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Trevecca women's basketball coach resigns



Coach Chad Hibdon

BY DAVID WILSON
CONTRIBUTOR

The Trevecca women's basketball coach on Monday announced on Twitter that he was resigning.

Chad Hibdon, the fifth women's basketball coach in Trevecca Nazarene University's history, posted on his Twitter account at

1:38 p.m. that "After a lot of reflection, prayer, and other opportunities that have presented themselves the last few weeks, I have decided to resign as the head coach at Trevecca..."

The university later issued a press release stating Hibdon "announced his resignation effective today."

Hibdon finished his career at Trevecca with an overall record of 49-99 and a 39-70 record in Great Midwest Athletic Conference.

"I met multiple times with [Trevecca Athletic Director] Mark [Elliott] over the last several weeks, and we both agreed that this is what's best for both sides. Any decision that you make has an effect on multiple people. We both concluded

that it is time to give Trevecca basketball a fresh face," Hibdon said in a phone interview.

Hibdon declined to comment on whether he as another coaching job lined up.

Elliott met with the team Monday afternoon.

"We had a team meeting with Mark Elliott around 3 P.M. this afternoon. He broke the news to us and walked us through the next steps. Right now, we will just continue to train and prepare for next season. Mark said that he will start the process of finding our next head coach, hoping to have the position filled by May," said freshman forward Emma Palmer.

CONTINUED ON PAGE 3



University officials make plans to keep up with campus fitness demands

BY KATIE TATE
CONTRIBUTOR

Rubi Gonzalez Hernandez is up and at her CrossFit gym by 5:30 a.m. three to five days a week. The freshman commuter student from Spring Hill said she is committed to her fitness and while she would rather work out on campus, there aren't classes or space that she can use.

"With the way that the gym is here, there's not much that kind of helps me out. Like at CrossFit it's more of a personalized training and here they just kind of give you decent equipment and just go, have at it," she said.

Trevecca has one gym on campus that serves both athletes and non-athletes. On average, around 250 students swipe into the fitness center a day. But Trevecca officials know more students would be inclined to work out if there was more space and more programming.

"I think for the general population student there is a wide variety of equipment, free weights, weights, machines for them, but it does get really crowded. It's harder to do when you have sports teams that need it as well as the general population," said Aaron Hall, assistant professor of exercise science at Trevecca.

As soon as this month, President Dan Boone hopes to have initial renderings of a new athletic facility that would free up current space to expand intramurals and provide more fitness opportunities to non-athletes.

"Directly to the fitness center issue, we need an athletic workout fitness facility for the general population and one for our student athletes," said Boone.

The current gym needs to be upgraded for the basketball and volleyball teams, he said. Two more practice gyms need to be implemented so that intramural sports can be expanded along with giving the sports teams more practice space. There needs to be more space for locker rooms and two different workout facilities; one for student athletes and one for general students on campus, he said.

"The science of how you work out for a sport is different from the science as to how you workout for your own health," said Boone.

The hope is to renovate the current athletic space and build a new facility on the parking lot between the current gym and the baseball field.

"We have seen some early first drawings but nothing that we are ready to take to our trustees until probably

March. I think we will have something by March that we will let our trustees look at," said Dan Boone.

But plans are just the first step. The university will need to raise around \$30 million.

"This is a facility we will have to raise all the money for and so until we have major donors for this facility, we won't be able to build," said Dan Boone.

For \$70 million, Boone said his dream is to also build a convocation center that could host chapel, but he and the board are looking for donors instead of taking on more debt.

In the meantime, officials have tried to find ways to allow students to participate in fitness activities.

For instance, Trevecca Community Church recently agreed to create an open gym night in their gym on Tuesday nights.

Hall makes sure his required health and wellness general education course includes information about heart rate and weight training along with tutorials on machines, and your form for different exercises.

"It's a really good class that introduces students to what the weight room is and how to effectively workout," said Hall.

Trevecca students explore the Civil Rights Movement

BY SOL AYALA
CONTRIBUTOR

As 11 Trevecca students stood on the porch of Martin Luther King Jr.'s former home, the director of the museum who now oversees the house drove by and happened to see them.

