

BLACK WORLD

09.24.2024

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First Edition

Essence Of the Night: Blackout 9

African Student Union and Black Womyn's Association have come together once more to host Blackout 9 funded by USG. Blackout is an annual event occurring on September 21, 2024 this fall semester. The event goes from 6-11pm that features live music, food and performances from dance teams at the Pit.





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Stony Brook Survival Tips



Stony Brook is not an easy school to survive. If it didn't rain so much, it could easily be mistaken for hell with constant midterms, random rainstorms, and nowhere but highways everywhere you go, but it's possible. One of the keys to surviving Stony Brook is avoiding self-isolation. Studying alone seems like a great idea, you'll lock yourself in your room, or go to the library by yourself, but it's rarely that simple. Studying in college isn't like in high school where you just read something or practice what you learned in class. Studying in college is like navigating an ocean of confusion. Study groups and tutors can be essential to surviving the wasteland that is Stony Brook University. I remember spending two hours trying to do the paper homework for MAT 131 with my tutor.

It was so bad I ended up falling asleep halfway through. I couldn't imagine having to do that alone. Sophomore year was a rough period for me, mostly because I tried doing everything alone and my tutor graduated. I would spend hours just trying to understand the homework, and study for the test; but I would just end up frustrated. College can make you feel like the dumbest person in the world, I've been there. You're inevitably gonna feel dumb sometimes while you're here and that's okay. The best way to not feel dumb isn't to spend hours staring at notes, or all night watching Organic Chemistry Tutor (although he is a great resource). The best way is to talk to people who know what they are talking about. Videos and notes are great but, you can't talk to your notes. Professors can be surprisingly helpful when they aren't making fun of students in the lecture hall.

Image credit: @reallygreatsite

A final piece of advice is to get involved in a club. Clubs can help keep you grounded and sane while you're here. College seems like a lot and it's easy to get the impression that you'll be busy all the time, but there is so much free time in college. Clubs can help you get an internship or just make a connection that will last long after you graduate. Hell, being on an e-board looks great on your resume. Beyond making connections, clubs can just be fun. Most importantly clubs will prevent you from spending four years rotting in your dorm room. Degrees are probably one of the most important aspects of college but, after four years do you really want the only thing you get from college to be a piece of paper?

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Mental Health Awareness Month



Something we all share is a susceptibility to mental health decline. When is the last time that you've paused what you're doing to assess what's going on inside the mind of yourself, others, and how it's impacted the actions and moods of both parties? In order to keep your mental health in good standing, Stony Brook emphasizes its importance by promoting the usage of our many centers, activities and programs dedicated to your mental health and how to remain conscious of it. As the days in your semester pile upon each other, being so naturally into the motions can lead you to forget just how much you've been exerting yourself. It is in our nature as hardworking Stony Brook students to wake up each morning and muster together all of the determination we possibly can to move ourselves through the week. However, while we view it as a service to our future selves to power through all obstacles in our path, it's equally as important to be aware of the disservice we could be doing to our present selves.

You've taken a nap to rest your body, but when was the last time your mind was given the same care?

Being cognizant of your Mental Health can take different forms such as contacting our Center for Prevention and Outreach Team supported by several Stony Brook Campus centers all catered to Mental Health Outreach and suicide prevention. A multitude of events are made available to you with organizations such as our Stony Brook Hope Committee or Student Support teams; they serve as constant reminders that there are so many people all around you who care and urge you to lean on others when the pressure on your shoulders feels like it's of immeasurable weight.

Being aware of your mental health can also be done by building community. As a third-year student here at Stony Brook, I've had to pull myself out of the unfortunate habit of waiting until I'm burned out to seek help. It'll only harm you. By building community, you'll have others to keep your mental health at the forefront of your mind. When the awareness of your mental health has been lost under midterms, campus life, on-campus jobs and the several tasks that you find yourself dealing with on a low battery, you'll see that building community has made it so that even at your current level of exhaustion, you'll be strong enough to bring it back with others around you to lend a hand.

The most important part of Mental Health Awareness is knowing that you can't go it alone. After you've earned your A on a midterm you've been stressing over and now you're feeling bliss so strong that your feet might be off the ground, I urge you to elicit that same feeling in someone else who feels like they just can't keep going. You may find that being there for someone who needed it, feels just as good if not better than acing an exam.