

Photo: Brittany Shivers, *The West Georgian*

# Students’ Mental Health vs. The Global Pandemic

By **Lily Head**  
*Contributing Writer*

The COVID-19 pandemic can cause lasting psychological effects for many individuals because it has changed people’s lives indefinitely all over the world.

One way the pandemic can affect college students specifically is by disrupting their individuation process. Individuation is a psychological concept conceived by psychologist Carl Jung. This process helps to establish one’s identity and autonomy during college. The trauma that students are now experiencing due to the pandemic can cause a regression of the progress that they have made in establishing their identity.

Essentially, individuation is when people form their own ideas and become independent beings. This process typically occurs within people in their early 20s. COVID-19 disrupts the psychological process of individuation in students and can cause them to feel like they are losing

their autonomy. That feeling can even prompt them to get too stuck in autonomy and feel like they can’t practice certain guidelines such as wearing face coverings.

“Individuation doesn’t just mean be your own person,” said UWG Associate Psychology Professor Dr. Mark Kunkel. “It means be everything. To have something happen like COVID jeopardizes, stalls and sometimes even undoes that process.”

The process of individuation typically occurs when students begin college and go out into the world on their own for the first time. When away from their families, students start to figure out key parts of their identity all the way from religious values to what types of food they like. Because of the COVID-19 pandemic, some students find themselves with no choice other than to move back home with their families because of campuses shutting down, financial problems or both.

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Moving back home with their families can cause students to lose a sense of having their own identity resulting in a loss of the work they did to gain it.

“If you’re like most people, then for your first 18 years you pretty much live your parents’ lives, and you like what they like,” Kunkel said. “It is important for students to keep in mind that their current situation during the pandemic is not their new normal forever.

“While at home, students can exercise their individuality by sharing with those around them what they have learned about their likes, dislikes and beliefs while being away,” continued Kunkel. “Students can also practice a balanced amount of autonomy by being responsible during the pandemic and practicing proper hygiene and COVID-19 guidelines. My concern is that this pandemic and its consequences have upset and derailed the work of becoming. Students are going to spend the rest of their lives catching up.”



# NEWS



Photo: Richard Shah, *The West Georgian*

## UWG Shifts Gears By Restructuring Colleges and Schools

By Alma Beauvais  
*Contributing Writer*

The former College of Arts and Humanities, Social Sciences, Science and Mathematics have merged to form the College of Arts, Culture and Scientific Inquiry at UWG.

The university is now comprised of nine colleges and schools combined, including the new College of Arts, Culture and Scientific Inquiry, of which Pauline Gagnon is the dean. Different areas of study such as psychology, history, mathematics, theatre and foreign languages are all combined under the same governing entity within this newly formed college.

“The great thing is that we didn’t lose anything,” said Associate Dean and Professor of Art Clint Samples. “Our programs are still in place. Our majors are still in place.

“The structure has changed,” continued Samples. “We have new department names, a new college name, but the core is intact. I don’t think students will be affected with their degrees or their programs.”

Although the core and the number of programs offered remain the same, a recent email sent by Information Technology Services (ITS) to all UWG students suggests that the degree requirements are changing, which may impact the programs,

the faculty and upcoming students.

“Over the next few weeks the registrar’s office will be completing changes to degree plans and catalogs that were put on hold during the upgrade including changes to address degree plans impacted by recent changes to the structure of colleges and schools at UWG,” said the ITS informational alert.

Several departments in the former College of Arts and Humanities, Mathematics and Science, and Social Sciences have been demoted to program rank in the new College of Arts, Culture and Scientific Inquiry. That is the case for the history and psychology departments, which are now combined with other programs. For instance, history is now a program in the Department of Art, History, and Philosophy.

“Change is hard,” said Samples. “I think some people may go through it easier than others, and I also think about the possibilities and opportunities.

“I think about interdisciplinary programs and being able to connect easier with other areas on campus and faculty working together,” continued Samples. “That’s how I like to think about it. I think it’s exciting, but then again I do think change can be difficult for all of us.”



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# NEWS

## Potential Voting Challenges in November: A Poll-Worker's Perspective

By Madeline Wilbanks

*Copy Editor*

News spread of long lines at voting booths, people waiting for hours to vote and mishaps with mail-in ballots in early June. Amidst the coronavirus pandemic, voting booths became a difficult aspect to work with. The voting process became much slower and more time-consuming because of the new six feet apart regulations. Many voting stations, particularly in Atlanta, suffered excruciating wait times for voters causing many to send in absentee ballots, some of which were late and some of which were sent to incorrect locations. As a result, the majority of the submitted ballots were rejected.

