

OPINION

SENIOR ADVICE pg. 5
Graduating seniors give advice to new students.

NEWS

GETTING AROUND WITHOUT A CAR pg. 3
No car? No problem!



The Zipcar logo on a Zipcar. Members of the CI community can rent a Zipcar for a set fee hourly or per day. Photo credit to Rakka.

NEWS

ACTIVE SHOOTER TRAINING pg. 2
CI Police offer training on how to prepare for an active shooter.

OPINION

ADVICE FROM FRESHMEN pg. 5
Freshmen share what they wish they had known when starting college.

OPINION

IMPORTANCE OF TIME MANAGEMENT pg. 5
See how fellow students manage their time.

OPINION

DORM LIVING pg. 6
How to survive life in a dorm.



A student does homework on her laptop in her dorm room. CI offers a range of dorms and housing to students living on campus. Photo credit to CI Communication and Marketing.

Get involved on campus through clubs and organizations

BY JORGE GARCIA



Students attend the fall 2017 Clubs and Orgs fair in the John Spoor Broome Library Plaza. The Clubs and Orgs fair is held every semester as a way for students to get involved on campus. Photo credit to CI Communication and Marketing.

The CI community has a great diversity of culture, intellectuality and physical ability. Therefore, the University offers the opportunity for students to put these virtues in practice through clubs and organizations.

There are a variety of academic clubs and organizations that students can join to meet people and enjoy their activities of interest outside of the classroom. For example, the English

Club provides students an opportunity to share their own literature pieces such as poetry and narrative stories, through writing and oral expression. There are also academic clubs for communication, performing arts, sociology, psychology and many other majors.

Furthermore, CI provides the opportunity to practice sports such as sailing, hockey, soccer, lacrosse, endurance

Continued on Page 4

Tips on paying for college

BY TRAVIS HUNT

Higher education can be outrageously expensive. Financing the college journey can be tricky, but successfully managing your debt properly at the beginning of the venture can ease the pressure of payments in the future.

First of all, do not be afraid of debt; governments and corporations function with high debt ceilings all the time. In February this year, Market Watch reported that the United States federal government debt is over \$20 trillion.

Last February the Motley Fool reported that Apple Corporation was over \$100 billion in debt. Both of these

entities are still alive and well, even though both of them have high debt liabilities. Debt is not the end of the world, as long as it can be managed properly.

There are alternatives to student loans that do not require the borrower to repay them. Some alternatives come in the form of scholarships and grants. Scholarships and grants are more like gifts rather than loans because you don't have to pay them back.

CI's Student Business Services (SBS) in Sage Hall provides excellent literature on the topic of student loans. Most of the information given to students about grants and loans come from this source.

Continued on Page 4



Purpose

The purpose of The CI View is to provide the student body of CSU Channel Islands with precise and accurate news about what is happening on their campus and in their community. It is run by students, for students, and provides a forum to voice their opinion. The CI View aims to be student-centered by giving students opportunities to become involved and learn about the dynamic field of journalism. The CI View is dedicated to enriching the campus-culture while striving for higher education.

Editorial Matter

Opinions expressed within editorials, pages and comics do not necessarily reflect those of The CI View, its faculty or the student body. Publications are produced focusing on diverse student representation, ethical accuracy and the execution of The CI View student newspaper's goals and values.

Advertising

Advertising printed here is solely for informational purposes. Such printing is not to be constructed as a written or implied sponsorship, endorsement or investigation of such commercial enterprises or ventures of The CI View.

Advisory Committee

Bethany Banuelos

bethany.banuelos@csuci.edu

Kristina Hamilton

kristina.hamilton@csuci.edu

Genesis DeLong

genesis.delong@csuci.edu

The CI View Entity Staff

Editor-in-Chief: Jazzminn Morecraft

jazzminn.morecraft978@csuci.edu

Managing Editor: Ivey Mellem

ivey.mellem194@csuci.edu

Layout Editor: Julia Cheng

julia.cheng658@csuci.edu

Business Manager: Travis Hunt

travis.hunt875@csuci.edu

Contributors

Alex Guerra

alex.guerra700@myci.csuci.edu

Branden Hopper

branden.hopper935@myci.csuci.edu

Catherine Ninteman

catherine.ninteman148@myci.csuci.edu

Jorge Garcia

jorge.garcia234@myci.csuci.edu

Kayla Munoz

kayla.munoz659@myci.csuci.edu

Mark Westphal

mark.westphal708@myci.csuci.edu

Paige Parker

paige.parker505@myci.csuci.edu

Yolanda Barragan

yolanda.barragan944@myci.csuci.edu

Zachary Boetto

zachary.boetto456@myci.csuci.edu

CI Police prepare students with active shooter training

BY JAZZMINN MORECRAFT

The FBI defines an active shooter as “an individual actively engaged in killing or attempting to kill people in a confined and populated area.” However, according to Lieutenant Jetton, a member of the CI police, “It doesn’t necessarily have to be with a firearm, it doesn’t have to be actual shooting, it can be a knife ... or something other than a firearm.”

The FBI conducted a study of active shooter incidents known as A Study of Active Shooter Incidents in the United States between the years 2000 and 2013. In this study, they break down the incidents by locations.

The three locations that an active shooter situation took place most often were places of commerce (45.6 percent), education (24.4 percent) and government (10 percent). Even though these three areas are more likely to have an active shooter event, an active shooting can happen anywhere.

In the study the FBI conducted, exactly 160 incidents occurred between 2000 and 2013. It states that, “During the first seven years included in the study, an average of 6.4 incidents occurred annually.” However, “In the last seven years of the study, that average increased to 16.4 incidents annually.”

“The most important thing is to have a plan,” Lt. Jetton said when asked what to do in the event of an active shooter at CI. “I can’t tell you what you are going to do. It is really going to depend on where you are, what the situation is and what you believe.”

