

# Grayson College The Viking

Denison, Texas

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

March 3, 2023

Edition XVII, Volume II

## Get Involved Viking

### Deadline

March 27th

*The Viking* needs student content! Please send any articles, art, poems, stories, journalistic writings, etc. to the editor, Katherine Petri, at [prkpetri@vikings.grayson.edu](mailto:prkpetri@vikings.grayson.edu)

### Phi Theta

#### Kappa

Wednesday,  
12:30 pm Viking  
Room

### Student Veterans of America (SVA)

2nd Tuesday of  
every month  
1:30 pm - 2:00 pm  
Veterans Hub  
2nd Floor Bridge

### Summit

Thursdays  
7:00 pm - 8:00 pm  
Baptist Student  
Ministry building

### BSM

Navigate  
12:00 pm - 12:45 pm  
Baptist Student  
Ministry building

## Have a look

Catch GC Theater  
Department's *Gilli-  
gan's Island*  
March 3-5,  
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Do you know what  
a travel nurse does?  
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very own gourmet  
restaurant, p. 2

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Ponder what would  
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to stop,  
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Meet Tracy Rains,  
GC Record Special-  
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things Irish,  
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# Looking For a Job?

By Nancy Luthe, Director of Career Center Coaches



*Student Health Services Job Fair at South Campus*

The Grayson College Career Center offers the EMSI Career Coach job board.

It is where area employers post jobs looking for new talent to hire. You can view jobs posted in the Texoma area as well as in the metroplex on the job board.

To view available jobs, go to the GC Career Center webpage at <https://www.grayson.edu/gettingstarted/advising/career-center/index.html> and select EMSI Career Coach.

Local employers also participate in GC job fairs, where they offer

information explaining what their companies offer, and provide networking opportunities. They recently participated in a Health Science Job Fair on the Main Campus and at a South Campus Job Fair.

It was a great opportunity for students to network and meet with local employers who are hiring. A few students even received jobs after the events!

### ***Résumé, cover letter, and interview help***

If you've never written a professional résumé or cover letter or

developed a LinkedIn profile, the Career Center should be your first stop.

You can set up an appointment for resume, cover letter and interview skills with Corey Leird, our Career and Pathway Coach.

We also offer monthly career workshops that are posted on the College Calendar.

### ***Still confused about your major?***

Career assessment tools will help you clarify strengths, interests, personality, and values.

The Career Center can coach you on different

career fields and types of jobs within those fields. Exploration is a big part of career development, and students benefit by coming into the Career Center early.

The Career Center is located next to the Advising Office on the Main Campus and our Career and Pathway Coach also meets with students at the South Campus in Van Alstyne.

Go to our Career Center webpage if you would like to schedule an appointment.

## Time management tips and tricks

By Cody Ervin, student

You can hop online, use the search tab, and look up endless DIY tips to managing your time with only a click of your finger.

However, while having tested advice on how to use your time effectively is the right approach to get started, *actually getting started* is the hardest part.

Whether you are young or old, people all need help with breaking the cycle of procrastination.

But how can procrastination be thwarted in the hustle and bustle of life?



*Southeastern State University Professor Connor Alford advises, "Find a system [and]... stick to it."*

By practicing time management, you can develop skills that teach you how to use time wisely, learn to stop procrastination, and realize that you can achieve more than you ever believed you could.

### ***Appropriate time in the right place***

Time is a priceless commodity the entire world juggles.

You get only 24 hours in a day, so making use of the time you have is crucial to accomplishing the demands of the day to day.

Don't buy into the idea of multi-tasking. Instead, begin by appropriating the time you have in the right place.

Professor Connor Alford, Instructor of Political Science at Southeastern State University, talked about tips for having effective time management: "find a system...stick to it, and the most important 'trick' is to have a steady routine.

Set aside time for each task, *cont. pg. 3*

## Tech education: Is it right for you?

By William H. Allen, student

The game of life seems rather simple in modern society: you go to school for twelve years, graduate, go to college for another four years, graduate, work, and retire. Unfortunately, this cycle of life includes a lot of schooling that a some of the working class cannot afford.

Tuition is so high lately that it is almost guaranteed that one will come out of college with debt, not to mention being burned out on academics.

While it is necessary for many careers that employees receive some form of higher education, this plan is not realistic for everyone.

What if there was another way, though? A way for prospective employees to find a career when college is not a suitable option for them?

### ***Determine schooling objective***

To find out if this plan is even possible, what must be considered first

is why adult students choose to go to school—some form of higher education beyond high school.

Do they really believe that higher education is going to benefit them? Or do they see it as the only option?

Do they do it because everyone else does it?

Are they even aware that there are other options besides traditional college to prepare them for a career?

To figure this out, Ella Allen, a student at the University of North Texas, said, "I really wanted to pursue a career in writing, and college is the best way to expand my knowledge."

