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clocktower

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HOW TO BEG FOR YOUR GRADE AND NOT ALIENATE YOUR PROFESSOR



Safe and Sound will be returning next week, in issue 89.19. Abner Campos and Jordan Zy will be examining LGBT+ issues on our campus.

## HOW TO BEG FOR YOUR GRADE AND NOT ALIENATE YOUR PROFESSOR

*True stories about how your peers passed when they shouldn't have*



JORDAN ZY

You've taken a wrong turn and you're going to fail your class. It is time to face the music—you need to talk to your professor about your grade. How did you get this far behind? I don't know, I'm just a Clocktower reporter. But I've had my own experiences with begging a professor for a grade, and I can give you some advice on what will work and what won't work.

The worst thing you can do is avoid the problem.

I know I used to skip class to avoid awkward confrontation with my professors. Skipping class, living in denial and not checking your grade has never helped. Ignoring your grades may save you from stressing out for now, but it could get worse if you wait to fix your problems.

Honestly, the more you skip, the more you'll want to skip, and your grade goes in the toilet when you miss more than four class periods.

The best thing you can do is save face with your professor.

Go in and talk to them, let them help you help yourself. I know it's not easy, I personally hate asking for help or pointing out my failures. But once you gather some courage, it is well worth it to proactively help yourself by talking to your professors. Biology professor Dr. Corraine McNeill says, "If a student is doing poorly and they need to pull their grade up, proactively speaking, they shouldn't wait. I tell my students to come talk to me throughout the semester. I will sit down with you talk as long as you need. I

just want my students to know that I care about them and their success. Coming as an international student, I know what it means to struggle in college. So I don't want to take my students' grades for granted."

Professors at Union want you to succeed. If you have shown interest in the class and kept up with your homework, that goes a long way. But when you mess that up (guilty), showing that you have initiative to ask for a way to make up the work is the next best option.

If you need to beg for your grade, don't feel too bad. You're not alone, many students have a story about how they had to humble themselves and get help from a professor. Senior English education major Slade Lane once offered a professor ice cream if he could retake a test, unfortunately for him, "Bribery did not work." But what does work is being sincere and taking ownership of your actions. "Take responsibility for your actions first, and you've taken care of half the problem already," says Human Development Chair Denise White.

"Don't give excuses, take responsibility for your mistake and ask for a plan you believe will help you finish strong."

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Honesty really is the best policy.

Honesty worked for all the success stories I've heard. While asking to remain nameless, my sources had some luck with asking for a hope of a passing grade. A business major admitted to his professor of an online course that he was working a lot and lost track of his homework. "I told her I was willing to put in the time to make up or redo any work to go from a C to an A. With my track record until then she was willing to hear my case."

A theology major told me a story about a time he knew he needed a 76% to pass the final of a major class, without which he would

not be able to visit Jerusalem that summer. He emailed his professor, and, even though he sounded “pitiful,” passed the class.

So talk to your professors and just be honest, you messed up. Your made-up excuses are transparent and unimpressive. Show

them you take pride and initiative in your own work, because it is never too late to start. And in the end, honesty is not only the best policy, it is also the most efficient way to get what you need to survive the rest of this school year. So take initiative and save your GPAs. Finish strong Union!

*Jordan is a senior studying psychology.*



## DEBUNKING THE MYTH ABOUT “ONE LITTLE SIP”

*How Moderation Management is reshaping the way America views alcoholism*

**NIGEL SUMERLIN**

*Editor’s Note: While AA works for some, and even though Adventism and Union College don’t condone the consumption of alcohol, we understand that for those struggling with addiction, options to overcome such vices must be talked about.*

Growing up at a Seventh-day Adventist boarding academy, I remember attending a celebration of the school janitor’s 20th

anniversary being married to his wife. He gave a speech, thanking his wife for her support in their journey out of alcoholism. Part-way into their marriage, he told us, they had both joined Alcoholics Anonymous. Although they both saw themselves as alcoholics, they had been sober for more than a decade.

This janitor was very open about

his history and ready to share with the students and the community of staff where he had come from and how he had escaped. At one of his worship talks in the men’s dorm, we were told that just one drink would catapult him into the despair of his old lifestyle. Prayer and surrender to God, he exhorted, was the only thing separating him from the shackles of alcoholism.