CI has a campus-wide notification speaker system that goes through the phones that are on campus. It will interrupt phone calls and tell everyone on campus to take steps to protect themselves.

“There are areas on campus where there are no phones,” Lt. Jetton said, “and we have identified those areas and we have speakers installed so no matter where you are on campus you should be hearing that announcement.”

Additionally, there is CI Alert. CI Alert allows for mass text messages and emails to be sent to specified phone numbers or email addresses. Students can set up or update their CI Alert information by going onto their *myCI* and clicking on the My Apps tab in the top right corner of the screen.

CI also teaches Homeland Security’s run, hide, fight model of how to respond in the event of an active shooter.

For run, it states: “Have an escape route and plan in mind. Leave your



The class photo from the spring 2018 Active Shooter training hosted by CI’s Police Department and Student Government. Active Shooter training is a free class offered to CI students, staff and faculty every semester. Photo credit to ci_police Instagram.

belongings behind. Keep your hands visible.”

If one chooses to hide: “Hide in an area out of the shooter’s view. Block entry to your hiding place and lock the doors. Silence your cell phone and/or pager.”

Lastly, for fight: “As a last resort and only when your life is in imminent danger. Attempt to incapacitate the shooter. Act with physical aggression and throw items at the active shooter.”

“Our officers are all equipped with state of the art gear; rifles and protective equipment,” Lt. Jetton stated. “Our officers also drill with that equipment monthly. They are required by policy to be able to get into all that gear with their rifle in 30 seconds.”

He continued by saying that the first responding officers to the active shooting are not going to be the ones who help the people that are

injured or need attention. The first responding officers will be dealing with the active shooter first. Emergency teams that follow after will start to help the people who need it.

The CI police offer student training once a semester in collaboration with Student Government. They also offer training for staff and faculty through HR. Even though this training is usually once a semester, Lt. Jetton stated, “If there is a need or multiple people come forward and say they want another training, we are open to providing additional trainings.”

The next training date has not yet been set, however students should keep an eye open for it happening in the fall semester. 📌

Students save money with Dolphin Discount Program

BY ZACHARY BOETTO

College is all about making the most of your money.

The Dolphin Discount Program combines efforts between local businesses and CI that allows students, faculty, staff and members of the Alumni & Friends Association to receive discounts at participating businesses in the community.

The Dolphin Discount Program offers discounts from 90 plus businesses; however, discounts vary by business.

Some of the discounts include 10 percent off a jet ski rental package from Southern California Jet Skis, 50 percent off all menu items from Papa John’s on Tuesdays, 10 percent off all clothing and accessories at Revolution Surf Co., 10 percent off services from NAPA Auto Parts, 20 percent off one service or product from Luminous Skincare and Makeup Studio and even 20 percent off tattoos at Bone Deep Tattoos.

The Dolphin Discount Program also includes amusement park ticket discounts. Tickets can be purchased at the Student Union Information Desk or online through CashNet on the CSUCI webpage. The Student Union will only accept exact change and will not take checks as a form of payment and tickets purchased through CSU Channel Islands ASI (online or in person) are non-refundable and non-returnable.

Receiving the Dolphin Discount is as easy as flashing your student ID card or Alumni & Friends membership card at the point of purchase.

For more discounts, there is also a website called The Simple Dollar that provides tips for saving money as a college student.

If you’re interested in using the Dolphin Discount Program, stop by the Student Union information desk. 📌



No tuition increase could lead to negative consequences

BY MARK WESTPHAL

On April 20, 2018, California State University (CSU) Chancellor Timothy P. White released a statement to the public saying that the CSU system will not increase tuition next year. White stated that this decision was not made lightly, and that there will be “serious adverse consequences” if the state funding doesn’t meet the CSU’s budgetary needs.

White stated that the reasons that he feels the so-called “non-increase” can work out is the strong state economy, lawmakers’ support of the CSU system and the univer-

sity community’s activism in raising awareness. According to the Los Angeles Times, White feels in particular that families should not carry the burden of rising costs of tuition.

The message was not just an announcement, but also a call to action to the state’s lawmakers, as White stressed the hashtag #ChooseCSU as a way to show support for a fully funded CSU system.

“We all want students to have the clearest and most life-changing path to graduation,” White stated. “We all want faculty and staff to be fairly compensated.

These shared priorities are shared responsibilities for California.”

According to the Los Angeles Times, the CSU system is the largest public university system in the world, and this year the system has been strapped for cash by the current California Budget plan, which as of the time of writing this article has yet to be fully finalized.

White stated that while he has had no assurance from Governor Jerry Brown about whether or not the CSU system will receive more funds than they were

initially given, he is confident that lawmakers will pull through for him.

If funding from the state budget fails to meet the CSU system’s financial needs, campuses could see funding for clubs and organizations cut back, and well as some cuts to student services, mostly because increasing tuition is one way universities meet the yearly demand for increasing costs. All students can do is wait anxiously as the budget comes through and see just how much the CSU gets.



Surviving college without a car

BY YOLANDA BARRAGAN



A VCTC bus at CI’s bus station. Students can utilize the many forms of local public transportation to travel around the county. Photo credit to ci_police Instagram.

There are a variety of resources students may use and pursue in an effort to get around CI and the rest of the city without a car. Public transportation is the primary way students can get to and from campus, and also offers opportunities for students to make their way around Camarillo.

The VCTC bus service is available six days of the week, Monday through Saturday, and operates from 7 a.m. to 10:20 p.m. on the weekdays and 7:30 a.m. to 5:20 p.m. on the weekend. There are two primary routes offered directly from the bus stop at CI.

The first is from the CI campus to Oxnard, on C Street and Channel Islands Boulevard (by Centerpoint Mall) and Oxnard College, and the second is from the CI campus to the Camarillo Metrolink Station.

Bus passes are sold for \$25 at the Transportation and Parking Services in Placer Hall and are valid throughout the semester. Bus passes are also free to housing students who do not bring a car to campus.

