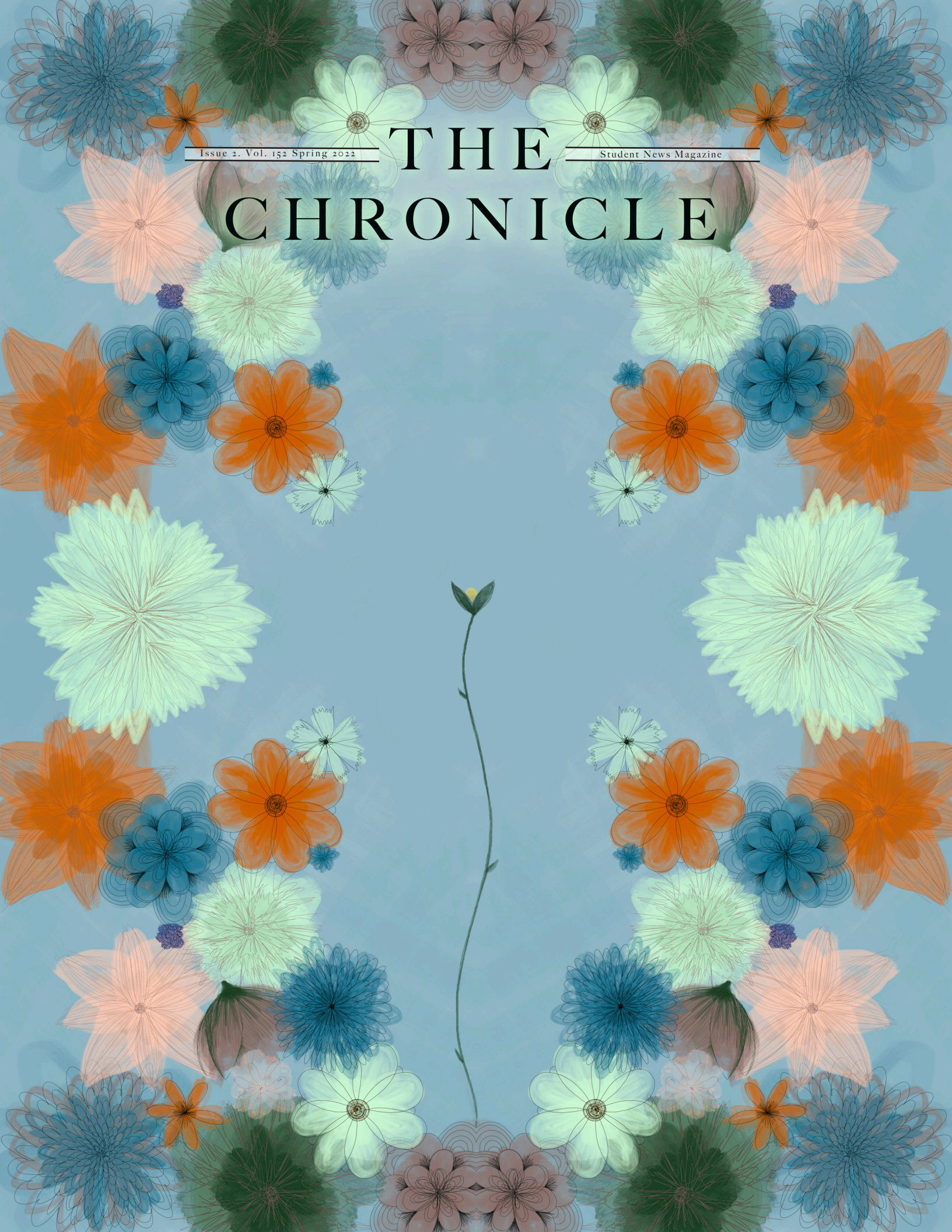


Issue 2, Vol. 152 Spring 2022

Student News Magazine

THE CHRONICLE





Personal Growth

Issue two

The Chronicle

The North Central College Chronicle is published once a semester by students of North Central College as a forum for providing news, opinion and information of interest to the campus and the greater community. The views expressed do not necessarily reflect the opinions of The Chronicle editorial board or of North Central College.

Artwork & Print Design

Caitlin Mourek

North Central College
The Chronicle

Editorial Staff

Adrian Martinez
Co-Editor-in-Chief

Cory Griffin
Co-Multimedia Editor

Kristin Roy-Chowdhury
Co-Editor-in-Chief

Isabella Mahoney
Co-Multimedia Editor

Jules Billings
Vision/Culture Editor

Karen McClain
Assistant Multimedia
Editor

Fredlyn Pierre Louis
Podcast Editor

Caitlin Mourek
Design Editor

Sam Corbett
Sports Editor

Dylan Anderson
Web Editor

Evan Bruner
Assistant Sports Editor

Alexis Howell
Advisor

Sabha Fatima
Co-News Editor

Tabby Zuniga-Diaz
Co-News Editor

Sarah DeRosa
Social Media Editor

Check us out online

ncclinked.com

Letter from the editors

Dear Reader,

We are thrilled to welcome you into the world of our Spring 2023 Chronicle print edition: Back to Our Roots. This edition is all inclusive to growing up and acknowledging our past in relation to who we are today. The creators of this edition thought outside of the box and challenged themselves whether that be in photography, design or writing. Without our Chronicle Staff, we would not be where we are today. We would not have a print magazine to have you read right now.

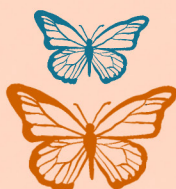
Again, to our readers and supporters, we are extremely grateful for you to have flipped open the cover of our print edition and are starting to give it a read or a glance. We are able to create works of art to share with our campus community. This semester has been very foggy and heavy but being able to stand together has felt like a warm hug. We can change the future based on what we have seen in the past if we advocate for one another. So, thank you. Thank you for reading our website articles, reposting our podcasts, glancing through our print editions, rocking our Chronicle merch and being you. Being a Cardinal means much more than going to classes on NCC's campus, it also means supporting and caring for one another during the rewarding and difficult times.

It has been an honor working for the Chronicle during our time here at NCC. We have learned so much about our peers and ourselves. Between developing new and lively print editions, trying to get our website running again and doing it all while being a student was overwhelming at times. But we would not trade the experiences we have had with our team for the world. We have hard copies of the work that was made during these years in the Chronicle that will be archived and looked back on when reminiscing on the old days.

Enjoy the Spring 2023 semester's Chronicle print issue and take a journey through your memory while reading about past experiences of peers, student athletes, core memories from childhoods and more.

For the last time,

Adrian Martinez-De la Cruz & Kristin Roy-Chowdhury



Spring 2023

artwork by caitlin mourek
Our roots

How to continue a path of
spiritual growth in the midst of a stressful schedule

Tree pose: using yoga to strengthen and grow

How college helped me grow: perspectives from first-gen students

The rise of nostalgia: how healing your inner child promotes
personal progress

Why sports are crucial for personal growth

Growth in transferring

Horoscopes in seasons of growth

Looking back and moving forward: the psychology of personal develop-
ment in college

Life lessons I learned in college

Growth through literature

10 personal growth podcasts

Growth mindset word search

The role of an athlete in the 21st century



Our roots

Kristin Roy-Chowdhury-Co-Editor-in-Chief

Art by caitlin mourek

The word 'root' can take many different forms in one's life. Some people automatically think of the sources holding up a tree. Others describe 'root' as the main source or cause of something. Many people think of 'root' as the developed family tree we continue to add to.

Imagine your family lineage being an old, crooked tree with roots that are so thick they are peaking out of soil around the trunk. They are holding up the thousand-year-old tree and doing a pretty good job of it no matter how it appears. This tree has so many stories embedded into its history. One kid may have climbed up its stoop every day, a couple may have had their first kiss under that tree, or even a hammock tied at the strongest part of its base on a warm summer day. There is so much more that isn't told about roots, without them, all those memories would be a fantasy. Family trees can be a way to make those memories permanent.

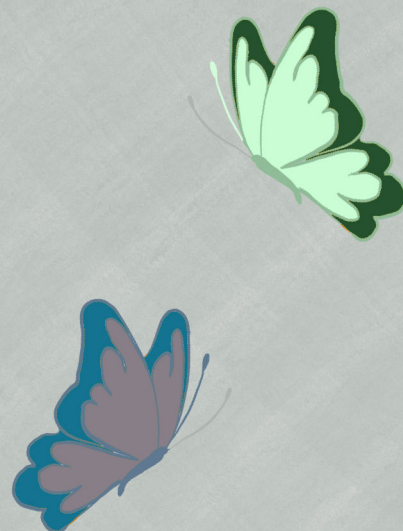
A family tree continuously grows from our ancestors to future generations. The explanation as to why you are here and where you fit in this large world. How the crazy third cousin is also your aunt. The people you are surrounded by now are the ones you call family. Those are also roots. People that stand by you even when you feel like crumbling. Ancestors from hundreds of years ago still make it on that family tree; we are still all connected with branches and roots to make the fruitful, forever-growing tree of life.

