

College Bound: Intern Edition Episode 5

FULL TRANSCRIPT (with timecode)

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Welcome to College Bound: Intern Edition. We're your hosts, I'm Catherine O'Leary.

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I'm Tajae Thompson.

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And I'm Hailey Oppenlander.

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And we are here to give you the student take on Notre Dame.

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Hi, everyone, and welcome back to another episode of College Bound: Intern Edition. We're your hosts, Hailey, Catherine, and Tajae. And today we have one of our fellow interns here, Sarah Price, and she's here to join the conversation on untapped resources here at Notre Dame. So, Sarah, would you please give us your Notre Dame intro?

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Yeah, of course.

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So my name is Sarah Price. I am a senior in Johnson Family Hall, originally from Mount Laurel, New Jersey, and I am double majoring in economics and Africana studies.

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All right. Thank you so much, Sara. So we're talking about this conversation of untapped resources from anything from mental health, food on campus, just anything like that. So does anyone have a favorite untapped resource that they think needs a little spotlight?

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There are so many. But an honorable mention has to go for me, has to go to the Center for Social Concerns. It's kind of the hub for volunteer opportunities in South Bend, in your hometown, internationally. If you want to get involved in any kind of community, that's your go-to. And they also offer a lot of seminars on all kinds of different topics from poverty across the U.S. to racial injustice and just and other like various immersion trips.

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There's a trip to the border. There's just so many cool seminars. And typically you would be going over spring break or fall break, so you get to bond with fellow Notre Dame students and learn about really important issues facing our country and the world.

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And additionally, they do these really, really cool things called SSLP's and ISSLP's. And these are summer service learning programs that can be both domestic and international. And so you basically spend about eight weeks over the summer doing sort of some type of like immersive volunteering work.

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And and they can be really life-changing. I mean, I personally did not do an ISSLP, but I have friends that did them and they just said they were they love them. They're incredible. You can go work at a women's shelter in Ghana, like you can do all kinds of things. And probably the coolest part about the CSC is the building itself, Geddes Hall. It's right next to the library, it was right next to my former dorm, Breen-Phillips Hall. They have a amazing coffee house, they've got a little kitchen. Sometimes you can steal snacks in the kitchen. They usually have free coffee, and they've got like a cozy little library. Geddes is also an untapped resource, completely separately. But yes, the Center for Social Concerns is awesome, I could not recommend more.

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All right. Thank you so much, Catherine. I've heard so many good things about the Center of Social Concerns and all the programs they offer, so kind of sticking in the same realm of like traveling with the University, I know study abroad is a pretty big thing at Notre Dame, like a lot of people study abroad, everyone loves their experience. So I know Sarah has gone to a few places, and she knows a little bit about study abroad. Sarah, you want to tell us about some of your study abroad, untapped resources?

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Yeah, definitely. So a large proportion of Notre Dame students actually study abroad, and that's pretty unique for our university. But I think one of the untapped resources with going abroad is definitely the funding. I participated in an externship where I worked in Beijing for three months and it was absolutely awesome and it only cost me about maybe five hundred dollars out of pocket after aid and grants. So one of the main ways that I got funding for this was through the Keough School of Global Affairs. I talked to a lot of different professors and they tapped me into different scholarships, different grants through the Keough School.

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And I just like applied via essays or just sending in my resume and my transcripts, and that was a pretty easy way to get some type of funding. I also went to the Center for Eastern Asian Languages and Cultures because I was going to China, I was going to Beijing. And they have a grant where they give you around fifteen hundred dollars to just go and learn and do. Whether you're going to do an externship like I did, I worked at a journalism organization or if you're going to do immersive language study program, the EALC is an awesome place that's practically handing out money so people can go and explore.

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But if you don't want to extern or you don't want to work abroad, study abroad is an incredible thing to do, and I advocate for everyone to go and participate in that. And especially Notre Dame tries to make it so that it doesn't cost you any more than it would spending a semester in South Bend. So now you can go to London, you can go to Sydney. In my case, I went to Jerusalem, and it's really an eye opening experience, and I don't know anyone who has been abroad that regrets it, so definitely go and expand your horizons.