From the Camarillo Metrolink Station, there is a free trolley service available every day of the week. The hours it operates are from 10 a.m. to 6 p.m. Sundays through Thursdays and it runs from 10 a.m. until 10 p.m. on both Friday and Saturday. The trolley makes various stops from the Ponderosa Center through Old Town and is available at the Metrolink station every half hour.

CI also has Zipcar available to faculty and students. There are two Zipcars available and they can be parked on campus, and the prices for renting the cars range from \$8 an hour or \$66 a day on weekdays to \$9 an hour or \$72 a day weekends.

A membership is required for using Zipcar with CI, but housing students without a car on campus can have their Zipcar membership fee waived and their first two hours free.

Bicycling is another way for students to make their way around. There are various bike racks around campus, and there have been bike lanes implemented into many major streets around Camarillo, making it easier and safer for commuting purposes.

There can be limitations to not having a car while attending college, but there are different ways to address that issue. Despite the negative factors that come with not having a car, there is the one satisfaction of not having to deal with parking.



Make use of the many campus resources

BY JULIA CHENG

CI offers a vast range of resources covering a large amount of support for the student population. Here are some of the services that students have access to.

MENTAL/PHYSICAL HEALTH

Counseling and Psychological Services (CAPS) offers individual, group, couples and crisis therapy to all CI students as well as a 24-hour hotline.

Campus Recreation is responsible for the on-campus gyms, the recreation fields, intramural and extramural sports, Outdoor Adventures events and more.

Student Health Services has limited, non-emergency health services available to students and can refer students to off-campus clinics if lab tests or more serious procedures are required.

The Dolphin Food Pantry is a food pantry free to all students who want to drop by Arroyo Hall Monday through Friday from 8:30 a.m. to 4:30 p.m. to choose up to five nutritional food items per day.



Students table for the Channel Islands Boating Center at an event. The Boating Center is free for all students. Photo credit to csuci_rec Instagram.

ACADEMIC

The Writing Multiliteracy Center (WMC), the Learning Resource Center (LRC) and the Science Technology Engineering Math (STEM) Center all offer free tutoring services in each of their specialties.

The Henry L. Hank Lakayo Institute for Workforce and Community Studies is a paid internship program that CI students can apply to and if they are accepted, the institute will work towards placing the student

in an off-campus internship in their desired career field.

The Graduate Studies Center offers expert advice for students who are applying to graduate school.

LIFE/CULTURE

The following resources offers community support for specific student groups and the general student population as well: Multicultural Dream Center (MDC), Promoting Achievement Through Hope (PATH), Educational Opportunity Program (EOP), Veteran’s Affairs

Office, TRiO Student Support Services, and Commuter Services.

Career and Leadership Development helps students prepare their resumes, provides leadership education and helps students explore their career and internship options.

All of these campus resources are already paid for through student fees and students should feel free to take advantage of them.





Get involved on campus through clubs and organizations

(Continued from Front Page)

training and many more. These sports are a great opportunity for students to learn about teamwork, discipline, sportsmanship and express the spirit of competitiveness.

As many of the sports clubs are competition-based, they allow students to travel with the team to show their pride. Students can experience the feeling of a road trip and see new places both across the state of California and outside of California. CI also offers students the ability to compete internally in intramural sports.

In addition, CI offers clubs for students with different social and cultural backgrounds as well as the opportunity to join with students to support and organize as a way to express themselves.

CI's social and cultural clubs include Improving Dreams Equality, Access and Success (IDEAS), Movimiento Estudiantil Chicana/o de Aztlan (MEChA), Spectrum, Adelante Mujer, CI College Democrats, CI College Republicans and many more.

The University also offers student organizations affiliated with the Associated Students Incorporated entities to practice leadership and informing students on campus, such as Student Government, The Nautical yearbook, Student Programming Board and The CI View.




CI Women's Soccer Club play a competitive game. Soccer is a team sport offered at CI as an intramural and club sport. Photo credit to CI Communication and Marketing.

Lastly, CI is home to one fraternity and several sororities, which allow members to form a union with each other to involve students in activities that often involve volunteer work.

Joining clubs and organizations helps students to connect with the school and the community to enrich the social

environment, diversity and culture. Most importantly, it helps them to build social skills and find networking opportunities for their future lives.

If you are interested in joining a club or organization, go to CISync from your myCI page to find the organization you would like to join. 

Tips on paying for college

(Continued from Front Page)

Two alternatives that come in the form of grants are Federal Pell Grants and Federal Supplemental Grants. Neither one of the grants must be repaid. The requirement is that the applicant must be in exceptional financial need.

Other grants are the Teacher Education Assistance for College and Higher Education (TEACH) Grant, as well as Iraq and Afghanistan Service Grants.

TEACH grants are for undergraduate, post-baccalaureate and graduate students who want to have a career in teaching. The Iraq and Afghanistan Service Grants are for students whose parent or guardian died in the Iraq or Afghanistan wars following the events of 9/11.

CI offers scholarships both on and off campus. Additional information on how to apply for these scholarships can be found at csuci.edu, and you can access this information by typing in "scholarships" on the CI webpage.

The following page will list the names of several scholarships that students can apply for. The benefit of attaining as many

scholarships as possible is that you don't have to repay them. Using this tactic you can avoid student loans, thus minimizing the threat of student debt.


When it comes to taking out a student loan, do not panic. The SBS office has informational flyers provided by Nelnet, which offer several useful tips on how to navigate loans. Remember that there is a six-month period after graduation before payments start on subsidized loans.

When it comes to paying of these student loans, The Wall Street Journal suggests five major points on how to pay off debt: one, to borrow only what you need; two, to choose your payment method carefully; three, if possible make payments while still in school; four, make extra payments when possible; and five, to enroll in automatic debit.

Borrowing only what you need will ensure that you will not pay more in principle and interest than necessary. If you don't need the full loan then pay the extra back, as it will reduce payments in the long run. The second point of selecting the payment plan is based on a case-to-case basis.

