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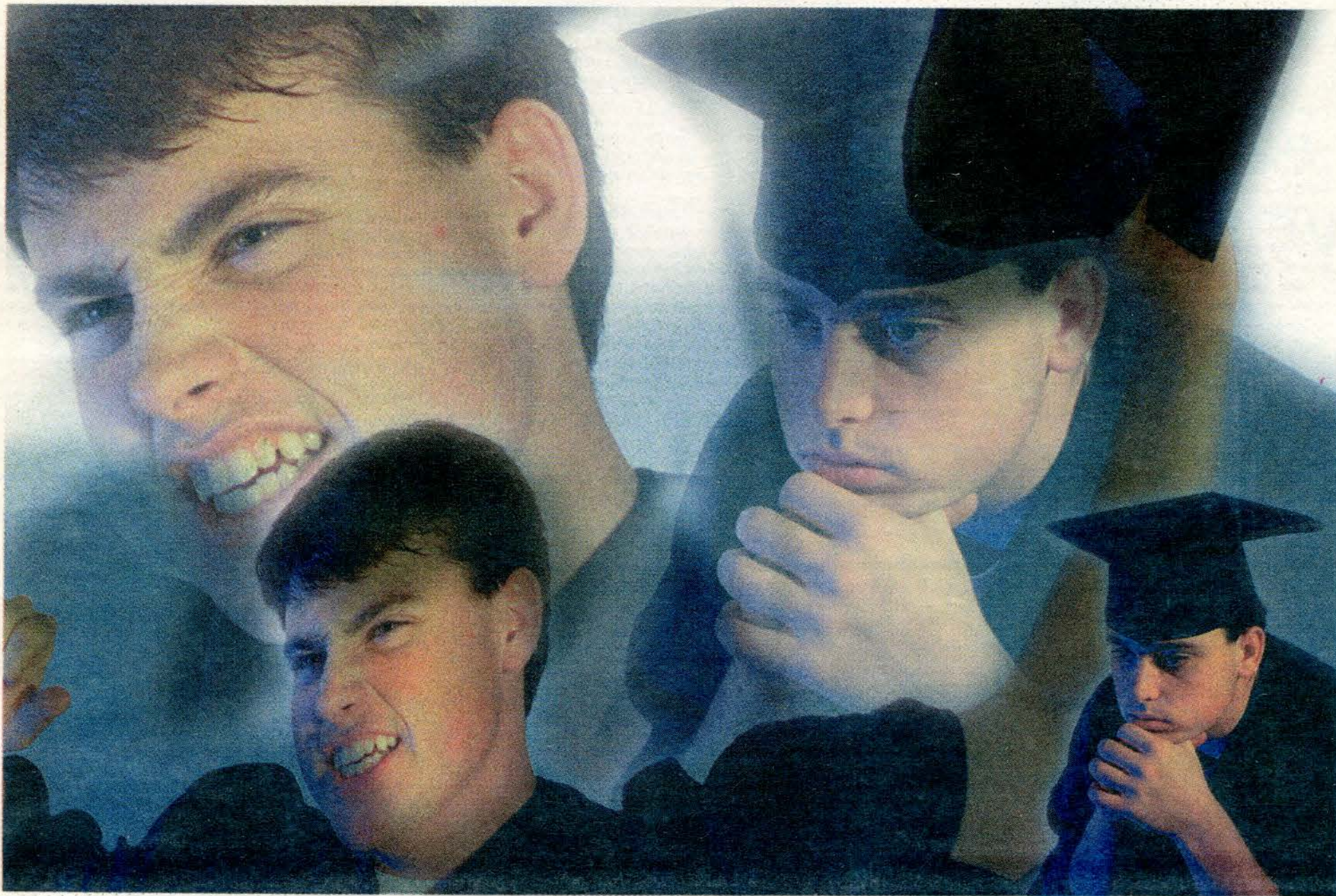


photo illustration by Krystal Kinnunen and Thomas Cordy

## Learning to Let Go

BY KRYSTAL KINNUNEN  
Herald reporter

**M**ike Hayden, sporting the traditional black cap and gown, walked toward the podium to receive his degree.

"It was a powerful moment. Happiness and sadness all in one," Hayden said. "Sad because you look around and see your friends and you may never see them again. But you're happy because you're getting your degree."

