

Get Involved

Viking Deadline

TBA
Send all submissions to the editor, **Storm Anderson**, at stnanderson@vikings.grayson.edu. Remember, anyone can contribute!

Student and Employee Spirit Day

Every Friday
wear your GC attire with blue jeans and celebrate the Viking spirit!

Clubs & Orgs

Baptist Student Ministries

Wednesdays, 12:00 p.m.
BSM building

Black Print

Tuesdays, 12 - 1 p.m.
Seminar B, CWL

Clay Club

First Thursdays, 5 - 6 p.m.
Ceramic Room, Arts & Communications

Cosmetology Club

Tuesdays bi-weekly
8:30- 9:30 a.m., CTC

Cultural Diversity Club

Second and fourth Mondays
1 - 2 p.m., Int'l Student Office

Delta Phi Delta (Art)

First Tuesdays, 12:15 p.m.
Design Room
Arts & Communications

Dental Assisting Club

Wednesdays, 11:30 - 12 p.m.
HS 205

Electrical

Technology Club

TBA
Contact Aimee Flynn
903-463-8684

Eta Sigma Delta

First Tuesdays, 3 p.m.
Culinary Arts Building

Grayson Nursing Student Association

Wednesday or Friday
11:30 a.m.
Viking Room, Life Center

HALO (Hispanic-American Leadership Organization)

Second and fourth Monday
1:00 - 2:00 p.m.
Cyber Cafe, CWL

Honors College Club

Thursdays, 12:15 - 1 p.m.
LA 103, Liberal Arts

LEA

(Criminal Justice)

Tuesdays
12:30-1:30 p.m.
Location TBA

Men of Distinction

TBA

Music Club

Every other Friday
1 - 2 p.m., Choir Room,
Arts & Communications

Phi Theta Kappa

Wednesdays
12:30 - 1 p.m.
LA 107, Liberal Arts

Psychology Club

Thursdays, 12:15 - 1 p.m.
CIS 202

Radiology Tech Club

Invitation Only

Student Government Association

Every other Thursday
1:00 - 2:00 p.m.
LA 107, Liberal Arts

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Please recycle this paper!

Student Government Association Returns with Big Wins in Addison!

By Student Government Association Officers



(L-R): OL Kelly, Storm Anderson, Zayla Pope, Rosario Labrada, Kristian L. Enbysk, Leo Lau

On April 11, officers from the Grayson College Student Government Association traveled to Addison, Texas for the 49th Texas Junior College Student Government Association State Convention. This four-day annual meeting allows students from colleges across the state to meet and address issues concerning campus life at the community-college level.

Every year a theme is determined in the summer prior

to convention. This year's theme, "A New Kind of Texas," gave each college the opportunity to compete in award categories throughout the weekend. Grayson College submissions included Video, Poem, Event, and Song of the Year.

Grayson's Homecoming Event placed 3rd in the yearly competition while Public Relations officer Leo Lau's "A New Texas, A New Grayson" led Grayson to

take home Song of the Year. Student Government Advisor OL Kelly also received the Texas Legend Award for his dedication and service. This award has been given only 5 times in the past 50 years.

Delegates also got experience voting and passing resolutions that will be forwarded to members of the State Legislature. In addition, Grayson SGA Vice President Kristian L. Enbysk was elected to Vice President of Region II.

The 50th State Convention will be held in Galveston, TX in 2020. The officers are looking forward to helping celebrate.

If you are interested in serving as a 2019-20 Senator, please contact OL Kelly at (email) or in his office at the Student Life Center or current SGA 2019-2020 officers Zayla Pope, Kristian L. Enbysk, Storm Anderson, Rosario Labrada, or Leo Lau.

Editorial

Relationship Toxicity: "Will You Rescue Me?"

By Austin Lambert, BSM Director

Food for thought, Valentine's week is arguably one of the most diversifying holidays celebrated in mainstream American culture. In my experience, most young adults either writhe with joyful nerves due to love-stricken hearts or gag at yet another hallmark holiday which propagates consumerism over self-contentment.

Either way, I believe a growing trend in the pre/post Valentine's week is the ever-increasing reality of toxic relationships that have spoiled the atmosphere yet again.

Do you recall that romantic interest that left you worse off than before? Do you relate to the regret and uncertainty that has left you with a neutral outlook on "love" or that perhaps has left you with another emotional wall around your heart? Why are we so vulnerable to toxic-relationships, whether they be romantic or platonic?

