Congrats to homecoming King, Queen, Prince, and Princess

By Shantee Siebuhr
Student Life and Development

Congratulations to Homecoming King Ryan Murrell and Homecoming Queen Ella Laurence! Ryan Murrell, son of Johny and Cynthia Murrell, is from Bonham, Texas. He likes to be with family and friends and enjoys Grayson Cheer and all athletic teams. He is a Criminal Justice major and is looking to transfer and participate in cheer. His goal is to be in law enforcement.

Cont. on pg. 3

Is Foster Parenting the Right Choice for Your Future?

By Kenna Collett
Student

Foster care is a temporary service provided by states for children who cannot live with their families for reasons such as poverty, drug or alcohol abuse, physical abuse, and death.

During the worldwide pandemic that has recently sent a shock through each family, the number of children in the foster care system has spiked. There are currently over 534,000 children in foster care, and over 100,000 of these are in Texas alone.

Working in the foster care system as an employee or as a foster parent is strenuous but important work.

Anna Collett, a former foster parent, is adjusting to her new life with no foster children in her home.

Collett considered becoming a foster parent when she learned about her family who was in need temporarily but the care provided became more permanent after the first few weeks.

Cont. on pg. 2

What Should You Wear for a Job Interview?

By Nancy Luthe
Director of Success Coaches

A first impression is made in the first seconds of interaction with a potential employee, and you never have a second chance to make a first impression.

The key to getting a job is creating a positive impression in your employment interview.

A prospective employer will look at your clothing, hair, and the way you carry yourself or body language as you walk into the room.

Did you know that it takes less than 10 seconds for a potential employer to measure you up and determine your social status, health, education level, intelligence and ambition?

Your personal image is the tip of the iceberg. Only a fraction shows, and your image has the power to attract or repel others.

Cont. on pg. 1

Lifelong Learning

The Viking Deadline January 28th
Send your articles, stories, poems, etc. to the editor, Emily Silven, at emsilven@viking.grayson.edu.

Phi Theta Kappa Every Wednesday 12:30 pm - 2:00 pm Room LA 101

Student Veterans of America (SVA) 2nd Tuesday of every month 12:30 pm - 2:00 pm Veterans Hub 2nd Floor Bridge

Art Club 1st Wednesday of every month Design Room AC 105

SVA Meet & Greet
There will be hot chocolate and treats!
Tuesday, January 25th 12:00 pm - 2 pm
Veterans Hub 2nd Floor Bridge (Look for the flags!)

RSM Navigate
12:30 pm - 2:15 pm

Free Lunch Wednesdays
12:30 pm - 2:15 pm

Summit Thursdays
7:00 pm - 8:00 pm

Psychology Club TBA
Sneak Peak
Find out what the Life Center has in store this December on pg. 4.

See how you can help veterans this Christmas on pg. 4.

How should you dress for your job interview? Read about it on pg. 2.

Read about your homecoming prince and princess on pg. 3.

Find out what the Life Center has in store this December on pg. 4.

Read a heart-warming poem about the true meaning of Christmas on pg. 4.

Is foster parenting right for you? Continue the story on pg. 2.

See how COVID has affected the mental health of students and faculty at Trenton High on pg. 3.

Be sure to read the editor’s notes on pg. 4.

Hall-O-Fest’s Creepy Costume Winners

Best Overall Costume

Coolest Costume

Scariest Costume

Sparkiest Costume

What Should You Wear for a Job Interview? Thanks to the Grayson College Art Department for Visions of SugarPlums!

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Director of Success Coaches

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Your personal image is the tip of the iceberg. Only a fraction shows, and your image has the power to attract or repel others.

Take advantage of your personal image and make it a walking advertisement!

Communication skills indicate that appearance and body language count 55 percent in a first impression.

How you talk or your intonation, pacing and inflection count for 38 percent.

What you say or your verbal content accounts for only 7 percent in a first impression.

How you dress for a job interview depends on the position for which you are applying.

You may want to re-search the company culture and dress code in advance. When in doubt it is always better to over-dress than underdress for an interview.

Cont. on pg. 2

Thank You for your Help

We wanted to thank everyone who came out for Empty Bowls yesterday. With your help, we raised funds for Visions of SugarPlums, which will be put to good use over the holiday break.

We also wanted to thank Culinary Arts for their amazing soups and pastries!

Thank you for your continued support!

Cont. on pg. 2
**Foster Parenting**

**Job Interview**

1. Join a local pub, practice your conversations or public speaking.
2. Enroll in a speech course at GC.
3. Schedule an appointment with our Career and Pathway Coach at: https://grayson.edu/career-center/

**Clothing colors have meaning and convey emotion, so you want to send the right message to the hiring manager.**

Neutral colors are best such as black, navy, grey and brown. For more tips, see The Best Colors to Wear to a Job Interview at: https://www.industry.com/career-advice/interviewing/what-colors-to-wear-to-an-interview.