Federal and private loans offer different types of payment packages, so be sure to choose what best fits you. Paying a little bit in college, even a few dollars, will reduce the amount over time, and some private loan companies will even offer a reduced interest rate for students that pay while still in college.

Being able to pay more than the minimum some months will allow you to pay the debt quicker. There is also an option to have loan payments come straight out of your paycheck, sometimes with a reduced interest rate, and this can help prevent missed payments.

Higher education may be costly, but being able to calmly maneuver through the student loan process can help you save money. 



Graduating students leave behind words of wisdom

BY TRAVIS HUNT AND IVEY MELLEME

Your first year of college can be difficult, especially if you don't know what to expect. Whether you're a freshman or a transfer student coming to a new campus, trying to make friends, find your classes or just get used to college life in general can be a struggle.

We asked graduating seniors what advice they had for incoming students to CI, and this is what they said.

"I would say have a good idea of what your degree can be used for, what kind of job you'll be able to get, before committing to a major." – Josh Smith, business major

"For biology and chemistry majors try to get into research as soon as they can, El Dorado Hall has good resources for that. For all freshmen study hard, join clubs, and go to social gatherings to make connections and friends. Professors are a really great

source of guidance and mentorship. Most importantly, have fun." – Rami Rashed, biology and chemistry double major

"Join a club on campus to meet people and create a community. To visit professors at office hours and don't be afraid to ask questions during class, odds are you aren't the only one that is struggling with it. See what's going on throughout the campus." – Shane Bowers, art major

"Take advantage of office hours, don't take all easy courses (mix it up). Don't skip classes. It's amazing how much you'll miss if you miss just one class." – Andres Zarate, business major

"Read the syllabus. Join clubs and get involved!" – Alyssa Spears, business major

"Do not procrastinate, and build relationships with

teachers." – Claire Lukyn, business major

**“
Join a club
on campus
to meet
people and
create a
community.”**

**-Shane Bowers,
Art Major**

"Don't be afraid to get involved! Join a club, or an organization, it's a great way to meet people who enjoy the same things you do and make some friends. Also,

don't be afraid to ask for help, everyone is just as lost as you!" – Blanca Gonzalez, business major

"Go see their advisor on the first day of school, so they know what classes to take, so they have a sense of knowledge of what they want to pursue after they graduate." – Daniel Chong, business major

"I would say take advantage of professor office hours." – Grace Lozano, business major

"Take summer classes to shorten time here." – Lauren Crone, business major

"Join a club because you never know how much a small gesture can help the CI community." – Jorge Arredondo, biology major



Manage your time with these five tips

BY PAIGE PARKER

Whether you are just entering college, finishing college or are somewhere in between, time management matters. It is an important part of university life to manage your time well because life can get in the way and it may be difficult to keep up with your schoolwork.

In order to keep your grades up, feel stress free and be more accomplished, it is key that one should keep a balanced and healthy lifestyle. This includes eating properly and getting enough sleep.

It can sometimes be hard to figure out what works for you to keep your mind focused on what needs to be done. You can try doing yoga or any other form of exercise to calm the mind. You can even try drawing or journaling.

Time is limited. It seems like a universal fact that people wish there was more time in the day so we can get the hours of homework and studying done while getting a full night's sleep. When you manage your time, you tend to feel more fulfilled as well as get more accomplished.

Five CI students shared with The CI View how they manage their time.

PRIORITIZING TIME

Victorya Thomas-Vanzant, freshman, English major

"Like a lot of other students, I have an issue with procrastination. If I'm short on time, the best method that works for me is prioritizing what's due sooner than my other assignments. This technique helps me focus on what's most important. The healthiest time management method, however, is to start on an assignment as early as possible and work on it little by little so that you don't have a large workload when the due date gets close. The quality of my work in regards to research and length is better if I start early. Starting early also alleviates stress and keeps me from pulling all-nighters."

PREVENT PROCRASTINATION

James Meda, sophomore, biology major

"As a biology major, there is a lot to lay out on a weekly schedule. For me, I deal with all of my courses by preparing in the first few weeks of the semester and analyzing when homework is due. I also check how often I have a test for each course. Most of my professors assign homework every week, which allows me to create schedules, preventing procrastination."

PLANNERS, PLANNERS, PLANNERS

Melanie Ontiveros, senior, sociology major

"I like to plan out my day and any upcoming assignments. When listing assignments, I make sure they are in order of priority. For example, assignments that are due the next day should be at the top of the list. I also make sure to schedule any clubs and organization activities around my classwork to keep a good balance when managing my time."


LIVING STRESS FREE

Mille Lefkowitz, sophomore, early childhood development major

"To manage my time, I try to break up the work I have to do, so I don't get overwhelmed. I set myself a goal for the day and try to reach it, but if I don't, I try not to be too hard on myself."

KNOWING WHEN YOU WILL FOCUS

Xzavier Greene, sophomore, business major

"I centralize my time management on my moods. Meaning I know how I'll feel around a certain time and truly know if I'll be motivated to work on my assignments. Firstly I structure my week around class, then work, and finally assignments." 

Current sophomores share what they wish they had known as freshmen

BY CATHERINE NINTEMAN

Many freshmen come to Channel Islands with big dreams and no experience of college life (save for what is seen in movies and second-hand information from others), but now after spending their first year on campus they've had the chance to reflect on their experience. Many share advice that they wish they could have told themselves at the beginning of the year.

Alexandra Seligman, a liberal studies major, said her advice to herself would be "to join more clubs on campus, because I'm part of two clubs right now and they are really enjoyable and are a great learning experience because you're being placed in a new environment and meet new people."

Seligman also mentioned living in the dorms and stated that, "I love my roommate,

we got along right away (and we respect each other." The only downside of the dorms, she noted, was that there is no air conditioning.