With a few years of attentively listening to the hearts of students, I would reason that toxic relationships are inevitable because of the unique level of toxicity we

bring to the table. "Who me?" Yes, you.

From both a philosophical and theological position (James 1:14), I have noted that one of the greatest attractants in any relationship is not the positive traits that person exhibits but rather the perceived "rescue" we hope they will bring to us. By nature, we simply want to connect with someone who can rescue us from a toxic tower that we ourselves have built.

The problem is that those we choose for "rescue" are generally those trapped in

hidden toxic towers themselves and were never capable of the task.

What's the solution? How do we then avoid toxic relationships? I would say from my own convictions (Philippians 4:8, Galatians 1:3-4), we must relish the idea of contentment with what we have and pursue rescue in the right places or even more so from the right person... However, it is true that being aware of the problem is half the battle.

Financial Aid News

- Spring grads, if you have taken out loans, make sure you complete your Loan Exit Advising by the end of the Spring term. (See our office for details.)

- The Book Store will be open and able to charge to your student account (for students with approved financial aid) from May 13-May 31 for the Summer I term. Stop by and grab your books!

- We will begin awarding Financial Aid for the 2019-2020 Academic Year in the next few weeks. Be sure to check your MyViking regularly for missing documents or notifications.

- The Student Veteran Association (SVA) meets the first and third Wednesday of every month during the Fall and Spring terms. (You do not have to be a veteran to attend.)

The Viking Welcomes Our New Editor, Storm Anderson

Hey there! Thanks for reading our last issue of the Spring!

While everyone waits for Summer, I thought I would use this as an opportunity to thank all of you for your continued readership and give you a sneak peak of things to come this Fall.

The first of which is me! Hello!

If we haven't met, my name is Storm(y) Anderson, and I will be taking over as editor of the Viking in the Fall. It would be a lie to say that I'm not a bit intimidated. Our current editor, Kassandra Garcia, is a legend on this campus. She has had such an impact on so many clubs and organizations around Grayson that I couldn't possibly try to

name them all. Knowing her level of dedication to this paper is knowing that I'm going to really need to step up if I want to fill her shoes. But what does that mean for The Viking?

Good news! We are bringing back the Literature page!

In my diligent research into the Viking's history, I discovered this gem in the archives of 2013. I'll admit, this idea isn't solely my own. After talking to a couple of students, we discovered that there are so many talented writers on campus that they deserved a place to be recognized. In the Fall, the Literature page will once again allow students on campus to share their poems, short stories, song lyrics, prose and whatever else.

What else is coming to The Viking in the Fall? A Student Life Page! Photo and Writing Contests! Music Reviews! Movie Reviews! And more!

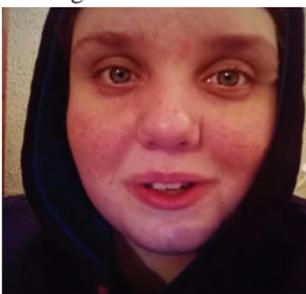
And the best part? You don't have to be a member of Writer's Unlimited to submit your work! Like the rest of The Viking, submissions will be open to everyone (including faculty and staff) on campus.

Finally, I want to take just a line or two to talk about the Writer's Unlimited. I have had the honor to work with some of the most talented, most intelligent, most unique and thoughtful people through this organization. I have seen first-hand how diligent and dedicated they all are to their work, and I am so excited to see

what they are capable of in the future. While I am saddened to see so many of them graduate this year, I know that they will all go on to do great things.

While I am intimidated by the responsibilities of my new position, I'm elated to know what a strong team I have at The Viking.

So, keep an eye out this Fall! The Viking will return in August.



Storm Anderson, 2019-2020 Viking Editor

Baseball Schedule

Date	Opponent	Site	# Games	Time
5/1	North Central	Dub Hayes Field	2	1:00
5/4	North Central	Gainesville, TX	2	1:00
5/11	Regional Tournament	San Angelo, TX	TBA	TBA
5/26	JUCO World Series	Grand Junction, CO	TBA	TBA

Come out and support our Vikings!

Take Charge to Succeed in College: You Can Do It!

By Jennifer Culbertson, Student

Some people don't want to go to college; some people take a few years off, and that's okay. Some can handle full-time hours and full-time work, but some can't. It's all about finding the balance that helps you. One of the biggest adjustments a new college student can face is his or her newfound freedom. College students have a lot more responsibilities and less external structure.

Without parental oversight, college students must learn to set times to study, to eat, when to get up, or know if they need to decrease their academics. There is a greater need to multi-task, balance, and allow new

relationships to form.

