



THE

# COSMOS

VOLUME 136 ISSUE 00

SATURDAY, Aug 19, 2023

CEDAR RAPIDS, IOWA

## Welcome Class of 2027!

by: Breanna Abshire  
Co-Editor-in-Chief

As you start your first year of college, there will be a lot of new experiences, information, and fun waiting for you. That's one of the joys and terrors of college life; however you are not going through it alone. You have your CAP group, dormmates, your family and friends back home and an entire campus backing you up.

You will have people by your side for orientation and first day of classes, your first Late Night Breakfast and finals week. Plays and performances taking place in Dows, DK

Auditorium, and Sinclair Auditorium will entertain you throughout your time at Coe. Not to mention the events put on by the Student Activities Committee (SAC) and the other 50+ student organizations, fraternities, and sororities that are active on campus. And come spring time, there will not be one upperclassman who won't talk to you about Flunk Day.

Sprinkled in between all of the fun stuff will be tutoring appointments, Supplemental Instruction (SI) lessons, regular

Photo of Kohawk logo, Courtesy of Coe College Athletics Website



classes, and events sponsored by the Health and Wellness Department geared towards getting Kohawks active in the community and maintaining every aspect of their health.

All that being said, you have a great first year ahead of you with so many opportunities for you to take advantage of.

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## Cedar Rapids Weekly Forecast

Fri	SAT	SUN	MON	TUES	WED	THRS
Partly Cloudy	Partly Cloudy	Partly Cloudy	Partly Cloudy	Partly Cloudy	Partly Cloudy	Partly Cloudy
82*/62*	91*/70*	96*/70*	93*/69*	95*/70*	93*/65*	88*/63*

Courtesy of the National Weather Service

# What's Happening

Saturday, Aug 19, 2023

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## A Kohawk's Guide to Campus Lingo

by: Jeana Quinlan  
Co-Editor-in-Chief

### Academic:

**C3:** Creativity, Careers, and Community — Coe's career services/ community engagement office, located in McCabe Hall

**HH:** Hickok Hall, building that houses most Political Science, History, English, and Foreign Language classes

**SCC:** Struve Communications Center, building that houses most Communication Studies classes (and the Cosmos lab!)

**SH:** Stuart Hall, building that houses most Psychology, Computer Science, Mathematics, Education, and Nursing classes

**PH:** Peterson Hall, building that houses Biology, Chemistry, and Physics classes and labs

**ARC:** Athletic and Recreation Center, building that houses cardio equipment, weights, a classroom, and Kohawk Arena.

**MR:** Marquis Hall, building that houses most Music classes

**CHS:** Center for Health

and Society, building that houses Science and Health Careers classes

**SML:** Stewart Memorial Library  
**MWF:** Classes that you have on Mondays, Wednesdays, and Fridays

**TR:** Classes that you have on Tuesdays and Thursdays

**Handshake:** Online job board for work-study jobs and internships, as well as other jobs

**Residential:**  
**Voho:** Voorhees Hall, the all-womens' dorm on campus; also home to 4 sorority chapter rooms/sorority wings  
**A/D:** Armstrong-Douglas, the two all-freshmen dorms on campus

**Student Organizations and Greek Life:**  
**SAC:** Student Activities Committee, a student organization that hosts many fun events both on and off campus

**MGC:** Multicultural Greek Council, umbrella organization of Coe's multicultural fraternity

and sorority (Sigma Lambda Beta and Sigma Lambda Gamma)

**Panhel:** Umbrella organization of Coe's four National Panhellenic Conference sororities (Alpha Gamma Delta, Alpha Omicron Pi, Alpha Sigma Alpha, and Delta Delta Delta)

**CIA:** Council of Interfraternal Affairs, umbrella organization of Coe's traditional fraternities (Phi Kappa Tau, Tau Kappa Epsilon, and Phi Mu Alpha Sinfonia)

**SLG:** Sigma Lambda Gamma  
**SLB:** Sigma Lambda Beta

**AGD/Alpha Gam:** Alpha Gamma Delta  
**AOII** (pronounced A-Oh-Pi): Alpha Omicron Pi

**ASA:** Alpha Sigma Alpha  
**Tri Delta/Tri Delt:** Delta Delta Delta  
**Phi Tau:** Phi Kappa Tau

**TKE** (pronounced TEEK): Tau Kappa Epsilon

**Sinfonia/Sinfon:** Phi Mu Alpha Sinfonia

## Tips for School and Fun

by: Breanna Abshire  
Co-Editor-in-Chief

### Fun Tips:

Go to school- and club-sponsored events. Most of these events and activities will be free to you as a Coe student, so why not take advantage of the free face painting, food, and interactive activities?

