as an undergraduate student.

The seven artists in the show are Dylan DeLuca, Hannah Odum, Suzanne Poirier, Mark Crittenden, Sarah Rose, Luc Biscan-White, and Harley Reynolds. Each showcased their hard work from their final year of undergraduate classes, and each student created their work using unique mediums and styles.

Dylan DeLuca's pieces consisted of mechanical paintings using acrylic on canvas with oil being used among one. Hannah Odum's pieces focused on misty landscapes using oil on paper, canvas and panel. Sarah Rose's work also portrayed more traditional figures and still life, oil on canvas paintings. While Suzanne Poirier showcased a variety of stoneware, glazed and fired with different techniques. Mark Crittenden's work displays paintings of an uneasy nature, using oil on canvas and panels. Luc Biscan-White's work was presented in a variety of mediums, including cyanotype on ash bark, stoneware, printed books including silver gelatin prints, and a sculpture piece including red clay, nails and mason jars. Harley Reynolds work focused on close-up photography of the human body, printed as an archival print.

Closing the gallery opening was Associate Professor of Art Brent Webb, he began by introducing the seniors, followed up by two of these seniors, Dylan DeLuca and Luc Biscan-White, thanking everyone for showing their support and stating how much hard work has went into this gallery show throughout the entire year and the past few days of installing the pieces. Webb then followed everything up with a final closing stating, "Don't forget, your art matters and these experiences this art provided you matters too."



Tuesday's 2:00PM to 2:30PM

BFA Studio Show

# THE STU



Opening Reception:  
Friday, April 19th  
5:00 PM - 7:00 PM

April 19th - April 27th

Tyler Gallery,  
214 Tyler Ave  
Radford University

BFA's photo

# *In The Dirt : Navajo Biking Culture*

By: *KEIKO KLISIEWECZ*

“In The Dirt” is a documentary by T.C Johnson that offers a deeply resonant depiction of the significance of biking within the Navajo Nation. It goes beyond mere persistence, showcasing how this modern tradition has not only grown but flourished, becoming a vibrant cornerstone of community engagement and cultural identity. Through the lens of Scott Nydam’s journey and the collective efforts of passionate residents like Franklin Cook, the documentary paints a vivid picture of how biking has transcended its recreational aspect to become a powerful force for social cohesion and personal empowerment within Navajo society.

The film delves into the multiple ways in which biking has woven itself into the fabric of Navajo life, illustrating how it serves as more than just a mode of transportation or leisure activity. Instead, it has begun to emerge as a deeply ingrained aspect of Navajo culture, embodying values of resilience and communal values. By repairing bikes and fostering a sense of shared purpose, Nydam and his allies not only keep this cultural tradition alive but also breathe new life into it, revitalizing it as a force for positive change and collective well-being.

Moreover, “In The Dirt” highlights how cycling has

become a vehicle for social connection and intergenerational bonding within the Navajo community. By bringing together individuals of all ages and backgrounds, the cycling initiatives showcased in the documentary create spaces for meaningful interaction and mutual support, transcending barriers of age, gender, and socio-economic status. They also nurture a sense of belonging and mutual respect, fostering a shared sense of identity rooted in a common love for biking and a deep appreciation for Navajo heritage.

Through its fruitful storytelling and intimate character portraits, “In The Dirt” underscores the transformative power of biking as a catalyst for positive social change and cultural revitalization within the Navajo Nation. It celebrates not only the resilience of Navajo traditions but also the capacity for innovation and adaptation, demonstrating how practices can evolve to meet the needs of societies while remaining true to their cultural roots. Overall, the documentary serves as a testament to the growing legacy of biking as a newly cherished and indispensable aspect of Navajo life, embodying the spirit of resilience, community, and cultural pride.

