After four years of going to classes, participating in school events and studying in the library until late at night, graduating seniors must face life after FIU.

Preparing for graduation means more than meeting with advisors to figure out what classes seniors need to take to fulfill requirements. For some seniors, it means having a professional resume, good interview skills and experience in the field they are studying through internships.

“It has been preparing for my graduation for two years now,” said Alexander Melendez, a marketing major. “What I’ve specifically done is… last summer, I landed an internship which were found through clubs and talent development office on campus, we do career coaching, we able to coach [students],” Leon said. “We bring employers to campus, we do career coaching, we improving interview skills and writing cover letters. “We don’t guarantee employment, but we definitely are able to coach [students],” Leon said. “We bring employers to campus, we do career coaching, we host career fairs [and] workshops on career development... so we have a lot of events happening at this main office.”

All of the events the office holds are posted on the Career and Talent Development website every semester. “We have some great events coming up for the summer,” Leon says. “For the summer, all the students are gone, but our office continues working. We have the federal government conference… that’s June 21 that attracts more students.”

“Statistics are showing that students who have an internship before they graduate, and even multiple internships, are more likely to find employment either right before graduation or after graduation,” Leon said. The Career and Talent Development office helps students with multiple aspects of finding employment, such as creating resumes, improving interview skills and writing cover letters.

“The best memory at FIU is meeting the next editor in chief for Student Media shirt on. Last spring, I shared a class with our editor, Cayla and one day, she walked into class with a Student Media shirt on. A few months earlier, I had made the resolution to get more involved on campus so I asked her about it, and one year later, I now follow in her footsteps as the next editor in chief for Student Media. I had spent my first years at FIU focused on my courses and didn’t venture out much to pursue extra-curricular activities. Some of the graduating seniors featured in our News section echoed that sentiment. They also tell us about their best memories at the University — many of which were found through clubs or organizations. In this issue, we put a spotlight on the Career and Talent Development office, diving into their programs, workshops and networking events meant to prepare students for the professional world.

In the Opinion section, one columnist discusses the importance of excess credit surcharge fees as a motivator for students to stay on course and graduate on time.

The Entertainment section offers some tips on appropriate LinkedIn photo etiquette. We also get columns from two of our very own graduating seniors: our editor, Cayla and general manager, Erica Santiago. They highlight some obstacles they faced throughout their journey as student leaders and the people who helped them along the way.

The Sports section features an article on the depression-athletes can face after graduation. With so many resources at our disposal, it’s important that we take advantage of everything a college education has to offer and make the most of it.

Less than a year of involvement, I’ve found my place at Student Media, an environment where I’m constantly challenged and have fostered close relationships — and that’s an experience everyone should have before graduation.
**MOVING ON UP**

Graduating seniors share their favorite memories at University

**LIZANDRA PORTAL**
Contributing Writer

After four years of going to classes, participating in school events, and studying in the library until late at night, graduating seniors must face life after FIU.

Preparing for graduation means more than meeting with advisors to figure out what classes seniors need to take to fulfill requirements. For some seniors, it means having a professional resume, good interview skills and experience in the field they are studying through internships.

“I’ve been preparing for my graduation for two years now,” said Alexander Melendez, a marketing major. “What I’ve specifically done is… last summer, I landed an internship and that really helped position me to feel confident about graduation.”

Melendez will be graduating in June with a job as the new account position me to feel confident about graduation for two years now,” said Alexander Melendez, a marketing major. “I’ve been preparing for my graduation for two years now,” said Alexander Melendez, a marketing major. “What I’ve specifically done is… last summer, I landed an internship and that really helped position me to feel confident about graduation.”

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Taking advantage of college before graduation

**LIZANDRA PORTAL**
Contributing Writer

Office coaches and provides support to students during college

One of the things Leon mentioned when helping students find jobs after graduation were internships. “Statistics are showing that students who have an internship before they graduate, and even multiple internships, are more likely to find employment either right before graduation or after graduation,” Leon said.

“The Career and Talent Development office helps students with multiple aspects of finding employment, such as creating resumes, improving interviewing skills and writing cover letters. “We don’t guarantee employment, but we definitely are able to coach students,” Leon said. “We bring employers to campus, we do career coaching, we host career fairs [and] workshops on career development… so we have a lot of events happening at this main office.”

All of the events the office holds are posted on the Career and Talent Development website every semester.

