

THE GUSTAVIAN WEEKLY

ESTABLISHED 1891

AUGUST 30TH, 2019

ORIENTATION ISSUE

Welcome to Gustavus!



What's inside?



**Peer Assistants
gear up for the
school year**
NEWS - PAGE 2



**Acing the
Audition**
VARIETY - PAGE 3



**Women's
Soccer kicks off
preseason play**
SPORTS - PAGE 8

Peer Assistants help Gustavus students



Anna Edblad
News Editor

The school year has kicked off early for Director of Peer Education and Chemical Health Laura Herbst-Johnson and the Peer Assistants. The Peer Assistants are a group of students who volunteer their time working for the Peer Education and Chemical Health Office, located on the lower level of the Campus Center, in promoting health and wellness on campus. This week the Peer Assistants have participated in training to reinforce their healthy lifestyle skills.

According to their mission statement this healthy lifestyle includes: "being friends by being available to listen to other people's stories and act as a bridge to campus resources, educators by teaching decision-making skills and strategies to stay safe along with dispelling myths and misperceptions using the latest health information, activists by creating partnerships and networks, challenging unhealthy attitudes and behaviors, and refusing to be passive bystanders, role models by leading lives



Pictured last years Peer Assistants commonly referred to as PAs!

Gustavus Marketing Office

that are healthy and balanced, and team members by being supportive and encouraging of other Peer Assistants and collaborating partner organization members."

"I think it's important to stay aware and read the PA sponsored posters. Knowing what they do is important," Sophomore Ashley Evans said. Evans describes the Peer Assistants as a resource that first-years can take advantage of on campus. "They help students stay healthy and avoid poor choices.

It's important to know who they are," she said.

The Peer Assistants sponsor numerous events throughout the year including the 100 Hour Challenge, a campus-wide initiative to avoid binge drinking or alcohol use.

"Going to PA sponsored events is helpful. They have the resources, skills, and knowledge that other people on campus may not have," Sophomore Katya McDonald said.

"College is a place where you have a lot more independence

and it good to have people on campus who reinforce healthy behavior," McDonald said.

The Peer Assistants also aid helping students cope with stress, physical health, sexual health, financial well-being, and mental health.

"The Peer Assistants are students helping other students adjust to Gustavus. That student to student interaction is important," Sophomore Alma Jorgenson said.

"Peer Assistant sponsored events help you learn how to

navigate Gustavus. They are a way to learn how to live life on your own and teach you that it will be okay," she said. Jorgenson described the Peer Assistants as helpful tools to use.

"It shows that Gustavus cares about their students and their experiences that other students are there for them planning events and helping them not not the administration," Jorgenson said.

THE GUSTAVIAN WEEKLY Staff

Cole Trebelhorn Editor-in-Chief
Ben Wick Managing Editor

Anna Edblad News Editor

Sofia Boda Variety Editor

Ben Wick Features Editor

Patrick Meadows Opinion Editor

Trevon Sladek Entertainment Editor

Joseph Brandel Sports Editor

Marie Osuna Copy Editor

Jenna Rieth Copy Editor

Lydia Kalenze Copy Editor

Marie Osuna Copy Editor

Gabriela Passmore Copy Editor

Elizabeth Geerdes Business Manager

Jakob Krull Advertising &

Marketing Manager

Leah Lind Web Editor

Katie Mattinen Photography Editor

Glenn Kranking Adviser

Published weekly on Fridays, except during academic breaks, by the students of Gustavus Adolphus College. Subscriptions are available from THE GUSTAVIAN WEEKLY for \$50 per year.

Opinions expressed here are not necessarily those of the institution or of its student body. The editors assume full responsibility for editorial and unsigned material.

Letters to the Editor can be sent to lettertotheeditor@gustavus.edu.

If interested in publishing an ad, please contact our advertisement manager, Jakob Krull, at admanager@gustavus.edu.

50¢ First copy free

EMAIL weekly@gustavus.edu

WEBSITE weekly.blog.gustavus.edu



Gustie Greeters work with PAs to welcome the incoming students.

Submitted

Acing the audition: advice for incoming artists



Sofia Boda
Variety Editor



Interested students will have the opportunity to audition for choral, instrumental, and theatre/dance groups during orientation week.

Submitted

Senior Garrett Schwartz vividly remembers the afternoon he auditioned for a spot in the Gustavus choral ensembles as a first-year student.

"I still can remember standing in line with other singers for auditions and feeling overwhelmed, anxious, and unsure of what to expect," Schwartz said.

Like Schwartz, many students who are preparing for their ensemble, theatre, or dance auditions during orientation may feel intimidated by the thought of putting their talents on display in front of a college instructor.

"Even though I knew I was very prepared, I still felt like the stakes were higher since this was my first college audition and I really wanted to do my best," Schwartz said.

With nearly 40 percent of students participating in a fine arts program each year, hundreds of Gustavus students have experienced the feelings that go along with a music audition.

However, Schwartz believes the nerves were worth it.

"Being a part of choir has been one of the most impactful things I've done during my time here at Gustavus," Schwartz said.

During her orientation week orchestra audition, Senior Lauren Lowe remembers a similar mix of emotions, but felt comforted by the positivity and warmth from the staff who were watching her audition.

"Auditioning as a first-year was a little nerve wracking at first because I practiced all summer long, and my nerves peaked when I walked in the room I saw Dr. Lin and Dr. Knoepfel sitting at the table," Lowe said.

"At first I was intimi-

dated, but once they started to talk to me, it was really fun and I loosened up a lot. I played my heart out and made it into Gustavus Symphony Orchestra," Lowe said.