# *Love Letter to the RU Dance Department*

By: *FRANKIE PELLETIER*

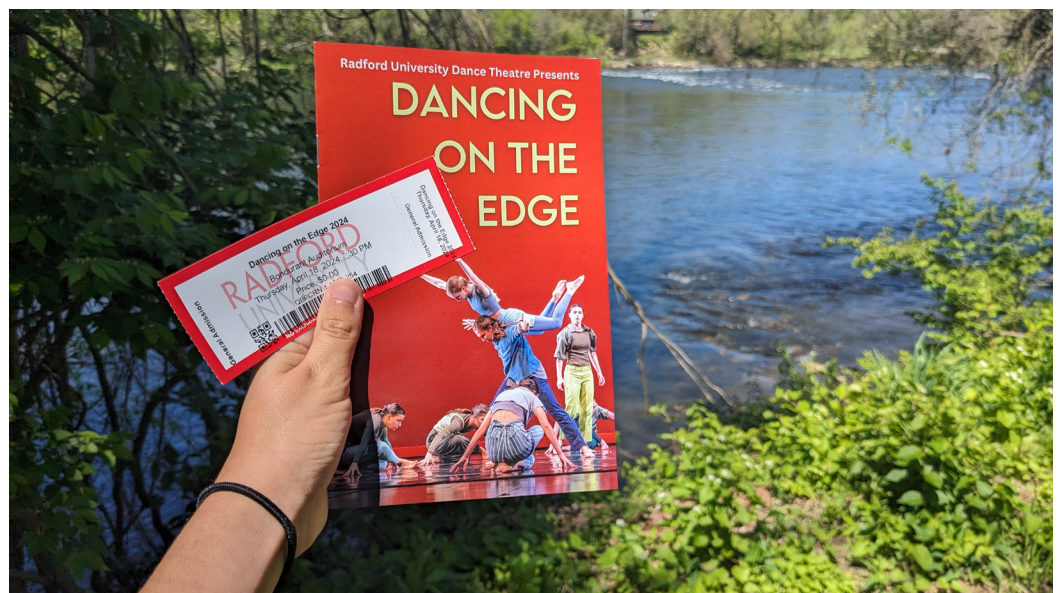
Dancing on the Edge is Radford Dance Department’s spring show which proclaims the work of the dedicated dancers, their skilled faculty and guest choreographers.

I have a background in dance and carry a huge love for it with me, so I cry at every dance department show. The excitement, nostalgia and understanding of everything that goes into these performances is so special.

This year’s spring performance felt like another step up from the already amazing shows I’ve seen from the department. Each dance felt wonderfully catered to different dancer’s strengths and skills and you can tell how much fun they have on stage when they really connect with their choreography. The choreography was as dynamic, exciting and thought-provoking as I have seen so far and the use of lighting, shadows and props was engaging for those with and without dance experience alike.

I have a weird-but-lovely parasocial relationship with the dance department. Almost none of the dancers know me, but I recognize each of them on the stage and the other dances I’ve seen them in. I’m constantly rooting for all of them like they are my own personal dance company. I love seeing each dancer blend their personal strengths into different styles and seeing the care and effort they put into their craft.

As the dance department’s self-proclaimed number one fan, I attend nearly all of their performances. I grew up as a military kid and a dancer, meaning I moved a lot and held tightly onto dance, no matter the style, as the one constant in my life wherever we moved. Dance



*Radford University Dance Theatre's Photo*

was always a tether for me, but it was never going to be my career and I’m so grateful to watch these talented dancers preparing to jump into their careers. I carry my background with me as a lover of the arts and I get so much joy from attending Radford’s CVPA events, but dance will forever be the most personal.

It isn’t unheard of that art departments tend to get less recognition, respect and love from their schools. One thing I have found so lovely in President Bret Danilowicz’s time at Radford is his dedication to attending every art event he can and showing his support. He attended opening night of Dancing on the Edge, as well as other art event openings this week, like the BFA Show in the Art Museum on Tyler, and countless students and faculty in the arts have shared their appreciation for it. I hope that support from President Danilowicz and student media can help grow local appreciation for the CVPA and the beautiful work they share with us.

# *Finding Balance In School, Work and Electrolytes*

By: *SAMUAL SPROAT*

Electrolytes are found in the fluid you drink and the food you eat and are electrically charged particles that regulate nerve and muscle function in your body and there's a certain balance your body needs. These electrolytes include sodium, potassium, chloride, calcium, magnesium and phosphate.

At some point in your life, you probably said to yourself or somebody around you, 'whoa! That's too much salt!' or maybe, 'you need to stop using salt, it's unhealthy' and while too much salt can lead to hypertension, fluid retention, among other things, did you know that cutting salt out of your life can be just as dangerous?

Sodium is an electrolyte, our bodies need it and it's actually a very fine line between low sodium content (Hyponatremia) and high sodium content (Hypernatremia) in our bodies. The difference is only 10 milliequivalents per liter (mEq/L)!