“We have some great events coming up for the summer,” Leon says. “For the summer, all the students are gone, but our office continues working. We have the federal government conference… that’s June 21 that attracts more than 30-40 federal agencies… so if [students] are looking for federal government hiring, this is the place to be in June.”

But for some graduating seniors, job offers are not their priorities. Journalism major Yanaisis Collazo is more interested in applying to graduate school.

“(I) really depends where in life and how much money it is,” she said. “But I do plan to leave, so… I’m looking into Columbia University and [New York University]. If I do end up staying, [University of Miami] does have a good master’s program for journalism.”

Elaina Olivero, a psychology major, is also interested in going to graduate school, but not for psychology. “I went to the business master’s program because I wanted to get a master’s in human resources but the master’s in business administration really interested me,” Olivero said. With all the steps seniors take to get ready for graduation, there is one thing they can’t prepare for, and that is what life outside of school will be like.

“One of the things I’m going to miss the most is that I’m in this place in my life where everyone else is on the same path as me,” Melendez said. “We’re all going in the same direction and there is this sense of unity at the University, and I’m going to miss that.”

For more information on Career and Talent Development, visit their offices at SASC 305 MMC, 2852 at the Engineering Center and WUC 255 at BBC.

**EDITOR’S NOTE**

Take advantage of college before graduation

**MARTINA BRETOS**
Editor in Chief

Last spring, I shared a class with our former editor, Cayla and one day, she walked into class with a Student Media shirt on.

A few months earlier, I had made the resolution to get more involved on campus so I asked her about it, and one year later, I now follow in her footsteps as the next editor in chief for Student Media.

I had spent my first years at FIU focused on my courses and didn’t venture out much to pursue extra-curricular activities. Some of the graduating seniors featured in our News section echoed that sentiment. They also tell us about their best memories at the University — many of which were found through clubs or organizations.

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With so many resources at our disposal, it’s important that we take advantage of everything a college education has to offer and make the most of it.

I’ve now found my place at Student Media, an environment where I’m constantly challenged and have fostered close relationships — and that’s an experience everyone should have before graduation.
LGBTQ graduates recognized at event ‘because they deserve it’

BARBARA BRITES
Staff Writer

Two colors that have symbolized the oppression of the LGBTQ community have since merged together in the form of the LGBTQ community in a safe space, according to Gisela Vega, associate director of LGBTQ and Gender Studies.

“We are so proud to have been recognized by FIU’s first citywide ‘Lavender Graduation’,” said Janessa Brito, a lawyer, who attended last year’s graduation.

“This one is for those who have heard ‘You won’t make it very far because you are a minority.’ Yes, you can and indeed you will go far. Thank you to the LGBTQ Initiatives at FIU,” Vega said.

Last year, the ceremony had a total of 40 graduating students and this year they expect more students from different schools.

“This event is really important because the reality is that this group is often marginalized a lot and many of these students are kicked out of their homes. 40 percent of homeless youth is identified as LGBTQ,” Vega said. “In the face of adversity, they have been resilient so we do recognize them because they deserve it.”

The night will feature a dinnertime, motivational speakers and music from the Miami Gay Men’s Chorus and Somnio String Quartet.

“A lot of our high school kids need role models; that is why we have motivational speakers that will speak that night so they will hear that this is worth while,” said Vega. “Getting an education can open doors for you.”

“We want to show students that there is life after high school and there is life after college.”

Janessa Brito
Lawyer

Graduate

Office collaborates with federal agencies for conference

MARTINA BRETOUS
News Director

In an effort to expose students to job opportunities federal agencies offer, the Career and Talent Development office will host its 12th annual Career and Government Statewide Conference at the University.

The conference, a day-long event on June 21, will feature information sessions, federal panels, a resource fair and networking opportunities with agencies from the federal government.

“Some colleges hope [students] don’t even know that [with] their majors, they may be able to have a career in federal employment in the federal government so it’s like an eye opener for them,” said Lucio Moscoso, a former director at Career and Talent Development office. “It’s either ‘I don’t want to work for the government’ or ‘I have no idea that I had all these opportunities with my major.’

Moscoso’s role as special events organizer is overseeing the logistics for the conference including parking, food and marketing materials.

“We have a committee and the committee decides the actual programming of the event,” Moscoso said. “It’s who’s going to be the speaker, the number of sessions and the like.”