Daisy Ortiz, a health science major, says that her advice for incoming freshmen "is to go to tutoring if you need it because it actually helps." This is a great tip, as tutoring is a free service that CI provides for students.

Tutoring services can be found in the STEM center in El Dorado Hall, the Writing and Multiliteracy Center in the John Spoor Broome Library and the Learning Resource Center, which is also in the Library.

Evelyn Garcia, an ambitious double major in anthropology and biology, says she wished she "would have known how tired (I) would be everyday and how to manage (my) sleep schedule."

For this, it's smart to have a consistent schedule put in place and stick with it, even on the weekends. This will create a habit and will ultimately help maintain a healthy sleep schedule, but this is college so it's

**“
... go to
tutoring if
you need
it because
it actually
helps.”**

**-Daisy Ortiz,
Health Science Major**

very likely that this will be hard to keep up with so it's best to find ideas to help: the internet, on-campus services, family and friends are resources that can help a lot.

"I wish I would have known to be patient," Jenna Skala, a liberal studies major, said. "Everything may seem confusing around campus ... just give it time."

This is something that will develop over the course of each semester, but it's always smart to keep an open mind and know that there are services on campus to help maintain a semi-stress free environment for students. Having a good group of friends can also make having patience easier to accomplish.





The dirty truth about living with other people

BY BRANDEN HOPPER

It's dinner time and you've had a long day of classes. You're tired and all you want to do is make it home in time to indulge your favorite guilty pleasures — Jeopardy and Hot Pockets. There are three cars in front of the house when you arrive. Your heart drops, leaving you with a nasty, topsy-turvy feeling in your stomach, one reserved for the special kind of nausea you associate with your roommates.

Inside you find that someone is absentmindedly watching something on TV. From the other room, an unbearable smell emanates from the week-old stack of dirty dishes in the sink and the microwave you'd planned on using to prepare your ham and cheese delicacy is caked with re-fried beans that someone apparently detonated for the sole purpose of seeing how long it would take for the mess to stick to the sides, crispy and unmovable.

Living with people is hard. Often, we struggle cohabitating because we have our own routines, schedules and habits. Navigating the milieu and attitudes of one or several other people is enough to test the most patient of individuals, so I'm going to do you a solid. Here are the five best ways to make it through college with roommates.

COMMUNICATE

Just like in your everyday interactions, communication is key to navigating your experiences with roommates. Make sure

you're willing to talk with your roommates about your likes, dislikes, pet peeves and varying schedules.

It's much easier to have a cordial conversation when you first meet than to end up yelling at each other later about things you, or they, weren't aware of. A lack of communication can easily breed resentment amongst roommates and resentment is the quickest route to a toxic living space.

CREATE A CLEANING SCHEDULE

Chores! Chores! Everyone loves chores ... said no one ever. Here's the thing, though: it's of monumental importance that you and your roommate or mates have a discussion about what should be cleaned, when and by whom.

But, "I'm an adult" you say. "Can't a group of adults just keep a house clean without delegating chores to each other?" you ask.

No, no they cannot. You'll pat yourself on the back when you and your roomies are enjoying a clean space because you created and stuck to a cleaning schedule that works around everyone's personal schedule.

BE RELATABLE

Okay, so here's the deal. Maybe you've known your roommate a long time. Maybe they're someone you met on Craigslist, or maybe they're one of your best friends. What's important is that you remember that just like you, they are people with individual schedules, desires and ideas.

Sure, it's annoying when someone leaves dishes in the sink but unless you never, ever, for the rest of your stay there, leave a dish in the sink — try and let ride. Basically, just be aware that everyone in the house is going through much of the same things you are and that finding a way to relate to that will create a much more harmonious and graceful place to live.

DON'T SLEEP WITH YOUR ROOMMATES

This one seems pretty self-explanatory, but you'd be surprised. Look, people are people and we can't always choose who we're attracted to. We can choose, however, not to become romantically or physically involved with the people we live with.

Doing so can cause a laundry list of problems not just for you and the other person, but for anyone else living with you. It's uncomfortable, it's hard to talk about and no one wants to feel like they can't hang out in the living room because someone's been "studying" for three hours.

BE REASONABLE

Living with people is all about give and take. It's important that you be reasonable in your expectations and as objective as possible when critiquing your own actions.

Again, communicating is a big part of easing stress and tension in a living space but having reasonable expectations of the situation and your roommates will help keep everyone from blowing things out of proportion and harboring resentments. After all, the goal is to have fun and make some new friends and the best way to do that is to treat everyone in the home as you'd like to be treated. 🤝

Beginner's guide to living in the dorms

BY ALEX GUERRA

Let's face it, the high school life had one perk: you got your own place. A house to come back to, a room with a bed, TV and Xbox, a room you could call your own (unless you were sharing it with siblings). It was great!

Once you move into the dorms, though, it could be a hassle. It can be difficult moving from your old room to this new one, especially if you are so used to it. Sure, you could always spice up the room just like the one back home: set up your gaming system, your laptop and several posters. It'll eventually feel like you're back at home ... well, except for a few differences.

Still, dorm life is something that takes some getting used to. So, if you're a freshman or transfer student looking to live in the dorms, read on! Here's everything to know about living in the dorms, what it's like and some tips on how to survive the transition from home life to dorm life.

First thing you should be aware of is that you will be paired with a roommate, whether you know that person or not. During the housing application process you'll have to input the name of the person you want as your roommate, but even then you aren't necessarily guaranteed that specific person.

If you opt not to do this, then you can be randomly placed with any roommate, that is, according to the roommate profile you make. This is where you can be more specific with what you want. Your studying habits, when you fall asleep and wake up, do you like things quiet or noisy, as well as anything else people should know about you.