Knowing basic life skills will help you succeed in college. Preparing a schedule weekly will help you with your time management. It will help you with your classes, work, meals, studying, and time with your friends. Being in college is like having a full-time job. You need to be able to have a lot of time to study for each class so that you are always prepared.

There are a lot of ways to cope with stress, like exercise, meditation, a power nap, or taking a break to eat. It doesn't matter what it is as long as it helps you in the long run. Having a way to cope will help you

be more successful in college. It will also help with whatever life throws at you in the future. If you were the best at studying in high school, this does not necessarily mean you will have great study skills in college.

College is a whole different world. Being able to take notes properly will go a long way in acquiring great study skills. Money management is very important for all first-year college students to know. Making responsible decisions with money and sticking to a budget is a necessity.

If you were always that one student in high school whom everyone always took advantage of, college is

like starting over. You can stand up for yourself and be more assertive, but not aggressive. In doing so, you will earn more people's respect. In this way, if you have roommate, he or she will know your boundaries, and it also helps if you need a study group.

When you need help, it's always there. Just don't be afraid to ask for it. It can be from a coach, professor, or another student. They are here to help you succeed, not to watch you fail.

Getting Prepared and Staying Prepared for Online Classes

By Andrew Lailhengue, Student

While taking classes online, it is always best to stay prepared. By reading the syllabus, which the professor posts for you, you can stay ahead while taking a class. Stay in touch with your professor and classmates to help gain a better understanding of assignments and their grading outline.

Prepare for your online course by setting up a time line for when your assignments are due. Either get a daily calendar for each class or get a big calendar that you can color code for each class. By having a timeline laid out, you can be aware of what assignments are coming up sooner.

When possible, try to work ahead so you do not fall behind in the class or miss any assignments. Working ahead can help you finish the class sooner and allows you to ask your professor any questions you might have about upcoming projects. Be on the look-out for any announcements that your professor might post on Canvas. They might provide tips for assignments and reminders about due dates.

To help stay prepared, your professors will have their syllabi posted for all their students to read. Going through and reading the syllabus will give you an understanding of how

your professor has their class laid out for the semester. You can plan your schedule accordingly to ensure that you do not miss anything. The syllabus will also provide you with how the professor will be grading your work for the semester. Knowing that some grades might be dropped will take some unnecessary stress off of you.

Communication is key while taking an online course. You do not have the face time that you would with an in-class learning experience. Asking questions allows the professor to teach you in another way. Professors want their students to succeed. Other

students may have similar questions, so participating in the online discussions will help you get a view of how your classmates are understanding the projects and assignments given by the teacher.

Use all resources that are available to you to complete and succeed in an online course. Read your syllabus and stay prepared for your semester. If any issues arise communicate with your professors, they are your strongest tool when taking any class. Ask questions, you never know who you might help!

The Treadmill Is Waiting for You at Our Grayson College Gym

By Anonymous, Student

Do you ever feel like you cannot fit the gym into your day? When it comes down to having to leave class and drive X amount of miles to get to the gym, figuring out how to fit in the time can be a challenge. Fortunately, having a gym on campus makes it so much easier to start making your goals become reality.

The Grayson gym is open Monday through Friday from 6 a.m. to 6 p.m., so whether you have classes at 8 a.m. or 4 p.m., there is always an open time to stop by. Something that makes this gym even better is that it is free for all students and faculty!

This gym never makes me feel self-conscious or uncomfortable like most gyms do. It is never crowded, and the coaches are always nice and welcoming when you walk through the door. I have had a few questions on different workouts and what to do about my back pain, and the coach has answered all my questions very well without ever making me feel embarrassed for asking.

Another great thing about this opportunity is just because it is free does not mean it is dirty and not a full gym. Grayson's gym has wipes to clean the equipment before and

after each use, along with custodians to keep it well swept. This gym includes a weight room full of all kinds of different equipment to work all parts of your body. It also includes a full walk/run gym with an elliptical, treadmills, stair climbers, and cycling bikes. Whatever part of your body you are focusing on, they have the equipment for it.

There are not many drawbacks about this gym except it is not open on weekends, and it does not have a pool. Being a swimmer for four years at Sherman High, I miss not being able to just hop in a pool and

swim laps. Also, I am off most weekends, so I would like to be able to get in there on Saturdays and Sundays. Even so, I always find time during the week.

Regardless, using Grayson College's gym is still a great experience. It even includes showers and lockers. If you have class or work after you are finished, you do not have to worry about going anywhere with an unpleasant smell.

