

Viewpoints

pacer_opinions@ut.tnm.edu
utmpacer.com/lettertotheditor

Fellow students offer friendly advice

Make your mark

Well, hello there. Please accept my big bear hug via these printed words, since I'm unable to do so in person and because it's a little creepy if we haven't met yet.

I'm happy to see all the new, smiling faces of the incoming freshmen. Each year the freshmen remind me how to have fun, a reminder I am most grateful for. I love that such bright, talented people are following right behind me, because we will be the ones to shape the world in the years to come.

Don't worry, upper classmen, I haven't forgotten about you. I could never forget you. You are my closest friends and my peers. You made this place home for me.

To all UTM students: Let us all live so well that no one can ever forget us. Let us leave such a well-made mark on this campus that a part of our spirit always resides here.

P.S. I'm sorry for all the cheese, but somebody had to do it.

~ Jennifer Nicks

Do new things

Have a "yes attitude" and you will find that anything is possible. Volunteer, participate in student organizations and consider studying abroad. You will be surprised at how many opportunities may arise from participating in those extracurricular activities. Most importantly, take advantage of those opportunities, because they are likely to help you improve the skills needed to land that perfect job.

If you have a goal, don't be afraid to share it with your friends, advisor and the UTM staff. Get to know the faculty and staff, because they are here to help you in and out of the classroom.

~ Mary Jean Hall

Use all resources

To get the most out of your college experience, take advantage of all the resources

that are offered.

One resource that is plentiful on the UTM campus, but often overlooked, is non-traditional students. Non-traditional students can be a great source of information and advice.

Most college students will at some point find themselves facing a situation where advice or help from someone older and more experienced than themselves would be beneficial. Questions may arise that are somewhat embarrassing to talk to your parents about. A non-traditional student can

Make new friends

As you begin your college career, you will find that it will start moving very quickly. My advice to you as freshmen is to make friends. I'm not saying you don't have friends coming to college with you, but this is the time when you will make friends that last a lifetime.

I can honestly say I have made some of my best friends here on this campus. Some of them are students like myself and others are professors. The

house. It gets better, I promise.

After spending the last three years of my life on this campus, I can honestly say that I have a few tips for you that will really help in the long run.

First, do not be afraid to ask questions. Your teachers are there to help you and will usually do anything they can to make sure you succeed. Second, even if you never had to study in high school, you will in college; trust me on that. Lastly, remember this is school and there are going to be times that you have a lot of

class on what day. This may sound elementary, but get a planner. It helps tremendously. Now, you don't have to have an "official planner" to write down assignments. You could get a cheap notebook and keep track of your assignments there.

Along with a planner, it may be a good idea to keep a monthly calendar in your room where you can see it. I keep mine by the door. I use this to write down tests, papers and big assignments. Anything not due right away goes on this calendar. It helps to me to be

hours of sleep each night, exercise and brush twice a day. However, you are in college now and are going to be writing some new chapters in your book of life, during the next four (or five) years you're here at UTM.

Step out of your comfort zone. I stepped out of the comfort and familiarity of UTM last fall and was an exchange student in London for a semester. I encountered new people, an exciting city and best of all, memories that will last the rest of my life. I was able to do this because I stepped out of my comfort zone. So, go ahead and say hi to the person sitting next to you in class, go ask that cute guy out for lunch instead of you waiting on him, and eat sushi if you haven't done so already. You just never know how you will be rewarded. (Volcano rolls are awesome BTW!)

~Kara Kidwell

Figure yourself out

The best advice that I can give anyone about college is that you have to find balance between your education and having fun. It's all about finding what works for you, not what works for someone else. There will always be light at the end of the tunnel. You can't study forever (even though it sometimes feels that way). Never get discouraged and never give up; you're only going to hurt yourself. There are plenty of people on campus willing to help you. You just have to have the courage to ask for it.

Don't be afraid to put yourself out there: join clubs, talk to people, get involved! The memories you make in college will stay with you forever; so make them good. Do things that are out of your comfort zone. The best part of college is getting to experience things that you usually wouldn't have gotten the chance to do.

~ Kalsey Stults



listen to you and give you guidance impartially. As a non-traditional student, I can safely say that I don't have the answer to everything, but I try to steer my friends away from the pitfalls that I fell into and hopefully give sound advice without judgment, enabling them to make the correct decisions for themselves.

Open your hearts and eyes and recognize that good friends can come in many different shapes, sizes and colors.

~ Sheila Scott

Welcome to UTM

Welcome to UTM! I sincerely hope you'll spend the next four years of your college experience with us. It's going to be a very fun experience at times, but at other times you are going to wonder why you left the safety of your parents'

work. There are also going to be plenty of opportunities to have fun and make new friends, take advantage of those times.

Enjoy your freshman year!

~ Staci Williams

Be organized

In the last three years of being a student at UTM, I have found several ways to make my semesters go a little smoother. The semester is hard enough without the added stress of trying to remember which assignments are due for which

able to keep up with how much time I have to break down the assignments into smaller portions, making it easier to manage. Being organized in this way is something I wish I'd known my freshman year at UTM. It has really helped me to stay on top of school over the last couple years.

~ Malorie Paine

Step out of your comfort zone

You know you have seen the advice to eat right, get eight

UTM offers self-defense classes; take advantage of them

Belinda Barker
Staff writer

Three separate stages of self-defense training are available to female UTM students.