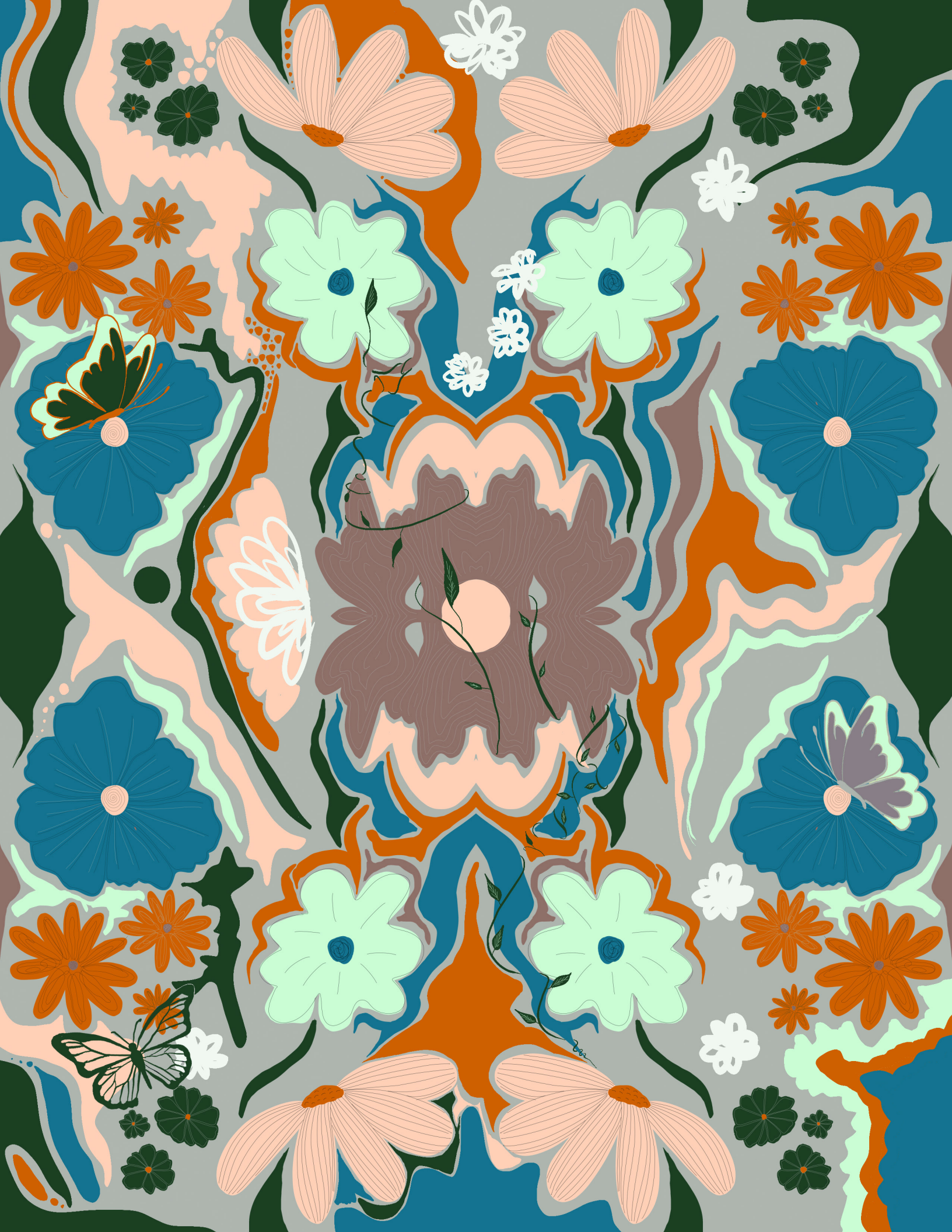
The challenge of representing the term 'my roots' was surveyed to several NCC individuals. 23 people filled out the anonymous survey and were simply asked for one word that describes the word 'my roots'. With no context whatsoever, the pool of community members surrounded themselves with similar definitions. Descriptors such as "beginnings", "history", "childhood" and "origin" stemmed from the word 'root'. In comparison to the root of a tree, many people believe that they themselves have roots and are a tree of their own.

As analyzed in the survey, our roots can be where we come from and what has changed us into who we are

today. Many answers from the survey had a common theme of family and new beginnings. Most people stated roots meant values, family and their childhood. Whether this be the hometown streets that they would ride their bikes down every day after school. Or that one scrape on your body that you can still describe the pain you felt. Even the people in their lives that are supporting them in the future they are creating for themselves. Those are their roots.

To conclude, the world might be ever-changing around us but there is one thing that will always hold true; where we came from and the experiences we have had that will always live in us. The term 'our roots' will remind us of where we came from and how we made it to where we are today.





How to continue a path of spiritual growth in the midst of a stressful schedule

Sarah DeRosa-Social Media editor

Art by Caitlin Mourek

Balancing academics, work and the expected and unexpected aspects of life can stunt spiritual growth. Sometimes other things take precedence over prayer time or reading the bible, causing one's faith to become stagnant. Spiritual growth has never been a linear process, but instead, moments of reaching the mountaintop and walking through the valleys. Spiritual growth is not something that comes naturally, but rather a pursuit continuously seeking as the years go by. While growing deeper in your faith seems impossible in the midst of a crazy schedule, there are simple ways to implement spiritual well-being in your daily routine. Here are techniques to help promote spiritual growth:

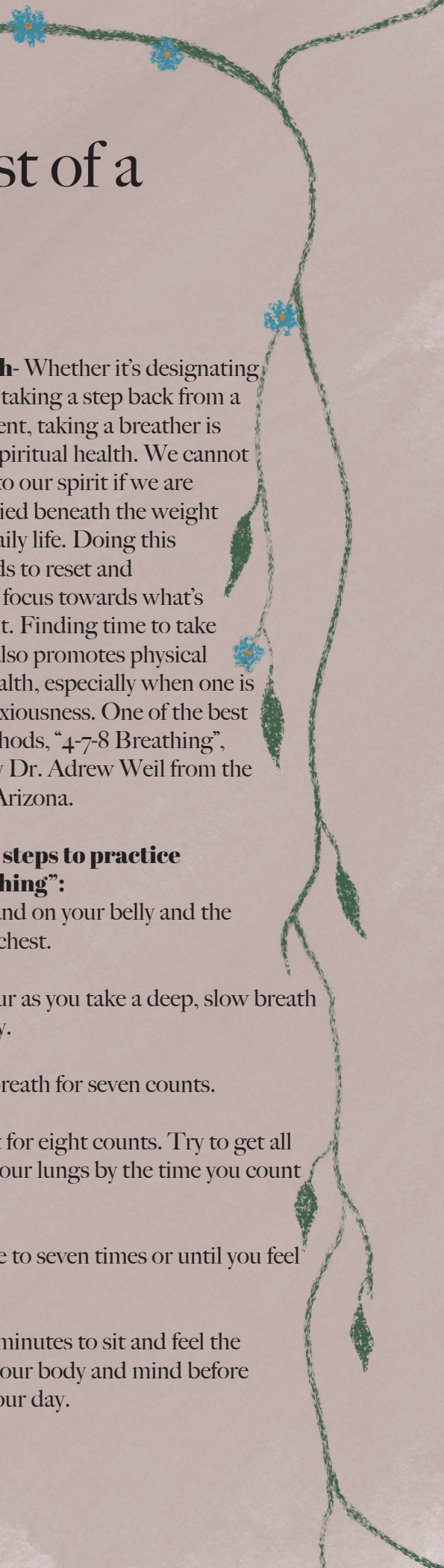
Going on a walk- Surrounding oneself with the natural world can help someone slow down and be in the present. Not only is taking a leisurely hike good for physical health, but also one's spiritual health. According to author Maggie Spilner, "even when the world seems to be spinning out of control, walking can restore your sense of inner peace. It gives you a chance to slow down, to relax, to appreciate yourself and your life. Time seems to expand, creating a sense of spaciousness in the present moment." Taking a step back from your daily routine allows one to clear their mind, relieve stress and create space for self-reflection. This simple act allows one to take in creation and appreciate the ultimate artist. Going on walks also allows one to be active while eliminating distractions.

Express gratitude- Gratitude is having an intentional attitude of thankfulness. Whether it is writing thoughts down in a journal or expressing appreciation towards others, having gratitude shifts in outlook on the world, people and even oneself. Being thankful allows you to see every aspect of life in the best light, which is a form of praise. In the words of Roman philosopher, Marcus Tullius Cicero, "gratitude is not only the greatest of virtues but the parent of all others."

Take a breath- Whether it's designating down time or taking a step back from a stressful moment, taking a breather is important to spiritual health. We cannot be connected to our spirit if we are constantly buried beneath the weight of work and daily life. Doing this helps our minds to reset and reevaluate our focus towards what's truly important. Finding time to take deep breaths also promotes physical and mental health, especially when one is in a state of anxiousness. One of the best breathing methods, "4-7-8 Breathing", was created by Dr. Andrew Weil from the University of Arizona.