Join a club. At some point during the first month of classes, there will be an activity fair where all of the student organizations will gather and invite people to join. Joining a student organization is a great way to meet new people who share similar interests. Coe is home to numerous student organizations, there is something for everyone.

Get off campus with SAC. The Student Activities Committee (SAC) offers a variety of off campus activities such as going to the movies, bowling, and more. Transportation is often included or offered so it does not matter if you have a car on campus or not.

Talk to people. Everyone always says "make friends," but that can sometimes take away

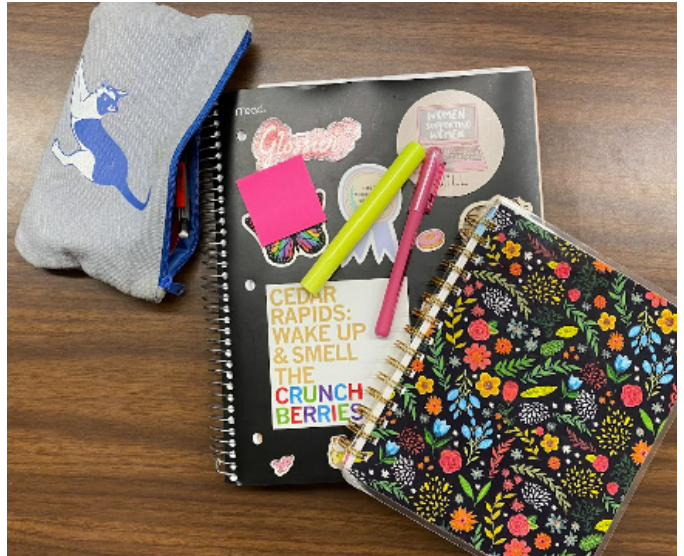
the fun of meeting new people. Not everyone that you meet during orientation or during college will be lifelong friends, some may, but it is okay if it does not work out. Just try to talk to people and realize that everyone is either in your shoes or has been at one point.

Talk to faculty, staff, and upperclassmen. Upperclassmen remember what it was like being new to college, so unless they are noticeably stressed over an upcoming test or wearing a 'do not talk to me' sign, don't shy away from them. The same goes for the faculty and staff. Coe has a lot of great professors and staff members around campus, so do not be afraid to say hello or stop for a chat. Coe has a lot of interesting traditions and things that you do not get shown on a tour that only upperclassmen, faculty, and staff can tell you about

### School Tips:

Go to office hours. Your teachers set up designated times to be available to their students. Some teachers like to have you make

Photo of school supplies, Courtesy of Jeana Quinlan '24



appointments within their office hours to cut down on wait times, but others will have you do 'drop-in' visits where you can drop-in at any point during their office hours to chat or ask questions.

Turn off your phone. Whether you are studying at the library or in class, having your phone buzzing can get distracting. Try putting your phone on Do Not Disturb or on driving mode. Driving mode is available on some devices and is similar to Do Not Disturb, however it allows you to send an automated

custom message to those that text you saying that you are driving, or in this case, studying. The library even offers lock boxes at the front desk for students to take and set a timer on while they are studying.

Explore how to study. There are tons of study tips on the internet (and on the Cosmos website) and they all pretend to be the perfect fit for every student. The fact is that different study strategies work for different people and different classes. The way that you study for Chemistry may not work for your Spanish class, so take some

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time to try different strategies and see what works for you.

Explore where to study. Where you study can greatly impact how well you can focus. If you get distracted by movement or noise easily do not study in Upper Gage Commons or the basement and first floor of the library. In the library, the higher up you go, the quieter it is, so the third floor is for

solo study sessions and the basement is great for group projects and tutoring.

Don't be afraid to ask for help. College is tough normally, but we are still recovering from the pandemic and trying to get back to normal. If you need to boost your writing or oral presentation skills visit the Writing Center or the Speak Out Consultants. If you are having trouble

adjusting to college life or just need someone to talk to, Coe has free or low cost options available to students both on and off campus. Contact Cathy Muller in Upper Gage to learn more and find out what works best for you.