“My perspective, I need to make sure that the agencies know that this event is happening again . . . if they have issues with registration, I also follow up to ensure they are part of the event . . .”

For the past 11 years, the event has been at capacity accommodating 400 to 500 students and often requires putting students on a waitlist, according to the director of the office, Ivonne Suado. She describes the event as an information session where students will learn how their major can be applied to any area in the federal government.

Duarte says coordinating the event has been key. In February, the University became one of the CIA’s signature schools which solidified the relationship between both parties and will increase recruitment efforts at the University.

“We want to know what we can to prepare the student because . . . then, the student will be better equipped to apply [to] . . . kind of have all that knowledge ahead of time,” said Duarte. “It may not be for everybody — you might walk out and say ‘Oh my gosh, I had no idea. This is not for me,’ and that’s OK too.”

At the event, students interact with 30 to 60 several government agencies including the CIA, DEA and their subdivisions. Duarte notes that for recruitment opportunities, the agencies consider several factors — citizenship, employment, among more — so the event may not be for everyone but says students should always look for events that will expand their knowledge.

“I think the one thing that’s critical before anybody graduates, if it’s in your ability, is to do educational peace or even something formal like an internship because you never know what you don’t know,” said Duarte. “. . . For anyone contemplating a career in federal service, this is a must but it’s not an event for everybody.”

To register or learn more information about the event, visit career.fiu.edu

Students share pre- and post-grad plans

Percentage of students who have participated in an internship

<table>
<thead>
<tr>
<th>Yes</th>
<th>No</th>
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<tbody>
<tr>
<td>60%</td>
<td>40%</td>
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Total students surveyed: 2433

Percentage of students offered a job by any internship employer

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<tr>
<th>Yes</th>
<th>No</th>
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<tbody>
<tr>
<td>60%</td>
<td>40%</td>
</tr>
</tbody>
</table>

Total students surveyed: 970

Location students plan to work upon graduation

- Florida: 83%
- Other: 17%

Total students surveyed: 1079

Q: Have you ever used Career and Talent Development?

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<tr>
<th>Yes</th>
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<td>72%</td>
<td>28%</td>
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Total students surveyed: 2422

Infographic created with data collected from spring 2017 report from Career and Talent Development Office.
LGBTQ graduates recognized at event ‘because they deserve it’

BARTBARA BRTIES
Staff Writer

The two colors that have symbolized the oppression of the LGBTQ community have since been merged to celebrate the accomplishments of the community in a nationwide event called the Lavender Graduation.

FIU’s Lesbian, Gay, Bisexual, Transgender and Queer Allies Organization is hosting, for the second year, a city-wide Lavender Graduation for students of the LGBTQA recognized for their academic achievements, leadership and volunteer work to the general and FIU community.

This event is one of the few venues, which brings together the entire LGBTQA community in a safe space, according to Gisela Vega, associate director of LGBTQA and organizer of the Lavender Graduation.

“We open our doors to recognize all LGBTQ students who have attained an academic achievement of graduation,” Vega said to Student Media.

The ceremony is open for all high school, college and graduate students as well as students doing community service or research in the issues of sexuality, sexual orientation and gender identity and expression.

“I was so proud to have been recognized by FIU’s first city-wide Lavender Graduation,” one of the recognitions I’ve received in academia, this is definitely the closest to home,” said Janessa Brito, a lawyer, who attended last year’s graduation.

“This one is for those who have heard ‘You won’t make it very far because you are a minority,’ Yes, you can and indeed you will go far. Thank you to the LGBT Initiatives in FIU,” Janessa Brito, Lawyer, Graduate of the Miami Gay Men’s Chorus and Samuel String Quartet.

“A lot of our high school kids need role models; that is why we have motivational speakers that will speak that night so they will hear that this is worthwhile. Getting an education can open doors for you,” Vega said. “We want to show students that there is life after high school and there is life after college.”

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“From my perspective, I need to make sure that the agencies know that this event is happening again and if they have issues with registration, I also follow up to ensure they are part of the event.”

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To register or learn more about the event, visit career.fiu.edu

Survey shows pre- and post-grad plans

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Yes 28%

*Total students surveyed: 2422

Infographic created with data collected from spring 2017 report from Career and Talent Development Office.