Alcoholics Anonymous (AA) was established in 1935. Since then, its message of complete abstinence from alcohol has become the most widely accepted form of treatment. When other forms of recovery were tested and shown to be successful, they were overshadowed by American’s acceptance that AA was the best way to escape from the carnage alcoholism inflicts upon its victims.

The AA “bible,” otherwise known at the Big Book, asserts that 75 percent of people who use AA and give it their full effort recover. But this is a broad assertion, given that the nature of AA is anonymity and the program is notoriously difficult to study. Nonetheless, Lance Dodes, a

retired professor at Harvard Medical School extensively studied retention rates and sobriety of AA members. His findings, published in his book “The Sober Truth: Debunking the Bad Science Behind 12-Step Programs

**When other forms of recovery were tested and shown to be successful, they were overshadowed by American’s acceptance that AA was the best way to escape from the carnage alcoholism inflicts upon its victims.**

and the Rehab Industry,” were far from encouraging, showing that the actual success rate of AA is somewhere between five and eight percent.

“The Handbook of Alcoholism Treatment Approaches” ranked various treatment methods. Out of 48 different methods, AA ranked a low 38. Despite being the most popular treatment program for recovering alcoholics in America, AA is far from being the most effective.

A close friend of mine’s mother is

a recovering alcoholic. My friend vividly remembers her mother's first DUI, and the consequences she received in court. Among fines and restrictions, the judge required my friend's mother to regularly attend AA meetings for two months. Indeed, 12 percent of AA members today are required to be there by court order.

My friend also distinctly remembers her mother's second DUI, and the many different prescription drugs she abused after her stint with AA. Although many who do not find success in AA undoubtedly have not committed to their own recovery, this story shows the futility of treating AA as a cure for alcoholism for everyone.

Hope still abounds for those struggling with alcohol abuse, though. Many different methods besides AA exist for treating alcoholism. One that is quickly gathering attention is an organization called Moderation Management (MM).

In her article for "The Guardian," Amy Girvan describes MM as starting off with a 30 day stint

with no alcohol, followed by a slow reintroduction of alcohol and a strict plan to limit intake. This program is a flexible way of controlling an alcohol habit, without the painful guilt and self-loathing that recovering alcoholics often inflict upon themselves after one small misstep.

According to the organization's director, Marc Kern, "The current status of the addiction field is based 97% on this black and white idea that you're either an addict or you're not, and if you're an addict the only path is abstinence."

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**The actual success rate of AA is somewhere between five and eight percent.**

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This new program provides a method of delivery where MM members feel like they have a sense of control over their problem, and takes away the devastation from slipping into old habits. Members feel like their support group and the program meet them halfway and work with them towards recovery.

There's a lesson to be learned from the way MM treats people who want to limit their alcohol consumption. Things aren't as black and white as we like believe, and finding the best solution often means accepting that there is a whole spectrum of grey where people land.

A single drink or even a night of drunkenness doesn't immediately constitute an addiction, or qualify a person for an extensive rehabilitation program such as

First Step. Although many people have been rescued by the strict abstinence AA promotes, many have been driven to anguish and further drinking by that very same approach. Demonizing alcohol can often be destructive and cause more problems than it prevents. Compassion and understanding has far greater potential to encourage people to be responsible and safe than harsh punishment or scolding could ever hope for.

*Nigel is a freshman psychology and history major.*



## EMLY WOOD

"I definitely run into a stump trying to fit in all of my general education classes. As I get further into my degree there is simply no time. My schedule is full!"

Sound familiar? For Ashley Ryan,

## LEADING THE WAY

*Union introduces new four-year renewable scholarships*

junior nursing major and transfer student, it's a reality she faces every time registration rolls around. But, thanks to changes in the LEAD program, life for future students in a professional track just got a lot easier.



Next year a new general education track will reduce LEAD (general education) requirements for students in professional programs, such as nursing, education and IRR with a parametric emphasis. The requirements will drop to 40 credits from 54, giving students the option of more electives, a minor or for some simply the chance to graduate on time (128 hours will still be needed for graduation).

“Above all, this is being done to help students,” said Malcolm Russell, vice president for academic administration. “By having fewer required hours, the consequences of changing a major, transferring schools or taking unrequired classes will not be as heavy. In theory, we’ve given students 15 hours of choices they didn’t have before.”

Not exactly sure what general education requirements are? Essentially, they’re a collection of credits required by all majors for a degree. These courses, added on top of your mandatory major classes, are aimed at broadening your skills beyond what’s required for your area of expertise.

