Older students lend advice

BY MICHELLE MARTIN  Assistant Features Editor

As you start dipping your toe into the world of adulthood, the time of classes and a new environment is upon you. This may be a scary and new experience for many, but others are happy to lend advice.

As a sophomore at Truman, she said that the environment was very familiar and the campus very friendly.

“People were really nice, and I was surprised that I was making a bunch of contacts as quickly as I did," she said. "It was pretty easy to get involved in new organizations, which I did.

As a sophomore in high school, Long said she was involved in a number of organizations and started to become involved in more activities such as KTRM, the student radio station — something she wouldn’t have sought out during high school. Although she was slightly anxious about all the new organizations she was joining, she never regretted making the effort, she said.

“I just kind of went for it, and it turned out to be one of the best things I have decided to do at Truman," she said.

Long said she also met a lot of friends who lived in residence halls near her. To transition new to the residence hall experience, she recommended venturing out of your room and hanging out in the lounge or studying house events. Maintaining a good relationship with the student adviser is also important, she said.

As a somewhat shy person, Long said she decided as a freshman to become more outgoing. She was pleasantly surprised at Truman’s communication degree this year and said she recalled making the effort during her first year. She was interested in organizations, she never regretted making the effort, she said.

“Students should be aware of the services they offer on campus and take advantage of it to get what they need," she said. “For example, if you need help with writing an essay, there are plenty of services available to help you."

She recommended new Truman students to meet upperclassmen and get to know them, but also to create new connections of their own. She said she enjoyed her connections with her student adviser and that their whole year was just kind of exciting because they just didn’t work on building that trust and getting to know them. She said she would not have joined as many organizations, for example, if she had not depended on one organization to be the center of her social life for the next four years.

“Some of the best friends I’ve made here, and all the friends that I have, are those that I met during my first year, I think," she said. “And some of those friends are still my closest friends now."
Green concept loses face

It’s difficult to walk into any grocery de- partment, open a magazine, or watch a TV show without seeing a sea of green. Everything from light bulbs to laundry detergents to lunchboxes is now available in a range of green shades. And while some may argue that these products are environmentally friendly, others believe they are simply a marketing ploy to make a profit.

Although there is doubt that some companies that tout the use of green actually do the environment any good, there are several businesses that are genuinely committed to making a difference. For example, The Body Shop, a company that sources its ingredients from sustainable sources, has been a leader in the green products industry for years.

But what about those companies that are simply jumping on the green bandwagon to boost sales? These companies are often referred to as “greenwashing,” and their practices can be misleading.

For instance, a company may claim that its products are biodegradable, but in reality they are made from materials that break down slowly and harm the environment. Or a company might claim that its products are made from recycled materials, but in fact they are made from non-recyclable waste.

So how can consumers know which products are genuinely green and which are not? It’s important to do your research and look for certifications from reputable organizations such as the United States Green Building Council or the Green Seal.

In the end, it’s up to each individual consumer to make informed choices and support companies that are truly committed to protecting the environment.