So, to all my fellow classmates and professors, if you did not know about this fantastic facility on campus, get over there and check it out!

Cook Up Your Future with GC Culinary Arts

By Jeramy Babb, Student



Did you know you have an American Culinary Federation-accredited Culinary Arts school right here in Denison, Texas? That is right, folks. The Culinary Arts program here at Grayson College is A.C.F. accredited. For those of you who do not know, the A.C.F. is the premier professional chefs' organization in North America. Now that is saying something.

So let's say you know a future student who loves to cook, or maybe you are the cook in the house, and you want to learn about ethnic cuisine and foreign culture. The Culinary Program here at Grayson is sure to have a class that suits your needs.

So whether you are a full-time student looking for the competitive edge in a booming job market, the restaurant and hospitality industry, or a part-time novice just looking to have some fun refreshing their skills

and networking with like-minded people in the area, Grayson College is on the job.

One important point worth noting is that students at Grayson can get the same quality education in the Culinary Arts as they would at other well-known private institutions but at a fraction of the cost of private culinary schools. Some you are likely familiar with can charge upwards of \$60,000 for an associate degree.

Grayson's Culinary program is an A.C.F.-accredited program where students who qualify for Pell grants have the opportunity to graduate virtually debt free. Besides Pell grants, also available to students are two separate culinary-student-endowed scholarships made possible by our spring lunch fundraiser, among other scholarships which include the Paul Schroeder scholarship, a scholarship named in honor of Paul Schroeder, a

Six Ninety One patron who recently passed away. All of this is a testimony to the Hospitality and Culinary Arts department and its strong bonds within the community.

So what can I expect as a culinary/hospitality student enrolled at Grayson? Travel, networking, and having a high self-esteem are all part of what I have personally experienced. Some of the opportunities available to students include: Sky Ball (a fundraising event that Celebrity Chef Robert Irvine puts on every year for his Wounded Warrior Project), The Baron H. Galand Knowledge Bowl, The A.C.F.-Sponsored Cooking Competition, and numerous other chances to become involved through service-learning projects.

Graduates of the GC Culinary Arts program are making a name for themselves, working for the likes of Disney World, Choctaw Casino,

Omni, Sherman ISD, SMU food service, Austin College Foodservice. These, among the others, have all found that the skills acquired by GC graduates are sought after in the fields of Hospitality and Tourism.

Jeremy Hudson, a recent graduate-turned-adjunct professor with over 20 years' experience in the D/FW metroplex, says, "A degree from Grayson College has given me the competitive edge to succeed and has opened doors that would otherwise be closed or harder to open."

Prospective students can register for the continuing-education Culinary Arts classes through the Center for Workplace Learning at Grayson College or at <http://cwlgcc.org>.

Reservations for Six Ninety One can be made by Table Agent <https://tableagent.com/dallas/six-ninety-one-restaurant-at-grayson-college/>

Transfer Military Training into Credit Hours: Advanced Manufacturing Pathway with Karla Tompkins

By Cassandra Tovar and Wayne Ryon, Financial Aid Advisor I's

Say hello to our new member!

Karla Tompkins is the new Veteran Services Project Coordinator for the College Credit for Heroes Phase VII Grant. She has served in the military for over 20 years, a combination of National Guard, Active Duty, and Army Reserve. Karla came from Fort Hood and is now a proud Grayson County community member!

How does this impact you?

Karla will be working with the

Advanced Manufacturing Department to crosswalk military education and experience with the courses offered in Advanced Manufacturing in order to offer maximum academic credit for veterans and service members. The grant services are available for all service members in all branches who are a part of the Advanced Manufacturing pathway.

In short, Karla will be helping to transfer military training into credit hours to count towards a student's program. This is essential for veter-

ans who are eager to graduate soon and swiftly transition into the workforce.

The CCFH Grant, in conjunction with Grayson College, will also offer paid internships in manufacturing businesses across the Grayson County area. These internships are offered to eligible veteran students in select Advanced Manufacturing pathway programs.

In addition to working with students in Advanced Manufacturing, Karla will also assist with the ev-

eryday flow of veteran students in the Veteran Services Office (VSO). Karla is passionate about helping others and looks forward to helping our veterans and service members on campus!

For more information about the College Credit For Heroes program, visit Karla Tompkins at the VSO or contact the VSO at veterans@grayson.edu or 903-415-2615.

Work Study: Jobs that Work with Your Schedule

Are you stressing out about finding a job that will work with your class schedule? The Office of Financial Aid and Veteran Services can help you.

