These quick and simple smoothie recipes are the perfect treat for the springtime weather and atmosphere.

**SMOOTHIES GALORE!**

Check out the happenings of the last meeting of the semester for the Graduate and Professional Student Senate.

**GPSS MEETING**

An independent student newspaper serving Iowa State since 1890.

**STATE DAILY IOWA**

BY BRIAN MOZEY
@iowastatedaily.com

Editor's Note: This is part one of a four-part series on the disappearance of men's gymnastics in the United States.

Fifteen or sixteen.

When a male gymnast dismounts from his routine, he's looking up at the scoreboard hoping for one of those two numbers.

Ever since 2006, the scoring system for men's gymnastics has changed into a complicated process where there's no specific number to represent perfection. In women's collegiate gymnastics, the goal is to hit a perfect 10, but in men's gymnastics it's much more arduous.

Ames native Ben Eyles has been participating in men's gymnastics since the fall of 2010 and he's even confused about the scoring system. That convoluted mindset leads to the atmosphere of boys and men's gymnastics.

It's complicated.

"[The scoring system] isn't like basketball where you can track the points as they're made," Eyles said. "The judges look at minimal things like pointing your feet or a bend in the knee, stuff that spectators probably can't see. At the end of the routine though, both the spectators and the actual gymnast are wondering what their score is because either one of them has zero idea."

"I believe that confusion in scoring has led to the sport as a whole."

Instead of the perfect 10 like collegiate women's gymnastics, the scoring is divided into difficulty and execution. The execution score starts at 10, while the difficulty score adds all the skills that will be shown in the routine.

For Eyles and collegiate men's gymnastics, the minimum requirement to compete in college is to start with a score of 15. Then, deductions are taken away from that score. Eyles said that a score of 14 is a great routine and a score of 15 or 16 is pretty much perfection.

Eyles has envisioned the feeling of landing that perfect routine and sticking it at the end numerous times during his career as a gymnast. He will be heading to the University of Minnesota next fall, but remembered when he started this sport he didn't imagine himself going to school for gymnastics.

"I was a soccer player at a young age, but realized that wasn't the sport for me," Eyles said. "Then, I went to a summer camp in Iowa City and fell in love with the sport of gymnastics."
El Centro's revival was a celebration of community and new beginnings, filling the space in Martin Hall with people and conversations.

El Centro has been revived as an affinity space, a identity-based area where students who share a cultural background can build community and foster relationships and friendships based on these similarities. El Centro began as the Hispanic Resource Center (HARC) in 1992 as a space for Latinx students to hold meetings, socialize and learn about the resources and options available to them on campus.

Over time the HARC was renamed El Centro and was moved to different buildings until it settled in Martin Hall.

It had become a meeting place for Latinx student organizations, who eventually outgrew the space and converted it into storage.

Guests were met with complimentary food as they entered El Centro, including Jeff's Pizza, a fruit and vegetable platter and desserts.

On the table in the center of the space were pencils and questionnaires for those in attendance to give their thoughts on El Centro's future as a space and how it should be used as well as changes they felt should be made to the space going forward.

Ruxandra Loof, academic advisor for world languages and cultures, believes a space like El Centro is vital to the education and experience of students at Iowa State who may be interested in learning more about Latinx culture.

"The learning that happens outside of the classroom is always a lot more meaningful," Loof said.

Topics discussed for the future of El Centro and the space attendees wanted to see it become well represented and promoted to students on campus and be a place where students can socialize but also learn more about Latinx student organizations on campus.

Diversity and Inclusion Project Director in Hispanic/Latinx Affairs Liz Mendez-Shannon hopes to see El Centro continue to bring people together and build community in the same way the opening event filled the space.

Graduate hall director Samuel Morales-Gonzalez, graduate student in education, helped found El Centro, which is a place where people who identify as Latinx and allies can gather in a safe space.