**Panther Magazine – Thursday, April 20, 2017**
**Farewell, Student Media**

**EDITED IN CHIEF**

**CARLA BUSH**

I won’t miss FIU. I will miss Student Media, and the friends that I’ve made as we sit in GC 210 long after 5 p.m. putting together the newspaper.

I have no doubt that Student Media will be left in capable hands.

Martina: there is probably no one I’d be more sure of as my successor. I’ve watched you grow in the past year and get comfortable in your writing and editing. You are a joy to work with, and I have no doubt that next year will continue the upward trend we’ve started this year. I’ll miss your shady looks and your joy at my pettiness. No one will understand my messy nature quite like you.

Nia: you are by far the most proud. When you interviewed for the position, you stood out because of your flexibility and your willingness to learn. As I’ve worked alongside you, you’ve been a wonderful leader. Your “sartellos wrapped in velvet,” quiet assertiveness will take you as far as you’d like to go. Thank you, for keeping me sane and staying in the office with me far past deadline to make sure there was a paper printed. I’ll never forget your gratitude, even in “all my words.”

Michelle: the only word that comes to mind as I write this column is wow. I’ve been at Student Media since your first day here; in fact, I remember going over your copy editor test. You’re great at your job, and worked your way up the ranks to become a section director. You grow as a leader each day, and it’s an absolute joy seeing the growth and potential you exude.

Jay-milly: I couldn’t write this without calling you by at least one of the nicknames I have for you. You’ve become one of my closest friends in this last year, and I know our friendship will continue far beyond my time here. No one makes me laugh as much as you, even when you’re not trying. Thank you for being the comedic relief we all needed this year.

Erica: I’m just going to say that I would’ve lost my mind without having you by my side. As my counterpart through this year’s journey, you’ve held it down. I don’t think anyone could’ve taken you as far as you’d like to go. Thank you, for keeping me sane and staying in the office with me far past deadline to make sure there was a paper printed. I’ll never forget your gratitude, even in “all my words.”

Alfred and Jaross: it’s been a wonderful four years. The two of you have constantly guided me, and tried your best to keep me from making the inevitable mistakes that would happen. When I did make a mistake, you didn’t let me fall flat on my face. Jaross, I took on the almost impossible task of updating your wardrobe, I will graduate knowing you now how to put together an outfit.

Alfred, I’ll never match your flair for all things pithy or your grandiose banter, but my life is richer for knowing that one day, you’ll casually bless me with the name of my next memoir.

Without each of you, I would’ve lost my mind this year. We made history, as a team, from creating a weekly magazine, to renaming our Student Media entities. We’ve all done work we should be proud of.

Thank you for supporting me.

**My challenges served to make me stronger**

**GENERAL MANAGER**

**ERICA SANTINO**

I’ve been called many things during my time as general manager at Student Media, including a tyrant. I’m going to miss striking fear into the hearts of 60 unspecting DJs, but like all good things, this too must come to an end.

First and foremost, I want to thank my disloyal subjects for reminding me that not everyone is ready for the professional world. Thank you for reminding me that people think that their jobs is simply expecting too much. Thank you for challenging me to be a bigger, badder and scarier tyrant. All jokes aside, thank you for proving to me what I always knew: I am the best at what I do.

My reign of terror would not have been possible without the love and support I received from our Student Media board and advisors. It was through them that I learned of my true potential as a leader, journalist and a dictator.

To Alfred Soto, thank you for your brutally honest critiques and for pushing me to become a better news writer. Thank you for convincing me to move from opinion director to news director. It wasn’t as simple as “switching”. The truth is that I’m glad it happened. Our writers are incredibly lucky to have your guidance. I hope you continue to mentor them and to push them to their full potential.

To Cayla Bush, thank you for being my best friend, for constantly encouraging me and for standing by me because you’re “always ready to die.” It was an absolute pleasure to work with you and it was a blessing to have you as a friend. You are the true definition of #BlackGirlMagic and I hope you continue to open doors for more black women to make their mark in media.

To Nia and Martina, you’re going to be amazing leaders and I have no doubt that Panther Press, Panther Now and The Roar will flourish under your leadership. Thank you for rising up to the challenge and for bringing in new and innovative ideas to the table. I can’t wait to see Student Media grow in the next year. The only advice I have for you both is to stick together and support each other through the craziness that is Student Media.