Allen said that she had always been a naturally talented writer, but schooling would help her to refine her skills.

It would also open a lot better financial opportunities in the field with a valuable degree.

However this success with traditional high education isn't

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# Technical Programs

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## Q & A with Travel Nurse Sophia Treviño

By Viking Staff

*Sophia Treviño graduated from the Texas Tech University School of Nursing in 2019. After working in the Neonatal Intensive Care Unit at Cook Children's Hospital in Ft. Worth for two years, she struck out on the adventure that is travel nursing.*

*She recently sat down with **The Viking** to give our Grayson nursing students a peek at this exciting career option.*

**The Viking:** So where have you traveled since you started working as a travel nurse?

**Sophia:** Well, my first assignment was in Miami, Florida, followed by New Haven, Connecticut, then Boston, Massachusetts, and Riverside, California, and currently, I'm working in Houston, Texas.

**The Viking:** How did you get started?

**Sophia:** After working as a licensed nurse for two years, you're eligible and should look for an agency through word of mouth or asking other travel nurses who they use.

The agency will have a hiring relationship with

particular hospitals or hospital systems. After compiling your initial submission (your credentials and work history—like an advanced resume), the recruiter you're assigned to will send your job documents to hospitals in areas you're interested in working.

They'll also be looking out for new job listings in places you've indicated you'd like to go and will work to negotiate the best pay rate.

Once a hospital has indicated they're interested in you, they may interview you by phone or simply extend an "auto offer."

Once you're hired, you'll have a drug test, mask fit for a respirator, blood tests, TB test, titers for past vaccines, a yearly basic physical, flu shot, and COVID-19 vaccine.

**The Viking:** How important is the recruiter relationship?

**Sophia:** Very! You want a recruiter who will have your back if something happens, for example, if you walk into a unit and are given a patient as-

signment you don't feel comfortable with.

**The Viking:** Besides your nursing license that's recognized by the state you travel to, what other employment requirements must you meet?

**Sophia:** There's a basic new employee orientation. And different hospitals may require certain certifications like the Acute Care Life Support (ACLS) or Pediatric Advanced Life Support (PALS) since you may be asked to "float" to other units as needed.

I've occasionally worked in the Pediatric ICU instead of the NICU when there were more pediatric patients.

**The Viking:** What expectations do the hospitals that hire you have?

**Sophia:** You need to be an expert in your specialty area (mine is the NICU) so that you don't need to be trained but can hit the ground running.

**The Viking:** How long is each assignment, and what's the pay like?

**Sophia:** Most assignments are 13 weeks although some may be shorter, and you can sometimes extend an assignment. You may be working nights or days or a combination—whatever the hospital needs you to. The salary varies based on specialty and state, typically between \$2,000 and \$4,000 a week for working wages.

You receive an additional housing and meal stipend that's not taxed and are reimbursed for travel and

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## Culinary Delights of Grayson College's Student-Run Restaurant, Six Ninety One!

By Viking Staff

Did you know that you can experience a true gourmet 3-course lunch (with white tablecloths) right here at Grayson College for just \$15 every Wednesday and Friday?

At Grayson College's student-run restaurant, Six Ninety One, students in the Culinary program prepare and serve gourmet meals in the Culinary Arts Center (between the

dorms and College Police Department) from 11:15-12:30 p.m.

To make a reservation (required), visit <https://tableagent.com/dallas/six-ninety-one-restaurant-at-grayson-college/> or you can email Chef Bryant at [Bryantj@grayson.edu](mailto:Bryantj@grayson.edu). Please include in your message the number in your party and desired reservation time (11:15 a.m.-12:30 p.m.)

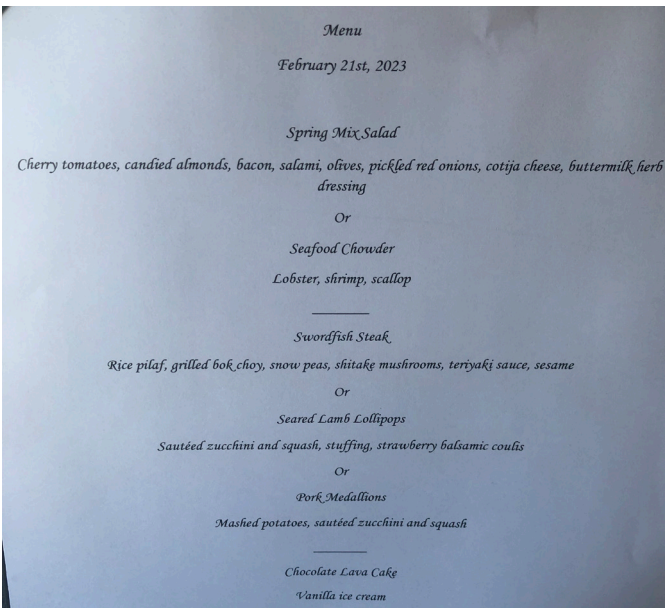
The price for lunch includes all food, drink, and tax. Tipping is welcome and goes towards student scholarships and activities.