Imagine you were doing a physical activ-

ity and you got a muscle cramp and maybe you thought to yourself or somebody said to you, "you need to eat a banana" well, they're not wrong, bananas have a very high concentration of potassium and carbohydrates, but if you don't throw in a sports drink that is high in electrolytes and only had water and bananas, the muscle cramps would return soon.

Fad diets can be dangerous because they cut out certain key food groups and restrict intake of valuable nutrients that your body needs to stay balanced, but even having a sports drink every day is something you should monitor. If you are sitting around all day and studying and not doing any physical activities, a healthy sports drink can throw your electrolyte balance off and you could cause your electrolytes to go too high. It's amazing how important everything that goes into our bodies is and even more amazing that too little of some things, is just as bad!

## *Armondo's Restaurant Review*

By: *ALEX ROBSON*

In a town with several staple restaurants, Amando's Italian Kitchen has arrived to town with the goal of bringing something fresh and different to the New River City for students and families alike.

Owner Cotey Bentley, a former Highlander and Riner native, has partnered up with his girlfriend Marilyn Whitaker and father Tom Bentley to open Radford's newest Italian eatery. Bentley and this three-man band take great pride in handling all the preparation and creation of all the freshly made product Amando's uses daily. "It's just us three. We hand slice everything, cook everything ourselves." This dedication does not come without the necessary experience, as this is not Bentley's first adventure in not only working in the restaurant industry, but as a business owner. "I've done all sorts of different jobs. I've lifeguarded, I've cooked, served, bartended. I opened up a hood vent cleaning business and cleaning tile floors. My father and I did that for a year and a half."

It was during this time when Bentley would meet his mentor, an 86-year-old Italian man who was the owner of his own Italian restaurant. "I thought he had some of the best pizza I've ever had. I ended up talking to him and he offered his wisdom and guidance, and I had always been into cooking." With his mentor's guidance along with his own experience and his girlfriend's managerial experience in the restaurant industry, Amando's has opened its doors in an area with plenty of competition. Radford without a doubt has its staples when it comes to places to dine with the headlining heavyweight being BT's, which has been located in the town since 1983. Despite this, Bentley is confident that the different take he and his team have taken to Italian dining is what will set them apart from the competition. "When you walk in, it's not your typical Italian restaurant. We tried to go for a more warm and inviting look. We also have an open kitchen; you can see what we're doing and how clean everything is. On top of all that, we make our own dough and meatballs. We slice all the meat and the cheese. I think

that's what sets us apart."

The best way to test that, is to experience it. Upon walking into Amando's, you certainly feel a different vibe than you typically would by stepping into a prototypical Italian eatery. You feel that warm, inviting vibe that was aimed for as the smell of a fresh pizza being baked fills the air and makes you feel even more hungry than when you walked in.

The menu is small, with a handful of classic Italian dishes including pizza, pasta, subs and calzones along with a handful of salads and desserts. With a total of 23 dishes, you have plenty of options to fill that Italian craving. After selecting a couple of items and returning up to the front to place my order, I waited for a short 17 minutes for the meal. A medium cheese pizza and a bowl of pesto spaghetti. To say the food just looked and smelt amazing is underselling what it truly was. The pizza had a perfect golden crust, and the pesto was pleasing and not overwhelming with its natural garlic scent. The presentation didn't last long, as I could not wait to dig in. The pizza was very well balanced, not overwhelming with the cheese or sauce and allowed me to taste the freshly made crust. Crispy but not overly so where it becomes flakey, Amando's pizza has an argument for being the best in the town. The pesto spaghetti was a first time try and ended up being a very good decision. The pasta itself was cooked to a perfect al dente, a slight bite but not crunchy in any sort which acted as a perfect partner to the pesto. The pesto sadly is not made in house, but it did not take away from my enjoyment of the dish. The two dishes, plus a pair of bottled soft drinks for myself and my little brother, came out to a total of just over \$36. Not a terribly high price to pay for very well cooked food.

A great experience, bolstered by great food and great people running it. Amando's has all the tools to become a staple not just for families, but Highlanders as well. Amando's is located on 1154 East Main Street and is open from 11 a.m. to 8 p.m. on Tuesday through Saturday.