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Thank you so much, Sarah. Notre Dame as a whole has like pretty great sources for funding. Like a great one is the Office of Student Enrichment. And they really hope to make sure that low income students can have this full college experience because things can get expensive football tickets, classrooms, things like that. And they're such a great help. They have a laptop fund if you need a new laptop, if your computer randomly breaks; headphones, because I knew that was something people needed, especially when you're spending so much time on Zoom. And I'm not sure what the exact requirements are, but I know they work very closely with the Office of Financial Aid and are just another great resource.

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And they also have these really fun events. So recently they had a Valentine's Day cookie decorating event where you could just go with your friends, socially distance in Duncan Student Center, and then just like decorate some cookies. It was it was a nice, fun activity and it was nice to be in the warmth and have fun with friends. So now I want to ask Hailey, have you what's your favorite untapped resource, where do you go when you get all that stress out?

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Yeah, I think one of my favorite places on campus is called McWell, which is short for the McDonald Center for Student Wellbeing. And they just have a lot of really cool rooms where you can go and study or play games and just kind of get away. My favorite one is the fort room and it has some nice grass and greenery and some pillows, where you can sit on the floor and do work with friends. They also have other game rooms, they have a Wii in of their rooms, I know, so if you're looking to play Mario Kart, McWell is the place to go and just really nice and kind of cozy furniture.

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So if you're looking for a place that feels a little more like a home, it is just a little more relaxing environment than, say, the library to study, McWell is definitely the place to go. They usually have lots of free stuff for students, too. You can get essential oils there, which is really nice. And the before times they would usually have some sort of snack station or coffee. So McWell is definitely the place to go to relax and kind of take a step back in the middle of the school year.

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Right. Thank you. Yeah. Thinking about the before times makes me a little sad, but they really try their best to help us out. So are there any other resources on campus, where like we're able to go, you know, take a break, relax, talk to someone if we need to that's not necessarily a friend or a member of hall staff? Catherine, do you have anything on that?

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Yeah, I think we'd be doing a disservice, not mention Campus Ministry in the untapped resources and I'm a theology major and there's so many things that have happened to me that I have not tried. I definitely need to get on that in my last semester of college, but I would say a big thing is that Campus Ministry actually does a lot to try to work with students and try to check in on their mental health and hopefully improve it.

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They offer the opportunity to have a spiritual advisor and just kind of someone you could go. I she know, talk to you about anything and whatever you're going through and struggling with or just kind of life in general. And also just kind of like little nuggets. Something I've been very impressed with is that they also have so many confession times. I mean, I come from a town in South Carolina where I was the only Catholic I knew. And and so we just, you know, didn't have a lot of confession opportunities. But coming in today and like, there's confessiona three times a day in various locations at least.

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And so I think that's super cool. They also I think we've talked about this for on the podcast. We have Compass groups, which is a great way for freshmen to like other freshmen and try to continue to cultivate their spiritual life while they're going through the challenges of freshman year. super cool peer group. There's also so many, like adoration opportunities and vespers, I think pretty much every day at the basilica. So, yeah, there's so much going on in Campus Ministry. And as I also mentioned before, they do they make pancakes occasionally and that is awesome. So I think that that probably is not an untapped

resource because those are those nights are always like super busy but doesn't really count. But anyways, Campus Ministry is great.

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All right, thank you, Kathleen. That those great campus ministry is fantastic, whether you're Catholic or non Catholic and like you're saying, we did get into that in another episode about, you know, being non Catholic at Notre Dame. So just kind of, you know, talking about having these mentors here on campus, having someone you can talk to, we have a resident assistant in our midst. We have a R.A., a member of hall staff, Sarah, our lovely guest. Do you have anything to say on being an R.A. and what that role looks like and how you help out your residents?

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Yeah, definitely. I love being a member of hall staff and being a resident assistant. The main reason why I went into this position, or at least applied to it, was because I wanted to be a point of mentorship and student guidance for all of the residents. And Notre Dame really takes that to the next level because there's an R.A. in each section of your residence hall. So on average, an hour per maybe 40 residents if you're in a larger dorm, but many times it could be down to 20 residents, so you really get to have these close relationships, especially with first years who are coming to the dorm, and this is their first ever college experience, you know, they don't know what they're getting into.

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And it's really awesome to just have your door open, and, sure, OK, people get locked out and you go and help them. But in that, you get to have these cool conversations with people quite literally all over the globe or coming from all over the globe. And you're just there as a point of, I guess, a point of support, because if people are going through something or they're having a rough day, I like to hope that one of the first people that they go to is their R.A. because as a senior, you know, we've kind of been there. We've walked through your shoes and hopefully we have some good advice.