Here are the steps to practice "4-7-8 Breathing":

1. Place one hand on your belly and the other on your chest.
2. Count to four as you take a deep, slow breath from your belly.
3. Hold your breath for seven counts.
4. Breathe out for eight counts. Try to get all the air out of your lungs by the time you count to eight.
5. Repeat three to seven times or until you feel calm.
6. Take a few minutes to sit and feel the sensations in your body and mind before returning to your day.



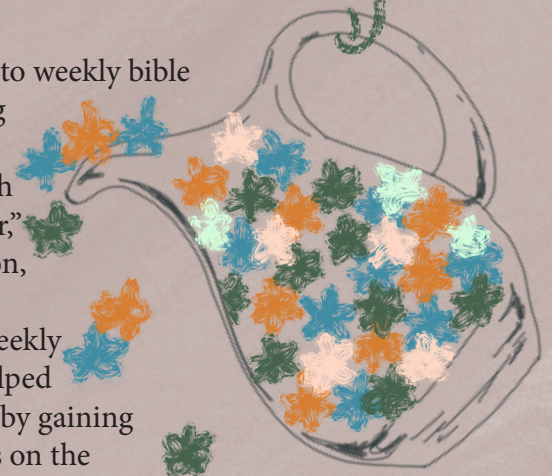
Read words of wisdom- Neuroscientists recommend reading a minimum of 15 minutes a day to promote brain health as well as mental health. Using that 15 minutes a day to dive into words of wisdom is a simple way to make monumental steps in spiritual growth. Finding time to read spiritual texts creates room for spiritual growth as well as keeping in touch with personal faith and beliefs. Not reading “the Word” is like taking an exam without preparation. Even if someone did not come from a religious background, being receptive to others’ thoughts and ideas can give a different perspective on our significance and point us in the right direction when we feel lost. Or it could also help one evaluate where they are spiritually. Many struggle with implementing this in a daily routine, especially after a long day.

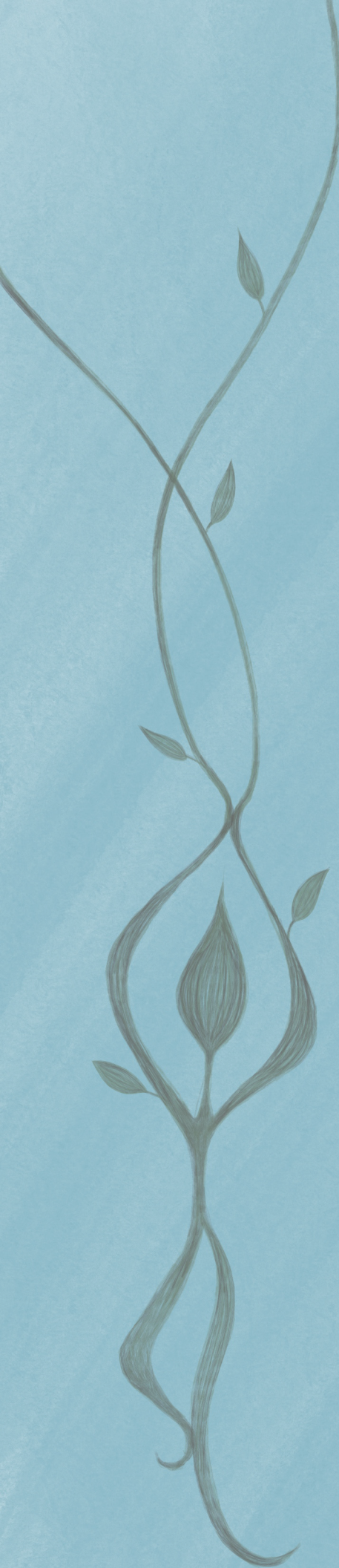
Internationalize quiet time- It seems rare to have a moment of silence. We are constantly trying to fill the void with music, videos, social media and other forms of distractions. According to Statista, the average person listens to nearly 30 hours of music weekly, which is approximately over 3 hours and 50 minutes per day. We cannot expect to be connected to our faith if we are choosing to block out a spiritual presence, whether we realize it or not. The internationalizing of quiet time invites spiritual development. This can also help with finding time to pray. Praying is crucial to developing spiritually, so is meditating in a quiet space. One cannot create a strong relationship with someone if they are always the one talking; learning to listen and respond is the key.

Stay connected- One might want to stay connected to meaningful and purposeful relationships. This could be family relationships, friendships and prayer groups. Having someone to hold a person accountable to their spiritual development can help them stay on track. Growing deeper spiritually doesn’t seem as daunting when one has relationships that support their faith walk and spiritual growth. They can also point them in the right direction when they’re confused and don’t know how to take the next step. People are meant for fellowship and are made for walking alongside each other. One might want to stay connected to meaningful and purposeful relationships. This could be family relationships, friendships and prayer groups. Having someone to hold a person accountable to their spiritual development can help them stay on track. “I pursue spiritual

growth by going to weekly bible study with young adults so that we can work through the bible together,” said Abby Tointon,

24. According to Tointon, these weekly meetups have helped deepen her faith by gaining new perspectives on the bible. Evelyn Escobedo, ‘23, joined a church group this year with people around her age. By joining this group, Escobedo says, not only has she developed friendships, but a deeper appreciation and connection with her faith. “It’s also reassuring to be around others who are struggling with their faith in the same way you are,” Escobedo said. Growing deeper spiritually doesn’t seem as daunting when one has relationships that support their faith walk and spiritual growth. They can also point them in the right direction when they’re confused and don’t know how to take the next step. People are meant for fellowship and are made for walking alongside each other.





Tree pose: using yoga to strengthen and grow

Abigail Black-News writer

Art by Caitlin Mourek

On Tuesdays and Thursdays from 4:15-5 p.m., students gather in the third-floor classroom of the Residence Hall/Recreation Center. They bring their personal yoga mats and blocks or use the brightly colored ones provided by NCC. When considering busy college schedules, students may not block off time to participate in recreational activities. Yet twice a week for almost every week of the semester, many students do just that. In addition, many make an effort not to miss a single session. Through these sessions, yoga is used to further personal and physical growth. It turns out, yoga is worth the time. "It is just so nice cause every week I have a time designated just for myself," said Stella Bank, '26. "No phone, no homework and specifically just to help me feel better. And it's just really nice every week having yoga to come to."

The yoga instructor for these sessions, Jane Liddy, '17, was delighted to share her yoga history and her knowledge about its benefits. Liddy had also been introduced to yoga in college during her sophomore year at NCC. After experiencing yoga through a studio in the area, she began practicing herself. This led to Liddy wanting to become a yoga instructor, "I remember how much yoga helped me manage my own stress and lifestyle in college, and I wanted to be able to give that back to the community and this was the perfect way to do it," said Liddy.

Liddy has now practiced yoga for almost ten years. Her training to become a yoga instructor required 200 hours. Those hours encompassed not just yoga itself, but anatomy labs of yoga, an exam, a paper and hours of additional studying. This training provided insight into growth through yoga.

When explaining yoga's benefits, Liddy herself mentions that the physical nature of the practice is the initial draw for many. Its impact on flexibility, perhaps first and foremost. Other physical benefits can be less noticeable. For instance, yoga is great at building strength and muscle tone. Even then, strength, flexibility and general physical fitness are not the only advantages of yoga.

Sometimes the mental benefits of yoga are hard to separate from the physical ones. For instance, Liddy's classes have a great deal of focus on breathing. Because of this attentiveness to breathing as they progress through the poses, the yoga

she teaches could be considered a moving meditation. These moving meditations help clear the mind, reduce stress and improve self-awareness, which can be considered mental benefits. Liddy's list of yoga's physical benefits include help with cholesterol, sleep and blood flow. Yoga can even help alleviate pain in certain areas. This is relevant even for chronic ailments.

Harvard Medical School and Healthline also express scientific faith in yoga's benefits, which includes a better body image and lower blood pressure for those diagnosed with hypertension. This echoes many of both the physical and mental benefits listed by Liddy.

These explanations of growth are agreed with by Bank, who said "I have found myself being more relaxed. Physically, I can now do downward dog and not hurt. And so, I've been becoming more flexible, and it's really cool seeing my improvement."

When thinking of growth, though, Liddy has one element that holds special value to her. Her aim is that her students leave the yoga class and bring their authentic selves out into the world. It is a common idea in her classes that students should take their yoga practice off their mats and into the world with them. Through "showing up and breathing and quieting your mind, so that your soul can really speak, and you can hear what it has to say," said Liddy.

Bank agrees with this, as she draws comparisons between other forms of working out and yoga. Other forms of working out can sometimes include the mentality of pushing yourself hard. In contrast, yoga teaches participants to push themselves if they want to, while at the same time listening to their bodies. Bank feels as if this method has been more helpful to her growth.

Some of these benefits can be hard to notice from the outside, but that doesn't mean Liddy hasn't noticed growth in her students. Liddy confessed that seeing the friendships forming among people who might not have otherwise met has been wonderful for her. Watching her students hold firmly in a pose they were once unsteady in and seeing them challenge themselves to push a bit farther in a pose are also some of the obvious growths she has noticed. When students share that the class was just what they needed for their week, she sees growth. When picturing what she thinks of yoga, growth and her students in front of her, Liddy had only one thing

to say, a smile. "I don't know why, but I just do. I think it helps us tap into that inner joy that's within each of us," Liddy said with a grin.