# What In The World Is The Transfer Portal?

By: AIDEN O'CONNOR

In the fall of 2018, the NCAA introduced the transfer portal. Designed to smooth out the process of switching schools, it caught a fire that is only comparable to when Name, Image, and Likeness (NIL) was first opened.

This year, there are upwards of 2,000 basketball players in the transfer portal, all looking for new schools to play for (per ESPN). Three of them are former Highlanders looking for a new home. However, is it really having a positive effect on the NCAA if thousands of athletes leave as soon as they don't get playing time or come up to an obstacle in their career? The answer to this question is much more complicated than a simple yes or no, but looking at how it has affected the Highlanders may provide some pieces to help solve this puzzle.

Let's start with the problems it has created for the boys in red. Since Radford is a small Division 1 school, they have trouble recruiting the best high schoolers in the country because they don't have the facilities, fanbase, or coaching to compete with the Duke's and UNCs of the world (no offense to Coach Nichols or the Radford Rowdies, I love you guys). This applies the same way in the transfer portal. Players who are looking to transfer are not looking at schools like Radford because they simply have not been able to get their fair share of recruits in recent years. This has created a talent gap in the NCAA that grows wider every year. If a player is on a team that wins 5 games or doesn't get the playing time they want, he or she will simply just transfer to a school that is winning or play more games instead of staying loyal and playing through adversity. This has been why teams in the Big South have struggled to compete against teams in the Power 4 conferences (ACC, SEC, BIG 10, BIG 12).

This year, Radford has already lost three players to the portal. Kenyon Giles, who averaged 14.3 points per game last season, good for second-best on the team. Giles provided a scoring spark and was always ready to hit a big shot when needed. They also lost their leading rebounder, Justin Archer, who's 7.9 rebounds a game will be hard to account for. They have also lost Trevor Roe, who did not appear in any games for the Highlanders last year.

Now, with all that said, it is not all bad. As a matter of fact, the transfer portal has been good for the team in many ways. Sometimes, when players go to the bigger schools, like the ones referenced earlier, things don't work out. Whether the system doesn't fit them, they aren't getting enough



Aiden O'Connor's Photo

playing time, or they just aren't happy there, they can come to a smaller school like Radford and be a key contributor to a team that is competing in an extremely competitive Big South conference.

Two of New River City's best players last year were from the transfer portal. Daquan Smith started his career at Murray State University before deciding to lace up for the Highlanders, and former 5-star recruit Bryan Antoine played at Villanova before coming down to southern Virginia.

Recently, Radford has signed three key players from the transfer portal. Jarvis Moss is a 6'4 guard who is transferring from Davidson. Moss is a former 3-star recruit who also played for the Stanford Cardinal. The other big name to be on the lookout for is 6'10 forward Jonas Sirtautas, who is coming to the Highlanders after redshirting his freshman year at Wyoming. He is from Lithuania and was picked up for the NBA Academy, which brought him to the U.S. The most recent player, David Early, is a 6'4, 5th-year guard from Tennessee Tech. Early averaged 14 points on 46% shooting from the field for the Golden Eagles last year. Based on the film, it is easy to see comparisons to now former Highlander Kenyon Giles, both in numbers and shot selection.

In a world where information is everything (especially in the sports world), it is tough to determine whether the addition of the transfer portal has been for better or for worse for both the NCAA and the Highlanders, but it isn't going anywhere anytime soon. As the years come and go, I think the Highlanders could really benefit from the transfer portal, and it is evident that they have before. So here's to the transfer portal and the ups and downs its rollercoaster ride provides.

# *An Interview The Sustainability Manager Dr. Bodenhamer*

By: *JADE HORTON*

Radford University is a campus that strives to be sustainable. As such, there is a team of people who work here specifically to pursue a greener campus. On Friday, March 29th, I sat down with Dr. Aysha Bodenhamer, former professor of sociology and current Sustainability Manager of Radford University, to discuss what her job is and where the university is heading in terms of sustainability. In this article, I will be referring to Dr. Bodenhamer as Dr. B.

My first set of questions revolved around Dr. Bodenhamer's job and where she plans on taking it. I began with this question, "I know you used to be a professor of Sociology here at Radford, so I'm curious what made you want to make the change from professor to sustainability manager? What has that shift been like?"

