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ADHD DOESN'T HAVE TO BE SPOOKY

AIVERY SHUCK ('26)

This upcoming Tuesday, students and faculty are encouraged to join the Psi Chi club in Library 323 at 7:30 p.m. for their event, "ADHD Doesn't Have to be Spooky".

ADHD stands for attention deficit hyperactivity disorder, and it is a disorder that may make it difficult to focus or control impulses. In 2023, it was estimated that 15.5 million (6.0%) of U.S. adults had a diagnosis of ADHD (CDC). More than half of the adults (55.9%) received their diagnosis during adulthood and approximately one third of adults with ADHD do not receive treatment (CDC).

October is ADHD awareness month, and this event hopes to bring awareness to an often misunderstood and stereotyped mental disorder.

Psi Chi has created a panel of professionals and

students to share their knowledge on the disorder, as well as explain how it affects their lives, and how they adapt and thrive in academic settings.

The vice president of Psi Chi, Anna Lloyd ('26), said, "The goal of the event is to encourage those with ADHD and educate their peers surrounding this experience."

Psi Chi is an organization that expands across the nation. It is for psychology students who wish to promote awareness of mental health on college campuses and the student body.

Megan Sensenig, the president of Psi Chi, said, "The mission statement of Psi Chi is 'recognizing and promoting excellence in the science and application of psychology.' At Houghton, this looks like being a resource for psychology majors and minors and hosting events to improve and educate about mental health."

This event is one of many that Psi Chi hopes to hold on campus. "We will host different events throughout the year related to psychology and our members are resources for anyone pursuing or considering a degree in psychology. We're planning other events for the near future and we couldn't be more excited," expressed Secretary Clancey Cockle ('26).

Treasurer Aidan Fish further explained that "people can expect authentic conversations about what it is like to live with ADHD. We will be diving into how it affects life as a college student."

This event is a good way to introduce the campus to Psi Chi and to help educate the student body on mental health. Not only will there be engaging discussions and enlightening new information on AD-HD, but there will also be fun Halloween candy and snacks! ★



ADHD Poster

COURTESY OF PSI CHI

Black Students: Diversity at Houghton

ABIGAIL BATES ('26)

In Houghton University's 2022-2023 academic year, 7% of the student body were black, 2% were Asian, 1% were Hispanic and 6% of the student population were non-resident aliens. The highest percentage of the student body were white (74%) and the majority of full-time staff (89%) were white as well (U.S. Department of Education).

"Most people from Houghton come from small towns, so they don't really see diversity - I think Houghton is a place where, once you get to know people, you get to know them. But you have

to be intentional," Kenadi Hawkins ('26), a black American student said. "If you don't intentionally go up to somebody and get to know them or eat with them, you're not going to know them and they'll always have that preconceived assumption about you."

Hawkins is the vice president of the Black Heritage Club and the Diversity and Inclusion Representative. Black Heritage Club's President Bethany Tubman '25, a black American student, was a Mosaic Center Ambassador her sophomore year and the Diversity and Inclusion Representative the following school year. They are both representatives on HU's Diversity Committee.

Tubman recalled people who left Houghton due to off-campus racism. She said that "people on the outside of Houghton tend to be more aggressive in how they feel to-

wards people" of different cultures and skin colors. Nana Kwame ('25), a Ghanaian, agreed, recounting experiences with people who were neither students nor employees.

When Kwame first experienced Houghton's community in-person (he started online in 2020), "diversity wasn't really a thing." He said that diversity has been improving, but he feels "like it can be better."

Vice President for Student Life Bill Burrichter chairs the Diversity Committee. Associated for 35 years at Houghton University as a student and an employee, he stated that while the campus is more diverse today, it remains a challenge for the university.

HU's Diversity Committee—composed of 1 faculty, 1 staff and 5 students—supports the initiatives of minority-serving organizations: Black Heritage Club, Hispanic

See **DIVERSITY** page #2



Diversity Hand Graphic

COURTESY OF KAITLYN AVERY

Question of the Week!

Who will you vote for in the upcoming U.S. Presidential election?

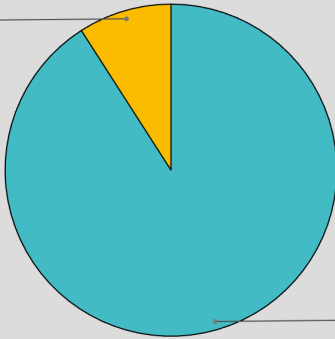
Weekly questions open to anyone affiliated with Houghton University.

