Mary Shupert, Student

Monday through Friday; however, officers of the Grayson College department on campus open 8am-5 pm.

Grayson College has their own police and procedures provided by Grayson College? and inquired about safety programs in school to college campuses. How worried are you about the disease.

exposed to the disease. Avoid touching your eyes, nose, or mouth with unwashed hands. The Centers for Disease Control suggests taking these measures to reduce your risk:

• Wash your hands often with soap and water for at least 20 seconds.
• Avoid touching your eyes, nose, or mouth with unwashed hands.
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How worried are we? School violence is certainly not a new topic. Columbine High School has been one of the most memorable mass shootings to date, and similar incidents have increased over the last decade. Most recently, two students were left dead following a shooting at a Texas A&M Commerce homecoming party.

Is it out there? Need help paying for school? Find out what is out there! Resources on pg. 3.

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Nursing is big on campus, but there are alternatives

Jennifer Tapia, Student

University.

Paige Powell, PCT at Baylor Scott & White Medical Center, McKinney and current nursing student at Grayson College (photo by author)

Nursing offers a competitive salary and endless opportunities for advancement and flexible work locations. But for that assurance comes many years of hard work and studying.

"Every semester at Grayson College, an estimated 160 students apply to the nursing program, but only 11 are approved," states Joanna Barnes, Dean of Health Professions. A nursing program is undoubtedly competitive, no matter which school one looks into, so many students get discouraged during the process and pursue other career paths.

Curtis Grosfield, Director of EMS Education at Grayson, explains why nursing is such a popular choice for students.

"Many students are not interested in the large number of other health care degrees. They choose nursing because it carries the honor of being the highest-paying and most-respected professional degree in the medical field. Adults who are starting college for the first time look for programs that offer employment directly upon graduation. Ms. Paige Powell, who earned a bachelor’s degree in Exercise Science from the University of Texas Arlington, is currently in nursing school at Grayson College. "I applied for nursing school at first but decided that something else [as a major] that I was not interested in. I am very thankful because that is where the money is. There is no other health science degree that pays this well," Powell reflects. "I wish I would have known the struggle I would have had to succeed in nursing school back then. I would have chosen a different career path. I looked at other health care options more in depth."

Many students want to enter the medical field, not only for the money but also because they see the rewards. Numerous other options are available, including certifications in healthcare professions: EKG Technician, Phlebotomy Technician, Nurse Aide, and Patient Care Technician. The program is short, but intense with 16 hours of class per week over a 16-week period.

Cunningham’s children were aged two and six, and she was working nights at Stone Brook Assisted Living in Denison. It took daily planning and efficiency to make her schedule work. She arrived home at 3:30 am, worked until 7am, and then rallied to get her son off to school and drop her daughter off at her aunt’s house. She attended class through night school, ate lunch, studied, and then went home for some time with her children and then prepared to report for her 5:30pm work shift.

"The PCT program offers the opportunity to earn a degree at Grayson College doesn’t work for them either, as she was working nights at Stone Brook, but kept her

Danielle Winkler, Student

Choosing a major can be a very stressful decision. Choosing wrong and you may have to start over with your coursework from the beginning. Jill Avery, a psychology major who chose a different psychology major, encourages students to do their research on their university and not just on campus resources before deciding.

"Make sure you know your goals and possibilities before deciding. One does not have to be an expert on the moment and change their mind once they are enrolled in a class. I switched majors after my first semester because I misinterpreted what I was passionate about," she explained that she spent several months in self-reflection while choosing psychology as a major. She even “discussed this decision with the administration office when signing up for classes.” Avery shared the need to “reassure you in decision is helpful and encouraging.”

On job posting websites such as Indeed, you can research the salaries in the surrounding areas and the number of job openings. Money may be an important factor when making your decision, especially if you

Danielle Winkler, Student

Nurse. Cunningham describes picking the PCT program "as ... good practice, and it lets you know if you are a good candidate for being in the medical field." Ms. Cunningham is the PCT instructor and a great teacher and very patient. I knew that I was going to be a nurse, added Cunningham.