Shirley Cherry, tour director at Dexter Parsonage Museum, stopped and talked with them about growing up in the segregated south.

"I wasn't allowed to look at people in the eyes. Now that I can, I won't stop doing it," Cherry said to the group.

"That blew my mind, it totally changed my perspective from analyzing history," said Elizabeth Landin, a student on the trip.. "This is still having repercussions today."

Students in Jamie Casler's Civil Rights Experience class spent three days visiting historical places relevant to the history behind the Civil Rights Movement that happened in the south decades ago.

On their first day, in Montgomery AL, they visited the Lynching Memorial, the Legacy Museum, and Dexter Parsonage Museum—once the house of Martin Luther King—due to Covid-19 restrictions they could not go into the house; instead, they stood at the porch.

"You think dates are in the past and then now you see things as a reality," Landin said. "They just happened not so long ago."

Casler, assistant professor and social justice director, has been doing the trip for seven years. This year to help him guide the tour, Casler invited professors Iris Gordon, adjunct faculty center for Social Justice, and Erica Hayden, associate professor history, sociology and psychology. Each of the professors had a chance to lecture on the different places they visited.

On Saturday, Feb 4, the group visited the Rosa Parks Museum, the same day as Rosa Parks birthday. The museum had cupcakes and the exhibition of the bus where Rosa Parks was arrested.

"To step into those places, to stand on the porch where Martin Luther King Jr lived, and to stand at the bus stop where Rosa Parks got on the bus in 1955," said Hayden. "It means a lot more than just seeing in a textbook."

Their next stop was Birmingham AL, there they visited the Civil Rights Institute, the 16th Street Baptist Church, Kelly Ingram Park

"We step into history, learn from the past, to observe the present, and to know how we can work towards the future," Casler said.

Their last stop for the three-day trip was Memphis TN, where they visited the Lorraine Motel. After a day of learning, the group spent the rest of the day in downtown Memphis, which is known for its blues and soulful music, and visited the Rock 'n' Soul Museum.

"We try to incorporate some fun components to the trip. As it can be pretty heavy visiting all the civil rights spots, where a lot of tragedy took place historically," Casler said.

Casler says the feedback he has received from the students over the years has given him hope. He says students leave

the class inspired by the Civil Rights Movement and African American history, his students leave full of hope for a better future.

The class trip takes place every two years, and all students are able to take the class. It will be offered next during the spring of 2024.

Student fitness center and new athletic facilities in the works; funding still needed

By Katie Tate

Rubi Gonzalez Hernandez is up and at her CrossFit gym by 5:30 a.m. three to five days a week. The freshman commuter student from Spring Hill said she is committed to her fitness and while she would rather work out on campus, there aren't classes or space that she can use.

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Photos from the 2022 Civil Rights class



Photos from the 2022 Civil Rights class

NEWS

Many students question faith during college years

BY MIA AGEE
CONTRIBUTOR

For almost a year, Madi Malone, a senior at Trevecca, worked as a children’s pastor at a Nazarene church. When she came out as bisexual on social media and refused to take down the post, they dismissed her.

After trying out a couple of non-Nazarene churches and having negative interactions with several Christians, Malone walked away from the church.

Malone is one of many college students who fall under the “deconstructing” category.

According to an article in Christianity Today, more than 60 percent of Christian college studnetns actively question their values and beliefs by graduation. Increasingly, conversations about deconstructing faith are popular on campus, said the chaplain and some faculty.

People question their faith in college for an abundance of reasons. One major reason is the transition from depending on parents’ faith to building one’s own faith, said Erik Gernand, university chaplain.

“There is a normal part of a faith maturation process that happens around young adulthood, upper teenage years. Not everybody’s going to just sail through that process because anytime you go through a major life stage transition like that, it can be traumatic and challenging,” he said.

Faith gets rooted in the traditions students grew up with, the patterns of church involvement, and the relationships they are connected to, said Gernand. When students are

separated from the Christian rhythms of their hometown, they are forced to sort through Christianity themselves and decide whether they want to be a part of it. This separation also begs the question, “Where is my faith actually grounded?” he said.