How college helped me grow: perspectives from first gen student

Adrian Martinez-Co-Editor-in-Chief

Art by Caitlin Mourek

Graduating with a bachelor's degree is often considered a huge accomplishment, even being able to attend a college or university can still be considered a huge milestone. For first-generation college students, this feat may feel even greater considering the fact that oftentimes, they are the first in their family to attend a college or university and complete a four-year degree. According to Julie Carballo, director of the Cardinal First program at NCC, there were just over 800 first-generation students at NCC in spring semester 2023, with 192 of those first-generation students expected to graduate at the end of the semester. But how has higher education helped these students grow? Eight first-generation students give their perspective on how college has affected them.

Life without college

If they had not gone to college, some first generation students said they would probably be working jobs that require little to no college education. "I would find myself working construction with my dad," said Juan Castro, '25, who is double majoring in secondary education and history. "I would probably either be working at my dad's automotive shop or busing tables in a restaurant somewhere," noted Zane Trumann, '23, who's studying journalism and media communication.

For some of the students, it was hard to determine where their lives would be without college, since it may have been the only option they or their parents wanted. Molly Whitlock, '23, who's studying accounting and environmental studies, said her parents encouraged her to go to college is something she didn't mind. "I like academia and I like papers and all those kinds of things."

For others, college may have changed the trajectory of their lives. Sam Fretto, '24, another student studying journalism and media communication, said he would be "probably in jail" if he was not in college. He believes this because of the struggles he dealt in high school with attendance and the bad environment surrounding him.



Skills acquired

Every field of study has its own technical terms and skills to learn. But, the first-generation students noted their improvement of soft skills such as communication, time management and organizational skills.

While these soft skills can be developed in other places besides college, for Mina Sorial, '23, who was born and raised in Egypt went to College of DuPage before transferring to NCC. He said it's almost a guarantee that these traits will be learned in college. "You will have to learn these skills to be successful."

Some students also mentioned skills they acquired that were more personal to them. Monaya Ali, '25, a health science student, said she has learned independence because of college. "My family...they don't really understand my school life. I really learned how to be independent and do things on my own."

De'Jah Phillips, '23, a Black student studying psychology, said she has learned to be more confident in spaces that may not necessarily be welcoming to Black people. "I think that I've grown a thicker skin and it's important because we belong in these spaces too."

Opening many opportunities

College has opened up other opportunities, such as internships, part-time jobs and networking. For Tawnee Ens, '24, who studies biology, it has created postgraduate opportunities like graduate school. "It's given me way more opportunities than I would've had just working straight away."

While nearly every first-generation student said they don't have regrets attending college, Phillips holds some reservations. "Being at school made me feel a little disconnected from my community back home." Phillips, who is from the west side of Chicago, said she feels disconnected because of changes occurring in her community, in part because of gentrification.

Because of this, she feels she's running out of time to have connections with that community as she feels parts of it are being chipped away. "And then just thinking about all the people that I met here that came from the same area as well...and that couldn't stay. It kind of makes you feel guilty being...here."

How college has helped in growing

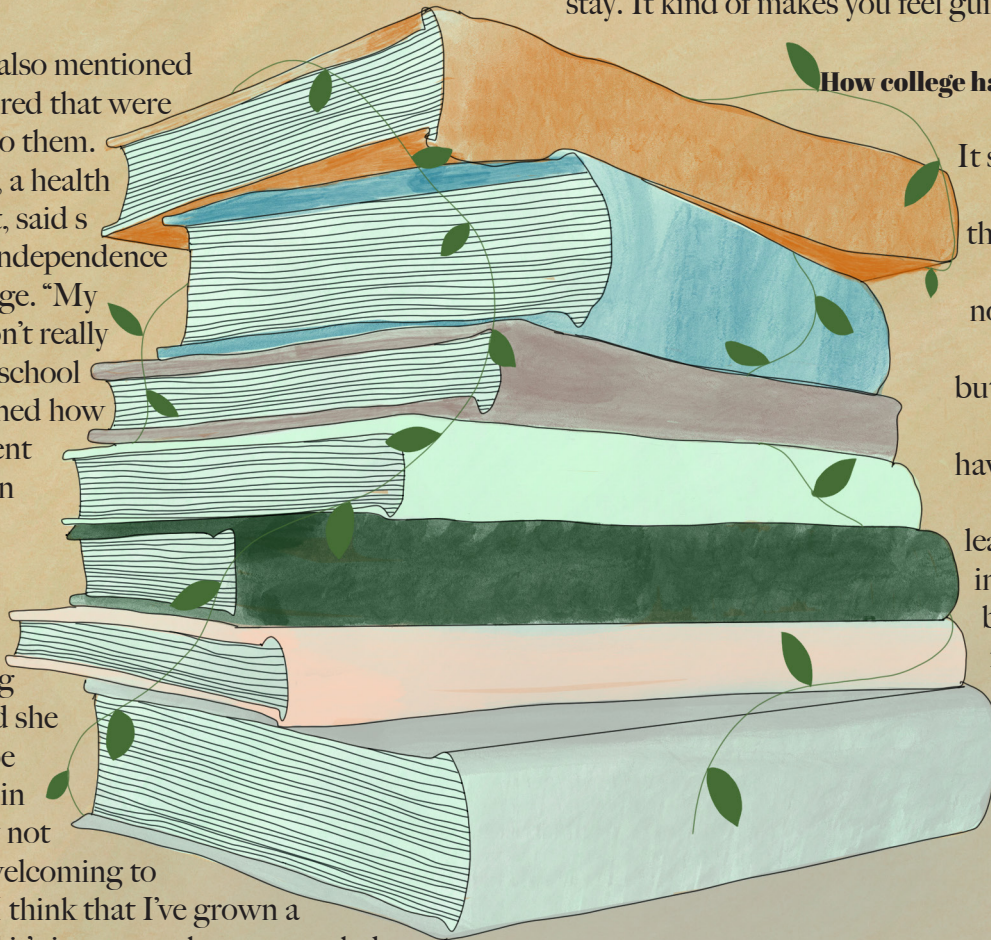
It seems that going to college has helped these first-generation students grow not just academically and professional, but personally as well. "These four years have been a journey of not just learning material and information. It's also been learning about myself," said Sorial.

"I've blossomed as a person because of college," said Trumann.

Attending college has also made some of these students more sure of themselves and their futures.

"I have a much clearer future than I would of if I had not decided to attend college," said Fretto.

"I think college has made me feel like I can accomplish anything," said Phillips.



The rise of nostalgia: how healing your inner child promotes personal progress

Jules Billings-Vision/Culture Editor
Art by Caitlin Mourek

Inner child work

As younger generations become more self-aware, and young people strive to break free of generational trauma, practices such as ‘healing one’s inner child’ have gained popularity. Inner child work focuses on acknowledging childhood trauma and healing from past neglect. This practice can manifest itself in reconnecting with one’s inner child by buying childhood items, such as toys and games, or participating in childhood activities—beginner dance classes, roller-skating with friends and watercolor painting nights.

Although research on the topic continues to be conducted and released, researchers from the Department of Health Sciences from the University of Technology in Luleå, Sweden, found in a recent study that “nurturing the inner child...can be of great value for promoting health” for older populations. These findings point to the scientific value behind the childlike trends overtaking TikTok.

As this type of mental healing becomes more widespread, fashion and activity trends have begun to change to accommodate this newfound need for nostalgia.

Return of 2000’s nostalgia

As the new year begins with a bang, the early 2000s are all the rage; maximalist fashion trends, colorful pen sets, glittery hair decorations and Tamagotchi toys are overtaking social media platforms and influencer accounts. A trip to a local Target can feel like stepping into a time machine back to the early 2000s, when life’s dramas revolved around Club Penguin accounts and celebrity gossip columns.

For many college-age people, this new surge of nostalgia may seem like another quick fad in the constant recycling of trends. The reasons behind it, however, may be more profound. A big promoter of inner child work and avid American Girl doll collector, Nicole Mendez-Villarrubia, ‘23, advocates for embracing hobbies that spark joy, no matter what the age-limit may be.

“For me, healing my inner child is about embracing joy and taking up space when the world tells you to make yourself small and be ashamed. It’s not the act of purchasing something that’s healing my inner child. Rather, it’s honoring my interests and nurturing that spark,” said Mendez-Villarrubia. For Mendez-Villarrubia, and many others like her, this return to childhood basics is more of a return to joy than it is a marketing scheme.

Fashion forward flashbacks

As one of the main means of expression, the impact of nostalgic trends on the fashion industry is undeniable. Cosmopolitan listed 38 fashion trends from the 2000’s making a comeback in recent years. Included were bucket hats, corset tops and satin slip dresses.

Nicole Brandy, ‘23, made her own list of favorite fashion trends that have recently made comebacks which included claw clips, low-waisted pants and layering.

