

FINAL PORTFOLIO

By Caitlin Hannan

GRADED MEMOS

MEMORANDUM

TO: University of Scranton Students

FROM: The Center for Health Education and Wellness

DATE: Sept. 14

SUBJECT: Wellness Classes

The University of Scranton offers several wellness activities and exercise classes to students. The benefits of exercise for college students can help maintain healthy and balanced lifestyles. The Center for Health Education and Wellness (CHEW) has a variety of classes that cater to various interests or needs like yoga or POUND class. Moving your body can promote better sleep and relieve stress. It can release endorphins that boost your mood to improve focus and cognitive function, which is something that all students can benefit from.

Weekly wellness classes are free and open to students, faculty and staff and do not require signing up. The drop-in classes include:

Mindfulness Meditation: Mondays 5 p.m.- Library Room 305

POUND: Tuesday 6 p.m.- Royals Room Byron Gym

Lunchtime Yoga Flow: Wednesday 12:15 p.m.- Royals Room Byron Gym

Energizing Yoga: Thursday 5 p.m.- Royals Room Byron Gym

Pickleball- Tuesday 12 p.m.- Byron Gym

Light Weights and Abs: Monday and Wednesday 5 p.m.- Royals Room Byron Gym

Attending these weekly wellness classes is a great introduction to fitness as they are taught by professional instructors. Fitness classes are a fantastic way to get involved on campus and meet other students. Some students struggle with balancing a healthy lifestyle in college and it is important to be a part of activities that promote healthy habits and overall wellness. College can be stressful for anyone and a class like Lunchtime Yoga Flow may be an excellent choice for someone interested in reducing anxiety. Alternatively, students looking for a more intense workout may attend Light Wights and Abs. CHEW strives to promote the value of Cura Personalis and a Jesuit lifestyle for a healthy and happy community.

OPED

University students seek improvement on campus

By Caitlin M. Hannan

The University of Scranton has a seemingly great dining hall with top ratings for the country and state of Pennsylvania; however, systematically there are deeper issues. The third and first floor dining halls in the DeNaples Center have become an environment of stress and inconvenience because of the problems arising from a larger group of first-year students and new employees. The Fresh Food Company must listen to student concerns in the dining hall regarding long lines and lack of seating, issues with mobile orders, inconsistent food quality and inefficient training for new employees.

The third floor of DeNaples is notorious for having long lines at each station and a lack of seating for large groups of students. During busy mealtimes, especially dinner hours, I have stood in line for 20 minutes. It is completely disruptive to many students on strict time schedules, student athletes and anyone else who is not interested in spending an hour of their time on the third floor. It is imperative that the dining hall be efficient and convenient for all students with meal plans. In a survey I conducted, 57.14% of 14 participants said there were frequently long lines on third, with 35.71% saying there are always long lines.

Sophomore Ava Renna, 19, a nursing major from Staten Island, said she is not happy with some of the issues in the dining hall.

"It has become a chore to go to the third floor for dinner, especially on nights when they have something that a lot of people want to eat, like chicken nuggets or quesadillas. It takes forever

for my friends and I to find a table large enough for all of us to eat at, and it takes almost an hour for everyone to get their food and sit down," Renna said.

Furthermore, first-floor DeNaples has many issues with mobile orders, including stolen food and long preparation times. The basic principle of mobile orders is for students to order their food on the go or in between classes to skip the lines and eat quickly. When a student's order is stolen, it inconveniences both the student and the food vendor immensely. The mobile order issues have a simple resolution too: getting rid of the honor system that is in place. With the unreasonable prices of food and the students without meal plans who live off campus, it is easy to believe that hungry students would walk up to the shelf and pick out a free meal. In my survey of 14 university students, 100% said they have experienced or know someone who has had a mobile order stolen.