Another common reason people, particularly young adults, question their faith is because they have been hurt by the church and by family members, he said.

“I see a lot of young adults step away from the faith because they grew up in places that didn’t faithfully reflect the character and heart of Jesus, and that can happen in churches. It can also happen in families,” Gernand said.

The beginning of the coronavirus pandemic and Black Lives Matter protests also served as eye-opening times for many Christians, said Lily Maxwell, a senior at Trevecca.

“Everyone was very worried about the property that was being destroyed and not the actual systemic issue,” she said.

By Christmas break of last year, Maxwell decided to leave the church.

After Maxwell left the church, she found it easier to love the people around her without telling them they were disobeying the Bible. She also noticed inauthenticity within other Christian peers and leaders, she said.

“Whenever I stopped claiming faith, a lot of people kind of wrote me off, and it was very telling,” said Maxwell.

Trevecca faculty and staff welcome student questions and hope that campus is a place where students will find well-informed guides to help them answer their questions rather than on their own later on, said Tim Gaines, associate

professor of religion.

“There are points when courses are probably going to make you uncomfortable. It will be different than what you’ve understood previously, but that is never for the sake of trying to rip someone’s faith apart just for the sport of it. It’s always for the sake of you coming out of here, given an arena where you can evaluate this stuff because I’d much rather you do it here than out there somewhere,” he said.

By asking questions, students are representing the body of Christ by actively seeking to change and strengthen their faith, said Smith. It is important to note that deconstruction happens for many reasons, not just lack of faith, said Amy Smith, a psychology professor at Trevecca.

“Not only is that maybe normal for us as people, but I think it’s probably normal from God’s perspective, too, and that it does not surprise him when we have doubts and questions,” she said. “Deconstructing does not make you less of a Christian or make you less of a spiritual person. It can be a sign of spiritual vigor that you have the energy and that you have the passion.”

Gaines said his hope is that students who consider themselves to be deconstructing, end up with a stronger faith.

“A large part of what I’m hoping happens around here is that any kind of deconstruction is taking it apart to see how it works, evaluating it, and putting it back together in a way that is just stronger,” said Gaines.

The way to make space for deconstructing students is by being a community of discernment and

discovering the truth together, said Gaines.

“If you can’t hold space for people who are asking questions, that really makes me concerned with the capacity of your faith,” said Gaines. “My hope is that Christian colleges are more like communities of discernment than they are about debate because debate always has the goal of one person winning the argument.”

Gernand hopes to hold seminar groups next semester with religion faculty and counseling faculty to process church trauma and students’ hardest, deconstructing questions.

“Nobody gets shamed for having thoughts and questions and wanting to work through hard conversations and topics – that’s just expected,”he said. “When your faith is getting round, it can feel like the world is tearing apart at the seams. And it means everything for somebody who has been through this stuff to be able to sit with you and say, ‘This is okay.’”

“Deconstructing does not make you less of a Christian or make you less of a spiritual person. It can be a sign of spiritual vigor that you have the energy and that you have the passion.”

-Amy Smith

NEWS

Trevecca women’s basketball coach resigns

CONTINUED FROM THE COVER

Elliot said he will immediately begin the process of hiring a new coach with the goal of having someone in place by late April or early May.

“Chad has worked hard to rebuild our historically strong women’s basketball program during a period that’s encompassed some of the most trying circumstances in the history of athletics. We are very thankful for all the time and effort that he devoted to Trevecca, and we wish Chad and his family nothing but the best as they move forward,” Elliot said in the press release.

Current assistant coach Taylor Clark will lead the Trojans through the remainder of their offseason strength and conditioning program, said Elliot. “She has gladly accepted the opportunity to lead our women until the conclusion of their offseason program,” said Elliott.



Hibdon resigns via Twitter Monday, March 21



SPORTS

Men's basketball team optimistic for the future, despite setbacks

BY DAVID WILSON
CONTRIBUTOR

Trevecca's men's basketball ended the 2021-2022 season with a record of 5-22 (2-18 GMAC).

Head coach Omar Mance entered the year with several talented, yet inexperienced players. Only three players returned from last season's team with significant game experience.