After graduation, Cunningham continued at Stone Brook, but kept her

students talk to university representatives at the Transfer Fair on Jan, 2018. Yet she did what so many try and fail to do: she literally did it all! She was a hard worker, a caregiver, a nurse, a mom, and she hasn’t stopped moving in one direction! Cunningham's children including a daughter born shortly after she graduated from the PCT program, is continuing her education at Grayson College and will be a definite asset to the nursing profession.

We are in awe of you, Latisha! Keep moving forward.

Page 2

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The key to college success? Keep your focus - Blayne Clower, Student

People go to college in order to pursue an education that will allow them to become productive members of society in fields all around the world. Since colleges are about helping people achieve their goals, it makes sense that students who are in college would make every effort to perform at their highest level in terms of their academics. However, many students go to college and find that their expanded freedom and lack of structure allow them to take a different route.

College, while about education and learning, also has a social aspect. Many college students will be thrust into social situations that they have not been in before and will have the opportunity to make decisions they never could. Friendships and relationships are developed along the way, but these relationships can either help or hurt a student's success.

Faculty know this, says Amy Sanders, a parent of a Grayson College student, who thinks this social pressure and the freedom of choices that have been newly introduced line is that college students should always take into consideration what the most important thing college students can do is "think about what your end goals and investing their time wisely."

Students who are involved in their school actually invest time in other campus activities or off campus, staying involved in your school builds friendships and connections that can also help you stay focused by looking for help or support. Students who choose to put their focus. Students who go to college can find different ways to get involved in campus activities like clubs, including student government, student ministry, and the various honor societies. Melissa Carlisle, the head of housing at Grayson College, believes that "students need to be more involved to maintain their focus throughout college...whether it's campus activities or off campus, staying involved in your school builds relationships that they have built that will get them through those tough times, notes Sanders. This is why Amy Sanders, a parent of a Grayson College student, thinks that the most important thing college students can do is "think about what the damage that could be done if they do not stay focused. Students should choose between what is more important and schedule as much as they can in order to help them stay focused." Sanders knows that college students, including her child, have the power to make many decisions that will impact their future: attending class, doing their assignments, and participating in social activities. These decisions seem like they should be easy for students to make, but this social pressure and the freedom of choices that have been newly introduced, makes these decisions a little more complicated. The bottom line is that college students should always take into consideration what the outcomes of their decisions will be, whether those decisions are good or bad, because this will allow them to stay on track.

Overall, college will present many challenges for students both in and out of the classroom. Students can combat challenges by focusing on their end goals and investing their time wisely. (Father’s Note: Check the calendar for a list of clubs and their meeting times.)
Student Work

February 2020

Student Government hosts Poetry Contest
GCSGA

The Grayson College Student Government Association is looking for the most original poem to lead us into this new decade. Poem must be at least 3 stanzas, but may be rhyming or non-rhyming. The theme should cover 2020 Vision. The contest deadline is Friday, February 21, 2020. Submit poems to Kaitlyn Nix at knix@vikings.grayson.edu. Winning submission will be entered into the Texas Junior College Student Government Association statewide poetry contest set for April 24, 2020.

Deadline: Feb. 28th.

For more information or submissions, send to Senator Makayla Hill at machill@vikings.grayson.edu.

Must be a Grayson student (full or part-time) to enter.

Editorial

A Viking in the Lions: Den Part 3
- Cassandra Garcia, Viking Staff

My fellow Vikings, by the time you’re reading this, you’ve already begun tackling your spring term. Congratulations on surviving the fall, and you’re about to turn the page to Grayson. I’m currently writing to you guys from my last week of classes term at Texas A&M Commerce, otherwise known as finals week. So far I have finished two classes and I have more tomorrow. I paid off the last of my fall tuition last week, and I’m getting ready to take out loans for the first time for my spring term. I wasn’t kidding when I said community college is expensive. It’s not that I don’t want to be paid a semester means a new $9,000 bill, and I’m missing Grayson a lot. I think the completion of the rest of my semester did leave me with a few more tips to give, though.