Dr. B gave me a well thought out response, she began by discussing her previous work, "I have always been an environmental sociologist, and since I've been here at Radford, I have been on the sustainability steering committee, the task force that wrote the Path to 2040 plan, [and many other environmental organizations.]" Then, she moved onto the driving force for her career change, "I was on the hiring committee for the new sustainability manager, and I knew the old one, Josh Nease, well. We had many good candidates, but the more I thought about it, the more I realized I would be fit for the job. I interviewed, and I got the job! It was a scary decision, because I had just gotten tenure, but I was ready to for more and to take my action outside of the classroom and do more across campus. I wanted to get people excited about sustainability!"

Next, I asked Dr. B to describe some of her daily duties as sustainability manager. She described the chaotic nature of the job, given there are so many facets to sustainability on a college campus. "There are many different pockets across the university," she said. Dr. B said her most recent work has been with Mr. Neal Thompson, our recycling coordinator, on improving recycling education on campus. Dr. B also visited the Montgomery County Regional Solid Waste and Recycling facility to see how recycling was processed there. In addition to recycling, Dr. B has been working with university architects to assess SM4 (Stormwater Management) and ensure it is being done correctly. She also shared a sustainability success story with me that occurred under our previous sustainability manager. Because of sustainability management, our Chick-fil-A here on campus is one of the only Chick-fil-A's on the East coast that no longer uses Styrofoam cups!

Following this, I pivoted the conversation to an educational standpoint, for students who may not know much about sustainability and the people who work hard to improve it on campus. "Can you explain the sustainability steering committee and what they do for students who don't know who they

are and what they do?" I asked. Dr. B thought for a moment, then answered my question in educational detail. She described the diversity of staff who are a part of the Sustainability Steering Committee, ranging from student representatives, to professors, to facility managers like Mr. Thompson. "The goal of the Sustainability Steering Committee is to set goals and accomplish them." Dr. B explained. Currently, the committee is working on creating sustainability internships for students, improving the outdoors on campus, and achieving goals set in the Path to 2040 plan. Read more about the Path to 2040 and the Sustainability Steering Committee on the Radford University Website here:

My next question was about Dr. B's immediate and long-term goals for sustainability on campus. She explained the vehicles she has seen idling on campus recently and her distaste for it. She told me that she has been planning a campaign to stop the idling of vehicles on campus, whether it be owned by students, faculty, or facilities. As for long term, Dr. B told me she wants to improve the education on campus when it comes to sustainability, especially recycling. "There are a lot of myths to dispel there and that is important." She also wants to push for renewable energy at RU, since the prices for it are dropping.

I asked about individual improvement; how can students live more sustainably? The primary concern should be your daily life, how much energy and water you are using and how much you are purchasing. Dr. B emphasized the importance of connecting with nature when trying to live more sustainably. "A consumer mindset does not make you happy. Other things can make you happier and healthier, like getting off of your phone and going outside, and not mindlessly consuming things." She said.

My last question was about how students can get involved in sustainability on campus. She advised students to join the Green Team Environmental Club (meets in Curie 137 on Tuesdays at 5pm), participate in RU Outdoors trips, visit the New River, and take advantage of the gorgeous outdoor haven around campus. She also said, "Be empowered, tell people what you want to see on campus."

I thanked Dr. B for her time, and we went our separate ways. Overall, this interview taught me a lot about what our sustainability manager does, and hopefully it taught you something as well! Don't forget that the Green Team meets in Curie 137 at 5pm on Tuesdays. Remember, there are people on this campus working to make sustainability happen, and you can help too! Sustainability and environmental education related events will be happening all week-long April 22nd-26th for Earth Week at RU, so make sure you keep an eye out for the schedule!