"Our team consisted of a couple veteran guys that had seen some consistent minutes. Other than those guys, we had some young players who had to experience the learning curve that college basketball presents," said Mance. Trevecca opened the 2021-2022 season winning three of its first four games, including an overtime thriller against Birmingham Southern.

However, a promising start was soon hindered by several COVID-19 and injury issues.

"We were 3-1 right before Thanksgiving, and we have not had a full roster since then. Several of our players have been forced into isolation and quarantine. We have just lost the rhythm that is needed to be successful," said Mance.

Conference play also showed no favors to a reeling Trojan squad. Opponents such as Walsh and Hillsdale proved to be formidable opponents this season.

"Our conference is one of the best in the country. There are several nationally ranked and physically tough teams. Playing in the GMAC is tough, especially because of the travel. We are on the road a lot, spending up to five days away from our own beds," said Mance.

The Trojans have been carried this season by the stellar play of CJ Pehna and Josh Price.

Pehna, a senior from Pickerington, OH, has averaged a double-double this season. In addition to his average of 20.3 PPG, Pehna also tallied 10.1 REB/G.

"Coming in I knew I would have to be a scorer for this team. But I also needed to be dominant on the defensive end as well. I tried to take on a leadership role this year by encouraging my teammates and building them up with confidence," said Pehna.

Price, a transfer from Liberty University, is a junior from Charlotte, NC. He is also the son of former NBA player Mark Price. Price averaged 14.1 PPG this season while also collecting 3.5 REB/G.

"I'd say I have experience in being part of a winning culture. I know what it takes to build that foundation. And so, I think my role is to not just be a leader on the court but to remain confident and give feedback," said Price.

The Trojans have been steadily rebuilding a depleted basketball program over the last six years. Winning at the one of the highest levels of college basketball is difficult, especially for a program trying to change its culture, said Mance.

"It's not where you start, but where you finish. We are rebuilding this [program] from scratch. We have taken major steps with talent like CJ and Josh. Our future is bright if we continue to stay the course," he said.



Photo courtesy of Trevecca athletics



Photo courtesy of Trevecca athletics

SPORTS

Women's basketball season wraps up with 5-22 record

BY DAVID WILSON
CONTRIBUTOR

The 2021-2022 women's basketball season started on an optimistic note, but was soon derailed by injuries, COVID-19 complications, and a lack of chemistry on the court.

The Trojans ended their season 5-22 (4-17 GMAC).

Head coach Chad Hibdon returned his two leading scorers from the shortened 2020-2021 season.

Those women, sophomore Keeley Carter and junior Faith Wilken, were the core pieces of a revamped basketball team that featured several additions.

Freshman Alexa Smiddy, Mattie Buck, and transfer Emma Palmer were all brought in to add talent and depth to the Trojan roster.

The Trojans immediately faced adversity in the pre-season when Mattie Buck suffered a torn ACL during her senior year of high school. Buck was expected to be a consistent contributor off the bench. Trevecca opened its season with games against several talented programs, including the nationally ranked Drury Panthers and Lee Flames.

"Our team struggled early due to a lack of familiarity and chemistry," said Hibdon. Matters became even worse when starters Faith Wilken and Alexa Smiddy both suffered season ending injuries.

Wilken tore her ACL on Nov. 22 against Lee. Just two days later, Smiddy shattered her kneecap against Missouri-St. Louis. With the loss of three expected contributors, Hibdon was forced to find new pieces to fit into his rotation.

"All three of those women were valuable to our team. So, the youth has [played] a factor in the cohesion and unity. You know, we were young, and were still

trying to figure things out," said Hibdon. Trevecca has also had to deal with the ongoing COVID-19 pandemic. Players have been sidelined various times throughout the year due to COVID-19 itself or contact tracing.

The Jan. 29 conference game against Malone had to be postponed due to COVID-19 concerns.

"I think we have had the most quarantines and shutdowns over the last two years, so it does slow down the cohesion of the team. It slows down the ability to put in schemes offensively and defensively," said Hibdon.

Despite these obstacles, the Trojans have continued to improve, and even shown flashes of their potential, he said.