Interviewing clothes can be expensive, but there are options for low-priced clothing. Watch for sales or shop at a consignment shop or thrift store.

Women can also find free clothing for job interviews through the Dallas District for Success organization: https://dallasdressforsuccess.org/

If you struggle in conversation or public speaking, try these conversation styles with others in advance of your interview. You may also sharpen your communication skills with these options:

1. Join a local public speaking group like Toastmasters: https://www.toastmasters.org/find-a-club/00607240-00607240
2. Enroll in a speech course at GC.

In addition to the above guidelines, follow these tips to land that job:

- **1. Arrive on time for your interview.**
- **2. Turn off your cell phone.**
- **3. Use an email address appropriate for business.**
- **4. Don’t wear heavy perfume or cologne.**
- **5. Don’t smoke or drink alcohol before the interview.**
- **6. Don’t chew gum.**
- **7. Cover tattoos and remove piercings from areas other than earlobes.**
- **8. Introduce yourself, smile, and maintain eye contact.**
- **9. Extend your hand first for the handshake; have a firm grip and be the last to let go.**
- **10. For more helpful information on how to land that job, schedule an appointment with Corey Leid, the Career and Pathway Coach in the Grayson College Career Center. You can also find additional interview preparation tips on your Grayson College LinkedIn Learning account: https://www.linkedin.com/learn/https://www.linkedin.com/learn_EVU554106.**
- **11. If you are looking for a job, see the postings on Grayson College’s Career Center at: https://grayson.emicc.com/work-opportunities/regions/20TXKardinai>180.28 miles.**

Many times in foster care, the goal is reunification, which is when the goal of placement is for the child/children to ultimately end up with their biological family.

It is crucial to know stepping into foster care that many times the children will not be with the foster family permanently. Collett noted.

In Collett’s case, the children fostered had mental issues that affected the living situation of the home.

“Their previous home life affected them in ways we were unable to help. They needed more care than we would have been able to give them,” Collett said.

The children ended up being put in a home with a family member. Collett said that this placement was “the best thing for our family. Foster care put a lot of stress on every member of our family.”

Although foster care is helpful for many children, it might not always be the right choice for a particular foster parent and his or her family.

**Foster Care:**

A foster worker (Court Appointed Special Advocate) in the foster care system, explained the duties of her role:

> “I can give the children extra gifts on Christmas, take them out on their birthdays, and I can make them just feel special,” she explained.

If becoming a foster parent is out of one’s comfort zone, then becoming a CASA worker might be a way one can contribute.

**CASA workers gather information from everyone in the child’s life and use this data to report to the judge to advocate for the child’s best interests.**

Collett noted that CASA Sara improved her family’s foster experience, and Collett had the impression that she was able to make each of the children feel extra special.

Volunteers working as CASAs are important and necessary to ensure that the foster system runs smoothly.

In other foster care circumstances, families are looking to adopt the children who are placed in their homes. This situation is called Fostering to Adopt.

Melissa Young, a former foster parent, was in a Foster to Adopt case.

She took in two young children, one boy and one girl, and kept them for nine months, looking to adopt.

But after nine months of adjusting to the life of raising two new children, getting the Young home to the standards of foster care, and loving the children, the child decided that they were not interested in being adopted.

“It broke our hearts, but I knew that if the children did not want to be adopted, then it was not meant to be,” Young explained.

The foster system is full of stories of success and reunification and stories of the system putting extra pressure on families, both having life-long impacts on everyone involved.

Foster care enables families of infertility to have children, gives other families a second chance, and allows all young children the opportunity to reach success.

Such families create opportunities and ensure that the children’s needs are always prioritized.

Consider the options, and see what part of the system is right for you!

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**Student Life**

**November 29, 2021**

**Vikings Were Bad Axe This Homecoming**

Vikings had quite a week of activities for Homecoming 2021:

Bad Axe shirts, stuff-a-plush, axe bad [ Jubilee, and wrapping up with a student rally, and wrapping up with a student bonfire and tailgate party.**

Vikings posing together with their stuffed animals at the Life Center.

Vikings making stuffed animals at the Life Center.

Vikings gathered together at the bonfire on the night before homecoming.

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**Denison, Texas**

https://grayson.edu/the-viking/index.html

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**Foster Parenting**

Student Life

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**Vikings Were Bad Axe This Homecoming**

Vikings had quite a week of activities for Homecoming 2021:

Bad Axe shirts, stuff-a-plush, axe throwing, Viking rally, and wrapping up with a student bonfire and tailgating! Vikings sure know how to have fun.

We are already looking forward to next year!
The ongoing pandemic dramatically changed the lives of many individuals in our nation, state, and community, taking a toll on the mental health of all Americans, especially high schoolers and teachers at Trenton High School.

While many feared for the physical health of their loved ones and themselves, the pandemic silently exacerbated the crisis of mental health. Amy Shaw, a counselor at Trenton High School, observed, “The number of students who have needed professional help has increased since the pandemic began,” likely due to being socially isolated and isolated.

