

## Professionalism. Does it exist?

It is a basic part of our modern era that we are forced to adapt constantly to multiple social environments. We transition from our family setting, to the workplace, back to the home, and maybe, when we have free time, to various entertainment outlets with our friends. Each of these environments, though, is its own micro-culture of behavioral routines, beliefs, values, and expectations, and when these are violated, there are consequences. Such is the case for a person who brings his or her frustrations over from a bad family situation into the workplace, or a person, angry at work, channels that anger toward loved ones. The key to adapting to these sometimes abrupt social transitions is tied to appreciating that they are, in fact, unique environments, and in learning communication skills that will allow you to excel in those environments.

The workplace is one of these unique environments, and all workplaces are as different as they are similar. Making the transition from one workplace to another can be traumatizing. People are different. Procedures are different. There are new written as well as unwritten rules about chain-of-command, online behavior, paperwork, office etiquette, work duties, and office relationships. The best practice for a new employee is not to just dive right in, but to remain open-minded, listen carefully, watch carefully, observe people and practices, be patient, do not try to impress others immediately, do not allow yourself to be talked into joining any workplace social cliques, do not criticize workplace routines, and ask for verbal and written feedback to gauge your progress. It takes time to learn a new workplace culture, and the time you spend is a good investment in your future success.

Despite the idiosyncrasies of our different environments, there are common workplace standards that should be followed. They are often referred to as codes of conduct, standards of professionalism and collegiality, and best practices. Below are five categories of suggestions for creating and maintaining a professional identity in the workplace.

1. Your look. Dress and maintain personal hygiene in such a way that garners respect and trust, reflects confidence, high self-esteem, and a willingness to present an appropriate image for your institution.
2. Your work. Show up on time, maximize your productivity during work hours, conscientiously fulfill the duties of your job description while exceeding minimum expectations, being self-motivated, and working on a task until it is complete.
3. Your character. Hold yourself to the highest possible standards of character and behavior as fitting for your job, which in-

cludes remaining ethical in your decision-making and conduct, following protocol and procedure, respecting the chain of command, and refraining from non-constructive critical comments, gossip, and excessive communications.

4. Your relationships. Being collegial means maintaining an attitude of friendliness, honesty, and openness, being courteous, admitting and owning mistakes, seeking solutions and not just pointing to problems, criticizing constructively and always in private, praising in public, being helpful by taking that extra step to assist others, listening to others' concerns, respecting others' feelings, beliefs, and values, remaining approachable, appreciating the work duties of others by not distracting or impeding upon their ability to complete those duties, and contributing to a healthy work environment that is free from hostility and other such tensions.

5. Your innocence. Refrain from illegal and inappropriate activities. All employees should refrain from making decisions based upon gender, race, sexual orientation, age, and other identity markers. This includes making comments that target those markers, and treating people differently because of those markers. Employees should also refrain from using institutional resources for private or personal gain, publicly criticizing the reputation or identity of the institution and those who work within it, and creating inappropriate relationships within the workplace that may create a hostile work environment for others. Those in supervisory positions should refrain from asking subordinate employees to complete work outside of their official job descriptions without additional compensation, status change, or special commendations.

A professional workplace will increase productivity, efficiency, improve morale, and will increase employee satisfaction and retention. Creating this environment is not the sole responsibility of the supervisor, but of all employees. A workplace is a type of family, and all families have conflict. Good conflict moves people to action and can make an institution stronger. Bad conflict stifles productivity, creates resentment and anger, and diminishes the credibility of the institution. The key to avoiding bad conflict is have clear rules and procedures in place concerning professional conduct, employ good communication habits with colleagues and customers, and acknowledging unprofessional conduct for what it is and addressing that conduct immediately.

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### MOVIE REVIEW

## Limitless reaches its limits

By Brianna Murrell  
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Officially released in movie theaters on March 18, *Limitless* is a film filled with action, adventure, and suspense. It is based on the book *The Dark Fields* by Alan Glynn with the screenplay by Leslie Dixon. Directed by Neil Burger, the movie's cast includes Bradley Cooper, Robert De Niro and Abbie Cornish. Previews and trailers boast the tagline, "What if a pill could make you rich and powerful?"

A very thought provoking film, viewers are forced to step into the shoes of Eddie Morra (Bradley Cooper), a struggling New York City writer who is on the brink of losing his book offer, his apartment and his relationship. With no type of motivation or drive to begin his book, Morra takes a break. Morra runs into a family member who gives him an experimental drug. Morra finds that the drug allows him to use 100% of his mind and increases his intelligence.

Addicted to the drug, Morra has to have more and thus the journey begins. He finds his "supplier" murdered in his home, and

with no one present, Morra steals his money and the secret stash of the drug. He begins to create a new image for himself. With the drug he is able to complete his book and then enters the stock market. Taking an exceedingly unusual amount of the drug, Morra begins to experience the side effects. Throughout the rest of the movie, Morra is confronted by individuals, good and bad, who are linked to the drug. It is his mission to keep his secret, as well as his life.

*Limitless* was a suspenseful movie, but not one to be taken too serious. Filled with numerous comedic moments, this isn't the movie to see if intense thrills are desired. With the main character also being in the cast of the popular movie, *The Hangover*, it may be hard to separate Bradley Cooper's two roles - the school teacher who steals students' field trip money for his Las Vegas trip and a writer who is now intelligent beyond belief by taking a pill.

Not the best movie, but the plot is stimulating. Thoughts of a pill that increases knowledge - what does the future truly hold?

### RESTAURANT REVIEW

## Home cooking, southern style

By Alicia Bayat  
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"Do you remember Chason's on Lumberbridge Rd?" When someone first told me about Grandson's restaurant in Hopemills, it didn't sound very appealing. But it's comparison to Chason's suddenly brought it all back, the rustic atmosphere, the candlelight and the smell of Southern food, absolutely divine.

Chason's was a little family-owned, country restaurant out on Lumber Bridge Rd where everyone always seemed to go eat. The food must have been good if people drove from Fort Bragg and Fayetteville towards Lumberton just for lunch. It was this log cabin type restaurant with an all-you-can-eat buffet. The Chason's on Lumberbridge Rd, burned down a few years ago and was relocated to Fayetteville. It lost some of it's atmosphere but still has the same Southern style cuisine.

I took my chances and headed to Grandson's restaurant in Grays Creek.

It was exactly as I expected as I walked

through the door, the split rail entryway, little country restaurant feel was all too familiar. I walked through the line and picked out a glass of sweet tea I could smell the tangy fried shrimp mixed with a sweetness that could only be pecan pie.

It was a smaller version of Chason's but the atmosphere and food was definitely familiar. I decided to try a little of everything. After all it is an all-you-can-eat. Buffet's aren't really good for me, I can't eat very much so I end up nibbling on a little of this and a little of that.

They had everything from meatloaf, mashed potatoes with brown gravy, to fried catfish and hushpuppies. Then I found the fried shrimp with a little touch of sweetness. I had a little of the country style steak with brown gravy, and cheesy potatoes. I had to taste the chicken and pastry and the dirty rice. I topped that off with a taste of peach cobbler.

They also have a full salad bar and bread section.

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