

Scholars' Scroll

October 2022

Mental Health Tips

- Take hot shower
- Read a book
- Eat healthy
- Socialize
- Workout
- Drink tea
- Sleep sleep sleep
- Take breaks
- Stay organized
- Set goals
- Join a club
- Drink plenty of water

Student Shoutout!



Arianna Reed

Made the dance team for Hip Hop crew



Mariah Baker

She hosted her first red table talk with OBU



Kimberly Salto

President of Latino Awareness Association



Markaila Vanheusden

Made it on the intermerial volleyball team

Events

PSA

- Financial aid workshop.....7/22
- Development day.....13/22
- Progress reports due.....28/22
- Profesional portfolio.....28/22

Campus

- Super smash tournament.....6/22
- Halloween social.....27/22
- Halloween bash.....27/22
- Service and education day...28/22
- Cider run (5K).....29/22

"If human beings had genuine courage, they'd wear their costumes every day of the year, not just on Halloween."

— Douglas Coupland



Want to be featured in our next newsletter? Fill out this form to be randomly selected for next month.



Student of the Month

October 2022



Lily Gostinger

Lily Gostinger is a 1st-year student with a major in graphic design. She is pursuing a bachelor of fine arts because of her passion for the arts and technology. She received several awards for her skills in the craft back in high school. Her hard work has allowed her to expand her portfolio early on in her career. Her teachers would hire her to help complete a plethora of projects such as t-shirts, flyers, and poster boards. When she is not indulged in designing, Lily enjoys playing video games such as Mario party and Zelda. Back home she loves going to church and serves as a youth leader over the summer. On campus, she is an active member of His House. Lily is looking forward to having a busy semester. Good luck Lily!