Finally, to everyone who has ever tried to stop me along my path to success - you inspired me the most. Thank you for challenging me to serve me stronger. I can’t wait to see where my reign of terror will take me next.
FIU graduates focusing on the NFL Draft

PETER HOLLAND JR.

The Panthers have been in a four-year drought without any of their NFL prospects getting drafted. All of that could change at this years NFL draft, to take place April 27-29.

Now, it’s a safe bet that neither of the FIU prospects will go first, second, or even third round. However, somewhere in the fourth through seventh round range, at least one of the 32 teams could consider one of the FIU alumni and take him in for development, special team purposes or to build depth in the needed position.

Here are my top four picks for NFL teams to consider when draft day comes.

Jonnu Smith: a 6-foot-3 tight end weighing 248 pounds.

Smith could be the best, most underrated tight end and has been following the same path as his fellow alumni T.Y. Hilton and Johnathan Cyprien, who both made it to the league.

His resume speaks for itself as a four-year starter for the Panthers. He’s fourth all-time in career receptions (178) and fourth all-time in career receiving yards (2,000). The Philadelphia native elevated his draft stock throughout the last season. When asked about it during his combine, he shrugged it off and has been looking pass it throughout the NFL process.

Dieugot Joseph, 6-foot-6 offensive tackle weighing 293 pounds.

Joseph, who was also a four-year starter, has the size to play offensive tackle at the next level. The Orlando native came from being recruited as a defensive end out of high school to starting every game his senior year at left tackle, which earned him All-Conference honorable mention in Conference USA.

He [Dieugot Joseph] will need extensive technique work in order to eliminate some of the bad habits that are holding him back.

Lance Zierlein

Conference USA

Lance Zierlein, an analyst for NFL.com, wrote a scouting report on Joseph, saying his size and stature could wow NFL scouts when evaluating the prospect.

“Intriguing physical traits and tools, but he will need extensive technique work in order to eliminate some of the bad habits that are holding him back,” Zierlein said in his scouting report. “Teams will be attracted to his length, and one will take him on Day 3 (Rounds 4-7) and try and bring him along slowly as a left tackle lottery ticket they hope pays off down the line.”

Imarjaye Albury, 6-foot defensive tackle weighing 299 pounds.

Albury was a highly recruited defensive tackle from Miami Northwestern Senior High School. He originally signed to play for University of West Virginia before transferring out after he redshirted his freshman year. Having found his way back home to play for FIU, he has made an impact on defense for the past three seasons.

He may not wow people with his defensive stats because he lines up at nose tackle, where his job is to disrupt the offensive line, get penetration and make sure his linebackers don’t get touched when making the tackle. In his FIU pro-day last month, he put up 41 reps during the 225-pound bench press.

While appearing on Panther Sports Talk Live, the Miami native says he is confident in the progress to be made.

“I feel like I’m in a good position,” said Albury. “I’m not ranked too high but I’m not ranked too low. I feel great and I feel confident in my abilities. I just want to show them what they already know about me and what they see on film.”

Four years ago, Montero entered the football program as a walk on out of Miami Columbus Senior High School. Now an FIU graduate four years later, Montero has established himself as the Panthers’ most consistent player after anchoring the offensive line for three years.

The two-time All-C-USA honoree, alongside his former teammate Joseph, helped produced 4,503 total yards, which is fourth ranked all-time in FIU history. He also played a key role in blocking for senior running back Alex Gardner, who is FIU’s all-time leading rusher, and for starting quarterback Alex McGough, who is FIU’s all-time leader in touchdown passes.

Michael Montero, 6-foot-2 offensive center weighing 299 pounds.

The NFL draft will begin Thursday night on April 27 and will end on Saturday on April 29.

Peter Holland, Jr. is a staff writer for Panther Press. His column, Pete’s Pick, is a commentary on the University sports.
Credit surcharge necessary

At FIU, students are charged extra for each credit hour taken in excess of the total required for completion of their degree. This is called the excess credit surcharge (ECS), which is mandated by Florida law and applies only to public universities. To finish a degree, students must complete 120 credit-hours, but they are permitted to take an additional 12 credits without incurring additional fees. The excess credit surcharge essentially imposes a fine on students after 133 credits. The surcharge doesn’t prevent students from pursuing their academic interests, however eclectic.