They also come in handy during freshman and sophomore year by giving you some time to explore before you “settle down” on a degree.

While having this extra time and a well rounded education is beneficial, for professional degrees that lead to specific careers, such as nursing, education, or IRR, heavy requirements can prevent students from graduating on time, or limit their exploration of other areas of interest. “Preparing a student for a specific job is different than a liberal arts degree, in which someone pursues knowledge and skills in their field as well as a working understanding of other key disciplines,” said Russell. “For a general type of employment, it is good to have a general type of education. But someone training for, say education, needs to fulfill specific requirements by law and doesn’t have the luxury within 128 hours to survey many other courses.”

And, this change may appeal to transfer students whose credits don’t always match up with the specified requirements. Now with more elective options, they can

rest easy knowing their efforts are still recognized.

“One thing we’re hoping is that this change will enable more students to take a minor or emphasis,” said Russell. This difference can help you in a job interview where striking up a conversation about your minor can create common ground.

“It can also prepare a student for graduate school where specific courses may be required for admittance; it shows focus,”

Russell concluded.

This change may appeal to transfer students whose credits don’t always match up with the specified requirements. The exciting news is that this track is just the beginning of developments for changes to the LEAD requirements for all students. In the future, there is discussion of lower general education required credits so all students can have the freedom of choosing more electives or adding in a minor.

*Emily is a sophomore studying communication.*



## ABNER CAMPOS

“Why is it that I can sit down and watch a TV show uninterrupted for 30+ minutes, but I can’t sit and listen to a sermon for more than 10 before pulling out my phone?”

## THE CHALLENGES OF SITTING THROUGH A SERMON

*CVC Head Pastor Harold Alo-mia gives his two cents*

This post, by junior biomedical science major CJ Middlebrooks, appeared on my Facebook feed recently and quickly racked up multiple likes and comments. This post reflects a shared truth for so many young high school-

ers, college students and parents alike. It seems that our attention span has either destructively decreased or sermons are dangerously boring. Maybe it's both; maybe it's neither. Searching for an accurate and credible answer, I interviewed the lead pastor at College View Church, Harold Alomia, for his thoughts on the problem.

"Why do we have a hard time paying attention to a sermon?" I asked.

"Because you're on your phone too much," Alomia replied with a strong chuckle, before continuing. "Because we will listen to TED talks or watch movies for two hours, but that's a good question."

He recognized studies revealing a trend in shortening attention spans but challenged them, as we're able to binge watch TV shows and movies for hours. Affirming that our attention spans have been modified because of social media and other technologies, he said a lot of it has to do with "what is being said and how it is being said and the relevance

of the message and how we can bring the words alive from Scripture." Just like your average Joe, Alomia isn't completely immune from dozing off or finding himself scrolling through his Instagram feed during a sermon.

However, the finger has to be pointed in both directions. Sometimes we need to force ourselves to pay attention and

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**Just like your average Joe,  
 Alomia isn't completely immune  
 from dozing off or finding him-  
 self scrolling through his Insta-  
 gram feed during a sermon.**  
 .....

.....  
 be intentional by putting our distractions away. Other times, not so much. Alomia confesses that there are instances where he has tried to pay attention, but the message doesn't compel him to. But other times he feels the messages are absolutely worth his attention. He gave the example of his experience at "the One project," an annual conversation around Jesus that held this year in San Diego, California, in February. It was here that he found himself without distract-

tion. Why? Because the messages were compelling, challenging and engaging.

Toward the end of our conversation I noticed three key components that Alomia emphasized for difficult and lack of interest for “sermon-ears”: Lack of preacher preparation, the absence of audience intentionality and lack of presence by the Holy Spirit.

Lack of preacher preparation occurs when he / she is unprepared, doesn't speak about audience-relevant topics and when their style is boring and uncharismatic, causing disinterest in their audience.

Absence of audience intentionality occurs when they come with a mindset not of learning and engaging, and when they become distracted easily by their phones or other devices.

Lack of presence by the Holy Spirit can occur whenever both preacher and audience chooses to disengage from It. “You have to put it in the Lord's hands,” begins Alomia. “You know where

the Lord takes care and takes control of the delivery.”

While laughing, Alomia stated that there are simply some who aren't good at delivering a mes-

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sage but others who are masters at it. However, he declared that God can use anyone no matter the skill to spread His Word.