Inconsistent food quality and inefficient training for employees have become increasingly problematic in both dining halls because the food being served is unreliable for students to look forward to. For example, some of my favorite meals from the pasta station or pizza come out

different every time. In addition, many employees do not understand meal swipes and lack efficiency when preparing meals. Sophomore Ava LaBelle, 19, a communication major from Long Island, said every time she goes to the first floor of DeNaples the employee at the checkout desk tells her she has already used a swipe, or she is not allowed to use it because it's not time yet and ends up using Flex to pay for her \$10 meal.

“It always happens when I know for sure I have not used my lunch swipe or something like that and I feel like it's because not all the workers know when swipes start and end,” LaBelle said.

Concerns about dining hall issues like longer wait times for food, lack of seating, poor food quality and training for new employees have made students more upset as the semester progresses and no improvements have been made, making it an overall unpleasant experience to eat for many despite the expensive meal plans offered.

On the other hand, the university may not see these issues as urgent and a priority to resolve compared to other matters on campus; however, many students are affected by them every single day which is why the Fresh Food Company needs to know about it. Training dining hall employees will get everyone up to speed and allow for more efficient service and food quality, which will alleviate stress for staff members.

Additionally, getting rid of the mobile order shelf and keeping orders at their vendors would reduce theft. The Fresh Food Company needs to address these issues by listening to the many students who have reported these concerns and problems for the welfare of the university students.

Q&A

Why Comm and Media?

Ileen Costillo discusses social media strategies

By Caitlin Hannan



SCRANTON- Ileen Castillo,19, is a social media strategies major from Bronx, New York. She was raised with two older brothers and played volleyball from middle school through high school. Ileen is an extremely outgoing, bubbly and creative woman. She uses her creativity to create amazing nail art and is pursuing a career in social media strategies. She loves being on camera and expressing her personality and hopes to use her strong qualities and animating presence to be an influencer one day, and with her great personality she will be able to create funny and relatable content. Although becoming an influencer is hard, it does not scare Ileen because she has the confidence that she can pursue her dream and be successful. If she ever changes her mind, a career in the beauty industry is ideal for her.

Question: What are your career goals after college? Any specific positions you would be interested in?

Answer: I do not like looking into the future like that because I want everything to fall into place on its own. I do want to work for a big brand like clothing or makeup companies, anything in that area. Besides that, about two years ago I started to get the idea of wanting to be a social media influencer because I love being in front of the camera and being myself so that is another option I might consider in the future.

Question: What specifically about comm and media first interested you?

Answer: I have always been a social media girl, that is what entertains me. I look at my phone when I wake up and before I go to sleep so comm and media attracted me. It was not the first thing I chose to do, I wanted to be a homicide detective so I took a psychology class and that became boring and stressful. Then, I decided why not do something I interact with every day that I am good at.

Question: In your classes, is there something you have learned so far or a particular subject you feel that you excel in?

Answer: My least favorite class is my research class. We learn many different research methods, do surveys, autographs and experiments. I like this class which is social business writing where we are learning how to write for social media and do it well and write in AP style. I have always liked writing, so this class is one that I find interesting. Business communication writing is also super beneficial for the type of job I want to pursue, so practicing it now will give me the experience I need for the work force.

Question: Is there something about the comm and media program at the university that you think would set you apart from other applicants after college during a job search?

Answer: I feel like some of the assignments in this class or some of the things come very naturally and writing comes easy too because I use social media so much and I know so much about it. I have a very outgoing personality which I think would be a good fit for many positions involving social media and could set me apart from other applicants. I think it's super important to be confident in yourself and your work, which I feel is essential for comm and media.

Question: Why did you feel that comm and media was the right choice for you over any other major?

Answer: My personality is one of the main reasons I made a good choice because when I am comfortable, I become very open and talkative. I feel that these qualities will be beneficial for me when I start my career and work with a team or collaborating with other coworkers and departments. Criminal justice and psychology didn't spark any passion in me and the content and work ended up not being that interesting.