With the November election coming up in just a matter of months, and the coronavirus still being active in society, the voting process could potentially be difficult once again. Poll workers now have to readjust what they did in the primaries so that there aren't the same difficulties in November. This means looking back and correcting mistakes, as well as updating the guidelines already in place.

"We have to make sure that all the social distancing guidelines and PPE mandates are carried out," said Laurel Wilbanks, poll worker for Gwinnett County. "This makes handicap or language assistance a bigger challenge for us."

With proper precautions and the understanding of new challenges, there is still fear among poll workers that it will not go as planned or that the work done will not be taken seriously by voters coming in.

"I worry that a few voters will become upset and angry at the wait and the inconvenience of following all the mandates and that they will take out that frustration on all the poll workers, even though the rules are not under our control," said Wilbanks.

While gearing up and preparing for the election, there is still the question of who will come to vote in person. The elderly are one of the most at-risk populations when it comes to the pandemic, however, according to pew research, voters of the age of 50 and above account for 56% of votes in the U.S, while 83% of people, ages 40 and above, are poll workers.

"People's fears about the pandemic are affecting voter turnout, and I am concerned that some people, especially the elderly, will not feel comfortable coming to the polls or that they will feel like they don't have the time," said Wilbanks.

"However, I think more people will vote overall, but the volume at the polls will end up being the same as in a normal election."

Despite the new changes and pressure on voting due to the importance of the November election, there is still hope and confidence that all will go well and according to plan when the election happens.

"I tend to see the best in people and feel like everything will work out the way it is supposed too," said Wilbanks. "I am confident that no matter what happens, we will be able to overcome whatever circumstances may come up."



## ENTERTAINMENT



Photo courtesy of @chadwickboseman on Twitter

# LEGACY AND LIGHT

## *Black Panther* Star Chadwick Boseman dies at 43

By Danlyn Sullivan  
Contributing Writer

Chadwick Boseman, well-known star of *Black Panther*, died Aug. 28 in his Los Angeles home at age 43 after an extensive battle with Stage 3 colon cancer.

Boseman's death was confirmed by his publicist stating that his wife and family were by his side at the time. He did not share much information about his health throughout the course of his career. A statement published on his Twitter account explained that he was diagnosed with colon cancer in 2016 and battled with it for the last four years as it progressed to Stage 4.

It is with immeasurable grief that we confirm the passing of Chadwick Boseman.

Chadwick was diagnosed with stage III colon cancer in 2016, and battled with it these last 4 years as it progressed to stage IV.

A true fighter, Chadwick persevered through it all, and brought you many of the films you have come to love so much. From *Marshall* to *Da 5 Bloods*, August Wilson's *Ma Rainey's Black Bottom* and several more, all were filmed during and between countless surgeries and chemotherapy.

It was the honor of his career to bring King T'Challa to life in *Black Panther*.

He died in his home, with his wife and family by his side.

The family thanks you for your love and prayers, and asks that you continue to respect their privacy during this difficult time.



Chadwick Boseman • @chadwickb... • 4d ▾

Photo courtesy of @chadwickboseman on Twitter

The news left family, fans and co-stars stricken with grief. Boseman worked in many films throughout his battle with cancer, despite surgeries and chemotherapy. His determination, gifted talent of acting and ability to play powerful roles left an impact on many people.

Boseman, born in Anderson, SC, attended Howard University. From there, he continued his studies at the Midsummer in Oxford Program for acting before relocating to Los

Angeles in 2008 to begin his acting career. He starred in various television episodes throughout the 2000s before obtaining the starring role of Jackie Robinson in the film *42*. Consequently, he won Outstanding Actor in a Motion Picture at the NAACP Image Awards in 2014, where he delivered his humble acceptance speech.

"Thank you God, for not just winning, but for the trials and tribulations that you allow us to go through so we can appreciate the joy that comes from winning," Boseman said. "To be nominated with Denzel Washington, Michael B. Jordan, and Stephon James, it's a beautiful time in black filmmaking that we are celebrating right now."

Boseman went on to star as James Brown in the film *Get On Up* as well as Thurgood Marshall in the film *Marshall*. He is most well known for his portrayal of T'Challa in the Academy Award winning Marvel film *Black Panther*, a fictional superhero who is illustrated as the king and protector of the fictional African nation of Wakanda. Not only was he brave on the screen, but he was brave in the real world. Through his battle with cancer, he still found a way to be a powerful on-screen presence for young Black Americans.