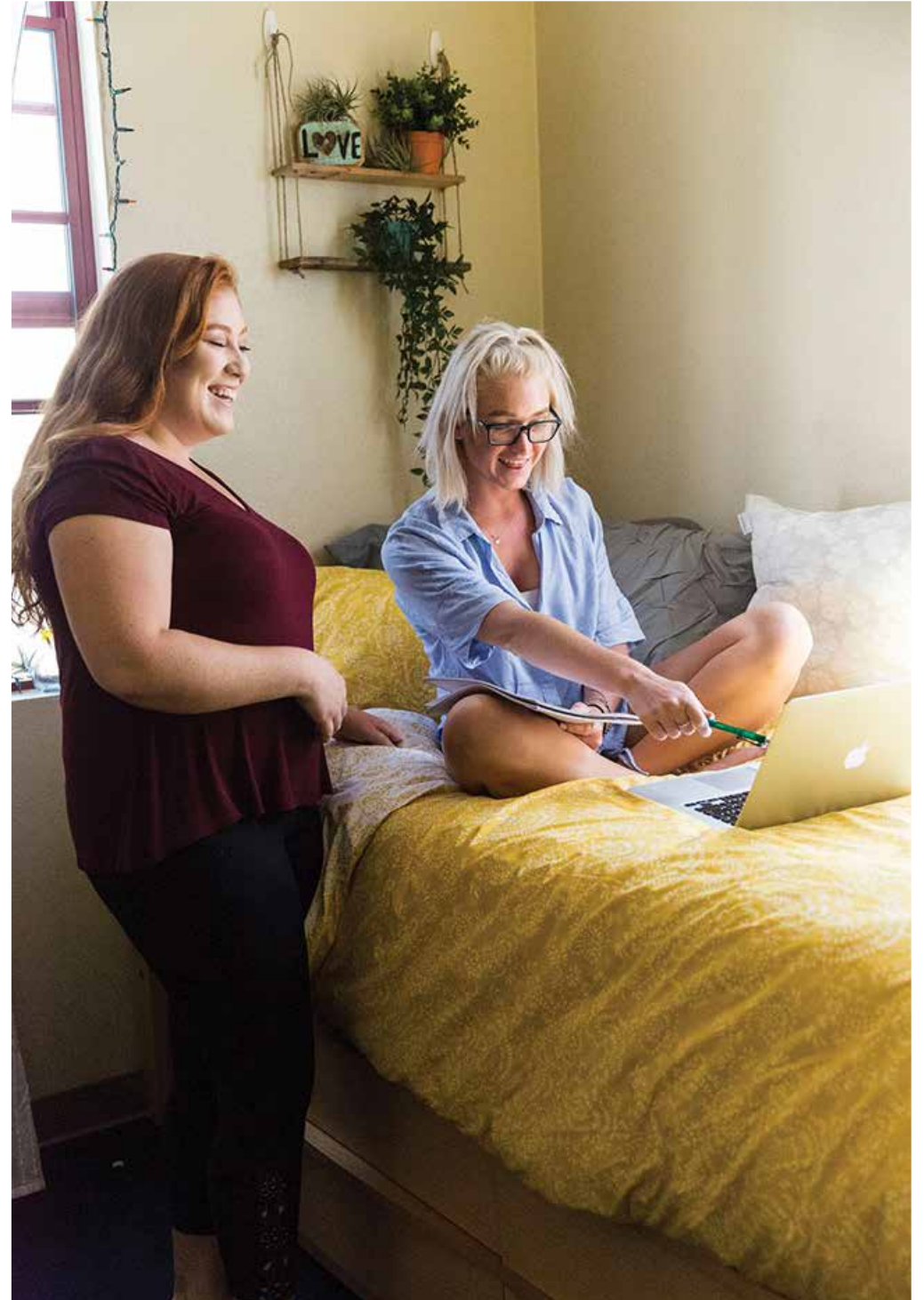
So the roommate selection process is not entirely random, but you can still be placed with some random stranger who's the complete opposite of you. Sometimes the roommate you are paired with may not be as cheery, sporty or as positive as you are. This leads to the next part of how to live in the dorms.

In the event you are paired with a roommate who's the complete opposite of you, sometimes it's best to keep it cool. In other words, just be friendly. You don't necessarily have to be BFFs with your roommate.

Although, if you do become BFFs, that's great! It worked out perfectly. But if you don't, just be yourself and be courteous. Be friendly, show respect and you'll get along fine.

A final thing that should be mentioned to make the transition to dorm life better is to bring anything that can really spice up your room. From posters to a TV, you can really make the dorm more home like.

Also, be sure to really get involved with activities on campus. You may find yourself in the dorm a lot, whether you're doing homework or studying, sitting alone or with your roommate. So, get out! Go to the block parties! Part of what makes living on campus fun is that you can really get everything great out of a college experience.



Students spend time together in one of the dorms. CI offers a range of dorms and housing to students living on campus. Photo credit to CI Communication and Marketing.



Learn self-defense with R.A.D.

BY IVEY MELLEM

Have you ever wanted to learn self-defense, but never had the time or never knew where to start? Well, look no further than CI's Rape Aggression Defense Systems (R.A.D.) class. This class is taught every semester by CI's Police Department to female students, staff and faculty.

R.A.D. is a national program with the mission to "provide educational opportunities for women, children, men and seniors to create a safer future for themselves" in the form of self-defense and prevention, according to their website.

CI's R.A.D. class consists of four sessions that are three hours each. Participants will learn about awareness and prevention of rape and

other aggressive assaults, both through forms of self-defense moves and ways to be aware of and avoid situations that could put them in danger.

At the end of the class, upon attending all four sessions, participants will finish with a simulation and will be awarded a stamp and/or signature to signify their completion of the class.

The best part? With this completion, you can take any R.A.D. class anywhere across the country for free — this is their Lifetime Return and Practice Policy. You can take the entire class again as a refresher, or just the last class for the simulation.

When I walked into the first session, I wasn't sure what to expect since I'd never taken a self-defense class

before. But when I left, I was surprised at how confident I felt in case I ever had to defend myself against an attacker.