Ileen Castillo is a bright and outgoing member of the Department of Communication and Media. Ileen enjoys hanging out with family and friends, especially her niece. Ileen also plays volleyball and loves Hamilton. As a social media strategies major, Ileen hopes to work for a large clothing or makeup company or become a social media influencer with the help of the department.

Link in Bio.

Caitlin Hannan
Public Relations Specialist
University of Scranton
(XXX)XXX-XXXX

PRESS RELEASE

FOR IMMEDIATE RELEASE

University raises awareness for transportation in rural areas

SCRANTON- The University of Scranton will be hosting a panel in collaboration with Remote Area Medical, called “Lack of Transportation in Rural Areas” presented by sophomore Alyssa Cosklo from 7:30-8:30 p.m. on Thursday in LSC 212.

The presenter of the panel Alyssa Cosklo, 19, is a sophomore from Carbondale and is a biology major, biochemistry minor with a health promotion concentration.

“I am excited about this event because it is the first time, I am presenting at a club meeting for RAM. This topic is something that needs to be addressed, especially as Scranton is considered an underserved area, and there are many rural communities surrounding Scranton. I am also a pre-med student, and if I decide to practice medicine in this area when the time comes, this will be something I deal with as a physician” Cosklo said.

This event is being hosted as a way to educate students about topics regarding medical care in rural communities. The club is relatively new and has mainly focused on hosting clinics so far. The goal is to expand the club to include information sessions to make more people aware of the importance of the clinics and their relevance in our local communities.

The national RAM organization focuses mainly on bringing healthcare to those who live in remote or rural areas who may have a hard time seeing a primary care provider or other specialists for their needs. Everyone is entitled to healthcare, and it is important that it becomes accessible for those not living in densely populated areas.

Further questions can be emailed to alyssa.cosklo@scranton.edu, or visit the website for Remote Area Medical.

Certainly, here's a TikTok script based on the provided press release:

[INTRO - Set the Scene]

[Camera shows a university campus with students walking around]

Narrator (off-screen): "Hey, TikTok community! 🎓 📺 "

[Cut to a close-up of a university student holding a flyer about the event]

Student: "Big news, guys! The University of Scranton is doing something amazing! 🌟 "

[Transition to a brief introduction of Alyssa Cosklo]

Student: "Meet Alyssa Cosklo, a biology major on a mission!"

[Show an image of Alyssa and mention her presentation]

Student: "She's hosting a panel on 'Lack of Transportation in Rural Areas' 🚗 🌿 "

[Display event details on screen]

Student: "It's happening on October 19th, 7:30-8:30 p.m. at LSC 212. Mark your calendars! 📅 ✨ "

[Highlight the importance of the event]

Alyssa (on-screen): "Our goal is to raise awareness about healthcare access in rural communities. Let's make a change together!"

[Show a quick clip of the RAM Club]

Student: "This event is powered by the Remote Area Medical (RAM) Club. They're new and determined to make a difference! 🙌 "

[Explain RAM Club's mission]

Student: "RAM's mission? To bring healthcare to remote areas. Everyone deserves healthcare, no matter where they live. 🏠 🌄 "

[Encourage involvement]

Student: "So, how can you be part of this? Attend the event and get informed!"

[Display Alyssa's contact info]

Student: "For more info, shoot an email to alyssa.cosklo@scranton.edu, or visit the RAM website."

[OUTRO - End on a positive note]

[Show the university logo]

Narrator (off-screen): "Let's stand together for healthcare access. Join us on October 19th! 💙 🌍 "

[End with uplifting music and event details on the screen]

EDITED VERSION:

Student: Hey guys! On October 19th there will be a panel hosted by sophomore Alyssa Cosklo regarding Transportation in Rural Communities!

[insert graphic of event details]

Student: The panel will talk about the importance of accessible health care to people who live in remote areas.

[Explain RAM]

[Display Alyssa's contact information]

Student: You can contact Alyssa with this email for more information about the event!

Student: Joining the RAM club or attending the panel is a great way to get involved in something on campus if you're interested in service or healthcare activities!