In the words of Nancy Williams, a senior at Trenton High School, her high school has begun therapy sessions since COVID-19. “The pandemic affected me negatively because of the isolation and being separated from my friends for so long,” she shared.

Quarantine took away students’ social activities, like participation in sports and various club events. Shaw speculated that because there were no social rewards for passing classes, the motivation, interest, attendance, and mental health of students significantly decreased.

The pandemic not only affected students, but mental health also had a noticeable impact on teachers. Teaching during the pandemic was substantially more stressful than before.

Shaw recalled, “Collecting assignments was almost impossible at times. A large portion of students did not complete assignments while they were out of school in quarantine.”

She agreed that the pandemic made teaching exponentially more difficult because teachers had to lower their expectations regarding due dates and knowledge re- tention because students missed crucial learning time in the spring of 2020. Parker definitely struggled to keep expectations high. “I felt like I was just spinning my wheels and could not make any progress toward the end goal.”

However, help is available. “There is always someone out there who wants to help,” Nancy proclaimed.

At Trenton High School, students are provided with counseling services from a licensed counselor or associated with Children’s Medical Center. The sessions are free to any student, Shaw stated. To continue to fight the battle on mental health, Shaw emphasized holistic self-care like eating nutritiously, getting the right amount of sleep, and exercising.

Nancy is thankful for the push to get help that the pandemic gave her. “COVID 19 was extremely helpful because I became self-aware. I realized how much my mental health depended upon other people, and from there, I was able to seek professional help,” she explained.

Shaw now realizes the most important step to improving mental health is talking about it and seeking help. Speaking about mental health can be frightening and awkward. Shaw admitted, but Trenton High School is dedicated to providing help for the students who are in need.

Regardless of what a person is going through, there are resources. Nancy concluded, “While I have seen the effects the pandemic has put on mental health, I have also seen the resources available at Trenton High School. It makes me proud and hopeful.”

Shaw agreed that the implications of COVID-19 for mental health and substance use are substantial more so for teenagers and young adults. It makes me proud and hopeful.”

The thought of once again seeing their loved ones under the mistletoe gave them all the courage to continue the daily fight.

When troops are deployed during the holidays, everything possible is done to boost the morale of the men and women serving our country. Military bases are lit up with sparkling lights, and Christmas music tunes play joyfully in the exchange and commissary all to bring feelings of joy to service members and their families while stationed so far from home.

This Christmas season I encourage you to participate in Wreaths Across America. Troops for Tots, or send a Christmas card to the local veterans home in Bonham, Texas. Your thoughtfulness could be the equivalent of the card read in a tent in a war zone so many years ago. Remember those who have given so much so that you might spend another holiday season with your family.
What’s Happening Around GC

What Makes Christmas Special
By Laura Haworth
Library Cataloguer

When we say the word “Christmas,” we think of the tree and the presents below. Shiny new boxes, in paper and bow. But it’s not just a day of receiving, you know. It’s the season of showing the best of ourselves. Make the days special by working like elves. Fill boxes with toys, put food on the shelves, treating each other as all of one tree.
The reason it’s special is obvious to me. The spirit of Christmas lies in the heart. A gift to leave open, to give from the start. To bring these together that may not feel a part of a world where there’s peace and harmony.

Merry Christmas to all, and all a Good Night!

Editor’s Notes
By Emily Sileven
Viking Editor

Hello Vikings! Hopefully you enjoyed all, if not, one of the Bad Axe festivities. Out of all of the activities, the axe throwing looked like the most exciting one. Unfortunately, my schedule was tight that week, but I did get myself a cool T-shirt!

It’s insane how not only the semester, but the whole year is coming to a close as we finish finals and prepare for Christmas. I don’t know about you, but I am excited for Christmas break. As this year closes, I will leave you with a question. What is your favorite memory at Grayson College?

For me, mine was once I finished my physics exam, I went straight toward the Life Center to watch Hocus Pocus and meet all sorts of people there. Email me with your memory at emnsileven@vikings.grayson.edu, and I will create a board in the next issue of all your memories.

Once again, if you would like to submit an article, meme, poem, whatever, I would love to place your creation in the next issue. Just email me at emnsileven@vikings.grayson.edu!

JOIN STUDENT LIFE & DEVELOPMENT IN THE 1ST ANNUAL
Sneaky Santa

Some say Santa isn’t real, but us Vikings know that isn’t true! Join by visiting tinyurl.com/GC/SneakySanta (takes you to E Buffett)
Deadline to sign up is Monday, November 29th
Names are drawn on Tuesday, November 30th
Gift pick up day is Tuesday, December 7th at 6:30pm in the Life Center
Get to know your fellow Vikings, spread some holiday cheer, and just have fun!

For questions, contact Shantawie Siebuhr (siebuhrs@grayson.edu)