A recent post on Barack Obama's Twitter account sums up Boseman's legacy perfectly: "To be young, gifted, and Black; to use that power to give them heroes to look up to; to do it all while in pain - what a use of his years."



Barack Obama • @BarackObama ▾

Chadwick came to the White House to work with kids when he was playing Jackie Robinson. You could tell right away that he was blessed. To be young, gifted, and Black; to use that power to give them heroes to look up to; to do it all while in pain – what a use of his years.

Photo courtesy of @BarackObama on Twitter



## ENTERTAINMENT

# Jayla Myers

## Insight from a Budding Actress

By Terrion Newton  
*Contributing Writer*

Many times, movie and television show fans get the scoop on their favorite stars when the stars have already reached their peak or are getting close to it. Witnessing the glitz and glam of red carpets and award shows can be exciting, but it is refreshing to hear the story of an actress who is in her early stages before that big break.

Jayla Myers may not be at the top just yet, but she certainly has the passion and motivation to not only reach it, but to crush it. While majoring in theater at Clayton State University, Myers has been involved in several productions, including the hit television show *Star*.

“I haven’t reached that glamorous point,” said Myers. “I know actors love what they do, but I do think most of it is false besides playing dress up and going to events.” While Myers does not have a very lengthy resume in theater, she has enough to understand that being a part of the entertainment business is not always fun like many may think. It is no secret that many people hold on to certain stereotypes that they feel fit the average actor.

“A lot of people think we’re weird and loud,” said Myers. “Some think we’re stuck up and introverted, but the introverted part is false. A lot of us are very social and outgoing.” Although these stereotypes are not totally negative, it is still important to have an open mind and not box anyone in. Typically, young adults have a solid idea of what they want for their career path. Teachers and mentors, for example, strongly encourage young adults to have a plan B in today’s competitive job market. However, Myers admits that for her, there is no plan B.

“I honestly can’t see myself doing anything else,” said Myers. As it relates to her acting career, Myers is fully aware that a considerable amount of time may pass before casting directors start accepting her to play roles. However, she is eager to accept other theater and film jobs. She is also open to aiding with costume and wardrobe design.

“I’m taking a directing class,” said Myers. “It was required for my major, but I felt it would be a great way for me to gain experience in case I ever go that route.” Writing is something Myers isn’t too fond of, but she entertains the idea of writing in the future.

“It really depends on how I feel,”