[insert screenshot of the RAM website and where to find more information]

Student: I encourage every student to attend if you're available because it will be a great experience!

Blog Post

Lululemon athletic wear takes over college campus

By Caitlin Hannan

Lululemon has taken over, and it is the favorite store for students at the University of Scranton. The quality that Lululemon provides gives your clothes longevity even with regular wear, which is perfect for a college student interested in investing in something that will last.

[Track That High Rise Lined Shorts](#) are the perfect shorts to wear to class during warm weather. The built in lining provides comfort during exercise or casual wear. Also, a zippered side pocket is great for keeping small essentials on the go.



\$68

[Align High Rise Pant](#) is the next go-to legging for everyday wear. Sweat-wicking fabric technology prevents sweat from transferring through the fabric during exercise, keeping you dry and comfortable. Additionally, the High-Rise Pant is lightweight for casual wear making it a transitional item.



\$98

Personally, these are my favorite leggings because they are the only pair I've ever worn that I didn't need to pull up all day long, the quality is truly unmatched, and I have not found anything that beats it.

[The Wundermost Ultra-Soft Nulu Crewneck Long Sleeve Shirt](#) will become your favorite shirt to layer with or wear alone. Its double-layered tight fit is flattering and supportive. Lycra fabric allows four-way stretch and shape retention, maintaining the quality,



\$78

[The Define Jacket](#) is perfect to wear to the gym and exercise, equipped with thumbholes and cuffs. The Define jacket also has zippered pockets and the elastic zipper pull doubles as a hair tie for emergencies.

\$118



Nobody wants to buy clothing that gets ruined after one wash, which is why Lululemon should be on your list next time you're shopping. You can see there are options available in a large size range for every lifestyle out there, meaning you definitely won't leave the store empty-handed. These pieces are a perfect addition to your capsule wardrobe, leaving you wanting to purchase more in all the other colors Lululemon has to offer.

By Caitlin Hannan

Welcoming self-care into your daily life and routine is one of the best ways to improve overall health and wellbeing. When you incorporate daily rituals and are mindful of what makes your body and mind feel better, you are one step closer to success.

Starting the morning off right is one of the best ways that start your day. Establishing a mindful and calming routine will put you in the right place- eating a good breakfast or reading a book. Whatever it may be, choose what works best for you. This is something I have learned over the past few months, and despite not ever being a morning person, I realized that my anxiety throughout the day is much lower when I take the time to relax in the morning.

Continuing these practices throughout the day and into the evening is also important. "Romanticizing" the small parts of the day is a great way to maintain a positive mindset, whether this be dressing up for class, grabbing your favorite cup of coffee or setting up a relaxing movie night.

Establishing a nighttime routine makes the day come full circle. A few things in my routine include a long shower with music and a snack with my favorite book and TV show. I do all of this relatively early so that I am relaxed and ready for bed before midnight, which is ideal for quality sleep. However, to accomplish any of this means planning my day to ensure that my homework and studying are finished before dinner if possible.


All these tips can seem obvious, but they only work if you stay consistent, follow through with them and make it a daily routine. Ever since I established a steady routine and schedule, my stress and anxiety have improved significantly because I finally started paying attention to what works for my wellbeing. In addition to using these tips, I have found joy in going to the gym when I feel up for it, especially when I have a lot going on during the week. Any type of exercise is great for managing stress as a college student, as well as boosting endorphins and maintaining a healthy lifestyle.

By incorporating multiple forms of self-care into my life, it has become a priority that I consistently practice these tips. Of course, every day can be different, and I may not have time to do it all, but the stability of the routine and my mood is more important.


Putting myself first is not something I always knew I had to do, but I learned that after a lot of trial and error. On the days when I am not feeling my best, I spend the day alone and focus


on other forms of self-care. When life throws something hard at you, it is easier to pick yourself up when you know how to take care of yourself.