He earned that degree, a bachelor's in broadcasting with a minor in athletic training, after 11 semesters at Western.

And that 11th semester, he said, was different than all the rest.

"It's exhilarating, frightening, exciting, any powerful adjective you can think of," he said. "I was like 'Wow! I'm getting what I worked for, but who am I going to work for?'"

Hayden said his anxiety about leaving college was alleviated in the middle of last semester when he decided to stay at Western for a master's in organizational communication.

But now, in his first semester of graduate work, Hayden wonders if he made the right decision.

And so it is with others who will graduate from Western next week.

They are stepping into the next phase of their life and, in essence, a part of them will die.

"It is completely normal to experience fear and anxiety about graduating," said Karl Laves, a campus psychologist. "Everyone is experiencing those doubts on some level, just most don't talk about it."

"It's important to accept the fact that you are afraid and realize it is OK to be afraid."

Laves said graduating students go through the five

phases of death described in Elizabeth Kubler-Ross' book "On Death and Dying."

A student will go through each of the five phases — denial and isolation, anger, bargaining, depression and acceptance — before graduating, Laves said.

"When a student gets stuck in a phase, that is when we will see them," he said.

Bowling Green senior Sarah Kinser will graduate Dec. 16 and is going through those phases. She said she was hit hard with fear and began isolating herself in the fourth week of school. Kinser said she cried for four consecutive days and dwelled on the fact that her life was about to change.

"I don't know what life is like without school," Kinser said. "You've got whole new things to think about. The pressure of the real world is on your shoulders and I don't even know what that is."

Kinser said she came to terms with her pending graduation on a white-water rafting trip in West Virginia in September. At first she was afraid, but each rapid built her confidence.

"I was with kindred spirits," she said.

Her brown eyes open wide like a child's when she tells the story.

The first rapid was called "insignificance" and the second "pillow rock." After pillow rock, Kinser said she felt better.

"I thought, 'OK we can do this,'" she said. "I am on top of my game."

Former cross country runner Aaron Mullins, of Australia, will also graduate in December.

"I'm scared to death," he said. "My problem is I have too many options."

Mullins is not attending the commencement ceremony, but instead will fly to South Africa for a five-week adventure with friends. He hopes to figure things out while on that trip.

"Part of me wants to return to Australia, but I'm not ready to leave the friends I've made here," Mullins said.

Although Mullins is unsure of his future, he carries an optimistic attitude about it.

Laves said graduating seniors forget that they have started other new phases of life with the same fears.

"It's fear for the unknown," he said. "Am I going to get a job I like?" Most seniors know there is probably a job out there, but are concerned if they'll like it and be happy."

Laves compares the fears of graduating with those associated with marriage. Meeting someone, falling in love, getting engaged and then setting a date.

"After that date is set, you begin to wonder if you made the right

decision," he said.

For those who are completely lost, Laves recommends a trip to the Career Services Center, where students can take a test that will tell them what job is right for them.

And for those who are really frightened, there is always graduate school.

Hayden's advice for seniors is to stay focused and live day by day.

"Don't let anxiety overwhelm you," he said. "You are going to feel anxious and confused, but when that moment of happiness comes, enjoy it, bask in it."

**"It is completely normal to experience fear and anxiety about graduating. Everyone is experiencing those doubts on some level, just most don't talk about it."**

— Karl Laves  
campus psychologist



# Graduates will take a chance in job market

## More than 1,000 will receive degrees

BY CHARLIE LANTER  
Herald reporter

Logi Bragason is taking a chance after graduation.

The senior from Reykjavik, Iceland, who came to a new country and culture for college, will head to another strange land.

Bragason plans to go home for a month. There he'll spend time with family and friends he hasn't seen in more than a year.

And on Jan. 17, he'll hop on a plane bound for New York City.

He has no job there. No apartment. Nothing.

He visited New York, liked the city and decided to move there.