"We have made a lot of progress. We are playing against teams in our conference that have upperclassmen who are coming back for their fifth season. Obviously, we have had some injury issues, but the growth and progress of this team through the obstacles and challenges has been refreshing," said Hibdon.

Keeley Carter has emerged as the focal point of the Trojan offense in the absence of Wilken and Smiddy.

Carter averaged 17.7 PPG in her 24 appearances this season. She shot 48.9% from the floor and averaged 6.3 REB/G.

"This year I have had to create a lot more off the dribble. I can credit my success scoring the ball this season due to the development of mid-range game. I have tried to shoot more from the outside this year," said Carter.

In the addition to the perimeter threat of Carter, Emma Palmer has provided an interior presence that the Trojans have lacked in recent years.

Palmer averaged 11.6 PPG while leading the team with a 52.2 FG%. She also led the team with 6.0 REB/G.

"The physicality of our league is very intense. Teams in our conference are very fast and physical. There are also well-rounded teams that have valuable experience. So, I had to [provide] that physical, aggressive level of play for our team," said Palmer.

Although the Trojans did not qualify

for the GMAC conference tournament, Hibdon is excited about the future of his program.

"There is a lot of hope and a lot of promise moving forward. We have some talented players. If we can keep them healthy and connected, we should make a big improvement next season," said Hibdon.



Photo courtesy of Trevecca athletics



Photo courtesy of Trevecca athletics

SWEET Team gears up for first ever Trevecca 5k

BY ABIGAIL ALLEN
CONTRIBUTOR

The Student Wellness Education and Engagement at Trevecca (SWEET) team and the Department of Exercise and Sports Science are partnering to plan the university's first 5K race.

The 5K will be held on campus on Saturday, April 9 for all students, faculty and staff to participate.

Laurie Wells, resident director and coordinator of community life, oversees the SWEET team and its involvement in the event.

"We coordinate and plan and implement wellness events on campus. So, we've done a lot with mental health and domestic violence awareness and sexual assault awareness. We've done a lot of self-care events and things like that," said

Wells.

To honor April as Sexual Assault Awareness Month, the SWEET team wanted to coordinate an event that would incorporate physical fitness, said Wells. The goal is to bring the community together and to promote health and wellness during Sexual Assault Awareness Month.

The team reached out to Aaron Hall, associate professor in the department of exercise and sports science, for help. Hall had been eager to plan a 5K on campus for years.

"So, we, as a department, like to do service projects and I thought it'd be kind of fun for our students to model a race after the Music City marathon," said Hall.

Much like the marathon that occurs in the streets of Nashville every year, Trevecca's 5K will include live music

played at different intervals throughout the track by Trevecca music students and groups.

It is Hall's hope that the 5K becomes one of Trevecca's annual traditions.

Also contributing to the event are SGA and the senior class council.

Senior SGA officer Taylor Gregory is working closely with Wells and Hall to organize the run. Gregory was given the lead in planning the event.

"All the different partnerships and everybody working together for it is super cool. I think a 5K isn't really an event that you would expect a bunch of people to be a part of, but we have a lot of participation so far," said Gregory.

Gregory reports that many have already signed up for the run and more registrations are expected in the upcoming weeks.

Registration is free. Those who register will receive a personalized training plan: one is for advanced runners and the other is for beginners. Family and friends are also welcomed to participate in the run.

Gregory encourages everyone to participate, even if they are not an avid runner. Participants can run or walk at their own pace.

Prizes will be awarded to faculty, staff, and students who participate. Booths will also be set up around campus with merchandise and snacks for everyone.

"I want everyone to come out, whether you're physically active or not. You can support, you can participate, you can stand on the sidelines and just cheer people on," said Wells.

To sign up go to <https://forms.gle/Rvk9Fz4UYdWeRGkB6>.

Masks now optional everywhere on campus



Mask requirements ease up as Covid case counts on campus and in the surrounding area remain low. Photo by Claudia Villeda

BY JULIA BALLARD
CONTRIBUTOR

Trevecca's mask mandate has been altered as Covid-19 cases on campus decrease and as of March 14 masks are completely optional for students and faculty.