The environment is open and welcoming, as you come together with your classmates for warm-ups that then lead into group activities. Getting to know your fellow classmates also helps create a sense of community, allowing everyone to come together for support.

The instructors, who are members of CI's police force, are friendly and understanding. They're there to help you if you ever have questions or struggle with the class, and will ensure you leave armed with the knowledge and know-how of self-defense.

For CI's R.A.D. class, participants can sign up before the day of the first session. You will have to write down your name and information, leave a \$20 deposit and sign a few waivers, but if you complete all four sessions you will get your money back.

While CI's R.A.D. classes are for females only, there are male R.A.D. programs available. Unfortunately there hasn't been enough interest at CI for a male class, but the Police Department is willing to bring it back if there is enough interest to put together a full class.

As someone who took the class, I highly recommend it to my fellow students, as well as faculty and staff. It may sound daunting, or



A Rape Aggression Defense (R.A.D.) instructor prepares to run an attack simulation with a student during a R.A.D. class. R.A.D. is designed to teach self-defense and preventative measures against sexual assaults and other attacks.

even unnecessary, but these self-defense techniques give you a major advantage in case you ever find yourself in a scary situation.

To learn more about R.A.D., visit their website at www.rad-systems.com.

For more information about CI's R.A.D. class, contact the CI Police Department and keep an eye out for emails and advertisements for next semester's class dates. Stay safe, everyone! 🛡️

Make friends on and off campus

BY KAYLA MUNOZ

As many know, making friends can sometimes be hard but in the end, it can be worth it. Remember, you can always be yourself as you should never be afraid of what other people think.

Friends can be everywhere and anywhere but be careful who you encounter out there. Luckily enough, either out there in the world or here at Channel Islands, there are plenty of chances to find friends!

As students, there's a way to use the time with your classmates to make new friends. Some find it hard to talk to others because they have anxiety or they are simply shy. Create small goals when encountering other people by saying hi or asking to borrow things, which can help you be less afraid to bring up a conversation, and there are more ways, especially when it comes to group discussions or projects.

Group projects can provide you some time to get to know some of your classmates, and group discussions can help to break down the fear of talking out loud. Try asking some of your classmates if

they want to get something to eat or if they are getting something later.

Although not everyone dorms on campus, many live in apartments around campus, so another way to make friends is to talk to the people around you. Sometimes simple questions can give you the opportunity to see what you have in common.

Small talk can develop into friendship if you make an effort; this can occur anywhere, ranging from the store to waiting in the elevator to many other situations. This is also where you could start a more meaningful bond with the people around you. Remember that sometimes these things take time and that it's okay if it takes a few tries, so just do what works for you.

Students also tend to get jobs, especially since tuition can be so expensive, so making friends can be done at the workplace. At work, you'll encounter many of the same people on a consistent basis so utilize this chance to start a conversation.

Some ways to start the conversation is to mention how they like the job or

if they need help, or even asking if they want to get something to eat. It's good to introduce yourself, as it helps establish that you intend on talking to them more.

Keeping track of someone's name is also a good way to show that they are important to you and that they matter. If you have trouble remembering names like me, try associating things with them like what they look like or who they remind you of.

Friends can be a tricky thing sometimes, but know that you are amazing and if anyone says any different than they aren't worth your friendship. Don't try so hard to hold onto the people who don't care about you, and just be your wonderful self.

Make small adjustments to your conversations if you need to, but go at the pace that suits you. There are plenty of fish in the sea, and millions of possibilities waiting to be explored. Don't worry if you have to let a few go, because there are plenty more out there!



Find food on campus to fit your budget

BY JULIA CHENG

Eating on campus is inevitable, especially when school and/or work gets in the way of planning your meals. Thankfully, there are options at CI for everyone to meet their different budgets and tastes.

Read on for suggestions on where to eat based on your budget.

ALL THE MONEY

If you don't need to worry about pinching pennies, Town Center is the place for you to grab lunch. The following four dining locations are offered in Town Center: Pizza 3.14, Tortillas Grill and Cantina, Town Center Market and Q Dumpling.

Between the two populations of the University Glen neighborhood and the CI students, faculty and staff, the restaurants at Town Center can afford to have higher priced meal options.

Pizza 3.14 offers pizza and other Americanized Italian options. Tortillas Grill and Cantina offers Americanized Mexican foods and is the only restaurant that has a bar.

Town Center Market has a large selection of snacks, some basic toiletries, a self-

serve soft serve ice cream area, alcoholic beverages and a deli counter all available to the community. The newest restaurant in Town Center, Q Dumpling, specializes in Americanized Asian foods including steamed dumplings and boba beverages.

MEH MONEY

If you don't have a lot of money but can still afford to buy a meal out every once in a while, try one of these more moderately priced options: Lighthouse Cafe, the Sea Store, Islands Cafe and Freudian Sip.

The Islands Cafe could also be considered the school's cafeteria because housing students have meal plans that only apply to this location on campus. The Sea Store, located in the Student Union, offers a variety of snacks, premade sandwiches and salads and basic school supplies, making it a good location if you are in a rush and need to get something quickly.