Server Doug Waters will receive his Culinary certificate in May. One day, he'd like to open his own Asian/American fusion restaurant.



The seafood chowder (with lobster, shrimp, and scallops) was a delightful appetizer at the February 21st lunch.



Menus vary each day.

## What if all the trades stopped?

By James Popplewell, H.A.R.T. Department, editorial

If all the trades were to stop, then what?

- No new homes being built or finished
- No frozen foods at grocery stores.
- No trucking of supplies
- No cell phones, laptops, or computers
- No hospitals to function normally or at all
- No car repairs
- No fuel or electricity for cars, trucks, boats, lawnmowers
- No trash bags. No garbage pickups
- No emergency vehicles or drivers
- No potholes being repaired
- No tires
- No water bottles
- No oil
- No liquid propane or natural gas
- No airplanes. No cruises
- No military movement or weapons
- No steel
- No trains. No buses
- No art paints, or home paints

- No light bulbs
  - No new clothes or thread and needles
- So, if you think Academics learning is best for the world, try this: turn off all electricity and don't refuel your vehicles for one-two weeks.

Our society has more focus on learning how to depend on non-factual truths, than what makes the world run.

If billionaires can succeed without formal education, then what makes millionaires?

Their dream and devotion to what others need. It's the drive within, not formal education alone! Yet millionaires still require the trades!

The Trades are a group of people who rely on one another to accomplish dreams that were once in thought, then paper, then computer, then created to sustain life or convenience.

People spoke and built before formally being educated. Children do!

We are so proud of our 2021-2022 program graduates. The NCLEX pass rate is 87.76 and is still higher than the state average.

Upswing Nursing  
Tutors are waiting  
to meet with you!



Dr. Agnes Furst



Shawntelle Winslow



Nishanth George



Rebecca Brunelle



Keith Nestor Lavin



Andrea Eunice Vargas



Rachael Demandt

1. [Log in to your Upswing account.](#)
2. **Type your nursing subject or the name of a nursing tutor into the search bar.**
3. **Schedule a session!**

Or, scan here to log in and schedule from your mobile device!





# Technical Programs

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## To live the “high life” take a risk!

By Hunter Kruzie, student  
Everyone has their dream lifestyle, so what is stopping you from achieving what you want?

Not everyone has the same dreams or reasons why they cannot achieve what they desire, yet most of the time it comes down to money: working a 9-to-5 job, getting by but still wanting more, and looking up to those who have the lifestyle you desire.

What have they done to get where they are today?

They took a risk in their



Nate Kruzie, owner of The Springs Events, gives this advice to hopeful entrepreneurs: “Life is too short to fear what might happen. It is better to try and fail than to always wonder what could have been.”

career and didn’t give up until they achieved what they had set out to do.

### *Sleeping in his car*

Keith Hickman, the owner of Hickman Creations, an auto restoration company in Gunter, Texas, had to take a big risk to achieve his goal of owning a prestigious custom hot rod shop.

When he decided to open his own shop in November of 2014, Hickman said, “The risk that I first took was putting out a \$1,400 LLC and making a business .... I actually had to sleep in my car for two years to keep the business alive, and that was a risk in itself.”

Although starting a new business is a major risk, invest in yourself and get the necessary equipment even if you don’t have the money at the start, and hope that in the end, it makes a profit. That doesn’t just apply to tools and equipment.

### *Do the upfront research*

Bill Dankenbring, the owner of The Bomb Fireworks, a moderately sized and successful firework stand in Denison, Texas, had to take the risk of acquiring the correct permits, finding vendors to purchase wholesale from, and getting licensing from the state to sell fireworks—all before they could open and sell.

“There was a lot of upfront research and upfront cost we had to lay out financially in the hopes there would be a return after three years,” Dankenbring said.

There are many reasons why people decide to take the risk and start their own business.

### *Requires name-brand jeans*

You don’t need to be financially stable to start a business either. Nate Kruzie owns, builds and operates The Springs Events, a wedding venue company.

When he started the company with his father, he had filed bankruptcy a few months earlier.

“When I graduated

college, I went and got an 8-to-5 job, and it was the worst 9 months of my life,” Kruzie said. “I can’t work for someone else because I require name-brand jeans.”

Instead of working at a regular job, Kruzie decided that starting his own company would be the better option, making less in the beginning but in the long run, making way more than working a normal 9-to-5.

Even Hickman decided to start his own business because “I felt like I had a bigger opportunity than where I was at.”

The number one reason Hickman, Kruzie and Dankenbring decided to start their own business was that they saw an opportunity to grow and make more money than they were at the time.