When asked about the draw towards these returning trends, Brandy said, “I grew up seeing teenagers and young adults wearing that stuff, and that’s how I wanted to dress when I was that age, so I’m glad it’s back in style.”

For Brandy, this comeback to her fashion roots allows her to connect with her younger self and fulfill her childhood fashion dreams.

Gadgets and gizmos aplenty

For every chunky highlight and rhinestone earring is a 1990’s or 2000’s toy also making a comeback. More than ever, adults—both old and young—can be found spending their money on toys they weren’t given as kids. Now with real-life-adult jobs and extra cash under their oversized, sparkly belts, they can afford to buy all the Barbie dolls, Build-a-Bears and Pokémon cards they begged their parents for as kids.

For some, this newfound acceptance of hobbies

For some, this newfound acceptance of hobbies previously labeled immature helps them connect not only to themselves, but also larger communities.

"I felt self-conscious amidst societal pressure to let go of childish things. But I believe there's value in staying true to your interests and what brings you joy. Collecting American Girl dolls and making dear friends through this hobby honestly helped me survive some of the hardest years of my life," said Mendez-Villarrubia.

Purchasing these items, and therefore nurturing one's inner child, can help promote growth. Simply the act of engaging in seemingly silly, childhood games or purchasing a plastic action figure can help people connect with the young child inside of them. This connection can allow them to mend past traumas and begin the process of moving forward.

In defense of fun

When a person finally connects with their inner child, they promote personal growth and well-being. Participating in childhood activities and buying items that remind them of their early years can be the key to working through past feelings of neglect. After a few tumultuous years of death and loss, this practice almost seems like a necessity.

Although some skeptics doubt the validity of inner child work, if healing can be even partially achieved through things like Silly Bandz, Lalaloopsy dolls and frolicking through open fields in poofy dresses, then so be it.

Let the inner child have its
time in the sun.



Why sports are crucial for personal growth

Sam Corbett-Sports editor

Art by Caitlin Mourek

Sports are a fascinating invention. No two sports are alike, but they all teach us valuable life lessons. While a football player and a softball player have two completely different training regimens, schedules and diets, the personal growth the two athletes experience while playing their respective sports can be similar.

Here's what eight different NCC athletes had to say in response when asked what they learned from playing sports throughout their lives.

"Growing up, sports taught me how to work with others from different backgrounds. Not everyone has the same story, and I had to learn how to work with others who weren't similar to me at all," said men's basketball guard John Blumeyer, '25.

"Sports helped me a ton with understanding conflict resolution. I learned a lot about myself and how I needed to grow as an individual and as a leader so I can carry out and use these lessons in my career and the rest of my life," said softball infielder Talia Torosian, '24.

"I learned how to overcome adversity at a young age through sports. I figured out how to react to failure and to have a quick memory. If I had a bad performance, then I just had to move on and learn from it. If it was a good performance, then I could try to replicate it again but I couldn't be caught up in the past," said women's basketball forward Megan McClure, '24.

"It obviously tests you physically but it also tests you mentally and emotionally. I've gone from being on top of the world to contemplating if it's time to hang up my cleats. I learned that facing adversity and tackling your problems head-on will lead to the success that you're looking for in the end; you just have to have the strength to fight through any obstacles you may come across," said baseball infielder Trey Roach, '24.

"It allowed me to learn how to overcome tough losses. I've used sports to teach me lessons about hard work, dedication, and consistency that will be useful for the rest of my life," said men's wrestler Cole Cervantes, '23.

"Sports taught me how to accept failure and use it as a stepping stone towards success. Learning how to use my failures to my advantage and to not shy away from them has made me a much more confident and mature person for whatever challenge awaits me later in life," said baseball outfielder Dom Listi, '23.

"They taught me accountability. If you want to do better, you can't just wait for something to happen. You need to put the time and effort in each and every day to be able to see positive results," said men's soccer goalkeeper Sid Marquardt, '24.

Despite different upbringings, gender identification, ethnicities and sports, there are still common emotions that all athletes have experienced during their careers in sports. Bouncing back from failure, becoming a leader, working with others and battling through any obstacle are solid traits for athletes that will allow them to grow as individuals long after each athlete retires from their sport.





Growth in transferring

Cory Griffin-Co-Multimedia editor
Art by Emily Kittell & Caitlin Mourek

Starting our college education is sometimes a daunting task. Coming out of high school where it is typical to have a rigid and preplanned route from beginning to end, it becomes difficult to figure out where to go next. At the age of 18, students are told they should go and figure out what they want to do for the rest of their life, when just a few months earlier they had to get a parent's signature to go on a class trip.

The path everyone takes through college is different. Some have a dream school that is the perfect fit. Some apply to what they thought was their dream school and it ends up not being what they imagined. Some college students haven't quite decided what or where they'd like to get their education from. They may decide to save some money and attend a community college while taking some extra time to figure it out. Regardless of the path we take on our higher education journeys, we all experience some level of personal, emotional and social growth along the way. Arguably, some of the largest growth can come from transferring schools during this time. Having to start over at a new institution is both exciting and nerve racking. This semester, NCC took a huge step in playing a larger role in the development of over 600 transfer students currently enrolled at the college.

Starting in the spring 2023 semester, NCC opened its first ever Transfer Center in Seybert Hall on the north end of campus. According to Julie Carballo, assistant dean for First-Generation, Transfer & Veteran Initiatives, this center "provides a designated space for transfer students to study, socialize, eat lunch, and get connected to information, opportunities and resources." Nearly 300 students transfer to NCC every year on average, according to the Transfer Center.

There are several reasons why students choose to transfer to NCC from their previous institutions. Many students choose to go to school away from home, then realize that it is not for them. Some decide to stay at home and save money on tuition by avoiding room and board fees. "My former school was a very large school with massive class sizes. I wanted to go to a school where there was more of a connection between my

classmates and professors. Attending NCC also allows class," Martin Mendez, '26, said.

Others want a smaller university feeling that previous schools could not provide for them. Rodger Staudenbaur, '25, said "(although) my previous school gave me a great experience of living in the city, I decided that it wasn't for me. NCC has been great with student engagement both in and out of the classroom." Staudenbaur also mentioned that as a veteran having served in the U.S. Airforce, he loved how NCC had a veteran's program and a transfer network to help plug him into campus life.

With the introduction of the Transfer Center, transfer students now have an outlet on campus to get connected to fellow transfers and make the transition to campus life more seamless. Students, such as Becca Hebron, '24, stated that one of their largest difficulties has been making friends and getting involved at NCC. However, Hebron mentioned how professors and other campus leaders guided them towards different ways to get involved. Specifically, professor Michael Stefanik in the psychology department helped get her acclimated to campus life, "Dr. Stefanik took time to walk with me around campus and talk with me through all of my concerns." She mentioned how the faculty and staff at NCC are personable and care about students getting the resources they need to succeed. She got more involved by helping other students adjust to campus by joining orientation staff, becoming the secretary for Cardinal Strong, and a health educator for the Dyson Wellness Center.

A large portion of transfer students at NCC have come from community colleges across the nation. Many students making this transition find campus life at a four-year university much different from their lives at their previous two-year institutions. Samantha Crane, '23, transferred from Waubensee Community College (WCC) in Sugar Grove, Illinois. When asked about the difference in student life, she mentioned how much student involvement is encouraged at NCC. "Student life at WCC didn't have leaders encouraging involvement, instead just had light suggestions to get involved. NCC has so many people coming up to you and encouraging you to join student organizations, giving opportunities

to get involved such as the student involvement fair.” Elsie Vences ’24 who transferred from Elgin Community College spoke of the environment on campus feeling more open and inclusive saying, “North Central feels more like a family together with all the open spaces on campus to get together. Everyone was so excited to connect me to other people on campus and organizations compared to ECC.” With the opening of the Transfer Center, NCC seems to have taken the extra steps towards making NCC a more welcoming place for transfer students.



Growth in the horoscopes 2023

Isabella Mahoney-Co-Multimedia editor

Art by Isabella Mahoney

The start of each new year presents us with an opportunity to grow as individuals. 2023 has multiple eclipses and retrogrades planned for us, affecting how each zodiac grows over the year. Read below to learn how your sign is projected to grow this year and your growth word of 2023.



Aries: *succulents*

March 21st-April 19th

Jupiter will spend several months of the year in one's sign, so now is the time to begin asserting themselves! Expanding on one's horizons and achieving something new for some time now. 2023 is all about patience and moderation for Aries. Aries will have plenty of opportunities to make money this year, so they should spend and invest it wisely! Growth doesn't happen overnight, so don't expect to see progress on one's goals for a few months.

Growth word: Ambition



Taurus: *fiddle leaf fig*

April 20-May 20

It's time to embark on a new adventure, Taurus. 2023 will push you to open your mind to new things and grow. You need to be up for the challenge. This year will teach you that change and reassessing some things in your life can be beneficial. Try approaching unconventional problems. These will teach you how to stay open-minded in tough situations.