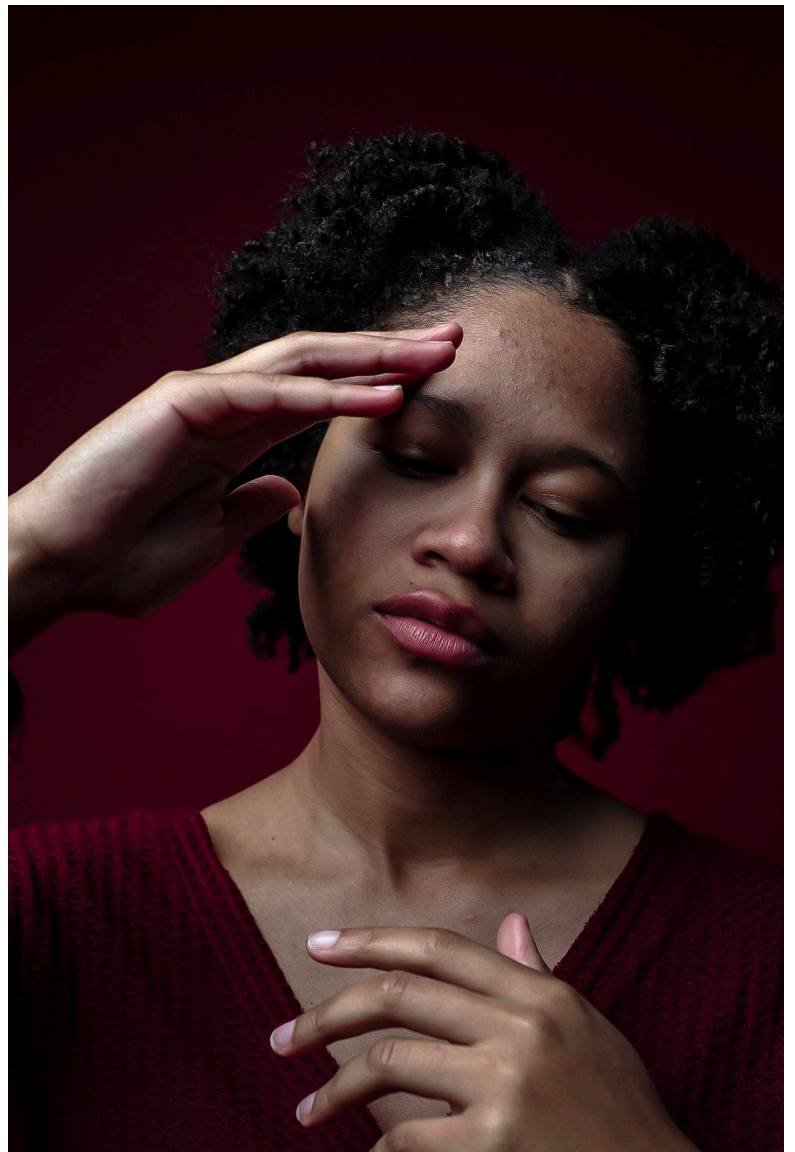


Photo courtesy of @jottiart on Instagram

said Myers. “Most of the time I have to write for an assignment, which takes the fun away, but maybe in the future I will.” Like many professional actresses, Myers strongly believes that you should always thoroughly prepare for an audition and try to make your performance memorable.

“You have to understand exactly what roles you are seeking and what you are auditioning for,” Myers said. “Also consider having several monologues, singing clips, and other acting clips ready to show alongside your resume because you can never be too prepared.”

In the trying and doubtful moments, Myers does not hesitate to acknowledge the realities of feeling inadequate, especially in such a competitive job market.

“You have to force yourself to stand out,” Myers said. “Don’t compare yourself to others. Try not to get discouraged by thinking your own talent is not good enough, especially while being surrounded with those who have tons of it.”

Being successful in the film industry also means having a lot of patience, discipline and persistence. Those in the film industry shouldn’t be afraid of the word no. Instead, they should use it as their driving force to seek out the word yes. Being open and versatile is what casting directors love. As an actor, an individual should adapt to different ideas and situations and get into their innermost being because that is what brings out the best auditions and roles.

Myers wants the best for herself as a young female actress. She also encourages those just like her to be productive, confident and aggressive about seeking the work they desire.

“Before expecting someone to take you seriously, you must take yourself seriously first,” Myers said. “You have to be confident in what you have to offer. I love being able to show off my talent. Getting recognized and praised for the work I put forth is a great feeling.”



## SPORTS



Photo courtesy of the Gulf South Conference

# GSC Tackles Coronavirus by Postponing Fall Sports

By Reilly Robbins  
Contributing Writer

UWG along with the rest of the Gulf South Conference (GSC) has postponed fall semester sports competitions until at least Jan. 1 due to the COVID-19 pandemic.

Football, volleyball, basketball and soccer are among the sports that are canceled. UWG and GSC announced this decision on Wednesday, Aug. 12. Before the postponement, the Wolves football team was scheduled to play at Carson-Newman in its season opener on Sep. 3.

“No athletic teams are currently doing any countable athletic-related activities (CARA),” said Assistant Athletic Director, Matt Cooke.

CARA is a NCAA term that refers to all required practice, strength and conditioning and team meetings during the season.

According to the GSC statement on the Fall 2020 season, one of the reasons for the postponement is based on the document released by the NCAA stating mandated protocols about which sports are identified as high risk.

The NCAA recognizes golf and cross country as low contact and medium contact risk sports. As stated by the “Resocialization of Collegiate Sport: Developing Standards for Practice and Competition,” low contact risk and medium risk sports are defined as sports that can effectively fulfill the physical distancing and the safe prac-

Photo courtesy of the University of West Georgia



tices during all activities related to the sport. High contact risk sports are labeled an extreme risk because of the unlikelihood of maintaining the physical distancing and universal masking mandated for practice and competition. The document goes in detail about the guidelines regarding testing protocols, strategies for transitioning periods, and procedures for low, medium and high contact risk sports.

Both men’s and women’s golf and cross-country are the only exceptions of the postponement. Cross country has been permitted to play a full season this fall with an altered schedule for the championship while golf has been permitted to play the non-championship part of their schedule. According to UWG Athletics, a schedule has yet to be posted.

“The priority for the athletic department is to navigate through the mandates that we have been given in the ‘Resocialization of Collegiate Sport: Developing Standards for Practice and Competition,’” said Cooke. “Details relating to future competitions have not been released, but they are in discussion.”