Editorial: Rider on the right track

The signs are unavoidable. Whether walking to class, Daly’s or the parking lot, students cannot escape it. Change is coming and it is coming soon. Luckily, these changes are mostly for the better. Many have needed for quite some time while others serve to spice up the Lawrenceville campus’s look and give students a place to have fun. And one thing is true about all of these improvements; They would not be taking place if not for Rider’s new president, Mondechai Rozanski.

Since becoming president over the summer, Rozanski has begun a large number of projects that could have a significant effect on the University. He has begun the construction of a new Student Recreation Center (SRC) and a new residence hall. He has also provided for new landscaping for the Lawrenceville campus, planning to create a piazza in between the Ziegler and Hill residence halls and Daly’s Dining Hall. All of these projects appear to be on schedule with a ground breaking ceremony held on Thursday, April 1, marked the start of construction on both the SRC and residence hall renovations. The new residence hall will be built to connect Hill and Ziegler.

This new hall will allow the University to house more students, which is paramount to Rider’s continual growth. If students can’t be guaranteed quality housing, they will be influenced to go elsewhere. Obviously, this would hurt the University a great deal. However, Rozanski has resolved this problem before it even got a chance to develop with his initiatives. With a new residence hall and renovations in the existing ones, students will be offered a more upscale place to live. This could have a great impact on future recruiting efforts.

Rider will be a much different place, and that’s a good thing. By the time these changes are complete, Rider will be a much different university. In addition, the new piazza will give students a place to gather outdoors on a nice day. These changes and Ziegler's design are necessary parts of the transition Rider has to make.

The first, U-shaped road between Daly's and the residence halls will be closed to traffic. This will prevent the constant confrontations between student and machine that take place on a typical trip to Daly’s.

Furthermore, the area around the back of campus by the fraternity houses and the lake will be freshly landscaped. Traffic into the University will then be re-routed through this area. This further helps with recruitment since the first thing prospective students will see when entering the Lawrenceville campus is this new area. You only get one chance to make a first impression, and Rozanski realizes this. The landscaping plan is a smart decision.

Rozanski’s plans also aim to keep current residents happy. The SRC is being constructed specifically for use by intramural teams and resident students. In addition, the piazza will give students a place to gather outdoors on a nice day. These changes will help to make life on campus much less boring and will hopefully increase Rider’s impact on future recruiting efforts.

President Rozanski has accomplished a great deal in a very short amount of time in office. His initiatives almost have turned Rider University on its ear and they have only just begun. By the time these changes are complete, Rider will be a much different place, and that’s a good thing.

This weekly editorial expresses the majority opinion of The Rider News editorial board and is written by the Opinion editor.

Letters to the Editor: The Rider News welcomes letters on all subjects of interest to the campus community. Letters must be typed and include the name, address, phone number and signature of the author for verification. Send to The Rider News via e-mail (ridernews@rider.edu), campus mail, or hand deliver to Ridge House. All letters must be received by midnight Monday preceding publication. The Rider News reserves the right to edit all letters for space and clarity.

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From the Counseling Center:
Tips to improve self-esteem

Has the way you feel about yourself gotten in the way of who you are and what you want to be? Self-esteem, according to the National Association for Self Esteem (NASE) is "the experience of being capable of meeting life’s challenges and being worthy of happiness." Self-esteem for most people is a result of the way they think and the things they do from day to day. Below is a list of quick ways to give your self-esteem a pick-up. After trying out a few of these suggestions, consider making them a permanent part of you.

1. Be positive! Use encouraging statements to help you realize your capabilities. Repeat them as often as you like and your mind will act on them.

2. Relax! Give yourself personal time. If you are feeling low, anxious or lacking in confidence, the first thing to do is to stop thinking and relax properly. Relaxation is a fantasic life skill often used properly. It helps to straighten up your memory of positive events more accessible. Some examples of relaxation are self-medication, hypnosis and physically-based relaxation such as yoga and Tai-Chi.

3. Do something you are good at like drawing, swimming, running, dancing, cooking, gardening, climbing, painting, writing or designing.

4. Think back to when you did something new for the first time. Feelings of nervousness, lack of self-belief and high stress levels, all of which are necessary parts of the learning process, often accompany learning something new. The next time you feel under-confident, remembering this moment will remind you that it is perfectly normal.

5. Build confidence by visualizing yourself accomplishing something you have always wanted to do. Take the time to picture how it would feel to achieve it, paying close attention to every detail about how you would behave. Now put your thoughts into action and go out and achieve it.

6. Do something you have put aside like straightening up your room, writing a rough draft for an assignment, visiting the mall, getting a haircut or calling an old friend to catch up.

7. Remember all the things you have achieved. Keeping track of self-esteem-enhancing memories will give you something to acknowledge about yourself when you are feeling low. Examples may be passing an exam, completing a semester, reading a touching card from a friend, power through a half-marathon, getting fit or aiding the elderly. Fill a box or scrapbook with evidence of these accomplishments and use this collection as something you can turn to whenever you need to immediately feel better about yourself.

8. Establish goals based on what can be realistically achieved. Evaluate your goal by writing down a step-by-step plan of action and get to it. Take each step one at a time, and encounter any problems as a learning experience, but don't stop. Keep going until you reach your goal. Perfectionism only invites stress and failure. Avoid it.

9. Be optimistic! Erase those pessimistic perspectives by analyzing the situation you are in and thinking about the positive points that can be drawn from them. With a willingness to try, any situation can be turned easily into a positive one.

10. Take charge of your inner critic and stop it from controlling you. Don't get trapped judging yourself or filling yourself with negative thoughts. Tell yourself you have what it takes and are fully capable of anything.

11. Rely on your own opinions, not on what others think. Utilize your own value system and take charge in determining what is right for you.