Mendez-Shannon hopes for El Centro to become a place where both students, as well as staff and faculty can continue to collaborate and build relationships and community. Mendez-Shannon also hopes El Centro can come to feel like another home for Iowa State's Latinx population on campus.

Graduate hall director Samuel Morales-Gonzalez, graduate student in education, headed the revival of El Centro and spoke to those in attendance, thanking all those who came out, the Department of Residence and the Multicultural Student Affairs staff for their collaboration in reviving El Centro as a space and addressing his hopes for the legacy and development of El Centro in the future.

New space for Latinx community

Grad student revives El Centro

STUDENT LIFE

StuOrgs provide extracurricular experience

BY PAIGE.ANSON
@iowastatedaily.com

By the Student Organization Recognition Board (SORB), students must meet the board and present their organization's purpose and goals, Merrill said.

Chloe Serp, senior in mechanical engineering, is currently in the throes of that process, as she is looking to become the president of her own student organization. Serp is looking to create a student organization for women in mechanical engineering and is waiting for SORB to approve the organization's finished application.

For Serp, motivation to create a registered organization for women in mechanical engineering comes from the fact that women in the program are generally few and far between, she said.

“We have a very low percentage of females for grads, undergrads and faculty. I wanted to start this club so [women] will recognize a friendly face in class,” Serp said.

A professional and personal goal Serp also has in starting this student organization involves learning how to better broaden outreach to young women about jobs in engineering.

Being a registered organization, and therefore able to participate in events like ClubFest and...
Students explain the use of the hijab

BY TALON.DELANEY
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Freedom of religion is central to the American experience. It’s right there, written within the first line of the Bill of Rights. Citizens are allowed to express their faith openly. However, some Americans have mixed opinions about one form of religious expression: the Muslim hijab.

When mass media outlets present stories about Muslim women, they often report an ongoing clash of ideals. One side purports that Islam’s doctrines are oppressive when they command women to dress modestly, and others say that wearing the traditional garments is an expression of their freedom and not a restriction of it.

For instance, CNN and Fox News both reported a consumer backlash in February when Macy’s department store launched a line of modest clothing featuring different styles of hijabs. Fox’s Tucker Carlson hosted a segment when he debated whether or not the hijab is sexist.

“I cannot get past the idea that a garment a religion has forced women to wear for more than a thousand years because they are women… is somehow empowering to women,” Carlson said.

Carlson also compared the hijab, which is typically composed of a scarf or other fabric, to Chinese foot-binding and genital mutilation.

Attitudes like this cause worry in some Muslim women who come to the U.S. and think they’ll be judged for their religious expression.

“When I chose to come to Iowa I thought the people here would be against my choice [to wear the hijab],” said Norin Chaudhry, graduate student in biochemistry, biophysics and molecular biology, who lives in the Molecular Biology Building.

Chaudhry was born in Saudi Arabia and raised in Lahore, Pakistan.

If they so choose, Muslim women typically begin wearing the hijab around the time of puberty and adolescence. Chaudhry first wore the hijab when she was 12 years old, and she has never stopped.

“I was in grade five,” Chaudhry remembered. “I overheard my parents talking about when I should start wearing it. I got super excited and started wearing the hijab the next day. I’ve never revisited the decision or thought of it as something that stops me from achieving my goals.”

Not all Muslim women have that experience, and some don’t start wearing the hijab until later in life.

Matheena Syed teaches Sunday School to children at the Darul Arqam Islamic Center in Ames. She’s lived here for more than 10 years, and she didn’t start wearing the hijab until she was 27.

“A few months after 9/11 was when I started wearing the hijab,” Syed said. “Those were very catastrophic times.”

Syed was born in Saudi Arabia and lived in India for a short time, but her family moved to Texas when she was very young.

“I grew up in America, and I didn’t want to do anything that didn’t seem like part of a normal life,” Syed said. “I also didn’t want to deal with the politics of it all. This one thing would distinguish me 100 percent. But I felt like I was doing everything else to please God besides wearing the hijab.”