Growth word: Open-mindedness



Gemini: *philodendron*

May 21- June 21

You will grow in staying calm and focused on things you can control when times get crazy. Your mind often gets curious and distracts you from the things that matter, and this is the year to change that. The journeys of change you will embark on this year will help you gain some insight into what it is you should be doing in your future career. Be sure to have a clear focus on what your goals are and concentrate your energy on taking steps closer to them.

Growth word: Focus



Cancer : *money tree*

June 22-July 22

In 2023, Cancer will work to learn the patterns of their emotional side and really begin to feel in control of their feelings. They will find many instances this year where they are in a power struggle with careers and relationships. Now is the time to grow in their communications skills and learn how to understand how others feel and affecting them. They shouldn't be afraid to speak up for themselves. They should try to refrain from mixing family and money. Staying focused on relationships that matter is extremely important to Cancers.

Growth word: Communication



Leo : *bromeliad*

July 23-August 22

2023 is going to be the year of details for Leo. You will grow in your ability to focus on the critical details in a task and use organizational skills to sort through things you no longer need. This will especially come into play in your long-term relationships, as the strength of them will be tested. You will experience a lot of breakthroughs this year in your career and relationships, so stay focused on the details that matter.

Growth word: Details

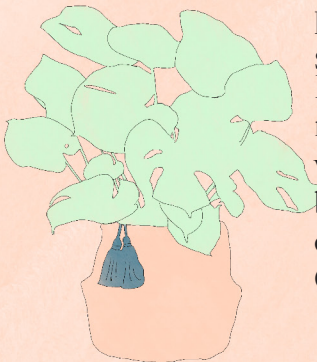


Virgo : *rubber tree*

August 23-September 22

Virgo will grow in their ability to keep calm in the heat of the storm. With the many retrogrades in 2023, Virgo will learn to keep a calm demeanor and inspire others to have that outlook on life. Be sure to keep an open mind in these difficult times and play devil's advocate to truly make the best decisions. It might be hard to stay calm in hard times, but things will ultimately end up okay.

Growth word: Positivity



Libra : *monstera*

September 23 - October 22

Libra, this is your year to find yourself! Focus your energy on growing your relationships with those who bring out the beauty and peace in the world. This will allow you to discover what truly makes you special. Keep a steady and balanced outlook on your finances, which will bring you increased wealth and create lucrative partnerships with other established people in your chosen field.

Growth word: Relationships



Scorpio : *dracaena*

October 23 - November 21

This year, your confidence and mysterious allure will attract people to you. Sometimes you feel like being social, but you will also spend a lot of time alone to contemplate the deep recesses of your mind where others are scared to go. This time of reflection will break down your subconscious and allow you to make a much-needed and enlightening personal transformation. Goal setting will accompany an optimistic attitude leading you towards a bright future that will push aside the negative outlook that often plagues your thoughts.

Growth word: Transformation



Sagittarius : *alocasía*

November 22 - December 21

Life is your adventure! Within 2023, the only thing stopping you is your own personal hesitations. This year you will expand your mind and receive a chance to learn what you want with your life and how to achieve it. In your free time, take time to learn more about your strengths as you shut out distractions that are sheltering your inner voice. You deserve to be heard, and your leadership qualities will provide life-changing ideas.

Growth word: Self-Worth

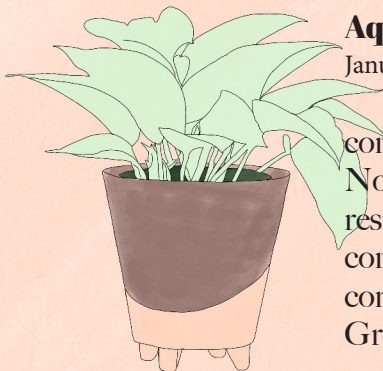


Capricorn : *bonsai*

December 22 - January 19

This year, you will restore your sense of balance and do what you must to reach your goals. Take time this year to focus on your unique talents and abilities and use them to help you succeed. The need for security and achievement will affect the way you think and express ideas. This will encourage you to take action to do whatever is necessary to get your point across. Explore your innovative and experimental thoughts and embrace your new ideas.

Growth word: Action



Aquarius : *pothos*

January 20 - February 19

This is the year for breaking the pattern you're in. Take time this year to come out of your rebellious mold and become part of a larger community. Now is a good time to take risks in your career path and break away from the restrictions you're currently feeling. You have many unique ideas to bring to any community, so feel confident to share them. The world will benefit from your contributions, big or small.

Growth word: Community



Pisces : *zz plant*

February 19 - March 20

2023 will be a year of reflection for Pisces. With your intuitive observation skills, there is a lot to notice in the world around you. Because you are so compassionate, the things you observe will allow for reflection on your world and how it can be improved. You will find yourself gravitating to career paths that involve the company of others, so you can continue to make a difference in the world. Don't lose sight of the things you are fighting for.

Growth word: Reflection



Looking back and moving forward: the psychology of personal development in college

Sabha Fatima-Co-News editor
Art by Caitlin Mourek

Transition to college

The journey through college has many ups and downs, but it's all part of the process. College is a turning point for many, in that people change quite a lot. Perhaps it is the feeling of fresh, young adulthood in which you learn to self-regulate and manage the different aspects of your life from classes and commitments to personal relationships and well-being.

Nazifa Anis, '26, believes college can be challenging as many students adapt to their new academic and social environment. "They learn independence...time management and being the best...versions (of themselves)," said Anis. "I have learned to...take more responsibility for my academic success. I have also grown in my ability to communicate with new people effectively and collaborate with others."

"Throughout college, I've learned the extreme importance of balance and prioritizing my health. As someone who struggles with mental health issues and is very involved on campus, I've had to learn how to manage my time while setting boundaries and taking care of myself," said Becca Hebron, '24. She hopes to use this lesson professionally as a mental health clinician to emphasize the importance of taking care of themselves with her clients.

Seven core tasks of development

If we want our natural development process to be fruitful, there is research out there that shows us which aspects of our personal health we should be focusing on. According to an article on the framework of psychosocial development medically reviewed by the Scientific Advisory Board of "Psych Central", there are seven tasks of college student development. These are types of changes that students often go through in college:

- Developing competence
- Managing emotions
- Becoming autonomous

- Establishing identity
- Freeing interpersonal relationships
- Clarifying purpose
- Developing integrity

According to Rita Landino, contributor of "Psych Central", applying this framework to a student's path throughout college may be able to help them make more sense of what is often a turbulent time in their life. Which can help provide them with a more secure sense of self after college.

By using these seven tasks as a guide and setting goals to achieve them, college students can advance to the next stage of their lives successfully and seamlessly. After college, people tend to stick to their old, learned habits, and life can be monotonous thereafter unless you make an active change.

Growth in college and beyond

While college students learn and develop rapidly during this period, growth continues to happen over an individual's lifetime. An important part is realizing that mental health takes precedence over other aspects of life, such as work or school. It's crucial to take care of oneself to help reach full potential without burning out.

According to Ronald Stolberg, clinical psychologist at Alliant International University, college is a time to examine who you want to be, what your values are and what kind of people you want to surround yourself with.

In short, the transition into college can be stressful for many students as they adapt to a new academic and social environment. But while college students develop their character and skills in this short period of time, growth continues to happen over one's whole life. Therefore, learning to take care of oneself so that they can reach their highest potential is crucial to healthy development in college and beyond.





Lessons you'll probably learn in college

Tahbata Zuniga Diaz-Co-News editor

Art by Caitlin Mourek

College is always a time to learn and grow into the person you want to be, changing and evolving. A few things in college are necessary to understand on the way to adulthood. One way or another, some of these things will be gained throughout our time in college.

Time management

Being able to get to school on time, juggling a social life and a budding academic and professional agenda is a tricky balance to maintain. For many students, this means learning how to navigate when performing specific tasks. Things like forming a schedule, knowing when the best time to do homework, and committing to classes are some lessons students learn when they get to college.

Sasha Prinos, '23, has been both a resident on-campus and a commuter student. According to her, this has allowed her to distinguish personal needs, work and school. "The transition was a little difficult, but knowing what I needed physically helped me understand what I could achieve," said Prinos.

Workload

It may look like a college student's schedule is much more accessible than a high schooler but make no mistake; the average college student is heavily involved on campus and has to work differently. Depending on a student's major, they might study vastly differently from high school. Their subjects and classes may require them to rethink their schedules and what materials they might need to be successful. The critical part is self-accountability; since no one is in charge but themselves, it can be a very tricky and uncomfortable situation to reflect on. And for each person, it is about finding a personalized and custom schedule.

Communication and self-confidence

Many don't think much about who they are or what they want before coming to college. Many students will want to grow and experiment as they start to think about what kind of adults they want to be. As such, they are learning how to advocate for themselves. In this way, there is a level of communication that students learn while on campus. Whether that's through leadership positions or

classes, they ultimately learn how to articulate and form their thoughts. "I believe that as a person, throughout my college career, I have become more confident in myself and in my ability to help and teach others," Adriana Gonzales, '23.

