

Professors bond over weekly WSOE radio show



KAITLIN DUNN | Assistant News Editor

Associate professors of communications Naeemah Clark, Rich Landesberg and Anthony Hatcher have a radio show called "Three Professors With Class."

Kaitlin Dunn
Assistant News Editor

Most college students know the struggle of wanting to hang out with friends but having little free time during the week. Associate Professors of Communications, Naeemah Clark, Rich Landesberg and Anthony Hatcher feel the same way.

As a way to spend time with each other, the three decided to start a talk show on WSOE, Elon's student-run radio station called "Three Professors With Class."

"With our busy schedules, we never see each other during the week," Hatcher said. "This was a fun way that we could guarantee seeing each other."

Originally the trio planned to do a

television show but then shifted their focus to radio.

During the show, each host thinks of a question or topic, such as childhood memories, and the others respond accordingly. They also discuss current events such as last week's midterm election, or whatever they feel like talking about.

The tone of their show is informal, and they banter back and forth with one another. The conversation flows naturally among the three of them, so naturally, in fact, that they often finish one another's sentences.

"It's just fun," Clark said. "We really get to know one another better through it. And any students listening can get to know their professors better."

Hatcher said he enjoys being able to interact with students through the radio

station because it's different than the way he interacts with students in class. Landesberg said he feels that by doing this show, students will get a new insight into professors' lives.

"Students have stereotypes of professors and what they enjoy, and I think that this humanizes us and gives us the ability to talk about things we normally wouldn't discuss in class," Landesberg said.

While they hope that many students tune in, Landesberg said getting a huge audience is not their main focus.

"This is for us. We work with a lot of students and a lot of organizations, but this is for our souls," he said.

Landesberg, who spent the majority of his career in radio prior to teaching, is enjoying getting back into the swing of things.

FAST FACTS

Who: Associate Professors of Communications Naeemah Clark, Anthony Hatcher and Rich Landesberg

What: A radio show called Three Professors With Class.

Topics: Anything from the professors' childhoods to current events such as the recent midterm election

When: Every Wednesday from 5-5:30 p.m.

Where: WSOE 89.3

"Radio is my first love," Landesberg said. "And being able to share it with my two good friends is wonderful."

Clark and Hatcher, neither of whom are broadcast professionals, are enjoying getting a chance to learn about radio.

"I always tell my students to go to WSOE if they want to get started in student media," Clark said. "And now it's time that I started practicing what I've been preaching."

Hatcher said he is using the radio show as a professional development tool.

"When I listen to the tape, I can hear if I slur my words or hesitate," Hatcher said. "Listening to myself helps make me a better professional."

For more information visit www.wsoeelon.com/

Anxiety on rise in university students

1 in 4 adults experience mental illness symptoms annually

Kimberly Honiball
Senior Reporter

Mental illness takes its toll on people of all ages, but one form in particular tends to affect many college students — anxiety.

According to the National Alliance on Mental Illness, one in four adults experience symptoms of mental illness in a given year, and that includes young adults.

"I think any college student suffers," said senior Emilia Azar. "Those of us that come to Elon are leaders and participate in extracurriculars as well as being dedicated to our academics. We want to study abroad, lead an organization, get an internship and do undergraduate research."

Azar began the charter of Active Minds on Elon University's campus. The organization sheds light on mental illness and works to erase the stigma surrounding illnesses such as anxiety.

"When we talk about these things, we are going to focus on education," Azar

said. "We're not a support group."

Although Azar affirms that Active Minds will not be a place to sit and talk about feelings, she does encourage people to share their stories.

Everyone's story is different. Anxiety can affect people of all ages. For some, the effects hit earlier and more often than others.

"It really manifested itself when I was little, like eight," said sophomore Rachel Gledhill.

Other students feel the pressure when they enter college.

"It was really tough coming to a school like Elon where it's very cookie-cutter," said senior Catherine Falvey. "I was worried I wouldn't fit in or manage to do things the way everyone else did. It's tough adjusting to a new place like college, but it wasn't debilitating."

Sophomore Lyndsay Clark also said she feels pressure.

"College is a big change," Clark said.

"I didn't know how to handle these new situations, and it's a lot more pressure. You might feel more alone in a new environment with the stress of schoolwork and wanting to prove yourself."

Students around campus who may be dealing with anxiety can look toward many different outlets for help.

"Remember that it depends on the day," Gledhill said. "Some days you're going to want to hide under your blanket and not want to interact with everybody, but remembering that there are safe spaces and people who care about you really helps."

Counseling services, for example, are free to students and are open weekdays.

Other students may find something else that clicks.

"Not one thing is going to work for everybody," Falvey said. "But try to use your anxiety to your benefit — use it as a motivator."

Falvey suggested making lists and talking to professors about assignments.

Depending on the type and level of anxiety, it can be a tool used in a variety of ways, she said.

"I would say talk to someone," Clark said. "Whether it's just a friend or someone more professionally qualified to handle it."

Students involved in Active Minds or dealing with anxiety encourage others who may feel signs of anxiety to seek help in whatever way works best for them.

"I think people have to recognize the difference between stress and anxiety," Azar said. "Everyone goes through stress. Stress can be healthy. Anxiety isn't something everyone deals with, and it is never a positive."

The important thing to remember when dealing with anxiety is to not let it define you, those with experience say.

"We want to draw attention to really, really normal problems, like a little bit of anxiety or depression," Falvey said. "It doesn't define you as a person."