### *Don’t let doubt take over*

When starting a new business and putting all of your time, effort and money into it, some doubts may rise.

Dankenbring had doubts two years in when he wasn’t seeing the returns he was hoping for. However, even with the doubt and stress of possibly losing money, he stuck with it, and in year three, he started seeing the return he was hoping for.

It takes lots of time and effort to start a new busi-

ness and keep it alive the first few years.

But one technique that all successful business owners practice is not letting doubt take over and eventually kill the business.

Believe in yourself. Believe that you have what it takes to operate your business and produce the product that you want to produce.

### *Better to try and fail than wonder*

“I advise before you dive into something, go work in that area and see if it is for you,”

Dankenbring said. You don’t want to jump into new ventures too early. Make sure you get satisfaction and enjoy what you do although you don’t want to wait too long. Kruzie echoed this comment when he said, “Life is too short to fear what might happen. It is better to try and fail than to always wonder what could have been.” Hickman agreed, “Listen to your own judgment and do what you want to do...”

Believe that you can do whatever you set your mind to.

Find what makes you happy, and pursue that passion and love.

Once you do that, you will never work a day in your life.

## Time management

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class, or assignment [that requires your attention.] I am teaching an 18-credit-hour course this year, and it requires careful time management from me as well.”

### *Make managing time a priority*

We all wear a lot of “hats” in life. Some of us have more roles than others. Either way, managing your time must become a priority. Israel Arnold, Pastor of The River Church in Durant, Oklahoma; business owner of an IT company called Button 108; and dad to 6 kids from ages 4-to-14 years old, knows the many “hats” of life well.

Having the lead role at Button108 and the lead of a non-profit, there is always a demand on Arnold’s time.

His thoughts on time-managing tips: “make short-term and long-term lists, start your day with

a clear breakdown of the tasks that demand your time, and prioritize as the day goes on.”

However, implementing the skills for better managing time and benefiting your life is entirely your decision.

Everything people do in life requires use of their time. Even eating and sleeping takes time. But time schedules will not always work. So, how do you manage time and keep family a priority as well?

### *Manage dueling priorities*

Samantha Dimas teaches 8 th grade English Language Arts for Durant Middle School.

She is the Deacon Board President for The River Church in Durant, Oklahoma, also, a mother to 5 children, ages 7-to-17 years old. Dimas shared time-management advice she gives her own students:

“Prioritizing is ‘key.’ For every one hour of class, [students] should spend three hours [working on school assignments] outside of class.”

Teaching for a 5A school district, Dimas exclaimed that “time management [for me] is essential. I have to grade 70 plus essays every 6 weeks for school.”

Homework and education must be prioritized so that you can have more time to enjoy the other parts of your life, she shared.

Managing time and family life can be a difficult task with so many variables. Dimas talked about how she brings her family into her goals and schedule. She said, “Sacrifice for the future is a family endeavor.”

Her family all worked together while she was finishing up her master’s degree and now as she teaches 8 th grade. She suggested

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Durant Middle School English Language Arts teacher Samantha Dimas says, “Prioritizing is ‘key.’”



The River Church Pastor Israel Arnold suggests, “Make short-term and long-term lists.”



Located at 424 West Main Street, Gunter, Texas.

Keith Hickman, owner, slept in his car for two years to keep his business alive.



## Spring 2023 Career Readiness Schedule

10-11am

January  
24- Find your Career, powered by Career Coach  
31- Personal Brand & Networking, powered by LinkedIn Learning

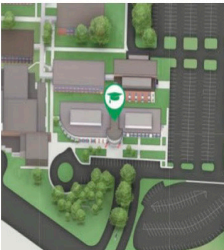
February  
7- NACE Competencies, powered by NACE  
14- Stellar Resumes, powered by PARWCC  
21- Nail a Job Interview, powered by NCDA  
28- Negotiate your Pay

March  
28- Find your Career

April  
4- Personal Brand & Networking  
11- NACE Competencies  
18- Stellar Resumes  
25- Nail a Job Interview

May  
2- Negotiate your Pay

Join us in person in the Student Affairs Building (SAB)



or by Zoom

Questions?  
Corey Leird  
903.415.2593  
leirdc@grayson.edu





# Features

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## Top of the Mornin' to ya!

By Michelle Mitchell, Library Assistant II

Irish American Heritage Month and St Patrick's Day are both celebrated in March.

This is the month we celebrate the contributions of Irish Americans in our nation's history. The contributions are vast and varied, from President Kennedy, numerous congressional and senatorial representatives, and thirteen of the signatories of the Declaration of Independence to Dan Daly who fought for freedom and received two Congressional Medals of Honor, along with the over 200 other Irish Americans who have received the Congressional Medal of Honor.