She attended the University of Northern Texas in Denton, Texas, and worked for years in medical research after obtaining her bachelor’s degree in 1993.

“I can’t say how other people think I’m oppressed,” Syed said. “If you want to dress modestly that is your choice. I follow God, I don’t do this because anybody tells me to. It brings me peace. How is that oppression?”

Chaudhry, choice is an essential part of the discussion.

“In some places, governments are oppressive of women,” Chaudhry said, referring to countries like Iran and Saudi Arabia. “They enforce their own interpretations, but if they subject women to unequal rights they aren’t being consistent with the Quran or the word of the Prophet. It’s wrong to force anybody to dress any certain way, it has nothing to do with the hijab.”

Ghida Alazmi, sophomore in genetics, pointed out similarities between her Islamic practices and those of her Christian friends.

“The hijab is older than Islam,” Alazmi said, gesturing to a nearby Catholic church. “You can see the sisters in the church with their heads covered, we’re just keeping that same tradition.

Alazmi was born in Kuwait, and came to Iowa State after studying genetics in Richmond, Virginia for one year. After graduating, she plans on attending grad school before becoming a genetic counselor.

“A lot of people ask me why I wear [the hijab],” she said. “Back home we have a saying, ‘the hair is half the beauty.’ I like keeping that part covered, like my hair is a present for me and the people I love.”

A Chaudhry and Syed also noticed that traditional Christian doctrines, like Islamic practices and those of her Christian friends.

“Look at nuns, they look very similar to us.”

Two passages in the New Testament command women to dress modestly: 1 Timothy 2 and 1 Corinthians 11. Both are proclaimed in the scriptures to be written by the apostle Paul, and insist women shouldn’t have authority over men and that women should wear coverings on their head when they pray.

“In general, head coverings among Christian women were almost universal until the mid-20th century,” said Hector Avalos, professor of religious studies.

“One main source of this is art. Look at art through the centuries in Europe and you will see how pervasive head coverings were.”

Many Christian women in India cover their heads during worship, and the practice is also observed in parts of Eastern Europe.

“Even if there were differences, it doesn’t matter,” Syed said. “Whether you’re Christian, Jew, or Muslim, you learn to be kind and to love one another.”
POLICE BLOTTER

4.13.18

Daisean Lavonta Brooks, age 19, of 2615 Aspen Rd Unit 5 - Ames, IA, was cited for possession of drug paraphernalia and possession of a controlled substance at 100-block of Campus Ave (reported at 12:28 a.m.).

Jordan Marie Trepka, age 18, of 122 Hayward Ave Unit 502 - Ames, IA, was cited for possession of a controlled substance and possession of drug paraphernalia at 100-block of Campus Ave (reported at 12:28 a.m.).

Officers checked on the welfare of a student at 82 Frederiksen Court (reported at 1:39 a.m.).

Evan Brady Hansen, age 20, of Friley Hall - Ames, IA, was cited for possession of alcohol under the legal age at Friley Hall (reported at 11:01 p.m.).

Spencer David Bashaw, age 19, of Friley Hall - Ames, IA, was cited for possession of alcohol under the legal age, possession of a controlled substance, and possession of drug paraphernalia at Friley Hall (reported at 11:01 p.m.).

An officer investigated a property damage collision at Mortensen Rd and State Ave (reported at 4:48 p.m.).

4.14.18

Jeffrey Douglas Gasperi, age 30, of 139 Sheldon Avenue Unit 3 - Ames, IA, was arrested and charged with public intoxication – 2nd offense and criminal trespass at Legacy Tower (reported at 3:38 a.m.).

Omar Abdelaziz Mahmo Abdrabou, age 22, of 4625 Steinbeck St Unit 11 - Ames, IA, was arrested and charged with criminal trespass and public intoxication at Legacy Tower (reported at 3:38 a.m.).