Although all three programs differ in the length of time required to complete them, all three focus on empowering women through education and awareness. Each uses practical instruction to teach women how to avoid and prevent becoming victims of violent crime.

The first level of training offered consists of informative, interactive sessions, which are presented by the staff of UTM's Department of Public Safety as a part of UTM's First Year Initiative program, as well as to other classes and clubs on campus (upon request). The sessions are led by Capt. Ray

Coleman, who has served in the department for the past six years and is a 30-year veteran at UTM.

"In sexual assault cases where the victim offers some type of resistance, the sexual assault is prevented about 50 percent of the time. In cases where the victim offers no resistance, the sexual assault is completed 100 percent of the time," Coleman said.

"But, that decision is totally up to the individual victim. She knows her own capabilities," he added.

Coleman encourages women to take advantage of all the stated self-defense training programs that are available to them at UTM.

"(Self-defense) training for a woman makes self-defense a viable option if the victim chooses to use it. With train-

ing, a victim can learn to react not out of panic, but out of knowledge," Coleman said.

Another level of self-defense training at UTM available to women is the RAD (Rape Aggression Defense System) course, which is a free, 12-hour course (consisting of two six-hour sessions) offered to all women, whether a student, faculty member, or in the general public.

The Women's Self-defense Institute supports RAD Systems as "the country's largest and fastest growing self-defense program for women and children, citing the 7,000 certified RAD instructors that have trained more than 300,000 women at more than 400 colleges, universities, and police departments across the United States and Canada since its inception."

UTM police officer Terry Guthrie has been a certified RAD instructor since 2005 and has been teaching the RAD course at UTM for the past year.

"RAD's objective is 'to develop and enhance the options of self-defense, so they may become viable considerations to the woman who is attacked,'" said Guthrie.

Students can register for the course online on the UTM homepage by clicking on the "Off-campus/Continuing Ed." link and then clicking on the "Courses" link under the heading "Continuing Education (Personal and Professional)." The course will be offered next on April 23 and 24 and then again on May 21 and 22. Upon completion of the course, the student is awarded a RAD certification

which entitles her to a lifetime membership in RAD, as well as the permission to attend any future RAD classes in the U.S. and Canada with no fee.

The third most intensive stage of self-defense training available at UTM is a semester long course offered in both the fall and spring semesters. The course focuses on education and awareness about dating violence, sexual assaults, and abusive relationships by utilizing real-life scenarios to practice self-defense skills.

UTM police officer Charles Jahr has been the instructor of the course for the past two years and has been part of the UTM Department of Public Safety for nearly six years.

"The course is as much mental as it is physical. When the course begins, most of the woman are very shy. Fighting

and hitting are totally foreign to them. But, with practice and continued repetition of self-defense skills, these women become comfortable and begin to do it naturally. They have an automatic reaction and they don't even have to think about it," Jahr said.

All of the self-defense programs offered to women at UTM have the same ultimate goal: To reduce the probability of a woman becoming a victim of a violent crime by teaching her basic, practical ways to avoid and prevent becoming a victim, and by helping her build confidence in her ability to defend herself against an attacker.

Jahr said it best, "They walk in shy, but they walk out smiling."

the **pacer**

Serving UTM for 85 years
Free in Single Copy
Editorially Independent

EDITORIAL BOARD

Jasmine Brooks

EXECUTIVE EDITOR, PRINT

Mary Jean Hall

EXECUTIVE EDITOR, ONLINE

Alex Jacobi, MANAGING EDITOR, PRINT
???, LIFE EDITOR

Mark Hall, Matt Borden, SPORTS EDITORS
???, VIEWPOINTS EDITOR

Kristen Harrelson, MANAGING EDITOR, ONLINE
Kalsey Stults, GRAPHIC ARTIST

Kara Kidwell, ADVERTISING SALES
Tomi McCutchen Parrish, FACULTY ADVISER

EDITORIAL POLICY

Opinions expressed in personal columns are those of the writers and may not reflect the opinions of the staff as a whole. Editorials are written by members of the Editorial Board, with contributions from other students, campus administrators or community members on an as-issue basis.

SUBMISSION GUIDELINES

Story ideas or news tips may be e-mailed to pacer@utm.edu or presented at our weekly staff meetings, held at 5:15 p.m. every Tuesday during the semester.

The Pacer welcomes comments,

criticisms or ideas that its readership may have. We encourage you to send a Letter to the Editor through e-mail at pacer@utm.edu or via our Web site at http://www.utmpacer.com/lettertotheditor/. Letters to the Editor should be no longer than 250 words. Letters must contain the name, major and hometown of the author, as well as contact information. Submissions may be edited for grammar, spelling and brevity.

STATEMENT OF PUBLICATION

This newspaper is printed every Tuesday during the semester. Our press run ranges from 2,000 to 5,000 copies depending

on the edition. The University of Tennessee at Martin earmarks \$3.60 per enrolled student to pay for staff salaries and overhead costs of running our office. The cost of printing the newspaper is covered by advertising revenue.

The Pacer
314 Gooch Hall
Martin, TN 38238

Newsroom: 731.881.7780

Fax: 731.881.7791

Email: pacer@utm.edu

Web site: www.utmpacer.com