"That's really just an adventure for me," he said. "I'm just a city person and I like being in the city."

And he's not even nervous.

Bragason will have a bachelor's degree in computer science, a field that's booming in a tech-

nology-driven economy.

"The only thing I know is that there are plenty of jobs out there."

\*\*\*

Exactly 1,019 Western students like Bragason will venture into their unknowns Dec. 16.

Many will have had a job lined up for months. Others may be taking their chances.

Some may have thought there was an advantage to graduating at a time when fewer students finish school, but according to administrators and career experts, December graduates are all too common.

1996 was the first year Western offered a commencement ceremony in December, but Registrar Frieda Eggleton said the addition wasn't because more students were finishing in the fall.

"We added it because the May ceremony was becoming so large that we couldn't accommodate all the guests," she said.

The number of students who wrap up their degrees in December hasn't really changed much in recent years. There were 830 in December of 1992, Eggleton said.

Any increase would have been a result of Western's growing enrollment, she said, not because of a sudden surge in midyear grads.

Still, not every graduating student has come to terms with finishing at a non-traditional time. Only 600 of the 1,019 will participate in commencement next Saturday.

\*\*\*

Bowling Green senior Duan Wright gets his degree in a couple weeks, but he won't walk the line on Dec. 16.

Wright will leave Western with a degree in English education and start a management job at National City Bank in Louisville.

But he decided to bypass December commencement and opted to walk in May.

"That's kind of what my original plans were and it alleviated a lot of the stress in that I didn't have to send out invitations and all that," he said. "Also, it's more symbolic."

Wright was going to finish in May, but fast-tracked his graduation date after nailing his job down this summer.

\*\*\*

Wright may have been lucky.

Education majors are the only graduates that Judy Owen, director of the Career Services Center, said may have trouble finding a job. That's only because the majority of retiring teachers finish out the academic year.

Anyone else, Owen said, should have the same opportunities as someone who graduates in May.

"We're pretty much getting away from the old mode that May is the best time to look for a job," she said.

The booming economy has left many employers scrambling for qualified help. Owen said many recruiters schedule campus interviews in the fall now, that way they can interview December and May graduates.

"If they can pick somebody up in December, then that's just an advantage for them," she said.

Sandy Jones, owner of the Bowling Green temporary employment firm Quality Personnel, said her company never has a certain time of the year where more hires are made than another time of

year.

Jones, also, attributes that endless hiring cycle to the economy.

"There are help wanted signs everywhere you look," she said.

But not everyone wants one of those jobs.

\*\*\*

London senior Justin Eslinger could have graduated in December, but he chose to hang around.

Eslinger said he just wasn't ready for the real world. The print journalism major also said he's not sure what he wants to do.

That extra semester, he said, will give him the time he needs to decide what he wants after graduating.

It also gives Eslinger more time to enjoy school and keeps him from worrying about who should get his resumé and where he should look for work.

"I really don't want to have to go out and look for a job," he said. "College is a lot of fun and a whole lot more fun than having bills."