### *All things green*

There are parades in cities across America recognizing Irish Heritage. There are also lots of Green things happening usually on March 17th, also known as St Patrick's day, from Green Beer, to Green Eggs and Ham, to a green river in Chicago, to Going Green! (Oh! That one doesn't just happen in March!) The green is a reminder for Irish Americans that they were nationalists first.

It is one of the colors in the flag of Ireland, and Ireland is also known as the Emerald Isle.

We all love to celebrate by dressing in green to avoid being pinched, and whether we are greeting the "top of the morning" or noticing someone "talking a load of blarney," we love the fun of St Patrick's day.

We love to use Irish words, and we love Irish Art, but do we really know what we are saying and what we are looking at?

### *Kissing the Blarney Stone*

What does it mean to blarney anyway? This is a term that comes from Blarney Castle in Ireland that was constructed on the site of a demolished 13 century castle in 1446.

The tradition is that if you kiss the Blarney stone, (a block of carboniferous limestone built into the battlements of Blarney Castle) you will be gifted with eloquence and persuasiveness. Sounds fabulous, sign me up!

Well, maybe not. The stone is 85 feet off the ground. In olden days, people were held by the ankles and lowered over the kissing stone.

Nothing like the threat of death to bring out the eloquence and persuasiveness in a person. I might not even need the stone, given the

choice of hanging by my ankles over 90 feet in the air. In the more modern era, a platform has been constructed that allows for you to lie on your back and while grasping handrails lower yourself backwards down to kiss the blarney stone.

Why must you still hang upside down? Well, it's the only way to reach the stone, and you don't mess with 14th century magic.

Prepare to hang upside down and say thank you eloquently when you are done.

### *Top of the Mornin' to ya!*

What does the top of the morning refer to? Is it just silly redundancy or something more? We rarely use the phrase in all seriousness. Is it just me, or does your voice go higher, and affect an Irish twang even as you read it silently?

Try saying it for a second and tell me if you too bandy the phrase about as a cliché Irishism. "Top of the Mornin to ya!" Regardless of how we say the phrase, it is a lovely greeting and a truly wonderful way to wish someone a pleasant morning.

It would be even more wonderful for us to know the traditional response. "And the Rest of the day to Yourself" That's even sweeter. (Yes, I say that with an Irish brogue also.)

### *Celtic knots*

Another thing Irish that we experience commonly are celtic knots. We see them in tattoos, jewelry, as part of emblems, in art, gardens, and just about everywhere.

Celtic knots offer many unique individual meanings, though their core meanings tend to intersect. Celtic knots reflect a mix of influences and can consist of a single strand or multiple strands interwoven.

In their origin they were usually constructed with rope. If you have trouble distinguishing Celtic knots from other early civilization knot work you can easily look for endless interlacing loops.

Celtic knots first made their appearance around 400 and were a form of representation with religious or social motifs. The never ending loops symbolize oneness and unity. And different shapes and configurations can symbolize strength, or love.

Celtic knots can be adjusted to be symbolic of a person's personality or character. This may be why they are so prevalent in our art and society



*Thank you, Tracy Rains, for working so hard for our students behind the scenes to ensure each of them launches successfully into college life!*

still today. It blows my mind that many of the Celtic knot designs that we see commonly today are actually historic artifacts.

Acknowledging that makes them way cooler (a nod to my generation), or Extra Dope for anyone else reading.



## Play: Musical "Gilligan's Island" Showtimes:

Friday, March 3 @

2:30 PM &  
7:30 PM

Saturday,  
March 4 @

7:30 PM

Sunday,  
March 5 @

2:30 PM

Tickets available at the  
Box Office an  
hour before  
show

Adults: \$10  
Seniors: \$8  
Students: \$8  
GC Students,  
GC Faculty  
and staff get in  
Free

## Behind the Scenes with Tracy Rains

By Viking Staff

Did you know that a detective works at Grayson College. . .and not in the College Police Department?

In her work as a Record Specialist in the Admissions and Registrar's Office, Tracy Rains relies on her 20 ½ years of experience to track down students whose last name--or entire name--has changed. Sometimes they don't list prior names on applications either, so she must attempt to match students with sometimes minimal information provided on documents.

However, her desire to "make sure that the student receives the best service possible" drives Ms. Rains to find a student in the college's Comprehensive Academic Management System (CAMS) by, as she says, "using everything I've learned over the years and that I've taught myself about the system we use and not giving up and using what little information provided in multiple ways to identify the student." This tenacious attitude is part of her detective toolbox that she requires daily.

When she discovers that transcripts didn't come through one of the college's processing companies, Ms. Rains must determine why and how many others had issues, then notify often-frustrated students of the error and have them re-send transcripts to another email address.

As a front-line ambassador for Grayson College, she relies on empathy, encouragement, and just basic kindness to ensure students don't give up on the admissions process and short-circuit their potential careers before they've even started.