It is important to set a goal for yourself if you’re trying to become completely free from stress. Everyone does self-care differently, and what’s important is watching comedians, for example, and I even took steps will always be better than none, and as a fellow show that you really like for an hour or two. Or, it could who only attempts to take care of myself mentally, but I take, do it. My roommate has come to be my rock, and though. Many people don’t see their roommates that tend to only be home at the same time maybe two or week. We have completely different schedules, so we come, and it helps encourage me to keep going.

When it comes to studying, I will always recommend of them even took my phone hostage. I didn’t see how there’s someone else there, then you are not holding able to wake up and remind myself how far I’ve already things. Small things can be a good idea, but do not have. I live in an apartment on the wall, and my Phi Theta Kappa membership framed on the wall. Surrounding myself with these memories is how I’m going to be able to wake up and remind myself how far I’ve already come, and it helps me encourage me to keep going.

When it comes to studying, I will always recommend finding someone to study with. When going to your campus library is too loud or boring, consider studying from your dorm or home generally includes many more distractions. I say study with someone else, though, because when there’s someone there, you will feel more accountable and to hold yourself accountable; you’re holding a few things, your roommates. You have to be in the same classes as me, and I feel less anxious knowing you friends pull me out of my funk by studying with me. One of them even took my phone hostage. I didn’t see how important these concepts were until I was almost done with them.

(Continued from Passion Pay pg 2)

As you can see, this isn’t a guide to college and how to survive it. It’s more like a personal reflection on what I went through, and I hope it helps you to make your own path.

Page 4

Please recycle this paper!
February 2020

You should join The Viking staff!

Dear Reader,

Happy Cupid Season! I hope this note finds you well.

The past year has always been my favorite, but it’s more so now. You see, this time last year was when I discovered I had been selected for a coaching program. I had a very good estimation of the responsibilities, and I had a detailed idea of the direction I wanted to take The Viking in.

Everything is going better than I had expected and unanticipated hurdles. Adobe InDesign is the Actual Devil. The first page always has one obvious mistake. I don’t understand how photos work. Perhaps that’s why I’m so conscious of trying to recruit new writers/photos/comic creators.

Joking aside, being a member of Writer’s Unlimited/The Viking staff brings stability and encouragement I didn’t realize I was lacking.

Any Viking is welcome to submit to The Viking, and I always encourage you all to do so. If you’re free on Tuesday, I really don’t consider stopping by our meetings. (We do more than write!)

Our first meeting of the spring will be on Feb. 4 at 12:15pm in the Viking Room by the Life Center parking lot. We will be walking around campus. Have a great spring, semester everyone!

— Amy Spindle, Student

Where is your stress meter?

When asked, several Grayson County adults ranging in ages 18-60 stated their “stressors” were “work,” “college,” “financial,” “home life,” “traffic,” “other people’s opinions,” “politics,” “health,” and “other.”

Surgical Tech Carol Lavender called “90% of doctor’s visits are attributed to stress,” said. “I can see the community college and university at the same time, quite honestly. I’m certainly busy a lot, but being busy is something I have always done.”

Perhaps that’s why I’m so obnoxious trying to recruit new writers/photos/comic creators.

Despite this, the only thing that has kept me enrolled in Grayson has been the paper. Seeing so many people enjoy something I’ve put so much time into has been the paper. Seeing so many people enjoy something I’ve put so much time into has been the paper. Seeing so many people enjoy something I’ve put so much time into has been the paper. Seeing so many people enjoy something I’ve put so much time into has been the paper.

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— Angela Perry, Viking Staff

We accept original non-fiction and fiction stories, poems, prose, op-ed pieces, and comics.