You may have heard about Work Study when you last applied for your FAFSA. The Federal Work Study Program allows eligible students who have unmet financial need, the opportunity to work on or off campus and earn money to fill that need.

Work Study jobs may include receptionist, clerk, and tutoring positions. Many of these positions are entry level, and in-depth training is readily available. Other positions may require some background in a particular field, for example: The IT department may require their Work Study students to be knowledgeable in computer sciences. Each position varies from department to department.

Some off-campus opportunities include working for industries and elementary schools in the area. For an up-to-date list of positions, look at our Financial Aid web page under the Work Study tab.

Work Study positions are also more likely to fit around your student schedule. When you are hired on as a Work Study, the department hiring supervisor will coordinate your work schedule around your class schedule. You no longer have to juggle between work and school! Our campus has recently raised Work Study hourly pay as well, which means more bucks in your

pocket.

So, how do you apply?

Our office has created a list of quick and easy steps in order for you apply and possibly be hired for Work Study:

Step 1: Be enrolled at least 6 hours as a GC student.

Step 2: Fill out your FAFSA (fafsa.ed.gov).

Step 3: Submit a Work Study Application.

Step 4: Follow up with the Office of Financial Aid to verify that you are eligible for Work Study.

Step 5: Get hired! Departments on campus are actively looking for Work Study students to hire onto their team.

For further information about the Free Application for Federal Student Aid (FAFSA) or Work Study program, please visit our office or Financial Aid page online for tips and assistance. You can also contact us directly at financialaid@grayson.edu or 903-463-8794.

Our office looks forward to helping you on your Viking journey as a potential Work Study candidate!

Editorial

Enjoying the Journey at the Right Choice for Everyone: Grayson College

By Edgette, Staff Writer

Hi, I'm "Edgette," a girl who graduated from high school a year ago but didn't exactly know where she wanted to go next. I'd been praying for months for that "lightning moment" – you know, where the heavens open up and tell you what you need to know. But that didn't exactly happen for me.

Last summer, I was working at the Pines Catholic Camp. I had just finished the summer session and had only a week to prepare for college. I didn't want to go to Grayson because I didn't want to stay home, and I thought it was just for the students who didn't make it to the "higher" educational level (university).

But after considering that I had

only a week to get all my college "stuff" together after camp before I went to college, I decided to just try Grayson out for a year and trust that God would eventually give me the "College Experience."

Upon starting classes here in the fall, I learned just how right my choice had been. First, Grayson isn't what I thought it was. Grayson is the right choice for everyone. Not only do students save money and time, but they are getting the same education or a better education than at a four-year university.

They have more one-on-one time with their professors, and those professors actually adapt the course material more to particular students

since the classes are smaller.

Also when going to a community college, students are better able to adjust. I've made many mistakes this year, but I was able to adjust better than I could ever have done had I gone straight to a university. I believe growing into the person one wants to be goes better when one takes the time to do it, rather than being forced to adjust or fail.

Secondly, since I've been home this year, God has blessed me with opportunities that I didn't even consider doing before, like being a Sunday School teacher and spending time with family--picking up my younger brother from school every day and enjoying seeing him one more year

and having my "salad lunch" with my mom every day. I was also able to start an internship at my job where I can have real experience in my career field before most people my age would.

Finally, attending Grayson for a year has made me humble through meeting people from different backgrounds who all want an education. Had I attended a four-year university my first year... I would be trapped in that bubble, but I'm glad I could get to know the larger world around me.



Netflix's *The Perfect Date*: Far from Perfect

By Justin Pelzel, Staff Writer

Although I like to dress up in nice clothes and go get lunch at a restaurant before relishing a movie at the theater, sometimes I like to stay at home and watch a new movie. This is where Netflix comes in.

I've watched all of the super hero shows they put out. I'm also finishing up Lucifer, a T.V. series that used to be on Fox. Lucky for its audience, Lucifer is getting a Season Four.

Not only does Netflix offer a lot of choices but they also show Netflix originals like *The Perfect Date*. This movie is interesting and has a lot of potential to be a great movie. It has a good story line. I wasn't disappointed in the message that they are trying to get across, but I do have a

problem with the way they execute it. I wasn't really buying the way the characters would respond to the scenarios given.

While watching the movie, I was thinking maybe I would have done things differently if I were the main character. Brooks Rattigan, played by Noah Centineo, is tasked with taking a girl out on a date because the popular kid, Reece, in high school wants to spend the night with his girlfriend, Madison. Brooks proposes he take Reese's cousin, Celia, out instead of Reece having to do it. That way Reese can spend time with Madison. The catch is that Brooks will be paid. Also, he can borrow Reese's car, a BMW i8.