Make time to relax. Burnout is real and it is not fun. Pushing yourself is a great way to grow but pushing

yourself until you break is not. College is stressful enough, so learning how to recognize when you are stressed out and knowing how to take a step away to relax is crucial. Sometimes you can relax by meditating, going for a walk, taking a nap, or watching an episode of a show that you love.





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## How to... Coe Dining and Services

by: Breanna Abshire  
Co-Editor-in-Chief

### Dining Services:

The main dining hall has a lot of features that may seem overwhelming at first glance. The first thing you need to know is that you need your student ID to scan in for meal swipes or money to pay for a meal. You can also choose to eat your food in the dining hall or take it in a to-go box. Beyond that you can eat at as many or as few of the stations as you wish. Here is a simple breakdown of what each station has to offer:

Simple Servings has allergen free options open M-F with the possibility of weekend availability if enough students express the interest. To prevent cross-contamination and promote food safety, a staff member will plate your food at this station for you with whatever you would like.

The Grill rotates through a wide variety of entrees such as

sandwiches, hot dogs, hamburgers, grilled cheese, and more, as well as sides like French fries.

The Sandwich Station has a variety of bread options to choose from and many proteins and veggies to add to your sandwich. A staff member will build your sandwich for you per your instructions.

The Main Line rotates through a variety of homestyle meals and sides, however the attached pizza and pasta station remain the same daily.

The Salad Bar has two mixes of greens available with a variety of add-ins and dressings.

KoGo Marketplace is located in Lower Gage, next to the Intercultural Center. Students can buy Coe merch and clothing here, however, you cannot use Coe Cash for merchandise or clothing.

Common Grounds is located on the main floor of the library and serves Starbucks products! Coe Cash can be used here.

Resources:  
There are many

resources available to you as a Coe student, below are just a few.

**The Nest Food Pantry:** Located in Upper Gage between the men's restroom and the reflection room. Just tap your ID on the reader and open the door to free food and toiletry items (toothbrushes, toothpaste, and other similar items). The Nest is open to student use and access 24/7 with the scan of your student ID.

**Writing Center:** Located on the main floor of the library at the back. Schedule an appointment ( [coe.mywconline.com](http://coe.mywconline.com)) or on a walk-in basis. The Writing Center student employees can work with students at any stage in the process of writing. They also have free hot beverages and candy for those that stop by, but make sure to bring your own cup to your appointment.  
Speak Out

**Consultants:** Located on the main floor of the library at the back. Much like the Writing Center, the Speak Out Consultants can help polish oral presentations. Schedule an appointment at [coe.mywconline.com](http://coe.mywconline.com)

**Learning Commons:** Located in the library, the Learning Commons is your one-stop-shop for academic assistance. The Learning Commons offers everything from test proctoring to answering questions about study abroad, and everything in between.

**C3 (Center for Creativity, Careers, and Community):** Located in McCabe Hall, C3 provides career assistance, community engagement opportunities, and more.

## Icebreakers

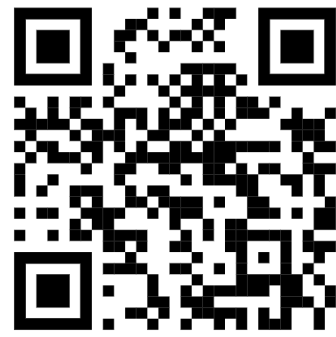
by: Editorial Staff

1. Where are you from?
2. Do you have any pets? (bonus: don't be stingy, show a photo!)
3. What college major is most likely to take over the world? (bonus points if you can describe how they would rise to power)
4. What is your favorite song to have on while you clean? (bonus if you make a cleaning playlist to help motivate you to keep your dorm clean)
5. Give a five-minute Ted-style talk about a topic that you are passionate about. (alternative: research something fun and do the same thing)
6. Do you have any food allergies?
7. If you could have any animal (real or imaginary) as a pet, what would you choose?
8. If you were a super hero, what would your power be and what inconvenience/problem would you solve first? (example: the power of persuasion and getting rid of student loans)
9. What is one book, TV show, or movie that you have strong opinions on (whether positive or negative)?
10. What is your strangest habit?
11. What is your favorite cringey dance move?
12. What is one class (real or not) that you would not miss a single second of if it was offered at Coe?
13. What made you decide to come to Coe?
14. Who was your childhood imaginary friend?
15. What is your dream job? (alternative, what would you want to accomplish at your dream job? For example, help people understand their finances or work at a panda reserve)
16. What is your favorite holiday and why?
17. If you won the lottery, what would be the first thing that you would buy?
18. If you could live in any book or movie universe, what one would you pick?
19. Are you an early bird or a night owl?
20. Do you have any siblings?
21. If you could only talk to one person for the rest of your life, who would you choose?