# Something Wicked This Way Comes: Exams Week

By: VERONICA MEHL

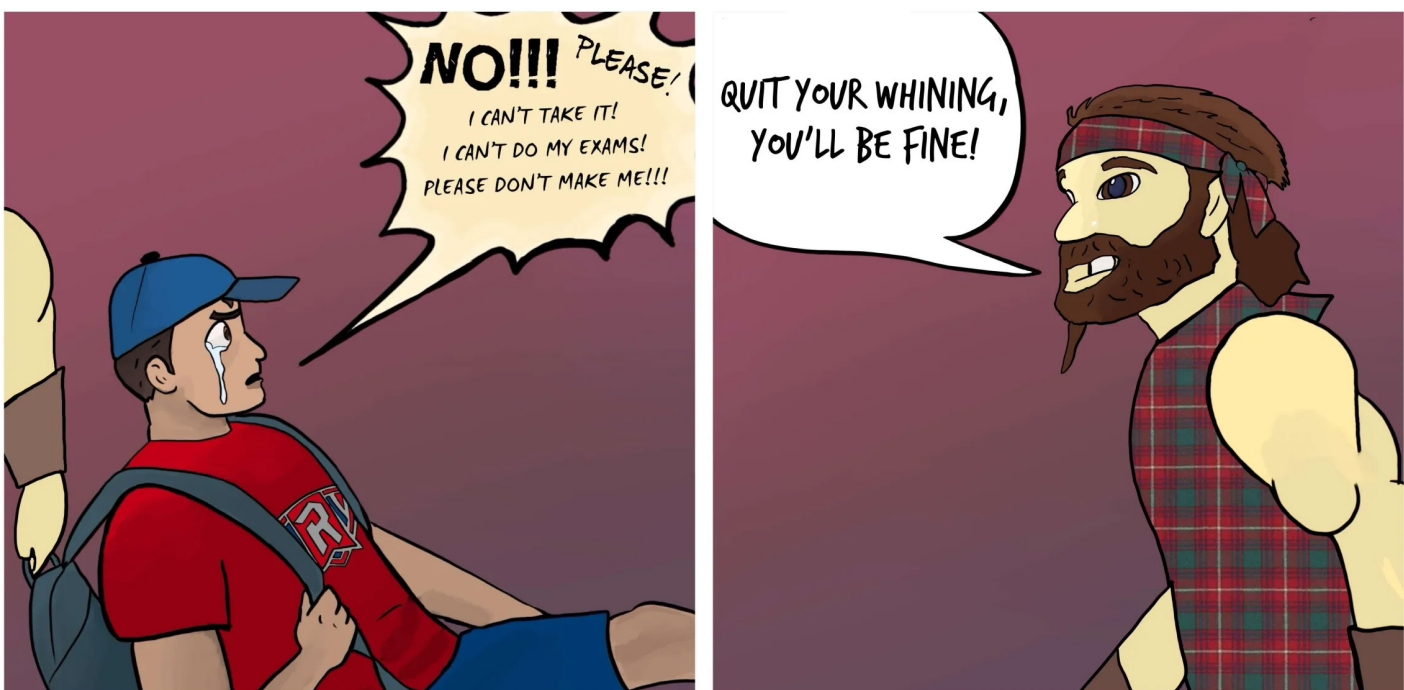
With finals week approaching at terrifying speed, many students may find themselves feeling stressed. Stress is a physiological response to threatening stimuli. It acts as our body's defense mechanism, alerting us that we are facing danger. Academic stress in particular is our physiological, behavioral, and emotional reaction to academic events. And exams are certainly an "academic event."

At the end of every semester, college students in the US must take their final exams. Unfortunately, these exams tend to impact students' mental and physical health poorly. For around 30% of students, exams and their associated responsibilities are the main cause of stress. This additional end-of-semester stress can cause problems in other aspects of a student's life. It can impact a student's physical health, like their eating habits, causing a student to eat irregular amounts of food, or, for 80% of students in the US, it can cause students to sleep less than what they need. Stress can also impact a student's mental health, causing feelings of anxiety, fear, sadness and loneliness.

What makes exams so stressful to so many students is the way that the stress of

exams is often added on top of other stressors that already regularly occur throughout the semester, like work and home life, financial payments, and regular homework and assignments. Those whose exam grades may mean the difference between a passed or failed course may feel additional pressure to succeed in their end-of-semester tests and projects.

Despite this looming stress, there are ways we can handle and get through exam week unscathed. Firstly, consider finding a study partner. Studying with someone else helps to combat feelings of isolation and gives you someone to bounce ideas off of. Students should also try to study in a healthy manner. Try organizing your study, as doing so can help keep you from feeling overwhelmed with too many different subjects and topics. Healthy studying also includes taking breaks. You might be tempted to go several without taking any sort of break, but doing so isn't always the best idea. Make sure to get up every once in a while. Finally, if needed, seek professional help, either through online help sites or through Radford University Student Counseling Services.



By: JACOB HURD