"Face coverings will no longer be required in classrooms, labs, or any other areas on campus," said the center for student development in an email to the student body.

On February 11 the mask policy was updated to only require face coverings to be worn in classes and labs. Now the decision to wear a mask is entirely voluntary.

The number of Covid cases on campus

hit an all time high in January with a total of 116. During the first four weeks of the semester, more than 230 students were either diagnosed with the virus or were put in quarantine.

As of March 5, there were a total of four active cases with none of those being on campus.

Around 65 percent of students and 76 percent of the staff population have received their vaccine.

Based on local campus data and the decisions made by Davidson County about how to handle Covid-19, university officials decided to move to a mask-optional policy throughout campus starting immediately after spring break.

The university recommends continuing

to wear a mask if individuals or those they live with are immunocompromised or are at high risk for severe illness as a result of the virus.

"The most vulnerable population we have on campus is an age group that is older and our faculty represents that specific age group," said Thomas Middendorf, university provost and senior vice president.

Staff and faculty have faced hospitalizations and their home lives have been impacted by Covid since the beginning of the pandemic, he said.

Middendorf said officials have tried to respond in real time to the numbers of cases on campus, and they are hopeful that large university gatherings like

commencement can feel more normal this year.

"I am very optimistic that we will have a [graduation] ceremony where masks will be optional, and as long as we are in the clear with the weather, we should not have any restrictions on the number of guests students can invite," said Middendorf.

Students who are seeking mask accommodations can contact Michelle Gaertner, associate dean of student success, for more information.

The campus clinic is still offering free vaccines and boosters for free for students. Anyone interested should email clinic@trevecca.edu to find more information or to set up an appointment.

FEATURES

Trevecca alum returns to talk film industry experience, relationship with God



Darby Faccinto talks to Trevecca students about his career and how his faith intersects

BY BROOKE REESE
CONTRIBUTOR

Trevecca alum Darby Faccinto returned to campus on Feb. 24 to speak words of advice and talk about his experience in the film industry.

Faccinto has found success through his work in film design and animation. His resume boasts projects for Disney and Marvel, such as work on the Loki and Hawkeye TV shows.

Bringing Faccinto to campus is one way Seth Conley, associate professor

of communication studies, is trying to prepare his students to enter the film and television industry. He said he wanted his current students to be encouraged by hearing about Faccinto's work in the industry just since he graduated in 2020. Conley wants his students who are in college now to know the ways they can be working to set themselves up to be in a position where they may be able to get a starter position in the industry.

"I think that's a valuable part to know, anybody who comes to speak, everybody has their own path. Everybody has their own journey to get to where they are,"

said Conley. "I wanted them to hear his story, to hear how he's been able to network and how he's been able to navigate the relationships that he's had professionally to be able to get to where he is."

Faccinto highlighted the necessity of persistence, drive, personal faith and conviction in his journey to get where he is.

"I think a major thing in finding the drive isn't necessarily about always being passionate about it all. There are tons of times where I have to design a screen and I think it's like the most boring screen in the world," said Faccinto. "And honestly, last year was me finding out where's my drive coming from. I'm not always going to necessarily love what I have to do, and I think for me it really comes from telling the story."

Faccinto said he still encounters challenges in the work he gets to do, but these opportunities pushed him to better his skills.

"I remember when I was working on Loki, it was hard for me to understand the end result because I had never seen production when I was working on that stuff. We would get shots from Marvel and they were super rough," said Faccinto. "Zero editing, zero effects, blue screen, green screen, no color, people walking in and out the shot, and it was so rough and I didn't have an idea of the story. I just had to kinda trust in the bigger picture," said Faccinto.

Faccinto said his faith and relationship with God provides him with passion and drives him in life and work.

"Honestly, it's been the reliance on God, I think is really what's making me super passionate about what I do. It's been

really cool to see God work because it's a constant reliance, and I think that's a really unique spot to be," said Faccinto. "Opportunity wise, I really believe that each project I end up on is really, really an extension of God's provision because every time I'm on a project, it's always pushing me in a certain direction. It always stretches me in the right way and it's always something crazy."