Further, the ECS puts a reasonable disincentive on wasteful spending. Since the government of Florida funds public universities, the ECS is a reasonable fine for spending an unnecessary amount of time taking courses past what a degree requires. In a world of limited resources, the state is right to be concerned about students taking too long before joining the labor force.

Finally, from a rhetorical perspective, the ECS encourages students to graduate rather than linger too long at the university. With its exemptions and nuances, the excess credit surcharge is a necessary policy. It encourages students to graduate even as exceptions are made to provide students with the freedom to pursue their intellectual curiosities.

Christian Gonzalez is a staff writer for Panther Press. His column, Right Turn, is a commentary on foreign affairs, culture, and social sciences.

Control your destiny

Once graduation day comes, nothing else matters except trying to avoid falling off the stage and getting your hands on that degree.

A college experience is a once in a lifetime opportunity to take advantage of because there’s nothing like it. The time between enrolling in an institution and graduating with a college degree is considered to be an important time for students. But, graduating is what counts, not the time it took you to graduate. It’s understandable that life happens and time is constructed. Above all else and despite the struggles, you’ll appear as a go-getter because you finished what you started.

Adrian Nones-Newman, a junior majoring in journalism, has dealt with his own obstacles along the way, and doesn’t think graduating as fast as possible is what students should be concerned about.

“No, it doesn’t matter how long it takes. However, what does matter is if you can handle paying bills, juggling time and budgets everyday.”

Because the older you get, the more pressure you have to establish your life, which becomes increasingly difficult while still in school.

While it’s impressive to finish a degree in less than an average time span, it’s important to recognize what you do during that time. There are more reasons to go at a steady pace then there is rushing through it. Ultimately, it depends on why it took you longer to graduate, and that’s something that will be reflected on your resume when you get a job.

In fact, employers should be impressed if a person completed their degree while being a parent, holding down a job or two, or any other obstacle students may face.

“What’s the hurry?” said Amin Hoeplinger, a senior majoring in public relations.

“There are some of us who are already working and going to school helping us acquire the skills we need to advance in our careers, get promotions at work, as well as get a degree.”

Fernanda Zarate, a junior majoring in broadcast communications, agrees, and believes that it’s the degree that matters, not the time spent on it.

And while it may be seen as a success knowing you finished “on time” or even faster than expected, this isn’t high school where every step you make is mandatory.

The beauty of being a student in college is that you make your own rules. You’re in control over your destiny, because once you embrace the journey, it will embrace you back. Knowledge is power, and no one can take that away from you so make time count, literally.

Isabel Vasquez is a contributing writer for Panther Press. Her column, Independence, is a commentary on feminism.

Undergrad is a very powerful time in a student’s life.

First, FIU provides several exceptions to the “cap” of 132 credits. For example, adding another major increases the cap by the amount of credits the major requires — usually around 30. Certificate programs, which are usually around 18 credits, are also exempted from the ECS.

Thus, double majoring lets students take up to 150 credits without penalty.

The surcharge doesn’t prevent students from pursuing their academic interests, however eclectic.

In a world of limited resources, the state is right to be concerned about students taking too long before joining the labor force.

Finally, from a rhetorical perspective, the ECS encourages students to graduate rather than linger too long at the university. With its exemptions and nuances, the excess credit surcharge is a necessary policy. It encourages students to graduate even as exceptions are made to provide students with the freedom to pursue their intellectual curiosities.

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Graduation Day

At FIU, students are charged extra for each credit hour taken in excess of the total required for completion of their degree. This is called the excess credit surcharge (ECS), which is mandated by Florida law and applies only to public universities. To finish a degree, students must complete 120 credit-hours, but they are permitted to take an additional 12 credits without incurring additional fees. The excess credit surcharge essentially imposes a fine on students after 133 credits. The surcharge doesn’t prevent students from pursuing their academic interests, however eclectic.

Further, the ECS puts a reasonable disincentive on wasteful spending. Since the government of Florida funds public universities, the ECS is a reasonable fine for spending an unnecessary amount of time taking courses past what a degree requires. In a world of limited resources, the state is right to be concerned about students taking too long before joining the labor force.

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Students: Graduation isn’t a race

Don’t rush graduation

Students may feel a rush to complete their studies in four years, but not every student is the same, and this pressure may do more harm than good to their body and life.

While timely working hours are important, four years is certainly an achievable deadline to complete an undergraduate degree, this pre-determined deadline can be a recipe for burnout and poor performance in the classroom.