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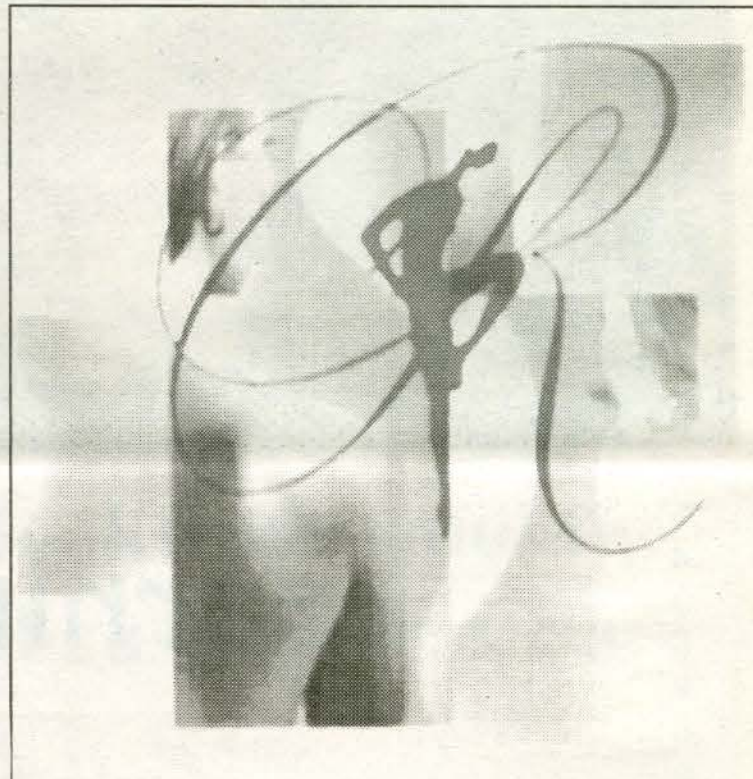
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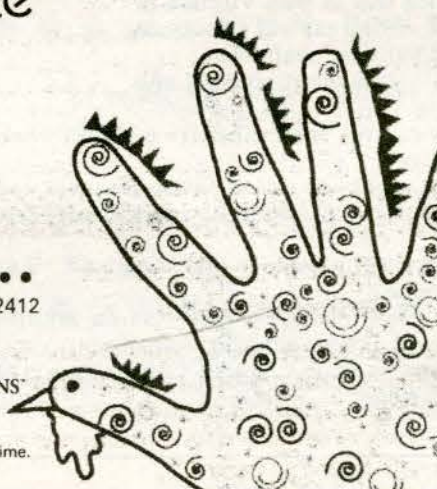
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# Students turn to the Internet while looking for a new job

Online job postings cheaper, more flexible

BY MAI HOANG  
Herald reporter

With graduation quickly approaching, some December graduates are still searching for a job. Besides the typical classified ad, these students have a new option: going online.

All over the Web, online job search engines such as monster.com and headhunter.com are posting job vacancies. Besides posting jobs, many of these sites also offer resume services and let users post their resume for employers to search.

One of the Kentucky companies that is using the service is Robert Half Inc., in Louisville. Wayne Barber, division director at Robert Half, said he finds many benefits in using monster.com.

"It's a good inexpensive way to get your name out there," Barber said, noting that most

print ads cost between \$300-\$500.

Barber said that online he can post many positions for much less money. Besides the cheap price, there is also the benefit of flexibility. The company can get online and make changes in requirements and other specifics, he said.

**"[Online advertising is] a good inexpensive way to get your name out there."**

— Wayne Robert

division director at Robert Half Inc.

Another feature of online ads is that they can be seen by people all over the world. Barber said that can be an advantage and a disadvantage.

"The ad is available across the United States," Barber said. "It's unnerving to have people from Europe calling and we can't interview them."

Western's Career Services Center has gone online, too. Its Web site, [www.wku.edu/CareerServ](http://www.wku.edu/CareerServ), includes job listings, upcoming

job fairs, information about the center's services and a resume-posting service.

"We have an extensive Web page," said Carol White, associate director of the center. "There's a great deal out there on the Web concerning job searches and career planning."

White said that the goal of the center's Web page was to make all the information available effective and reliable. This doesn't mean to disregard other sources for jobs, she said.

"You should tap into different sources," White said.

Although the Web will be used more for job postings and searches, it doesn't mean the end of the print ad.

"It depends on the position," Butler said. "We will always use some combination of Internet and print ad."

For White, the Web is a source of convenience for students.

"Our goal is to reach the students where they are," White said. "If students are up at their computers at 3 a.m., we may not be there, but our Web page is."

## Finally headed to the *real* world

I can't believe I'm saying goodbye.

I'm sure my friends don't believe it either. After all, I've said it before.

I came to Western in 1987. Graduated in 1992. Took some graduate classes. Left. Sat out. Came back for a second bachelor's in 1999, and now ... I'm leaving for good. Promise.

Wow. That's about a third of my life at Western, longer than I've lived anywhere else. Most students will spend less than half that time here. I've watched buildings go up, buildings come down, university presidents change (twice), lived in 14 dorm rooms and apartments and belonged to a dozen campus organizations. I've been a familiar empty seat in some professors' classes, argued with offcloads of administrators over piles of paperwork and spent ... hmmm, how much is tuition for a decade? Let's just say that the annual Alumni Association fund drive will waste its time calling me.