"Being a part of choir has been one of the most impactful things I've done during my time here at Gustavus."

-Senior Garrett Schwartz

As a vocal performance major, Senior Mary Nyhus has been through her fair share of auditions. For her, the key to acing an audition is thorough preparation.

"For my first-year choir

audition, I ended up 'winging it' with a folk tune. I did just fine, but having a song prepared tells the director that you are serious about the audition and you want to put your best foot forward," Nyhus said.

Similarly, Nyhus recommends making sure that personal warmups have been completed before the audition to allow time for performers to gather their thoughts and feel calm before entering the audition room.

"Whether you play an instrument, dance, or sing, it's so important to warm up and allow yourself enough time to feel confident before your audition. Directors can tell the difference between someone who is prepared and warmed up and someone who may be overextending themselves during an audition," Nyhus said.

Especially in auditions where a performer is making a first impression, Nyhus mentions that staying within one's comfort zone may be the best way to go.

"As much as you might

want to impress the directors with your musical prowess, do not try to push yourself past your personal limits. Pick a song you can sing or play comfortably and focus your energy on perfecting your piece, instead of trying to tackle something that you're not comfortable doing," Nyhus said.

Regardless of the nerves a performer may feel before or during an audition, Nyhus and Schwartz both believe that nervousness is a normal part of the process.

"Everyone else auditioning is just as nervous as you are and feeling this way is a normal part of the process; it means that you're eager to succeed. Trust me, the directors understand this and they want to see you do well. Just focus on yourself and don't be distracted by anyone else. The directors are proud of you just for auditioning," Nyhus said.

"My nerves went away quickly once I realized how kind and accepting the choir directors were of me during my audition. It was clear that

they had respect for student performers and their main priority was to make sure I felt comfortable enough to express myself both musically and personally," Schwartz said.

After auditions had passed, Schwartz, Lowe, and Nyhus all spoke to the positive experiences they had in the Gustavus fine arts programs.

"I've been in [orchestra] all four years now and they have been the best four years of my life. I have met some of the best people I know through this program," Lowe said.

"I have always made time for choir in my schedule because I have learned so much about teamwork, friendship, and the importance of making music as a community through my time in the program. I would highly recommend auditioning for any arts program that you're interested in as a first-year at Gustavus. The staff all want to see you grow into the best version of yourself possible," Schwartz said.

What we wish we knew as first-years: A few WEEKLY editors provide helpful tips for incoming students



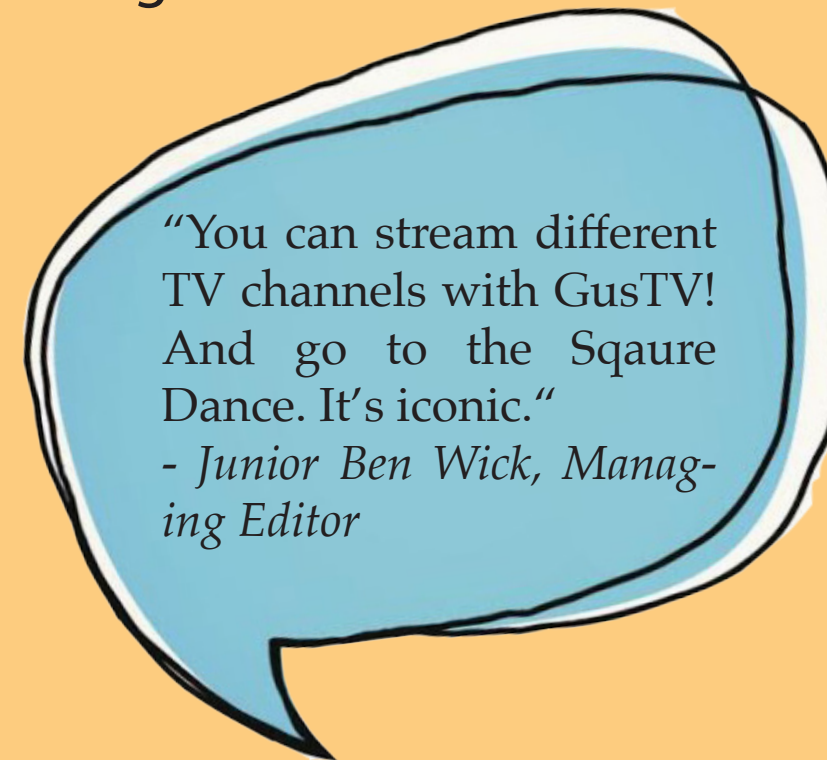
I wish I had known that the school sponsored events are actually more fun than I could have anticipated. Also, as a senior I look back fondly on Orientation weekend, so enjoy the newfound freedom while you can.
- Senior Cole Trebelhorn, Editor-in-Chief



"I wish I would've known that you could get a lot of discounts just by showing your student ID in different stores. Also, you can download the Unidays app for a lot of deals that are exclusive to students."
- Senior Sofia Boda, Variety Editor



"I wish I had known that you could rent movies and board games from the library. They actually have a pretty good selection too."
- Senior Patrick Meadows, Opinion Editor



"You can stream different TV channels with GusTV! And go to the Sqaure Dance. It's iconic."
- Junior Ben Wick, Managing Editor



"There are a lot more professors than I thought looking for students to help with their research on campus, and it is really easy to get connected with them!"
- Senior Katie Mattinen, Photography Manager



"The information desk offers discounted tickets for the transit bus that goes to Mankato!"
- Sophomore Anna Edblad, News Editor