Also on the STAR website & HUB.



Who owns more sweater vests? Prof. Douglas Gaerte or Prof. Peter Meilaender

Prof. Meilaender
9.1%



Respondents:

- Current students (10)
- Former students (0)
- Faculty/staff (1)

Prof. Gaerte
90.9%

formed in response to a publicly discussed racial hate crime on HU's campus. Since the creation of the committee, the Bias Incident Form has become more available on the university's website and the Mosaic Multicultural Center was opened and then closed in the 2023 Spring semester.

"I think the biggest thing for us institutionally is for us to continue to be curious," Burrichter said. "Continue to ask questions. To seek to know, to understand. And then a willingness on other people's parts to share some of that, and to help us understand."

He explained that the committee's purpose is to increase understanding and awareness about diversity on campus. In committee meetings, they review initiatives and the institution's diversity statement. Additionally, Burrichter mentioned that the committee has been positive in increasing communication between HU's administration and students.

"I think those initiatives are directly because of [Houghton's] longing to diminish the impact of racism," Tubman said. "When in reality, you're not going to be able to stop it. It's a societal ill."

Students pushed for the right to participate in the creation of Houghton's diversity statement, she said. Tubman and Hawkins explained that the committee has looked at diversity statements of several Wesleyan colleges as they work on HU's own.

"The purpose of the diversity statement is to put this expectation for, not only students but staff and faculty, to say like 'if you don't adhere to this, there's accountability,'" Tubman said.

Students report various concerns, including incidents of racism or potential bias, by emailing Burrichter, Katie Breitigan (Dean of Students and Director of Student Life), Resident Assistants, campus-wide officials or by filling out the Bias Incident Form. HU's Marketing Department also informs Student Life of posts containing accusations or reports of incidents. HU will then respond de-

pending on each situation and how public the incident is.

Tubman explained that students often feel unheard and uncared for when "accountability can't be done as publicly as people want it to be, for legal reasons, privacy issues." Students are then left with unsettled feelings, she added.

"I've been behind the scenes for three years now. And I think from a student perspective it can look like nothing is being done," Tubman said.

Hawkins stated that the student body should know more about the actions taken in response to HU's diversity, because while diversity is discussed behind the scenes, "a lot of students don't really talk about it or know about it."

Tubman explained that although students desire transparency from the university, complete transparency isn't possible "in a business model, any business model."

"Even though I am 120% for complete transparency," Tubman said, "it is not attainable for ethical reasons of the people who are involved. And it makes me very weary to say that, but I think a lot of what I've heard from people is that they just wish people would be more transparent..."

"I wish people would be more transparent," she added.

Both Hawkins and Tubman emphasized how much Breitigan and Burrichter care about racial and ethnic minority groups on campus. Hawkins said that it's important for the committee to know where to start responding to issues of diversity and how to create effective change.

"I think that it's a lot more of a daunting task than we realize," Tubman said, "because we are still in America, and we can't mitigate the oppressions of America." She explained that a set amount of discrimination, stereotypes and self-segregation naturally accompanies U.S. society. Therefore "it's really hard for them to know where to start, because it's like, 'What is a Houghton thing and what is an American thing?'" ★



Dr. Gaerte's Organizational Communication class

COURTESY OF MARJORIE GASSLER

Last Week's Answers

4	9	7	5	6	3	8	1	2
2	6	8	7	1	9	4	5	3
1	5	3	2	8	4	6	7	9
3	8	1	6	9	2	5	4	7
6	2	9	4	7	5	1	3	8
7	4	5	1	3	8	2	9	6
8	3	2	9	4	1	7	6	5
9	1	6	8	5	7	3	2	4
5	7	4	3	2	6	9	8	1

Beginner

4	3	5	7	1	8	2	9	6
8	9	7	5	6	2	1	3	4
1	2	6	3	9	4	7	8	5
6	7	1	4	3	9	5	2	8
3	5	8	2	7	6	4	1	9
9	4	2	8	5	1	6	7	3
2	6	4	1	8	3	9	5	7
5	1	3	9	4	7	8	6	2
7	8	9	6	2	5	3	4	1

Tricky

DIVERSITY from page #1

Heritage Club and the Intercultural Student Association. The president or designee from each of these clubs serves on the committee along with the Diversity and Inclusion Representative (from Student Council) and a representative from the Kingdom Initiative.