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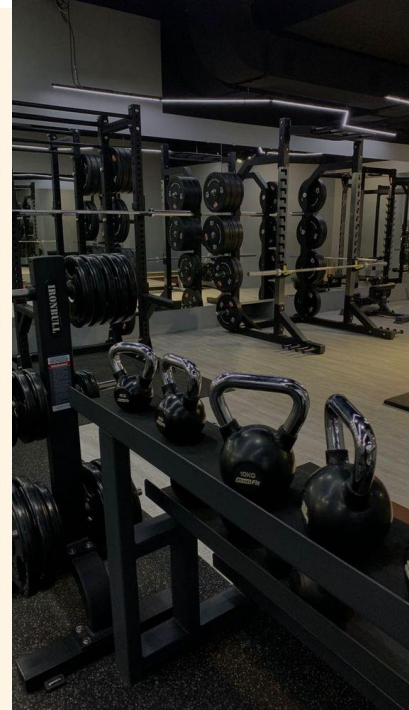
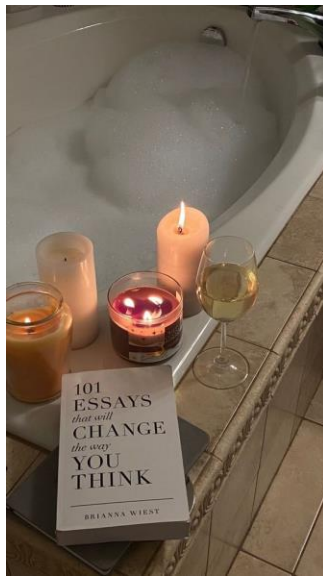
#GymClothes #Workout #OutfitInspo

Get the chance to shop the Black Friday drop early! Lululemon members have access to the new Moonbow Color Collection, inspired by a lunar rainbow. By downloading the Lululemon app, you can shop for the whole collection and more. Our curated gift guides can assist you in your shopping, making sure everyone on your list is taken care of this holiday season.



#Holisticliving #WellnessJourney #MentalHealth

Are the cold days and stress of the holiday season getting to you yet? If so, a self-care routine may be the way to lift your spirits. Work, school and everyday life can become a lot for anyone and knowing how to take care of yourself and recharge is essential. Self-care can be as simple as meditating for five minutes or doing an elaborate skin-care routine. Doing what works best for you is the best way to recharge.

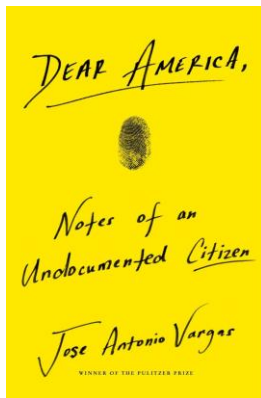


Seven books to gift for this holiday season

By Caitlin Hannan

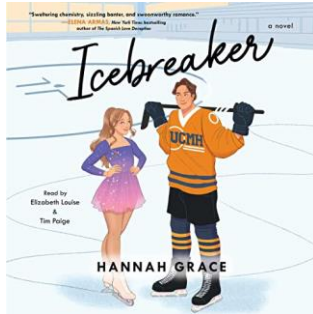
If you are still doing your holiday shopping, consider these books for your next purchase. I have put together a list of seven very different novels to help you find something for the bookworm in your life, and maybe a book for someone who doesn't typically read. Here are a few of my recommendations to relieve the holiday stress this year:

1. [Dear America, Notes of an Undocumented Citizen](#)



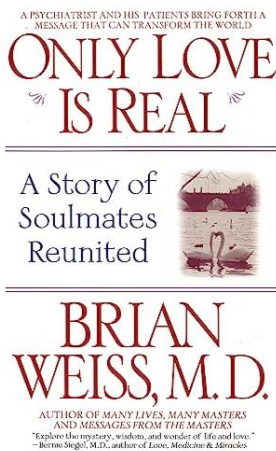
This novel is a must read and is perfect for the person in your life who wants to become smarter and more educated. This book will give anyone a new perspective on the idea of immigration and shares the hardships of so many people.