### *Many different jobs*

Over the last two decades, Ms. Rains has worked many jobs within the Admissions and Registrar's Office, each of which added to her knowledge of the admissions process, making her a valuable resource indeed.

She began her Grayson employment processing outgoing transcripts, greeting and helping students with questions, and enrolling students for Continuing Education classes.

Then she moved on to work as an Admission Specialist, rolling in and working applications, working transcripts that came in, entering scores and meningitis test results, and adding courses transferred in to meet

Texas Success Initiative (TSI) standards, among other duties.

She also worked in the Registrar's office, setting up classes and changing courses and parameters; processing major changes; dropping students for nonpayment, no shows, or drop request by students; adding students back into classes for errors or exceptions; and so on and corresponding with instructors and students over issues and requests.

She ensured the appropriate documents and paper work were completed for name changes, address changes, and change of residency.

And she handled all the verifications of enrollment and deferments and subpoenas of records and ensured all documents were scanned and linked to Document Tracking. She was also the backup for processing transcripts going out by mail or electronically.

Currently as a Record Specialist, Ms. Rains evaluates transcripts coming in on students, establishing dates of attendance, logging hours earned, and determining whether the student is exempt from testing (scores or coursework) and if the college or high school the student previously attended is accredited.

### *It's all for the students*

"Getting to know and help students" is Ms. Rains' favorite part of her job.

She appreciates the anxiety students feel when they're finally ready to take that leap to enroll in college, but there's a glitch in the admission process that's holding them up.

Working with sometimes-fragile students to resolve issues they're having in getting admitted is rewarding for her.

Locating required documents and researching options for getting transcripts or other documents to the Admissions and Registrar's Office requires patience and the kind of problem-solving skills Ms. Rains has developed over her years.

### *A crafter and dog lover too!*

Besides her detective work in the Admissions and Registrar's Office, Ms. Rains has a rich life outside of Grayson College.

She enjoys gardening, drawing, doing needle point and other arts and crafts, and spending time with her loved ones and dogs.



# Career Tips

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## Time management

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“to include your family on your graduation celebrations plans as much as you can [involve them.]”

### Be flexible

Time management takes flexibility. Time is constantly going, ticking, and winding down the day while our lives are scheduled around

time!

There will be situations where your plans and schedules will not be manageable with the time you have allotted for the day.

We all know the stress of not meeting deadlines. Arnold said, “I may lose some sleep on occasion to finish a project I am working on.

I have a short attention span, so I will work on something until I lose attention, then I’ll come back to it later.”

As you practice time management, you will develop the ability to know how you need to organize your schedule also how to be flexible as your task and schedule changes.

The old statement of “practice makes perfect” applies well in time management. Dimas suggested “to cut most the nonessential things, especially, while you are in [college.]

No matter where you are in life, what you have on your “plate,” or how you may feel like you cannot manage every-

thing going on in your life at the moment, you can become better at managing time by simply making the choice to do so.

The choices you make or don’t make are up to you when it comes to time management.

## Tech Education

cont. from pg. 1

the case for everyone. Hunter DeArkos, graduate of Northwest Lineman College in Denton, Texas, had to take a different approach to preparing for his career. DeArkos said he was never one for traditional schooling: “

I’ve always been a more hands-on person and just didn’t see myself sitting through four years of college.”

He knew he wanted to go to trade school and found out lineman school was just what he was looking for.

Charlie Page, a graduate of Grayson College, didn’t have as easy of a decision in considering his career preparation. “I’m very ADHD, so dragging myself through four years of college wasn’t going to be an option. But I also liked the security of having a degree as a backup,” said Page.

That’s when he found Grayson College. He was able to get all of the requirements for his main welding certification and study to get his associates degree at the same time.

### Differing benefits

Everyone benefits from higher education, but not in the same ways. Allen has benefited by significantly expanding her knowledge of literature.

She said, “[My degree program] has opened my mind to so many different writing styles and techniques that have really broadened my horizons when doing any kind of writing.”

Not all benefits to one’s career preparation come from just the classroom. “I feel like I found my role in life,” said DeArkos. School allowed him to feel like it was more than just a job; it was a lifestyle.

There was more to life than just getting up for work every day.

There was joy found in every second of learning about his career.

Page benefitted from his time at Grayson College in lots of ways. Page said, “Not only was I able to get all of my welding

certifications, [but] I was also able to get a degree, which greatly expanded my job options.”

The degree allowed him to have a more educational background on the welding field and not just a hands-on one. This degree opens him up to not just labor-type jobs but also jobs in the field of teaching and planning in the welding industry.

### The “College Experience”

A lot of students go to a four-year school just because they’re looking for the “college experience.”

Although this might be considered a flawed idea, part of higher education is the experiences students have while they’re there, whether they be positive or negative.