Work-life balance

Time management and dealing with the workload of school can be overwhelming, but the average college student may also need to find time to work. Figuring out what schedule works best for students can be tricky. Finding the proper hours per semester and knowing when to take breaks is something many struggles with. This also ties into one of the critical pieces of advice often offered to students: say yes to everything. Unless, of course, it comes to your mental or emotional health. So, while there are exceptions, schoolwork and rest being some exceptions, saying yes opens the door to new opportunities.

The college journey will lead to many ups and downs. But one thing is for sure; students enter and exit the same way. Whether there is academic or personal growth, students will mark the experiences and people they meet at NCC.



Growth through literature

Josiah Cook-News writer

Art by Caitlin Mourek

Picture the ideal bookish person with their life together; they maybe have a small library in their house and an overflowing “to be read” list; some people may laugh at them for not going out, they may work at a publishing company and cuddle with their cat while watching the rain pass by. Some believe the whole literary industry has fabricated this lie of the amazing, accomplished writer who lives this perfectly virtuous aesthetically pleasing life.

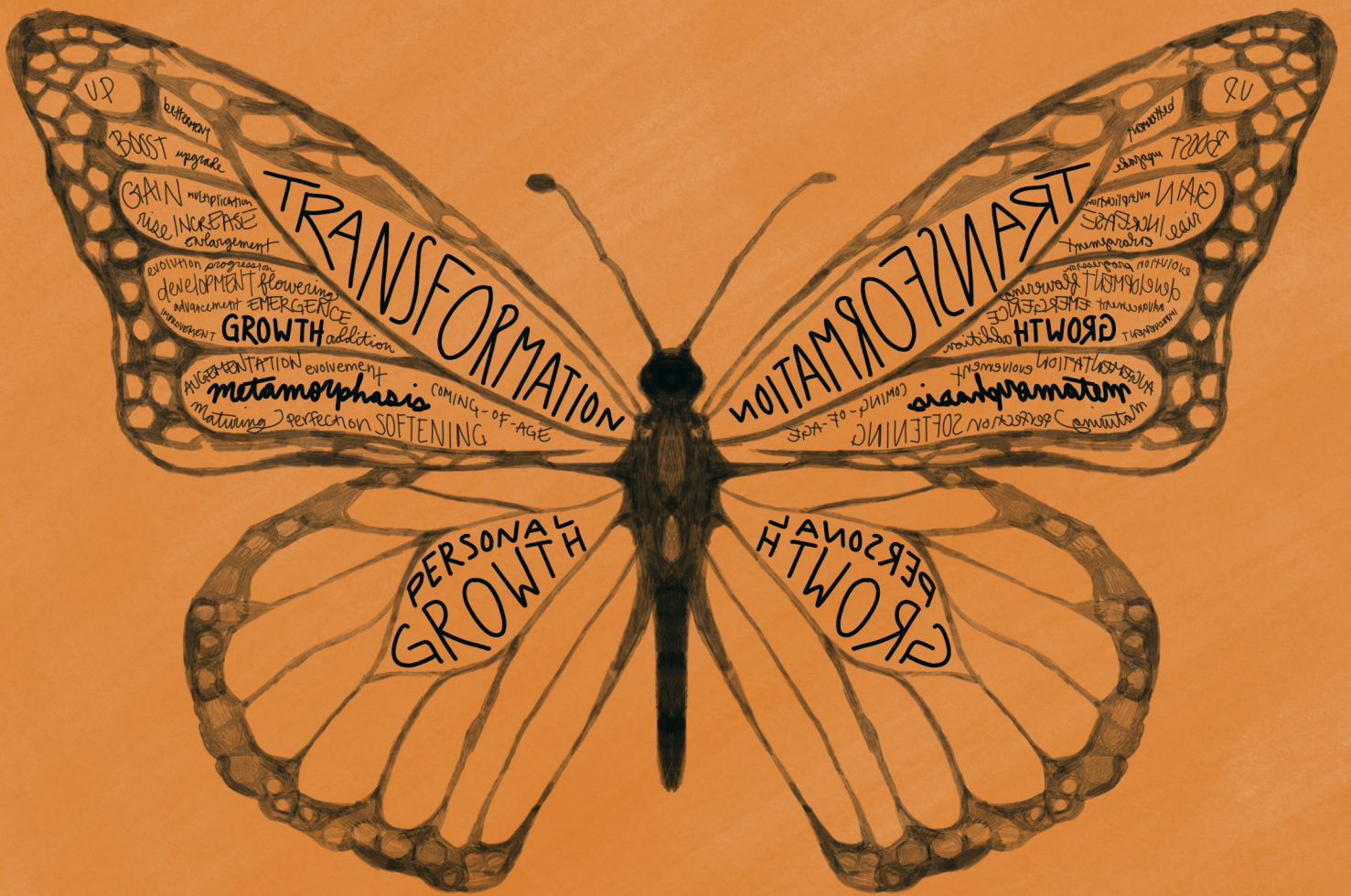
Undergraduate students, who may not have enough experience with literature, may deem themselves capable of writing and comprehending what dense literature by the end of their degree. That pressure can often produce anxiety and stress when imposter syndrome sets in. Yet, conversations in literature classes have taught students that it’s not necessarily about saying the most intelligent thing in class that denotes a student’s worth, but rather about enjoying good literature because the ability to write and create is what makes us human. Reading allows students to process emotions that they may not have known existed before picking up a certain book. It’s a chance to develop a sense of how different each individual author composes their thoughts in a story while also being able to convey a universal truth or a question to ponder for the reader. It is a treasure that is valuable for people who take literature very seriously. Lisa Long, an English professor at NCC echoes this sentiment. “No one can ever read ‘all the books’, and it’s exciting that there is always some wonderful book out there to discover and explore,” Long said.

Learning about different authors and the ideas that make up their worldview is a really satisfying feeling. It has allowed students in the English department to discuss important issues that come up as books are discussed. There’s a laidback environment in the department that allows students the ability to relax and not feel worried that they may not be measuring up to some unrealistic expectation from society about what an English major should be. Plus, by exploring other author’s perspectives and writing techniques these budding writers are granted the opportunity to be creative and discover what exactly they want to write

and how they want to portray ideas on the page.

The English language is amazing because so many words and beautiful pieces of writing can be created with 26 letters. And regardless of skill level, and that’s something that all English majors can appreciate.





UP

bestow

BOOST upgrade

GAIN multiplication rule INCREASE enlargement

evolution progression development flowerings advancement EMERGENCE

GROWTH addition

metamorphosis

maturing perfection SOFTENING COMING-OF-AGE

2U

bestow

BOOST upgrade

GAIN multiplication rule INCREASE enlargement

evolution progression development flowerings advancement EMERGENCE

GROWTH addition

metamorphosis

maturing perfection SOFTENING COMING-OF-AGE

PERSONAL GROWTH

PERSONAL GROWTH

10 personal growth podcasts

Fredlyn Pierre Louis - Podcast editor

Art by Caitlin Mourek

1: “The 5 AM Miracle”

This self-improvement podcast concentrates on productivity, health habits and personal development. Host Jeff Sanders holds seven award nominations for over 500 episodes.

2: “Tiny Leaps, Big Changes”

This personal development podcast focuses on analyzing the day-to-day behaviors we all engage in that define the outcomes in our lives. Hosted by Gregg Clunis, the show shares easy plans to start moving toward your goals.

3: “How To Be A Better Human”

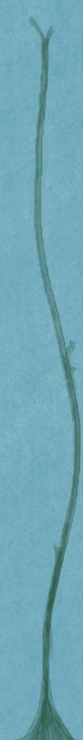
Each week, comedian Chris Duffy has a dialogue with guests as they unveil wisdom and give clear takeaways on how one can be a better human. The podcast is inspired by the famous series of the same name on TED’s Ideas blog.

4: “Limitless Life”

With a sweet blend of wisdom and satire, this podcast is here to realign one with their inner direction, self-love and infinite potential. Whether one wants to develop a soul-centered business, make genuine relationships or reconnect to their highest self, there’s something to learn from each episode with the tools and empowerment to break the “rules” and live on your terms.

5: “The Pat Divilly Podcast”

This podcast has simple and practical ideas to help you develop confidence, clarity and certainty. Host Pat Divilly shares personal stories and offers inspiration, perspective and wisdom. Every week the podcast shares ideas, insights and inspiration to upgrade all areas of one’s life.



6: “Sadhguru”

This podcast by Sadhguru is great to tune into for anyone looking for something more spiritual. It's a collection of wisdom from the Yogi-slash-mysti, and trainer of Mindvalley's "A Yogi's Guide to Joy Quest", himself. His life's work serves as a reminder that the inner sciences are not disciplines of the past. Instead, they're practices that are still relevant today.

7: “Paul McKenna’s Positivity Podcast”

This personal development podcast focuses on analyzing the day-to-day behaviors we all engage in that define the outcomes in our lives. Hosted by Gregg Clunis, the show shares easy plans to start moving toward your goals.