2. [Icebreaker](#)



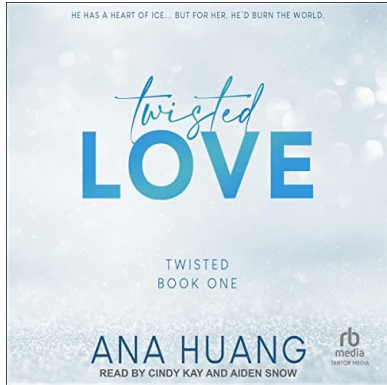
Icebreaker is a novel that any young woman would love to read. It's the perfect book to give to someone who doesn't normally enjoy reading, or for someone who wants to read a spicy romance trope. I had the impression that this was going to be another cringey teenage romance, but I was pleasantly surprised that it wasn't.

3. [Only Love Is Real](#)



Dr. Brian Weiss changed the trajectory of my life with one of the most interesting novels I have ever read. Dr. Weiss shares his research as a psychiatrist about his findings of past life regression therapy and soulmates. This is a great gift for anyone in your life because of its short length, captivating story and memoir style.

4. [Twisted Love](#)



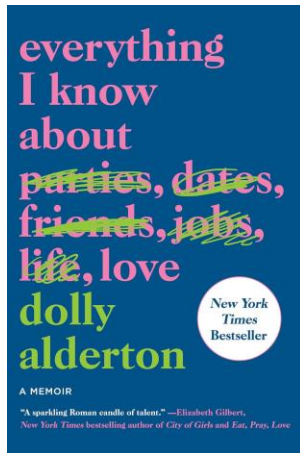
This is one of four books in the Twisted series by Ana Huang. Huang became a new favorite author of mine this year and is a perfect recommendation to a romance obsessed friend. This is one of those books that you cannot stop reading and won't put it down until it's finished.

5. [Red Queen](#)



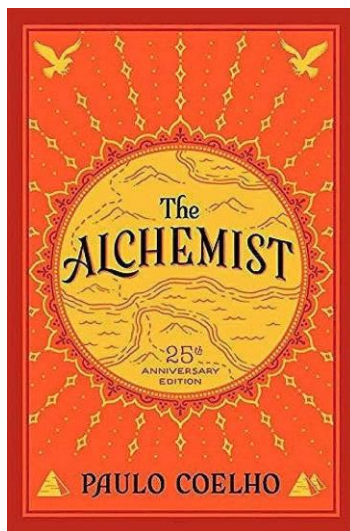
Red Queen is not the kind of book to make assumptions about. This story is about a war between two sides, silver and red blood. What may seem like the light at the end of the tunnel, is just the beginning of a major plot twist, one that will make you feel many emotions.

6. [Everything I know about love](#)



Everything I know about love is a story that every woman should read. It is the perfect story to read at a time in your life when nothing makes sense, and you feel like you have nothing figured out. Alderton writes about her journey growing up and getting older and all the things that happen over a lifetime.

7. [The Alchemist by Paulo Coelho](#)