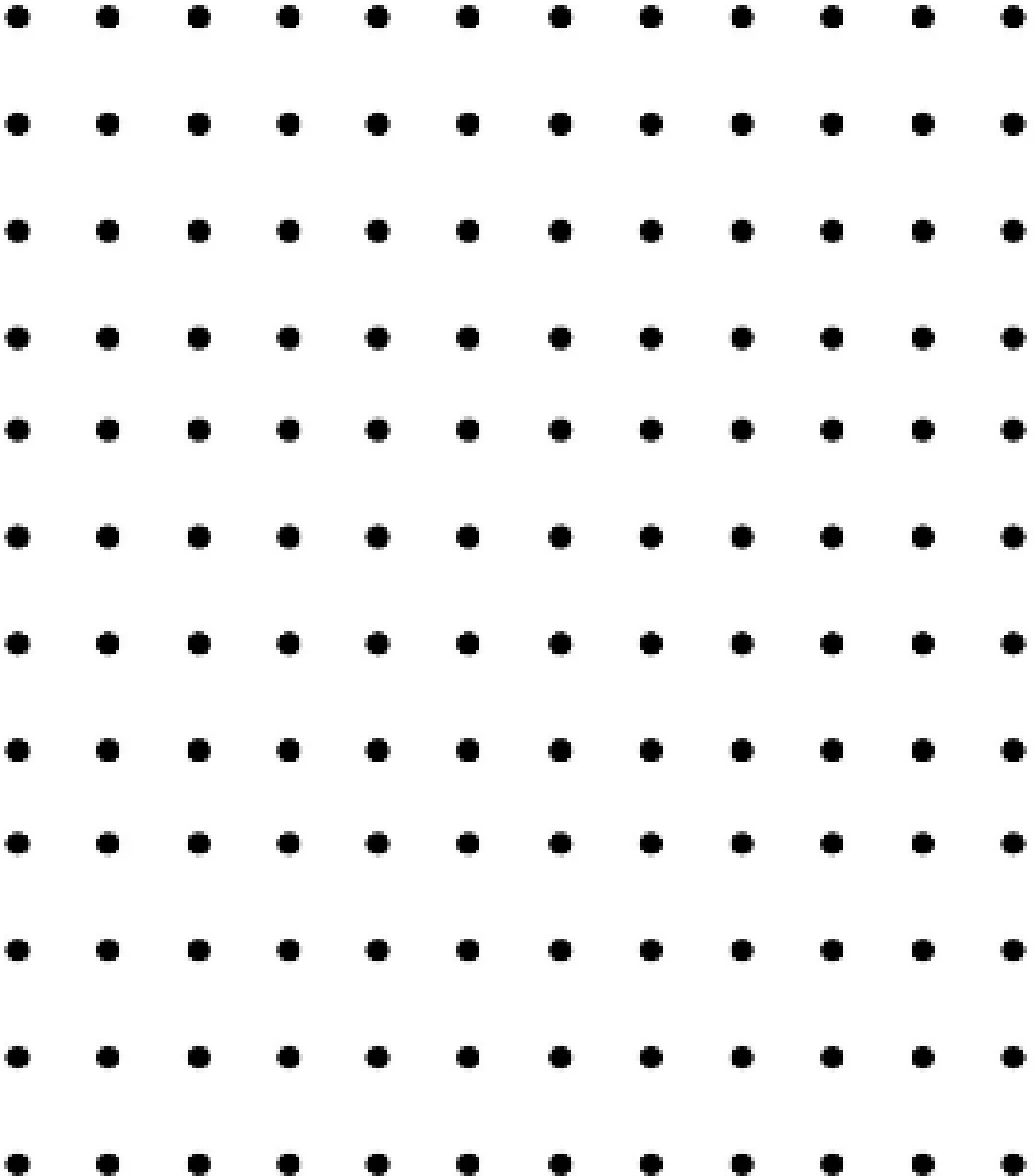
# Dots and Boxes

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Grab a new friend and play Dots and Boxes! Rules and instructions available at this link: <http://www.papg.com/show?1TMU>