An individual reported being harassed at Buchanan Hall (reported at 3:37 a.m.).

An individual reported being harassed at Memorial Union (reported at 12:23 a.m.).

Justin Jamal Johnson, age 23, of 606 W College St - Carbondale, IL, was arrested and charged with public intoxication and disorderly conduct at Memorial Union (reported at 2:19 a.m.).

Layne A Nelson, age 18, of Larch Hall - Ames, IA, was arrested and charged with possession of alcohol under the legal age and possession of a controlled substance at Larch Hall (reported at 3:37 a.m.).

An officer initiated a drug related investigation at Lot 21 (reported at 2:24 p.m.).

An individual reported being harassed at Armony Building (reported at 3:48 p.m.).

An individual reported being harassed at Buchanan Hall (reported at 9:55 p.m.).

Sean Harrison Abbott, age 19, of Friley Hall - Ames, IA, was cited for possession of alcohol under the legal age at Friley Hall (reported at 7:14 p.m.).

Officers checked on the welfare of an individual who was experiencing difficulties at Ames Intermodal Facility (reported at 7:32 p.m.).

4.15.18

Adithya Raghavan, age 20, of 4830 Mortensen Rd Unit 104 - Ames, IA, was arrested and charged with burglary 3rd degree, providing false identification information, and public intoxication at Memorial Union (reported at 12:23 a.m.).

Justin Jamil Johnson, age 23, of 606 W College St - Carbondale, IL, was arrested and charged with public intoxication at Legacy Tower (reported at 3:37 a.m.).

An individual reported being harassed at Armony Building (reported at 3:48 p.m.).

An individual reported being harassed at Buchanan Hall (reported at 9:55 p.m.).
Cyclone Carnival needed a backup

BY MEGAN.PETZOLD
@iowastatedaily.com

Since Veishea was shut down, the alumni of Iowa State requested there be a safer tradition for the current students. Iowa State came up with a compromise of having a carnival for all students, with free admission. Like a typical carnival, students would need to buy tickets to participate in games and such. This seemed to be a great compromise.

For the 2018 Cyclone Carnival, there was going to be food, games and family-friendly activities, among other things. There was going to be student organizations coming to perform, such as Grandma Mojo’s and Mariachi Los Amigos De ISU. Students and families could have enjoyed this event, except it got shut down because of the impending weather that was forecasted to happen on Saturday.

The first Cyclone Carnival ever put on by Iowa State was cancelled due to weather. Saturday, April 14 was predicted to be in the mid-40s with an 80 percent chance of rain. And those predictions were nearly spot-on, with Saturday being a wet and chilly day.

Granted, there has been an extremely indecisive weather pattern this year, with the mid-April snowfall and all. I am just left to wonder why there was no backup plan or date? Being the first one and the first of a tradition to replace Veishea, how was there not some sort of backup plan to ensure the event ran smoothly?

Being a first year student and hearing rumors about Veishea and the great spontaneous behavior it conjured out of students, I was excited to see the carnival and how it would make up for the lack of Veishea.

It was disappointing to find out they cancelled it due to possible rain.

Veishea was an annual event where students would gather on campus for a whole week and enjoy the “Veishea Village” and some other attractions on campus made by the school. It was meant to be a family friendly event to help the students relax and take time for themselves. However, it was suspended after riots and other disturbing actions. After all this, it is understandable why the school banned Veishea.

Veishea definitely had its issues, but was a beloved tradition, so it is understandable why alumni wanted to bring it, or some thing similar, back for the new students of Iowa State. And it was such a great idea to put on a carnival for the university instead, but what I don’t understand is why they weren’t more prepared.

Like the old saying says, “April showers bring May flowers.” This common, well-known saying became common and well-known because it turns out to be true more often than not.

What made Iowa exempt from this rule? We are a state with wild and unpredictable weather, and that isn’t news to anyone.