Allen, however, hasn’t been as involved in college life as she thought she might be.

Allen said, “While my experience at UNT has been very educational, there hasn’t been much outside of the classroom.” She said higher education should be fun outside of the classroom as well as in the classroom.

She found herself to be bombarded with school work and not have much time to do much outside of that.

DeArkos had a different “college experience” throughout his education at NLC.

“I was able to make lifelong friends, and I still work with some of those people today,” said DeArkos.

He explained that he thinks schooling shouldn’t be just about one’s education. There is still a life to live during it.

He made school a positive experience and not such a burden.

Page also had a very good experience with his time at Grayson. He said, “Going to a smaller school took away from the fear of going to a big four-year.”

Going to Grayson allowed for him to have a much more laid-back environment without the

overwhelming stress. Being in the smaller class settings allowed for him to focus better as well.

This made it an all-around positive experience for him.

### Cost differences

One of the biggest concerns for students when trying to determine their plan for higher education is money.

Big expensive four-year colleges just aren’t realistic for the majority of students.

Allen pays around \$11,000 a year for her schooling. This is on the cheaper side of cost for a four-year college.

DeArkos attended Northwest Lineman College, where he paid about \$15,000 for his program that lasted about 15 weeks. This is a lot of money for such a short program, but with this course, DeArkos was able to come out of school with little to no debt and find a job immediately.

As a 19-year-old, he was able to get his first job as an apprentice, making upwards of \$80,000 a year with full benefits.

With wages only going up from there, the little debt that would be acquired would disappear fast.

Charlie Page, graduate of Grayson College, paid around \$13,000 for his 2-year program.

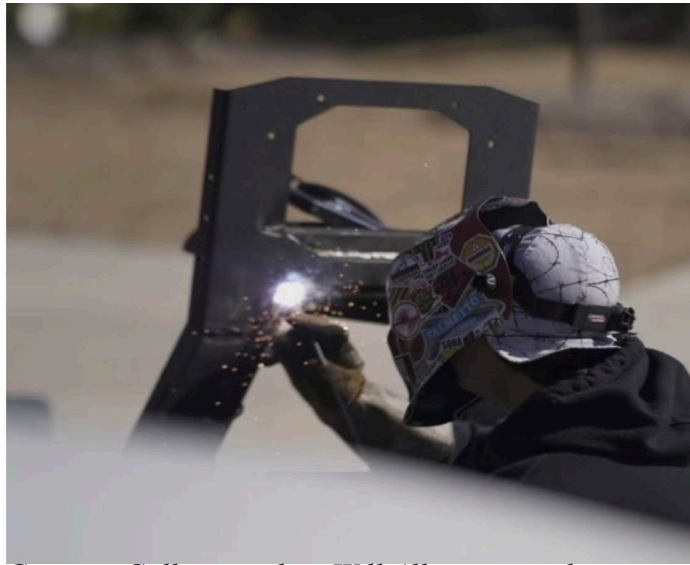
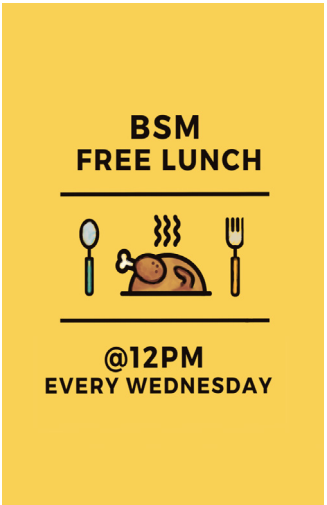
He was able to come out of school ready to work, making \$1,500 a week as a welder’s helper.

With that kind of income, student debts (if any were to be had) could be paid off fast.

College isn’t for everyone.

Higher education is more than just a four-year school. There are lots of options that provide a solid education at a fraction of the cost, making just as much money.

Don’t let the fear of a big college or a lack of money or drive stop you from seeking higher education.



Grayson College student Will Allen putting his knowledge from welding school to use in the field

• Earth Science

• Math

• Chemistry

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# Features

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Denison, Texas

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

March 3, 2023

Edition XVII, Volume II

## Travel Nurse

Cont. from pg. 5

required certifications. **The Viking:** What was one of your best job environments?

**Sophia:** At Yale New Haven Hospital, the unit had every resource a nurse could need.

For example, there was a glucometer at each patient's bedside. At other hospitals where I've worked there might be two glucometers for the whole unit, so I'd have to walk around the entire unit to find them when I needed one.

**The Viking:** What's your biggest tip for a positive work experience?

**Sophia:** Be a sponge!

You'll see many nursing departments run differently from what you may be used to, which is a huge benefit to your personal nursing practice. You can see the same practice performed well different ways and adopt the best for yourself.