What makes this semester's finality hard to believe is that I've been here before. I graduated way back in 1992, and nothing much changed. I lived in the same place, had the same friends and kept the same job. And I went to class about as often as before.

But now I'm leaving the day after graduation and speeding to the sunlit shores of south Florida to a good job on a good newspaper. What a relief, especially to my parents. Now they can spend their golden years whistling while I work, instead of glumly listening to their peers talk about having children who aren't unemployable losers.

The difference this time is that I have somewhere to go. The first time, I just hung around and didn't really have anything better to do than go back to school. I had a degree in a glutted field (history), and not many places

were hiring. Oh, one was: Burger King.

My father loved to tell me, every six weeks or so from first grade on, that I was "in the real world now, fella" — now I was gonna have to buckle down and work.

Well, I was already working — first grade was pretty tough. I was still hearing that when I got my first job, and all through Western. Then I graduated, and life didn't get any more real than it already was.

OK, graduate school was a bit unreal. I spent my time writing 50-page papers that no one would ever read.

So after a couple of years in a bookstore (working, not sipping coffee), I returned, aiming for a higher purpose: writing for a 50-page paper that most people won't read.

And it's gone much better this time. Between the School of Journalism and Broadcasting and the College Heights Herald, I've found a way to use my mania

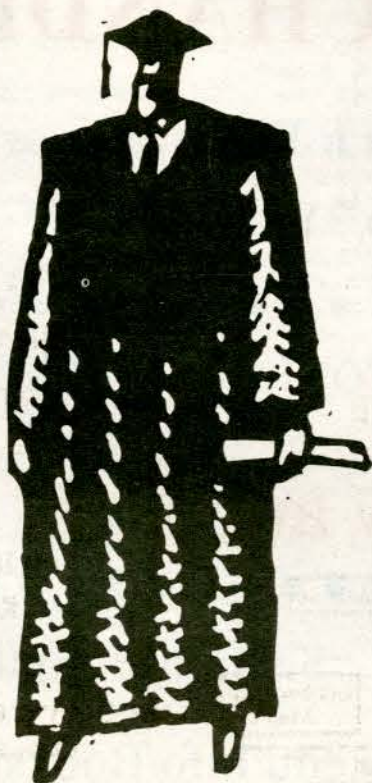
for obscure facts, my desire to tell everybody about everything that I think is interesting (my roommate can't get me to shut up about ancient Central Asian religion) and my determination to reach people who don't want to talk to me. I just have to finish a few last assignments, go through a few last formalities and pack way too many boxes.

So I guess I'm not too excited about graduation itself. It's just a few boring, uncomfortable hours in Diddle Arena, like going to a basketball game in a funny hat (except that I haven't been to any Western basketball games). I'm excited about what comes afterward — loading my car for the last time, not looking back at Exit 22, exchanging college life for real life.

Jim Gaines is a (very) senior print journalism major from Bowling Green. After Exit 22 to southbound I-65, he will head to the real world of the Vero Beach Press Journal in Vero Beach, Fla.



Jim Gaines  
commentary



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## Congratulations Herald Graduates

- Matt Batchelder
- Charlie Lanter
- Jim Gaines
- Andrew Otto
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# Jobless graduates, let this be your blueprint

So you didn't get a job? So freakin' what?

Kick back with a cold 40 and don't worry about that English degree you just got, because today Schoolhouse Rock is going to save you a buck.

There are plenty of steps you can take to weatherproof your new trailer, and you just wouldn't believe the savings on your energy bills.

First of all, you're gonna need some alcohol. LOTS of alcohol.

Start the day with a hearty breakfast of Hot Pockets, then it's Miller time. Grab a couple, throw on a white T-shirt and head on over to the hardware store.

According to the Southern California Edison power company, weather stripping can just be invaluable. But lets start at the basics, hardware shoppers.