There you have it. It can be difficult to pay attention to a sermon because of the preacher's preparation, the audiences intentionality, and/or the absent invitation of the Holy Spirit.


Let that change the way you church. Be purposeful about receiving a blessing; put away your handheld distractions and engage in what is being communicated.


*Abner is a sophomore Theology major.*


APRIL						
SUN	MON	TUE	WED	THU	FRI	SAT
12 National Library Week	13 National Library Week 3:30-5:00pm Academic Council	14 National Library Week	15 National Library Week	16 Preview Days National Library Week 10:30-11:30am Academic Assembly	17 Preview Days National Library Week Div of Science and Mathematics to NE Academy 8:00pm Vespers: Power Pac Sunset: 8:08pm	18 Preview Days National Library Week CVC:Power Pac 8:00pm V2 Club Night Sunset 8:09pm
19 Preview Days 8:00am National ACT	20	21 10:30am ASB Convocation 11:30am-1:00pm ASC 11:30am-1:30pm Div of Human Development Picnic Lunch	22 Div of Human Development Picnic Lunch Junior Portfolio Revisions Due 2:30-4:00pm LEAD Committee	23 10:30-11:30am General Assembly	24 Div of Business/Computer Science Senior Recognition Dinner 8:00pm Vespers: Fine Arts Concert Sunset: 8:15pm	25 CVC: Power Pac 8:00pm Vespers: Fine Arts Concert Sunset: 8:15pm



THUMBS UP | THUMBS DOWN

 Thumbs up to Roderick finally choosing me for thumbs up thumbs down - **Joe Hofmann**

 Thumbs up to Albert Pujols - **De'Von Morris**

 Thumbs up to wolf dogs that melt my heart - **Katie Campbell**

 Thumbs up to step ladders - **Elena Cornwell**

# WE CAN'T HEAR YOU.

Yeah, we're going to need you to speak up.

Like us, hate us or anywhere in between, we'd love to hear why. Have a story you'd like to pitch? We'd love to craft it. Did you just make a big breakfast? Tell us why your mother's German waffle recipe is better than Paula Deen's.

Basically, write us.

Voice your opinions by emailing [cltower@gmail.com](mailto:cltower@gmail.com) and add to the conversation by connecting with us on Facebook at [www.facebook.com/ClocktowerASB](http://www.facebook.com/ClocktowerASB) and online at <http://clocktower.ucollege.edu>.



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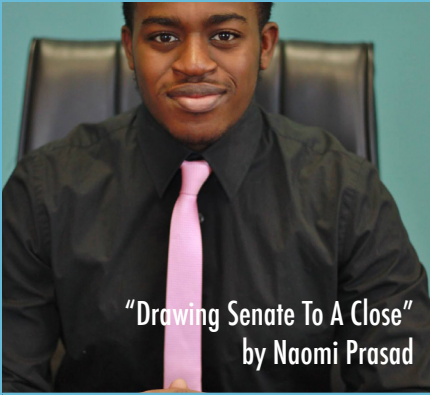
**“What’s the best thing that’s happened to you recently?”**

“I got to go to Disneyworld over spring break because I love Disney. And it makes me feel like a kid again. And my friends allowed me to act like a little child the whole time, and didn’t judge me, and they still hung out with me.”

*-Kerri Vogler, Senior, Psychology*

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*Humans of Union College is  
compiled by Roderick Stickle*

Why did the chicken cross the road? Find out by reading The Clocktower online at <http://clocktower.ucollege.edu>.

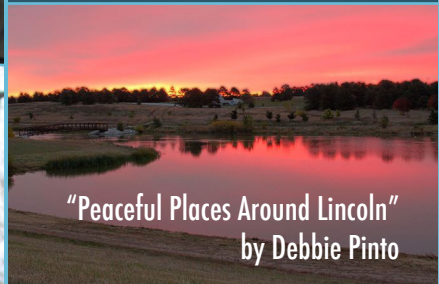


"Drawing Senate To A Close"  
by Naomi Prasad

Ever heard of the "sin" tax?  
Well, you might be hearing  
about it real soon. Read  
more online!



"Extending Beyond, Spirit, And Body"  
By Stefani Leeper



"Peaceful Places Around Lincoln"  
by Debbie Pinto



"Safer Birthing In A Bag"  
by Katie Morrison