How: Submit your work to our editor. Steve Anderson, at stansond@vikings.grayson.edu.

Next deadline: Feb 28

Baptist Student Ministry Updates

The Baptist Student Ministry (BSM) is located in the Student Success Center, right between the campus police and the gym. If you’ve never been there, you should know that they offer an abundance of programs that are available to everyone on campus. You don’t have to be Baptist or Christian to participate.

They offer a free lunch every Wednesday from 12-1pm with music, a short devotional, and prize giveaways. On Monday and Tuesday at 12:15pm, they offer another free lunch and Bible study. Because the BSM began Sunday, a Worship Night every Thursday at 7pm. This semester, Summit will start Feb 6.

The BSM will also begin hosting a Sunday night Bible study starting on Feb 7. They will have free pizza the first night, so make sure to come check it out!

— Stephen Linn, Viking Staff

Hello Grayson College!

This semester seems to be quite interesting. One last class before the semester week back in class was wrought with tech problems as our campus IT team dealt with a cybersecurity breach; however, it seems things are working out okay for that issue. Praise God!

On to other news, campus clubs and organizations have started up already! Phi Theta Kappa (the campus honor society), the Student Government Association has big plans for this semester, everyone!

For more information, contact stalinn@vikings.grayson.edu

— Angela Perry, Viking Staff

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— Stephen Linn, Viking Staff

Who can submit? Any student, faculty or staff member of Grayson College can contribute.

What can be submitted? We accept original non-fiction and fiction stories, poems, prose, op-ed pieces, and comics.

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**February 2020**

**Cultural Diversity Club**
Second and fourth Monday, 12:30-1:30pm, Int'l Student Life Office

**ASL/Deaf Association**
12-2, IA 107

**Cosmetology Club**
Bi-weekly, 8:30-9:30am, CTC

**Delta Phi Delta**
Art
First Tuesday, Design Room, Arts and Communications

**Eta Sigma Delta**
First Tuesdays, 3pm, Culinary Arts Building

**LEA (Criminal Justice)**
12:30-2:30pm, TBA

**TIPPS (Culinary Arts)**
First Tuesdays, 2-3pm, 691 Restaurant

**Writers Unlimited/SKD**
Bi-weekly, 12:20-12:50pm, Nightingale Room, Library

**Baptist Student Ministries**
12pm, BSM Building

**Black Print**
1pm Nightingale Room, Library

**Dental Assisting Club**
11:30-12pm, HS 205

**MAL (Hispanic American Leadership Organization)**
Bi-weekly, 1-2pm Viking Room

**Phi Theta Kappa**
12:30-1pm, Viking Room

**Student Veterans Association**
First and Third Wednesdays, 12-1pm, Veterans Hub

**Honors College Club**
12:15pm, Viking Room

**Psychology Club**
12:15-1pm, CIS 202

**Student Government Association**
1pm, Viking Room

**Science Club**
Bi-weekly, 3pm, SCI106

**Sisters of Destiny**
Second and fourth Thursday, 12:15-1pm, Nightingale Room, Library

**Music Club**
Bi-weekly, 10am, Choir Room, Arts and Communications

**Spirit Day!**
Wear your Grayson Gear and celebrate your Viking spirit!

**Electrical Technology**

**Grayson Nursing Student Association**

**Men of Distinction**

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**Photos**

Above: Ceramic student Elizabeth Jones working on a pottery wheel. Left: Representatives from Student Government, Phi Theta Kappa, and the ASL Association dance at Club Fair, Jan. 28. Below: Grayson students speak to a representative from Stephen F. Austin State University during the Transfer Fair, Jan. 23. (photos by Viking Staff)

**Want to See Your Work In The Viking?!**

We are now accepting stories, poems, comics and photos! Send your work to our editor, Storm Anderson at stnanderson@vikings.grayson.edu. Remember, anyone can contribute!

**Next Deadline: Feb. 28**