Weather stripping is a "narrow strip of material that is applied around the sides and insides of exterior doors and

windows. When the windows or doors are closed, the weather stripping is compressed and stops air from entering or leaving the home."

Nice.

"This can reduce your energy bills by as much as 15 percent, and can also add to your home's overall comfort level: loose-fitting windows and doors fit tighter when weather stripped, cutting down on dirt, dust, noise and moisture as well as drafts."

So it's a no-brainer, folks. Why don't you give that crappy little trailer of yours a new lease on life?

Buy yourself an early Christmas present (well, other than the beer!).

Weather stripping is often sold by the yard or the foot. Bet your cousin or somebody would help you install it.

But there's so many kinds, you say! Well, you're right. Let's take a look at some of the most common kinds, courtesy of [www.doityourself.com](http://www.doityourself.com).



**SCHOOLHOUSE ROCK**  
Matt Batcheldor

First of all, you got your self-stick foam. This is really easy to install if you have a knife, and you can cut it to any length you want.

Rolled vinyl is another good option, and its easily cut, too, though its a little more expensive.

Personally, I hate the foam rubber with wood backing option. It requires a hammer, nails, handsaw and tape measure. It is relatively easy to install, but it's not too durable. Space your nails 8 to 12 inches apart.

If you're feeling frisky, you might just want to take on the interlocking metal channels. Seems they require a hacksaw, hammer, nails and tape measure.

"It is difficult to install because alignment is critical," the doityourself.com Web site says. "Visible when installed, metal channels are durable but subject to damage, because they're exposed, and offer an excellent seal. You cut and fit strips to head of door first: male strip on door, female on head; then hinge side of door: male strip on jamb, female on door; finally lock side on door, female on jamb."

Naw. Scratch that. You drink the beer and get that know-it-all cousin of yours to do it. Yeah, he's a really starry-eyed hot-shot, ain't he? Never have liked the guy.

But, heck, he can hang a mean weather stripping, and he knows all the difference between those male and female

strips. Sounds like a dirty movie to me, but maybe that's the beer talking if you know what I mean!

Wait, 'cuz is drunk. Maybe this weather-stripping thing isn't such a good idea after all. Maybe you could just get some old towels and stick them down at the door jamb. Installation required: nothin' but your two bare hands!

Wait, though. Better have a couple of beers first to calm down the nerves. Sure can't hang weather stripping with shaky hands.

Oh, heck, forget about the towels, too, and just drink some beer! It's the holiday season.

The whole trailer feels warmer after a couple of cold ones, anyway.

Matt Batcheldor is a graduating senior print journalism major from Bardstown. He is headed to *The Courier-Journal*, where he will report on crime (and the occasional weather-stripping incident gone awry).

## Career services help students prepare for their future

By KATE CORCORAN  
Herald reporter

Cruising along, sometime during junior or senior year, most college students are hit with a reminder of the reason for college. Suddenly, getting a job becomes the number one priority. But it can be done without flashbacks to the college admission process with help from the Career Service Center.

Since 1974, the center has helped students with resumés

and mock interviews and has offered brochures detailing employment information. In recent years the office has expanded its services to include helping students with e-job searches and setting up their resumés online.

These services are available to all students and alumni.

For students to get the most benefits, center director Judy Owen recommends beginning the job search as early as possible.

**"It's important not to wait, so that by senior year it's not overwhelming"**

— Judy Owen  
center director

"It's important not to wait, so that by senior year it's not overwhelming," she said.

One of the best ways to get a

head start is through an internship or co-op program. Students can gain real-life experience while learning if they have enough interest in their chosen field. The center and various academic departments offer information on programs for curious students.

For those who are ready to enter the work world full time, the Career Service Center also offers help with traditional resumés and can show students the setup for internet resumés,

provided students have a rough idea of what they want to include.

"We recommend that they bring in a rough draft because it's too hard to think of everything you want included once you're here," Owen said.

The center, located in Cravens Library, Room 216, helps about 5,000 students individually every year and another 7,000 in group conferences, according to Owen. Its Web site, [www.wku.edu/CareerServ/](http://www.wku.edu/CareerServ/), gets about 10,000 hits a year.



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