Faccinto's work on the Loki series on Disney+ was very influential on him and his career. It was also an area in his life he sees as an extension of his faith.

"Loki is so unique and I've been asked to so many interviews and talk about it so much that my name just got thrown out there super heavy in the beginning, a huge God thing," said Faccinto. "Honestly, it's an extension of faith every day doing what I do, because I'm not quite sure what's going to happen tomorrow."

Faccinto advised students to be consistent in the pursuit of their passions.

"The thing I would tell my younger self is to take it seriously, whatever your passions are. Take them seriously, don't just rub them off your shoulder, or be like, 'Oh, it's just for fun.' Take them seriously and dive into them and invest in them," he said.

Alayna Simons, freshman journalism and film student, said Faccinto's presentation was very inspiring for her.

"I just loved that he was very relatable. It wasn't just this guy that was way older than us coming in and telling us, 'this is what I do for a living, live up to it,' and stuff like that. Since he's our age, he was very relatable," said Simons. "So it was easy to connect with him and be like, this is possible."

NEWS

Apps help students manage mental health

BY ALAYNA SIMONS
CONTRIBUTOR

Hyperventilating, profusely sweating, and ready to pass out, sophomore Alanna Ziegler is having to walk into a tense situation with a friend by setting a boundary.

She remembers the breathing exercises that she learned from her mental health app, Tide, and starts to focus on her breathing. Deep breath after deep breath, she feels more calm and ready to face the situation.

With a lot on her plate this second semester, Ziegler uses apps on her phone daily to help reduce her stress and improve her mental health.

"I'm an incredibly busy person. I constantly have something to do, somewhere to be, and there's always something on my mind," said Ziegler. "For me, these apps help me regulate my stress levels and help me be able to tune in with where I'm at emotionally."

According to an article by the Mayo Clinic Health System, "What

Parents Need to Know About College Students and Depression," suicide is the third leading cause of death in students. 44% of college students reported having anxiety and depression, over 60% of students reported developing substance abuse and eventually developed anxiety and depression, and 75% of students chose not to seek help.

With a study of over 740 college students, the NCBI article "Understanding Mental Health App Use Among Community College Students: Web-Based Survey Study" has reported that there is a significant interest in mental health apps and that the primary reason is "confidentiality, convenience, and immediate availability."

"Tide has a lot of different options. The ability to keep track of your breathing, send you daily quotes, and fill out daily prompts that encourage thorough thoughts. I start my day with this and even use it to fall asleep," said Ziegler.

Brooke Kehl, an intern at the counseling center on campus,

recommends those two apps, Breathly and Abide, along with Colorfy and Smiling Mind. From deep breathing techniques to a tangible practice of coloring, these free apps can help with mindfulness and meditation.

"Most of these apps have a common thread of staying rooted in the present. We have the habit of getting stuck in the thought of the future, which increases our anxiety the most," said Kehl. "But for example, when we breathe deep, that simple action is important because it sends messages to our brain to calm down, which reduces that anxiety."

When the pandemic first shut everything down, senior Bella Agee started a routine that included taking walks to get out of the house. Not only would she walk and exercise, but she would also listen to meditation and on-the-go prayer exercises from Pray As You Go, a bible-based app.

"For me, a lot of times my mind feels so noisy that if I try to meditate on my own without guidance, my mind just goes every other direction. But with

guided meditation, it helps me to sort out the problem through a process," said Agee.

Along with accountability, Agee recommends these mobile apps to college students for their convenience of accessibility.

"Going to counseling isn't always convenient in the moment, we get busy. Even if you have counseling once a week, what are you going to do on the other days?" said Agee. "It's so helpful to have something accessible and an easy-to-reach resource on your phone that you can use to help your mental health."

Our phones are often used to numb us or distract us from the present, said Kehl, but they can also be a great resource in the back of your pocket.

"Every individual has to learn how to deal with things and be their best self, that takes work from you. You just press play and have to be willing to participate in it. It takes time, energy, effort but I think that's something that's so important for college students right now," said Agee.

Trevecca students explore the Civil Rights Movement



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