8: “Dear Gabby”

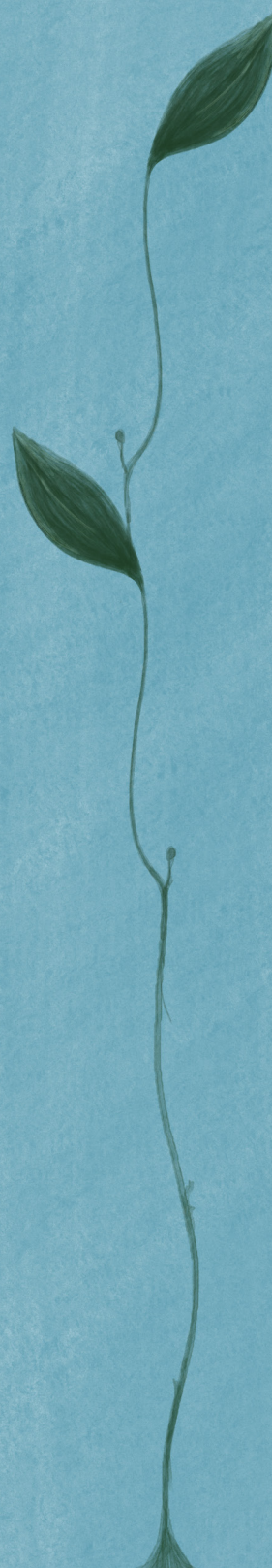
International speaker Gabby Bernstein offers real-time coaching, straight talk and immense love in her weekly podcast episodes. Bernstein's podcast consists of entirely unscripted dialogues with unique and inspiring guests, and she coaches her listeners through life-changing transformations.

9: “The Marie Forleo Podcast”

Entrepreneur Marie Forleo brings on some big names in the personal development world to tackle everything from productivity to happiness to love to career advice to fulfillment.

5: “Unlocking Us”

Brené Brown hosts this eye-opening podcast that unpacks some of the most authentic, raw, unpolished and honest elements of the human experience that she has learned over 20 years of research. No topic is left untouched, and by sharing the most unfiltered and painful experiences, Brené hopes these powerful talks will help one find courage and connection.



Growth wordsearch

Isabella Mahoney - Co-Multimedia editor
Art & Design by Isabella Mahoney

the first three words you find...

...are what you will grow most in 2023.

w	e	v	f	k	g	s	o	m	h	n	x	a	l	b	i	z	e	j	h	d	f	p
f	s	y	c	o	l	l	a	b	o	r	a	t	i	o	n	r	a	q	u	e	i	k
s	i	m	a	j	r	b	n	d	u	x	e	y	f	w	b	o	v	p	c	q	n	g
u	z	t	r	b	o	n	p	l	n	x	k	i	n	j	w	z	o	b	f	o	a	q
y	a	h	e	x	i	g	t	o	d	r	w	c	u	l	k	u	z	e	i	r	n	d
u	w	b	e	r	y	v	x	e	k	f	q	h	o	s	p	z	r	t	c	o	c	e
w	e	a	r	q	u	o	k	n	r	a	h	c	z	t	y	o	a	v	e	g	i	r
l	z	u	t	o	v	c	p	i	u	d	h	o	i	x	f	c	c	v	y	b	a	u
q	j	n	o	x	m	o	e	s	a	y	g	k	b	r	i	e	t	e	v	c	l	l
y	r	w	t	o	p	n	n	p	x	l	u	b	v	n	y	n	i	c	a	m	h	x
c	a	s	n	m	d	n	e	w	l	q	m	s	u	b	d	x	o	q	r	f	c	o
m	n	t	o	s	v	e	o	p	y	u	g	m	b	c	w	e	n	r	p	d	j	b
l	e	r	h	v	x	c	z	e	c	f	m	k	o	b	x	s	w	c	i	s	v	e
b	y	i	n	m	l	t	f	g	z	o	m	n	h	n	m	g	q	n	b	g	u	k
h	p	c	e	u	p	i	c	z	c	h	a	o	y	t	h	h	l	w	t	d	w	u
s	g	m	d	g	k	o	v	s	g	r	o	w	t	h	y	j	z	y	e	v	o	t
f	a	d	o	l	a	n	m	y	f	e	d	l	s	e	u	b	g	u	b	n	c	r
o	e	l	t	o	m	c	b	u	b	l	i	e	a	j	n	h	r	t	o	x	h	e
d	r	k	e	i	o	t	k	p	v	a	k	d	g	c	b	m	p	x	h	l	m	w
t	p	n	o	t	u	w	n	f	d	t	a	g	b	t	n	a	v	m	e	y	r	m
r	n	a	p	i	r	u	u	z	a	i	h	e	h	r	e	c	s	y	b	t	s	o
u	o	w	a	t	q	s	i	q	l	o	f	b	b	m	g	f	g	u	y	i	d	n
w	i	z	d	z	m	p	e	m	z	n	p	n	k	i	h	b	n	r	k	v	f	x
e	t	f	g	c	r	l	q	o	g	s	u	u	b	p	i	t	g	y	r	i	b	n
d	i	x	s	c	o	g	a	q	h	h	b	o	z	h	j	v	u	m	x	t	e	l
o	b	r	u	t	c	m	y	f	a	i	t	h	w	i	r	c	f	m	o	a	t	n
p	m	a	x	m	n	a	q	w	s	p	v	l	t	g	r	h	k	w	l	e	v	a
o	a	c	a	d	e	m	i	c	h	s	i	b	d	u	k	v	r	o	p	r	g	e
s	r	e	y	o	h	v	f	a	b	y	t	e	r	k	w	q	v	b	u	c	q	u
e	l	v	j	y	a	c	o	m	m	u	n	i	t	y	r	u	c	x	t	n	h	o
c	k	f	m	d	h	g	i	t	s	r	k	a	n	b	m	k	h	t	l	a	e	h

The role of an athlete in the 21st century

Evan Bruner - Sports writer

Art by Caitlin Mourek

What is an athlete? By definition, an athlete is a person who is trained or skilled in exercises, sports or games requiring physical strength, agility or stamina. In the most literal sense, this definition is correct, but it only scratches the surface of an athlete's true identity in the 21st century.

For decades, athletes were seen as nothing more than those playing sports at the highest level. They entertained us and even amazed and inspired us, but once the clock hit zero and the final whistle blew, they disappeared from our lives only to reappear in their next contest.

This dynamic created a rift between athletes and their communities. To many, it felt as if the two groups were part of different worlds. Athletes were strictly defined by their statistics and accolades. Nothing more.

But the rise of technology and social media has broken down a wall. Athletes' lives off the field or court are no longer a complete mystery and are at the tip of our fingers. In many ways, this has benefited both the fans and athletes. Fans are more connected with their favorite teams and players than ever before, which has led to greater engagement in sporting events.

However, with more power comes more responsibility. Whereas athletes were previously judged strictly by their athletic performance, there is now greater pressure on them to be role models for the next generation, and with greater media coverage, nothing any public figure says or does goes unnoticed.

This has forced athletes to look inward and be cognizant of what they do and how it might be perceived by others. Today, athletes are more intertwined with their communities than ever before. From charity work to meet-and-greets, it isn't hard to find examples of this. Athletes are some of the most influential people on the planet. The two most followed people on Instagram, Lionel Messi and Cristiano Ronaldo are athletes. Eight of Time magazine's 100 most influential people of 2022 were athletes, and of the ten most viewed television broadcasts in American history, nine are sporting events. While the dictionary definition of an athlete hasn't changed over the years, their societal presences has.

Many years from now, when people are discussing on him without acknowledging the lives he impacted off of

the court by founding a school dedicated to helping underprivileged children get their lives back on track. The same can be said for so many others, such as Roger Federer, J.J. Watt, Serena Williams and many others.





The Chronicle

Senior class of 2023



**What did you want to be
as a kid, when you grew up?**



Caitlin Mourek
an artist!



Adrian Martinez
an artist!



Cory Griffin
an artist!



Kristin
Roy-Chowdhury
an artist!



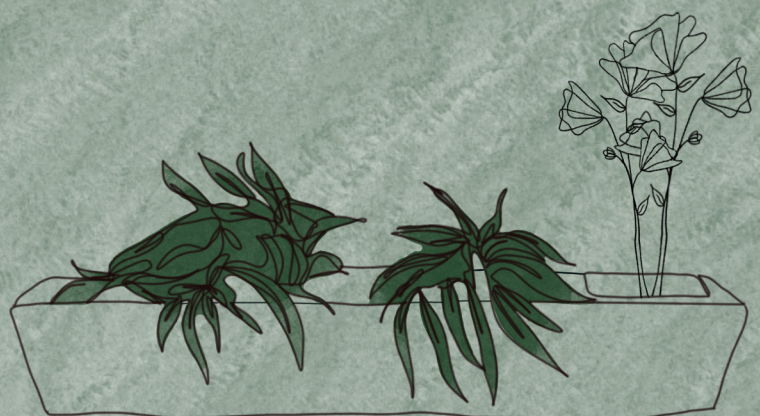
Sabha Fatima
an artist!



Isabella Mahoney
an artist!



Fredlyn Pierre-Louis
an artist!



We've got issues.

ncclinked.com