Iowa State should have had a backup plan for the carnival since it was an attempt to create a replacement for Veishea that could become a new, great tradition. I, for one, was looking forward to the new, and hopefully improved, Veishea substitute. I guess we’ll have to wait till next year to see if it is a good replacement or not.

Opinions expressed in columns and letters are those of the author(s) and do not necessarily reflect the opinions of the Daily or organizations with which the author(s) are associated.

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The Daily encourages discussion but does not guarantee its publication. We reserve the right to edit or reject any letter or online feedback.

Send your letters to letters@iowastatedaily.com. Letters must include the name(s), phone number(s), major(s) and/or group affiliation(s) and year in school of the author(s). Phone numbers and addresses will not be published. Online feedback may be used if first name and last name, major and year in school are included in the post. Feedback posted online is eligible for print in the Iowa State Daily.
Eyles is not just one of the few male gymnasts in college, but one of the few male gymnasts in the country. The decline in the sport started in high schools and carried into college, but the statistics don’t lie.

In the year of 1978, the United States had 1,279 high schools and 29,943 boys participating in high school boys gymnastics. There were also 32 states that had at least one school competing in the high school level.

Fast forward to the year 2016-17, the United States has 117 high schools and 1,894 boys competing in boys gymnastics at the high school level.

From 32 states in 1978 to eight states in 2016-17, there’s been a drastic decline in men’s gymnastics. But why?

Why did the sport drop significantly over the past 40 years? Lack of interest? Time consuming? The answers have never been clear on the disappearance of a sport that can teach life lessons and other skills that can be used throughout a childhood and adulthood.

“Gymnastics is a sport that can teach you both individual and team aspects,” Eyles says. “You always want your team to do well, but you as an individual need to perform well to make that happen.

“It’s a sport that can teach you two of the most important traits of your life.”

For Eyles, gymnastics has changed his life for the better. He has taught him the ups and downs of a sport and how to handle each situation that’s thrown his way.

The biggest obstacle he faced was competing once he reached the high school level because Iowa hasn’t had boys gymnastics in high school since 1975. The reason behind that departure from the high school level hit Russ Telecky — a former boys’ gymnastics coach at Cedar Rapids Washington High School in the 1960s and 70s — hard.

Telecky said the Iowa High School Athletic Association removed boys’ gymnastics from its sports because of liability issues and insurance related concerns.

Iowa is not the only state that’s dealing with this issue because there are plenty of states around the country that closed off the sport due to liability concerns.

Nebraska men’s gymnastics coach Chuck Chmelka brought up how this decision has affected the future of this sport.

“I don’t understand why boys gymnastics was cut because of liability issues when football is just as dangerous,” Chmelka said. “I mean, gymnastics does have its fair share of injury concerns, but what sport doesn’t? There’s always risk when playing a sport no matter what level you’re on.”

Chmelka said he’s fortunate to be able to coach at Nebraska, but is passionate about the topic because he wants to see men’s gymnastics increase in numbers in the next couple of years.

Since the sport was cut on the high school level, there had to be another way to gain interest in boys gymnastics without the ability to compete for their high schools. That’s when private clubs began to skyrocket in the late 1970s and early 80s.

Telecky opened up his own private club in Cedar Rapids in 1973 to give male gymnasts an opportunity to compete at a high level and strive for a college scholarship. Those types of gyms are open throughout Iowa and the United States.

“There was a need for private clubs to open during those times because boys couldn’t use their high school teams anymore,” Telecky said. “[These private clubs] were needed for the continuation of this sport.”

Eyles used to practice at Chow’s Gymnastics & Dance in West Des Moines at the beginning of his career, but found a new location in Ankeny that worked better for his schedule and his mindset.

He’s currently a Level 10 gymnast at Triad Gymnastics, while also coaching younger boys at Success Gymnastics in Ames. The private clubs are a necessity for the growth of boys gymnastics because the high schools either don’t exist or don’t have the competition needed to reach college scholarships.