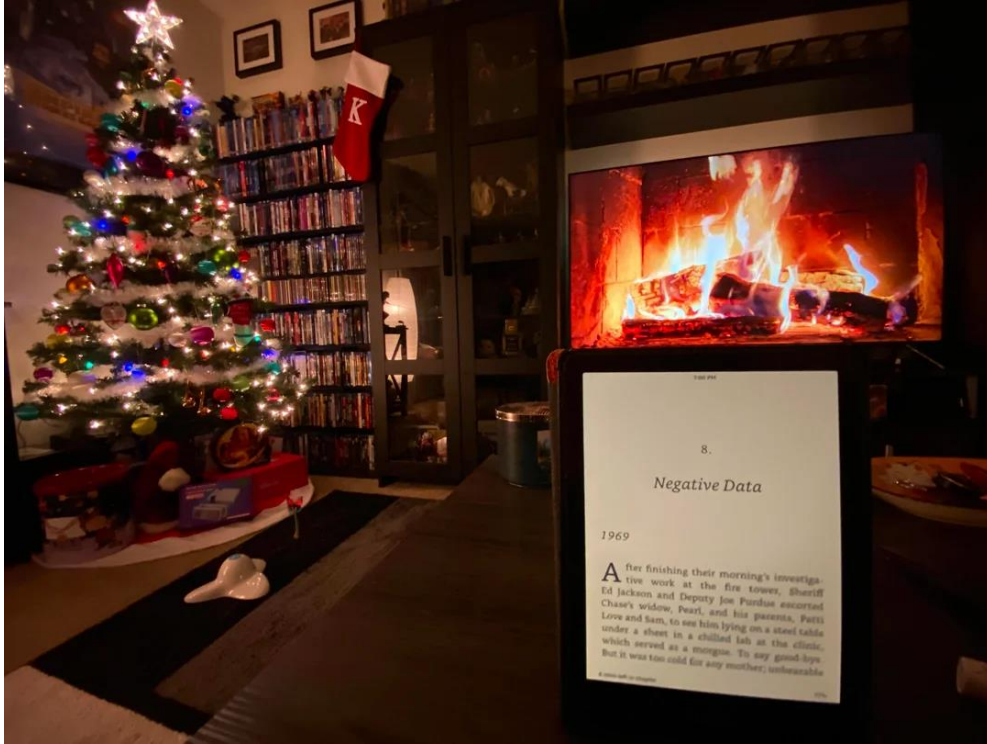


You will read this story and end up reading it over and over again, making this a solid choice for just about anyone willing to branch out of their typical genres. A tale of wisdom, finding yourself and chasing dreams is a must read for anyone.

Holiday shopping can be so stressful with long lines and crowded stores. That's why knowing exactly what you are going to purchase makes everything so easy. Books are one of my most favorite things to receive and I appreciate it more when I receive one that is on brand for me. With a little help from my recommendations, your holiday shopping will be a breeze, and the reader in your life will absolutely love it.

Do you have a friend or loved one who loves to read but you have no idea what to buy them 📖? Here are seven different books to give this holiday season 😊. There is something for everyone in this line up- from romance to memoirs. Buying books can be tough if you don't know what your loved one likes to read, but with a little help from my list it can be easy. Your gift will be one to remember this year and you won't have to worry if you bought a bad gift. 🎁 Like this post and leave a comment about your favorite books.

#CozyReading #ChristmasGifts #BookRecommendations #BookReviews



Writing Goals:

1. I want to learn to write with a more mature and professional voice with advanced vocabulary. I feel that my writing skills have not improved much from a high school level.
2. I want to be confident in what I am writing and be proud of my work instead of thinking everything is “garbage” and not good enough.
3. I want my writing skills to excel so that one day my future bosses can count on me to submit work that they know will be above standard.

End of semester evaluation:

1. Looking back at this goal, I feel like I did improve my writing skills significantly. I was able to practice writing in academic and non-academic writing and now I feel more comfortable writing in both styles. My grammar has improved, and I learned how to edit my own work more effectively using the AP style book and other resources shown to me.
2. This goal will most likely be a work in progress, but I think I have become more confident in my writing. I learned that it is okay to make mistakes and my first draft will never be perfect, which also showed me the importance of editing and peer review. Improving my grammar and punctuation made me more confident and ultimately resulted in high grades on my assignments with minimal corrections. Being able to see that my writing style and voice was approved and complimented by a college professor was the push I needed.
3. Excelling in my writing skills is another work in progress but I think I have come a long way since the beginning of the semester. It was very beneficial for me to be challenged with writing prompts and styles I have never seen before and showed me that I am capable of taking on tasks and completing them correctly, even if it made me feel uncomfortable initially.