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But there's plenty of R.A.'s, I think at least four in each dorm, but some dorms have up to eight, so there's definitely senior upperclassmen support in the hall. And it's really, really amazing just to have those types of people for any and everything that you are going through.

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All right. Thank you so much, Sarah. Sarah and I live in the same dorm, and I can confidently say she's a great R.A. And thank you so much for all you do, Sarah. So we're we're missing a pretty big topic here on our podcast. We have spoken about RecSports yet. I mean, RecSports is a huge area- it's not just the gym. Catherine, what do you have to say about that?

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OK, well, I'm so glad you brought up. Well, it is not just the gym. I totally agree. But let's start with the gym. First of all, again, this is debatably tapped or untapped, but I will say the Duncan Student Center gym is just incredible. So, so beautiful. I'm not going much to it this semester because I'm off campus, but like, shout out, that opened when I was a freshman. I'm still like just struck by it, I think it's so pretty anyways. But the fact of the untapped resources of sports. OK, so if you're a golfer, you are in luck.

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Notre Dame has two really very nice golf courses on our campus and on one of them. I believe you get a good discount if it's ten dollars for nine holes. And so I've heard that's pretty good. I know nothing about golf, but I'm happy for all the golfers out there. That's good news here. And then in addition to that, there's also kind of there's like random things you can rent through them. Like, I know you can rent like

camping equipment, so you can go get like sleeping bags and tents, whatever, go on up to Potato Creek State Park or Sleeping Bear Dunes and just get all your Midwestern scenery.

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And also they have a rock wall, I have not climbed again, untapped, but it at least looks pretty cool. The Rock has some squash courts, they've got a pool, like there's so many untapped resources. And so that's just the beginning of a list. Kind of endless

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kind of the slide in the rock. The Rockne is the full name, right? Yeah. It's like another there's two like main gyms on campus. Each dorm has their own, like fitness room, usually in the first floor or the basement. And yeah, the Rock is what we call it, is just another gym here on campus. Next on the other side of campus is the one in Duncan Student Center. So, yeah, we spoke a little bit. Is there any more on sports, Haley? I know you like to take some of those classes there.

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Yeah, I'm a big proponent of their fitness classes, like working out in the big gym space kind of scares me, but if you're the type of person who likes to dance and that's your preferred method of working out, they have really fun Zumba classes. And my friends and I sign up for those a lot, it's just so great. Get those endorphins and it's low stress, low judgment environment, but super fun.

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And there's also a type of class called WERQ that I really like, and it's similar to Zumba, but like a little more sassy. And last semester they had the classes at night, so they turn the lights off and put little disco balls on, so it's just a really fun environment. It doesn't feel like you're working out, and the classes are usually pretty cheap, like for WERQ and Zumba, I think they're three dollars a class for a drop-in, you can also sign up for semester long classes where it's like a joint total price. But I really like the drop in ones because that way, if you have to skip a week because you have an exam or a paper due, it's no big deal, but it's still pretty affordable to go to all of those classes.

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So I'd definitely recommend.

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All right. Thank you guys so much. I've taken a Zumba class with RecSports, and it was a lot of fun. So if you ever have the opportunity, I would definitely recommend to try it out. So we have reached that point towards the end of our episode where we ask our guests for their piece of advice. So, Sarah, what advice do you have for our listeners?

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Yeah, I think the one piece of advice, especially with untapped resources, is just if you're looking for support or you feel as though you need support in any aspect, whether it be like financial or academic or especially mental health, there is always a place to turn to on campus where people are willing and actively trying to support you. And if there's not, Notre Dame does a really great job of trying to create more spaces for that. So definitely reach out. Don't go through this whole journey alone because there are plenty of people here on campus to help you through anything.

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Sarah, that was fantastic. Thank you. Thank you to everyone for listening for today. Please remember to follow us on our social media, we're @NDAdmissions on Instagram, Snapchat, Twitter and TikTok. And

Sarah is also our blog team lead, so I'm not sure if she wants to add a little plug for the blog series we're doing on untapped resources.

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Yeah, definitely. So if you follow us @NDAdmissions on any of our social media pages, just stay tuned and keep up to date because they'll post weekly about any new blogs that we have, more specific and more in-depth on our untapped resources.

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All right. Thank you, guys. Thank you, everyone, so much. And have a great week or whenever you're watching this, and go Irish!