Be kind and friendly. Remember that if



*Sophia Treviño graduated from Texas Tech University School of Nursing in 2019 then worked at Cook Children's Hospital for two years before beginning her travel nursing adventure.*

the hospital hires a lot of travelers, many of the staff nurses have answered the same questions frequently, and they know you're paid a lot more than they are.

So make sure you don't come across as "superior."

Sometimes travelers have a haughty attitude. Basic nursing care will not vary regardless of where you are, but ideally you'll find a welcoming, helpful work culture in which you feel comfortable asking the "minor" questions, like how to send a lab for processing.

Be open and flexible. Be open to going somewhere you've never been before, and have a positive attitude.

**The Viking:** Anything to watch out for on the job?

**Sophia:** Protect yourself and your license. If you're asked to do something you're not comfortable with, speak up to your charge nurse and your recruiter.

**The Viking:** What's the toughest part of traveling?

**Sophia:** Finding short-term furnished housing. I've had some luck with Furnished Finder and Airbnb, but some furnished places won't allow pets. It's ideal to find

housing within walking distance of the hospital since it saves on parking costs and makes it more attractive/easier for you to pick up extra shifts.

If you aren't traveling with a partner nurse or have someone you know in the area, it can be a bit lonely until you make some friends.

**The Viking:** Any more tips?

**Sophia:** Get a library card and find a nearby yoga studio right away! I also got a sewing machine for Christmas so I can craft during the wee hours when I'm trying to get my body synched to work a night shift.

## TRIO students dress for success!

Kinzie Randolph, Advisor, TRIO Student Support Services

Last month, the TRIO Student Support Services program partnered with Career Services Career and Pathway Coach, Corey Leird, and Grayson Marketing Multimedia Specialist, Jim Smarr, to host a Dress for Success with SSS workshop.

These students came dressed in their interview attire to get their professional headshots taken and learn key interviewing tips and tricks.

Each student had the opportunity to complete a mock interview and have their professional headshot uploaded to their LinkedIn profile. TRIO Student Support Services (TRIO SSS) is a federal grant program at

Grayson College whose purpose is to provide academic support services to first-generation college students, low-income students, and/or students with disabilities with the goal of increasing graduation and retention rates.

Services include: academic coaching and mentoring, university visits and assistance with the transfer process, helpful life-skill workshops, financial literacy, scholarship opportunities, and providing a supportive climate for student success.

Become a TRIO SSS participant and join the TRIO family!



*Pictured: TRIO SSS Students from left to right- Xavier Chavera, Rhonda Gordon, Jovan Lafary*



*Pictured: TRIO SSS Department Staff from left to right- Corwin Ransom (Advisor), Averial Stovall (Administrative Assistant), Tomyra Britt (Director), and Kinzie Randolph (Advisor)*

## Letter from the editor

I hope that this semester is going well for you all and that you are getting adequate rest.

As everyone knows, this is the time of the year that finals are approaching for the eight-week classes. Be sure to look into the Upswing-tutoring as advertised on page three. It is completely free to students at Grayson College, so if you need help preparing for the finals coming up be sure to check it out.

Another event coming up is Spring Break. Are you looking forward to the break? I know that I am! If you do anything fun for the break be sure to send me some of your fun experiences for *The Viking*. You can send me photos and stories at [prkpetri@vikings.grayson.edu](mailto:prkpetri@vikings.grayson.edu).

For Spring Break I am not planning to go anywhere far. Our family is going to be doing a small stay-cation. If you haven't considered the idea of a stay-cation yet I highly recommend it.

In the years past my

family and I would go visit my husband's family in Mexico. While a long journey is fun, I found that it is a better experience when there is more time available. Stay-cations are a great option because you can visit areas nearby and still stay at home.

Another benefit of a stay-cation is that you can save money on traveling. Gas prices have skyrocketed these past few years.

No matter what you decide to do be sure to take some time for yourself. Do something you enjoy, such as spending time practicing an old hobby, spending time with friends and family, or whatever makes you happy. After all, you have worked hard this semester to get where you are and you deserve to reward yourself with some TLC.

I most certainly hope that you have all been going outside and enjoying the warmer weather we have been having as well.

Sunshine and exercise are wonderful for you both physically and mentally, so go outside and soak up some sun! You don't have to go out for very long. It can be as little as thirty minutes a day. I have found that going out into the sun for just thirty minutes a day helps elevate my mood, and sleep better at night. I have terrible insomnia which always leaves me feeling groggy and unmotivated. However, when I spend that time outside even just for a little bit I feel refreshed and happier.

Remember that *The Viking* is always in need of student content. Please reach out if you ever have anything you would like to share, such as photos, a paper, art, or any other material you would like to see shared here! All student content is welcome. I never get enough. If you would like to share please contact me at [prkpetri@vikings.grayson.edu](mailto:prkpetri@vikings.grayson.edu)

Thank you, and have a wonderful Spring Break!

# Upswing

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