This scenario is very hard to believe, considering that no one would ever allow their prized possession to be used by someone just to get out of a chore. In almost every other movie, the actor playing the douche in the film is always worried about his car more than the girl. In doing so, that causes the girl to crawl to the main character of the story. Not in this movie, though, which is a little hard to believe.

It is little plot points like that, that did not quite sit well with me. Brooks' wanting to fill in for Reese in taking Celia Liberman to the dance has little effect on Celia. She acts as if she does not really care, even though we learn that she really

does.

Celia and Brooks' relationship tests weird boundaries, even though they have known each other for only a short time. This also did not sit well with me. She goes out of her way, it would seem, to get Brooks' application looked at by the Dean of Yale although she has only known Brooks for a few weeks at this point. Why do that for a near-complete stranger? The movie has weird elements like that incorporated into it that invite the audience to question the very nature of the story being told.

I enjoyed watching the movie, but it is not that good--a 5/10 at best.

The Viking Says Goodbye to Current Editor, Kassandra Garcia

Vikings, I can't believe this is my last issue of *The Viking*! This has been a rollercoaster of a year, and I had so many new experiences that I wish I had the ability to ramble on about to each and every one of you.

I graduate in two weeks--which is terrifying--but I'll be a part-time Viking and full-time Lion at Texas A&M Commerce this coming fall. As a partial student at Grayson still, I'll also be juggling President of our campus Phi Theta Kappa chapter, Omicron Psi. The journey to get to this point has simply been incredible.

None of the accomplishments I'm fortunate enough to be able to list on my resume would be possible without my time here at Grayson College. I have always touched on the benefits of starting here at

a community college, and scholarships, but those are truly the best messages I could ever leave everyone with.

Grayson College can build you up for success if you take the time to involve yourself beyond your coursework. Even through communication and fellowship I have gained more friends than I thought I would ever have in college. Honestly, I thought I would've had no more than two friends until I started jumping into our campus clubs.

In November, because I was an Honors College Officer, I went to Boston and Salem, Massachusetts. In March, because I was a Phi Theta Kappa Officer, I went to Orlando, Florida. Even if you grew up in this area, there are plenty of travel opportunities to see more of the world.

I couldn't have been happier to meet so many of my fellow Vikings and experience endless growth through their aid, along with further aid from our faculty and staff.

As I say goodbye, I want to personally thank Dr. Jean Sorensen, Professor Mary Linder, and Dr. Molly Harris for seeing more in me than I saw in myself.



Kassandra Garcia, 2018-2019 Viking Editor, and Alison Earnhart enjoy a meal with Phi Theta Kappa in Orlando, Florida

Good luck, everyone, and the offer still stands: if you see me around campus, tell me about yourself and what brought you to Grayson!

Eight-Week Classes: Survey Says. . .

By True Shaw, Staff Writer

Eight-week classes are not a new concept at Grayson College, but in the past few semesters, the number of eight-week classes offered and the ratio of eight-week to sixteen-week classes has increased significantly.

The end of this semester marks the end of the first year since this increase. A recent survey by *The Viking* of sixty students and staff members at Grayson shows an overall positive attitude towards this eight-week format, although there are still concerns and reservations about the program and going forward.

"I've heard a lot of positive feedback from students," said one of Grayson's success coaches, who preferred not to be named. She says that she's seen the positive effect that eight-week classes have had on enrollment firsthand. "Some students will come to register for only two classes, and then find out about the eight-week classes. They think, 'I can do 6 hours,' and they try doing [two eight-week classes at a time], which makes them full-time students," she said.

She thinks that one reason eight-week classes are good for the school is that it helps students stay on track and graduate sooner.

Student Liaison Lavada Burse

get through her classes a semester or two quicker than she could have otherwise. And as a working parent, eight-week classes helped her manage her time and allowed her to focus on a few subjects at once.

Dr. Jean Sorensen, an English and Philosophy professor at Grayson, says that she loves the eight-week program and echoed that one reason that she liked eight-week classes so much was that it allowed students to focus on one subject instead of dividing their attention between to five or six classes at once. "I would love to see us do these eight weeks and see students heavily focused, really enjoying a class, going deep, diving in ... Eight-weeks are intensive, so students are fully immersed," she explained.