The Lighthouse Cafe is also located in the Student Union and offers food like cold or hot sandwiches, burgers, soups and more. Freudian Sip is the mini-chain of coffee shops at CI offering coffee drinks, smoothies,

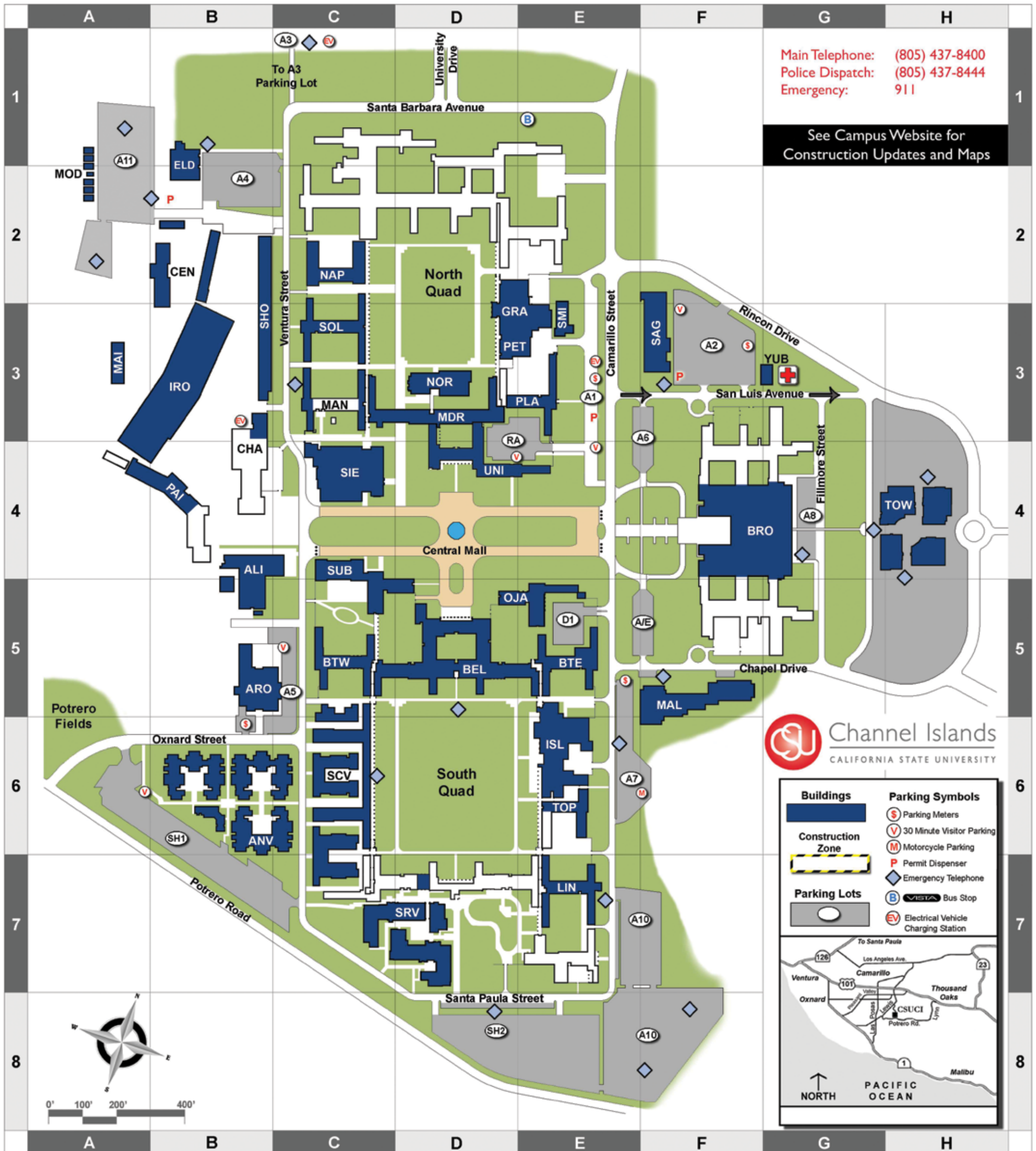
pastries and some premade sandwiches and salads with three locations on campus — one next to the Lighthouse Cafe, one on the first floor of the John Spoor Broome Library and one located in the Town Center Market.

BUDGET? I HAVE NO MONEY TO BUDGET, I'M A BROKE COLLEGE STUDENT

If all of your money is going towards school, housing, transportation and other life necessities, then stop by the Dolphin Food Pantry when you're strapped for cash but need something more nutritional than ramen.

Located in Arroyo Hall 117, the food pantry is open Monday through Friday from 8:30 a.m. to 4:30 p.m. Having personally donated and taken food from the pantry myself, I greatly appreciate having this option available to students on campus. Students are allowed to take up to five food items daily and as many toiletry items as they need.

At CI there is always a delicious meal available that meets your budget. Enjoy! 🍴



Main Telephone: (805) 437-8400
 Police Dispatch: (805) 437-8444
 Emergency: 911

See Campus Website for Construction Updates and Maps



Buildings	Parking Symbols
Buildings	Parking Meters
Construction Zone	30 Minute Visitor Parking
Parking Lots	Motorcycle Parking
	Permit Dispenser
	Emergency Telephone
	Bus Stop
	Electrical Vehicle Charging Station



BUILDING	GRID	BUILDING	GRID	BUILDING	GRID
ALI	Aliso Hall	B4	IRO	Ironwood Hall	B3
ARO	Arroyo Hall	B5	LIN	Lindero Hall	E7
ANV	Anacapa Village	B6	MDR	Madera Hall	D3
BRO	Broome Library	F4	MAI	Maintenance Stores	A3
BTW	Bell Tower West	C5	MAL	Malibu Hall	F5
BEL	Bell Tower	D5	MAN	Manzanita Hall	C3
BTE	Bell Tower East	E5	MOD	Modoc Hall	A2
CEN	Central Plant	B2	NAP	Napa Hall	C2
CHA	Chaparral Hall	B4	NOR	Del Norte Hall	D3
ELD	El Dorado Hall	B2	OJA	Ojai Hall	E5
GRA	Grand Salon	E3	PAI	Paint Shop	B4
ISL	Islands Cafe	E6	PET	Petit Salon	E3
			PLA	Placer Hall	E3
			SAG	Sage Hall	F3
			SCV	Santa Cruz Village	C6
			SIE	Sierra Hall	C4
			SMI	Smith Decision Center	E3
			SHO	Shops	B3
			SOL	Solano Hall	C3
			SRV	Santa Rosa Village	D7
			SUB	Student Union Building	C4
			TOP	Topanga Hall	E6
			TOW	Town Center	H4
			UNI	University Hall	D4
			YUB	Yuba Hall	G3