Connor Adamsick, a gymnast at Nebraska, said his high school in Illinois had a boys gymnastics team, but he never joined because of the competition.

“Honestly, the private club meets are much more competitive than high school meets,” Adamsick said.

“It’s great to see the sport in my high school because it makes other boys interested in the sport that they might not know about because it’s not at the high school.”

In the 2016-17 school year, the state of Illinois has about 44.4 percent of the total high school teams in the country. Illinois has 52 high schools that have a boys gymnastics program and the United States had a total of 117.

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Easy Fruit Smoothies

Save time and money with these easy-to-make smoothies. With only five minutes of prep time and less than five ingredients, these frothy, fruity and filling drinks are worth trying at home.

**STRAWBERRY BANANA SMOOTHIE**

**PREP TIME:**
Five minutes

**SERVINGS MADE:**
Two servings

**INGREDIENTS:**
- One cup frozen strawberries
- One medium banana, sliced
- 3/4 cup vanilla yogurt
- 1 1/2 cup skim milk

**INSTRUCTIONS:**
Place all of the ingredients in a blender. Cover and blend on high speed until smooth. Pour into glasses. Enjoy!

**BLUEBERRY SMOOTHIE**

**PREP TIME:**
Five minutes

**SERVINGS MADE:**
Two servings

**INGREDIENTS:**
- One cup frozen blueberries
- 3/4 cup vanilla yogurt
- One cup skim milk
- One tsp honey

**INSTRUCTIONS:**
Place all of the ingredients in a blender. Cover and blend on high speed until smooth. Pour into glasses. Enjoy!

**PEANUT BUTTER BANANA SMOOTHIE**

**PREP TIME:**
Five minutes

**SERVINGS MADE:**
Two servings

**INGREDIENTS:**
- One medium banana, sliced
- Two tsp peanut butter
- Five to six ice cubes
- One cup skim milk

**INSTRUCTIONS:**
Place all of the ingredients in a blender. Cover and blend on high speed until smooth. Pour into glasses. Enjoy!
Iowa State Daily  Tuesday, April 17, 2018

NEWS

**STUORG** Page 2

have easier access to budget opportunities, can help with that goal, Serp said.

For Cassidy Welch, senior in child, adult and family services, her experiences participating in student organizations like CyServe Council and working as a member of the Leadership Education And Development (L.E.A.D) team in the Leadership and Service Centre, have been extremely impactful in her development of professional skills and meeting professional goals, she said.

“When I was a freshman, I’d dreamed of going from a [general member] to the leader of a large club...[and] when I joined CyServe, I met staff in the Student Activities Center that helped me gain networking opportunities, [and I learned] how to multitask and manage my time better...Now I’m the [organization’s] co-president,” Welch said.

It was through networking in CyServe Council, Welch said, that she gained access to the opportunity to work as a L.E.A.D. team member in the Leadership and Service Centre.

“Through both experiences, Welch has helped plan large events like CyServe Day and TEDxIowaStateUniversity on campus, as well as retreats, conferences and other programs like the Non-Profit Protégé Program, which pairs Iowa State students with non-profit executive directors or CEOs so they can job shadow them to learn about non-profit management, Welch said.

Her experiences planning these events, Welch said, have been invaluable, and have inspired her to pursue a career working with non-profits as an event planner.

“Having these experiences [outside of the classroom] has helped me meet a lot of people and helped me find my passion. They also helped me combine my academic interests with real life, [and gave me] that pre-professional experience in a college setting,” Welch said.

To anyone looking for additional pre-professional experiences in college or looking for a place to spend some time after classes, Welch would recommend trying out a student organization—or creating one if they can’t find one they like, she said.

“Go to ClubFest and pick out a few organizations that sound good, or that interest you, or maybe find a club you don’t know much about. Then, try to go to a few meetings,” Welch said.