Another aspect that Dr. Sorensen said she like about the eight-week classes is that fewer students who could easily pass with a B or a C are dropping the course because they don't think they're making a high-enough grade. "When we went to eight-weeks, I can tell you for my students, nobody drops with a C anymore," she said. Instead, they were proud of that B or C, and move on to higher-level classes specific for their degree. "[It's] getting more students

towards the goal, which is their credentials."

Students commented that they liked that eight-week classes could get them through courses they only really wanted the credit for. "For classes required for the core, give me eight-week classes for me to get done with them faster, and let me move on to more interesting classes," Rebekah, a sophomore student said.

But Rebekah was not the only one

to mention that the shortened time-frame also made many eight-week classes feel rushed and gave her less opportunity to dive into the material. "For classes I like, don't give me eight-weeks - let me have my time to enjoy it," she added.

This was the key reason most faculty and staff mentioned when they said they didn't like eight-week classes. "Eight-week classes aren't letting me absorb what I'm learning - they're just getting me through the material," one student said. "I like eight-week classes for some courses," said another, "but I need more time for science or math or really intensive courses."

One professor in liberal arts mentioned how eight-week classes have led to an increase in stress due to time management for both the student and the teacher. "This is the first time in twenty years I haven't enjoyed my job," they said, talking about how they were so busy and yet felt like they weren't able to get through to a lot of their students. "[Eight-weeks] doesn't give students time to reflect on what they're learning as they're learning it, which is a critical part of college learning," the teacher explained.

"You want those sixteen-weeks to digest the material - there's some information that just comes with time," another professor, this time in the sciences, agreed. Especially in classes where it's necessary for students to master the previous material before moving on, the professor said, eight-week classes make it difficult for the students to learn because there is so much material in a short amount of time. "And if you're majoring in something, you're not wanting to get in, get done, and go ... We need to provide a solid foundation for stu-

dents as they're leaving here and transferring, or even if they're not, and if it's just a class they want to focus on, we need to give them that opportunity," he stated.

In the recent survey about opinions about the eight-week format, this idea of choice was mentioned often.



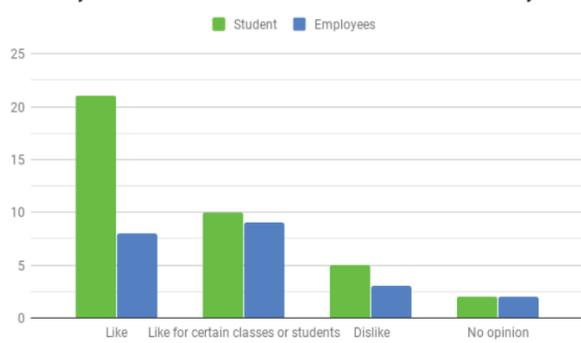
Both students and staff mentioned how they liked that students were able to choose to take certain courses in eight-week terms.

When asked how they would feel about moving to a completely eight-week term, several professors said that some students could thrive in a compressed semester but that others need the option of a longer term.

Several students also responded by saying that there were certain classes they didn't want to take in eight weeks, often mentioning science and math courses or subjects important to their major or that they struggled in.

"I would panic and try to get all of my classes done in sixteen-week terms as fast as possible," one freshman student said when asked about how he would react to the suggestion of moving to only eight-week terms. "For subjects I'm strong in, like math and English, I think eight-week classes are great," the same student said, going on to say that for classes that he struggled in, he valued the extra time that sixteen-week classes gave him.

How do you feel about the 8-week format we have at Grayson?



agreed with this sentiment. "If we didn't have eight-week classes, I wouldn't be able to graduate this coming year," she said, explaining that eight-week classes will let her

Grayson College Alumna Sarah Dilling, One of the Top 12 Student Chefs in U.S.

By Marlene Phillips, Director of Advising and Outreach-CWL

It began just five years ago. Sarah Dilling attended the Grayson College Summer Youth Program's Cooking Camp and fell in love with cooking. Today at age 19, Sarah has earned the Bronze Medal in the American Culinary Federation's Student Chef of the Year Central Region Competition held on March 31 in Minneapolis, Minnesota. The competition was no joke.

Sarah had an hour to prepare a meal using one key ingredient: Arctic char. Sounds manageable, until you throw in that she had to butcher and fillet the whole Arctic char herself. The meal that this Hendricks, Oklahoma native created sounds like one Top Chef contestants would describe: seared Arctic char with crispy skin on an apple, cauliflower and potato puree, edamame succotash, sautéed carrots, and haricot verts. To show her range of skills in preparing the fish, there was an Arctic char croquette with a remoulade sauce adorning a portion of the plate garnished with a chimichurri-style herb sauce. Hungry? Me too.