The committee was established from a 2017 diversity task force

Tips From an International Student: Culture Shock



SARA MARTINEZ ('28)

Hello my fellow international students and any other American students that may be reading! I am writing about culture shock in order to give everyone tips on how to embrace a new culture while still holding onto your own. As well as tips for how to help your international friends adapt to your country and culture.

We know that Houghton University is a quite diverse place that teaches students to celebrate our differences. This means that on campus, there are many students from all over the world, including me. I decided to write about the biggest dread of any international student, CULTURE SHOCK!

When moving to America, I didn't think I would be affected by culture shock. Despite growing up in Latin America, I believed I had a

connection with American culture since my dad is American. I attended a missionary school that revolved around it. Then I came to America, and everything was a lot different than I expected. The way people dress, the way they interact with others, the way people say "hi", the way people eat, and even the popular music and movies were all a shock to me. Honestly, the first few weeks I was sad. I really missed my culture, my friends, and even speaking Spanish with other native speakers. However, I have also learned how amazing America is and the ways I can appreciate the beauty of this country despite the differences.

I interviewed a few other students experiencing culture shock and below are methods they and I used to cope with this change.

When adapting to a new

"By respecting each other's differences you'll not only make the experience smoother but also build a stronger, more meaningful connection."

them.

Stay connected to your roots: It's important to maintain connections with your home country. Bring some aspects of your culture with you, like cooking familiar foods or connecting with fellow students from your country/culture, to keep a sense of comfort and identity. Music and movies are also a great way to keep close to your culture.

Build a support network:

Practice self-care: Culture shock can be mentally and emotionally draining. Take time to de-stress and recharge. Whether it's through exercise, meditation, skin care, or pursuing hobbies, be mindful of your emotional well-being.

Be patient with yourself: Adapting to a new culture takes time. It's normal to experience confusion or frustration. Give yourself permission to make mistakes and recognize that adapting is a gradual process. Celebrate small wins along the way. If you do get overwhelmed, it's always okay to take a break and say no.

Respect yourself: Some cultures see respect differently than others, so if you feel someone is disrespecting you don't be afraid to tell them how you feel. If they don't respect that then maybe you should look for more understanding friends who will. That said, it doesn't mean you need to break that friendship, but I would suggest keeping a little more distance.

I do have to say I am grateful for the friends I made here. They really helped me adapt and enjoy my new life on campus. Here are a few things they have done that I have really appreciated:

Being patient and listening actively: International students may face language barriers or struggle to express themselves fully. Speaking in your 3rd or 4th language is really hard sometimes. Be patient, listen carefully, and give them time to articulate their

thoughts. Active listening will make them feel understood and supported.

Asking about their culture: Show genuine interest in their background. Ask about their home country, traditions, food, and experiences. This can make them feel valued and appreciated, while also helping you understand their perspective better. We love sharing about our culture.

Being mindful of cultural differences: Recognize that what might be considered normal or polite in one culture may not be the same in another. Be aware of differences in communication styles, gestures, or social norms, and avoid making assumptions about behavior.

Invite them to participate in local activities: Help your international friends by introducing them to local traditions, events, and social activities. Whether it's a campus event or a casual outing. This helps them feel more integrated into the community.

Offering practical help: International students may need assistance navigating daily life, like understanding local transportation, finding the right place to shop, or dealing with administrative tasks. Offer practical advice or accompany them when needed to make things easier.

Adapting to a new culture as an international student can be challenging, but with understanding, patience, and support, both you and your friend(s) can survive college together. Never forget to embrace your differences and learn from one another. By respecting each other's differences you'll not only make the experience smoother but also build a stronger, more meaningful connection. ★

Sara Martinez is a freshman. She enjoys volleyball, soccer and pickleball. She also speaks Spanish, Portuguese, Korean and English.

"Adapting to a new culture as an international student can be challenging..."

culture:

Embrace curiosity: Have an open mind when exploring new experiences. Be curious about the local culture, traditions, and people around you. Ask questions and be willing to learn about the differences rather than shy away from

Form friendships with both locals and other international students. Join clubs, groups, or communities on campus that align with your interests or background (ISA, MuKappa, BHC). This helps create a social safety net and eases feelings of isolation.

Have an opinion you want to share?

CONTACT

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SPEAK OUT!