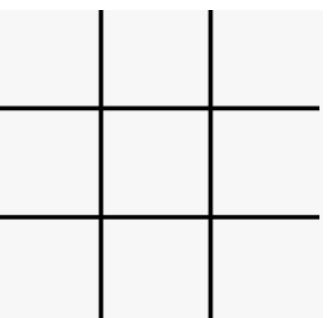
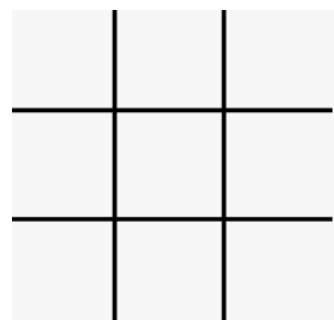
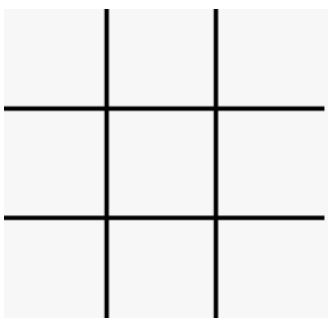
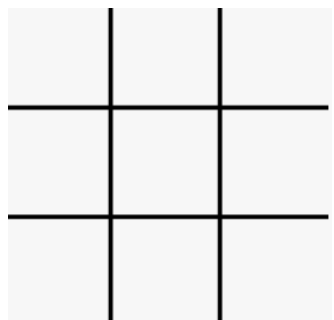
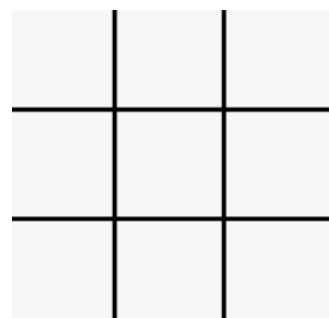
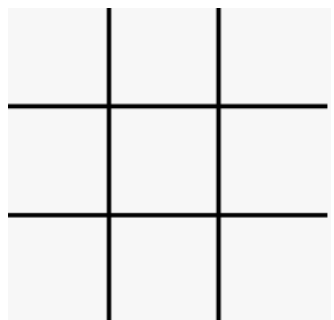
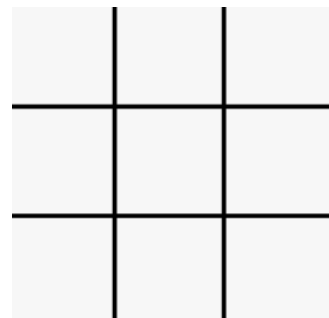
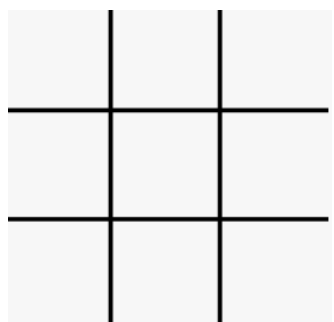
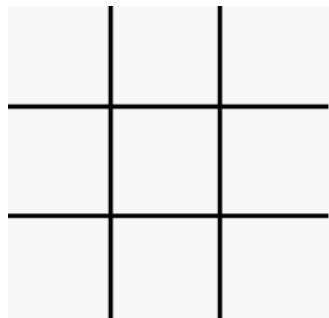
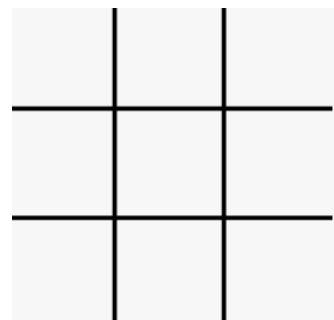


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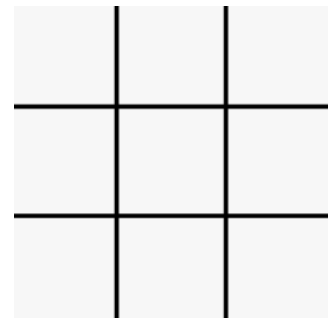
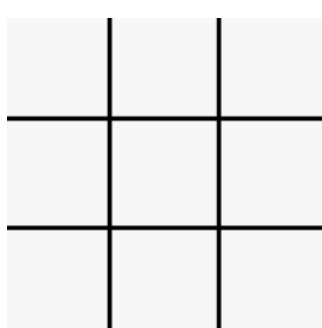


# Diversions

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## TIC TAK COE



Player 1	Player 2
Player 3	Player 4

## Weekly SUDOKU

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

Sudoku courtesy of [www.websudoku.com](http://www.websudoku.com)

Pla

Crossword courtesy of