How does a 19-year-old develop such an interest and talent in cooking? For Sarah, the culinary spark



Sarah Dilling presents one of her outstanding dishes was ignited at age 14 with a Grayson College Summer Youth Program Cooking Camp. Sarah describes it as "...a huge opportunity," and says she has "...no idea where [she'd] be today without that camp."

Sarah wasn't a total novice to the culinary arts when she attended the youth camp. She and her mother smoked their own meats in their smokehouse, and they brewed beer too. The camp, though, put Sarah on

a path to opportunity and success.

After camp, a 15-year-old Sarah enrolled in the Culinary Arts' Safety and Sanitation course. Sarah took advantage of the flexibility that enrollment through the Center for Workplace Learning (CWL) offers. Getting started on her career path through the CWL simplified the process and allowed her to continue exploring her interest in all things culinary.

With that first class, she earned a Food Manager Certification, but her next class really hooked Sarah. In Basic Food Preparation, Sarah learned the versatility of basic techniques and how easily one recipe could be transformed into another for an entirely different result.

Sarah gives a lot of credit to Grayson College's Chef Joanna Bryant, who mentored and advocated for Sarah along the way. Chef Bryant got Sarah involved in the American Culinary Federation. It was Chef Bryant who nominated Sarah for the Student Chef of the Year competition. Chef Bryant also helped Sarah

prepare for the competition. Sarah and Chef Bryant worked together on composing practice plates and refining Sarah's approach to give her an edge. No surprise, Chef Bryant was named the Student Chef Educator of the Year by the American Culinary Federation (ACF) for the Central Region herself.

Though Sarah earned her Associate of Arts degree in Culinary Arts and Hospitality Management in May 2018 at Grayson College, her ties to Grayson College and Chef Bryant are strong. Sarah was encouraged in her Student Chef of the Year competition by the entire Grayson College Culinary Team, a team she was once part of as a Grayson College student. Sarah has moved on Oklahoma State University in pursuit of a Hospitality Management and Entrepreneurship double major. She dreams of opening her own gastropub one day.

Pursue your purpose and passion at Grayson College. Let us help you find a place to connect, commit and complete. You may end up just like Sarah--recognized for your talents and hard work doing something you love! Congratulations to Sarah and best wishes for continued success!

Culinary Cooks Competition Third Year in a Row

By Jeramy Babb, Student



Hey Grayson, are you aware that students and faculty from the Culinary Arts program are winners in the American Culinary Federation Baron H. Galand Knowledge Bowl and the ACF Student Team Cooking Competition?

The student chefs of GC Culinary Arts are winners again! For the third year in a row, the GC Culinary Arts Competition team have come away with medals in the Baron H. Galand Knowledge Bowl and the ACF Student Team Cooking Competition.

This year the team won a silver medal in the Knowledge Bowl and a bronze medal in the Cooking Competition. With this kind of exposure for our school, we are all winners at Grayson College!

Pardon the cliché, but competing is more than just winning or losing. According to Coach Bryant, "It en-

courages teamwork, learning, and passion throughout practices and during the competition week. Students are excited to gain more and more culinary knowledge throughout the process!"

Team Captain Rory Larkins says he is, "...building on success, looking forward to competing next year." I am sure you all are going to do well next year, Rory.

One student chef, who is doing well, is recent graduate Sarah Dilling, who was part of last year's bronze-medal-winning cooking team and who was also previously named the

ACF "Young Chef of the Month."

Sarah won Student Chef of the Year for Dallas and then Student Chef of the Year in Texas last year. At this year's regional competition, Dilling won a bronze medal, competing for the title of "Student Chef of The

Year-Central Region."

Chef Dilling, who started out in the Summer Kid's College program, is an inspiration to incoming students looking to become a chef.

The success of the Culinary Arts program is not only a testament to the hard work of students who compete, but also the instructors that train them to succeed. One such instructor is Chef Joanna Bryant.

Chef Bryant was named Dallas Chef Educator of the Year and Texas Chef Educator of the Year last year. She then won "Chef Educator of The Year Award" for the central region this year. This puts Chef Bryant as one of the top four Chef Educators in the USA.

Chef Bryant will be competing in the national finals taking place in Orlando, Florida this August.



Cooking Competition Team (L-R): Ben Reid, Diana Larkins, Rory Larkins, Jacob Karcher, Stacy Bowers