Letters to the editor should be less than 600 words

SUBMIT TO star@houghton.edu



The mission of the Houghton STAR is to preserve and promote the values of dialogue, transparency and integrity that have been the ideals of Houghton University since its inception. This is done by serving as a medium for the expression of student thought and as a quality publication of significant campus news, Houghton area news, and events.

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STAR

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Review

In Defense of Anime

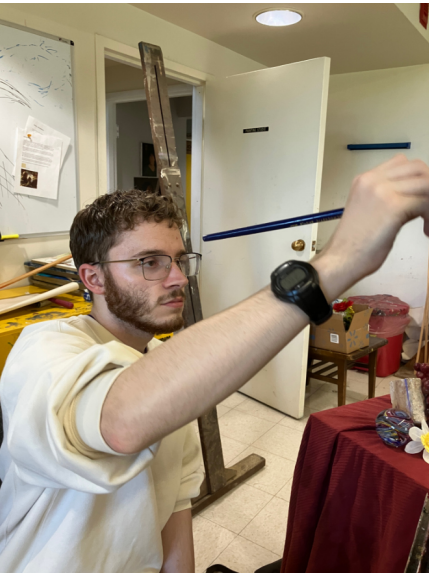
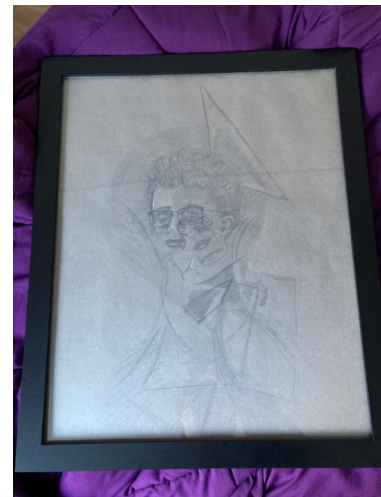
Julian Veley ('25)

In my experience, people are quick to hate anime, and honestly, it makes sense. The majority of the fanbase is cringe-worthy children or weirdly obsessive adults. The plotlines can be corny, the characters are over-the-top in expressing everything, and the English voiceovers are laughably hard to take seriously. However, when you give anime a chance, you have to put those qualms aside and approach it similarly to how you would approach a newly released movie. If you're watching an action movie you can typically expect cool special effects with plenty of deus ex machina— a cheap writing trick used to ensure the main character survives. In a romantic film, you can usually expect to watch the protagonist's relationship grow during the first half, just for things to temporarily break apart, before the finale when everything gets fixed. When you approach anime, you have to embrace the breathy, exaggerated lines, and characters that come with it and appreciate the unique art and storytelling styles it has to offer.

In this review, I will be discussing a show I am currently in the process of watching called Black Clover. The show is the animated adaptation of the manga, released on TV Tokyo in October 2017. This series follows two young boys named Asta and Yuno as they compete against one another to become the wizard king of the Clover Kingdom. The world in which they live runs on magic. Mana is "the force" in this world, and some people are given more of it while some have weaker connections, and

your level of mana determines your strength as a magic user. Yuno is born with an abnormally strong connection to the mana of the world and demonstrates incredible potential in his youth. Asta is born unlike any other, with no connection to magic whatsoever. Without any magic, he trains from his childhood up to the day we meet him, making himself physically stronger than any magic user since there is no need for physical strength. In every village in the kingdom, there is an annual ceremony for those who have turned 15 to receive their Grimoire (Grim-Wahr). This Grimoire is the spellbook that they will have for the rest of their lives. During this ceremony, Yuno receives the "Four-Leaf Grimoire," the very same that was used by the first and most powerful wizard king. Asta is the only one who never receives his book, leaving him crestfallen as he is sure his magic will develop once he receives it. After the ceremony, Yuno is jumped by someone seeking the four-leaf grimoire for themselves. Asta comes in, fighting to save Yuno with nothing but his raw strength, and is defeated. When all seemed lost, a Grimoire like no other appeared before Asta, one containing anti-magic: "The Five-leaf Grimoire."

The show has a balance of comedy while also taking itself seriously when necessary. The majority of the humor in this show is simple but amusing and goes back and forth between being childish and mature. It has, so far, been entertaining and one I recommend to anyone interested in starting an anime. ★



Artist of the Week

Evan Babbitt ('25)

Hello. I am Evan Babbitt, a junior in studio art. The mediums I enjoy most range from photography, painting, sketching, and messing around with mixed media. I like having people be the subjects of my works, usually in spaces that are distorted. These works are often sketches of those around me.