First, every major is different. Some, like theatre or hard sciences, require specific courses and prerequisites and if one is missed, it can spell disaster for the originally intended graduation date. Other majors, like international relations and language or culturally focused visiting advisors, have more flexibility in how many electives are allowed and when they can be taken.

So while a four-year deadline is easy enough for some full-time students, it can be an intense struggle for others, just based on fields of study alone and not including individual needs. In order to stay on track, students should schedule a meeting with their advisor at least once every semester, but not every student is aware of this.

However, once you complete the personal graduation deadlines but must also remember that graduation is not a race. Florida’s law requires nine credit hours to be taken during one or over the course of multiple summer semesters, and these don’t come with the standard financial aid perks, either.

Students should set their own hurdles for others, just based on fields of study alone and not including individual needs. In order to stay on track, students should schedule a meeting with their advisor at least once every semester, but not every student is aware of this. Students should set their own

Along with our minorities comes this factor of not only first-time generation students, but also, what Ehrenreich calls, college dropouts. For those who have chosen a career path that was not the path they intended to take, or have chosen a different path but are now out of work, these findings can be disheartening.

Instead of sulking about their futures, college graduates must distinguish themselves by the knowledge they have obtained, and with a naked eye. It’s a statistic in a millennial generation that Generation Y will make up 75 percent of the workforce by 2030, yet in 2016, the millennial unemployment rate remained "stagnant" at 12 percent as discovered by Millennials Report. With these findings, competition is another brick added onto the aforementioned "safety net."

Unfortunately, the knowledge and work to be done will not be the same, and this pressure may lead to a sense of inadequacy. Ehrenreich continues to question the integrity of a college diploma. Ehrenreich states, "A Master’s Degree Preferred" rising on job applications, Generation Y begins to scratch their head and open their empty wallets in utter confusion while their dreams begin to go adrift.

This situation begins to question the integrity of a college diploma. Barbara Ehrenreich from Alternet, titles a college diploma as "Higher Education Conformity." She introduces her article by arguing that a college degree is "chiefly a signal to employers that you’ve mastered the ability to obey and conform." Ehrenreich also comments on the 2007 Maritée Jones case. Maritée Jones was the former Dean of Admissions at the Massachusetts Institute of Technology (MIT).

Students should take time to rejuvenate their minds, spend time with family and pursue any other nonacademic interests they may have. And for those who don’t want to take the entire summer off, remember to focus on their mental and physical health. No matter how long it takes, your graduation will be an accomplishment.
Once the whirlwind of joy from graduation celebration fizzles, the reality of post-graduation depression is a serious concern for recent graduates. Recent graduates often have high expectations that may be difficult to achieve immediately after graduation. The job they are hired for—if they are even hired at all within the first few months—may pay less than they expected, or may be in a company they didn’t wish to work in. For many, the relative freedom of living alone in a dorm or in an apartment might suddenly collapse as financial realities force students to move back in with their parents. The loss of a daily routine makes the transition particularly difficult for some. College provides structure and predictability, and the sudden interruption of that lifestyle can be challenging. Vicki Hays, director of Counseling and Psychological Services at the University of Michigan, believes that a loss of a routine is a significant contributor to post-graduate depression. “For most [students], they have not been without the structure of organized education ever in their lives.”

Symptoms of post-graduate depression are not always clear to the person experiencing them or to the people surrounding them. According to Empowher, some symptoms include “feeling tired, restless or agitated, losing interest in life, finding it hard to make decisions, and avoiding people.”

Justin Peterson, a spring 2016 graduate, told FIUSM that he experienced this depression shortly after his commencement ceremony. “Once I left the dorms, I lost contact with all my friends and I had nothing to do,” he said. “Every day was a struggle to wake up and be productive, because everyone else around me was achieving their goals and I was achieving their goals and I with other people his age and created meaningful relationships with individuals suffering from homelessness. “The experience there helped me branch out and try new things, and I was even offered a professional job from one of the connections I made there.”

Statistics released by the Guardian show that approximately one in four students suffer from depression during their college years, but there are no official figures on the rates of depression in recent graduates as they are more difficult to track down. If you or someone you know is experiencing symptoms of post-graduate depression, seek help from a professional.

In addition, Mental Health Daily recommends focusing on the present and being social within your community. Activities like volunteering in a local organization and having a positive outlook can help recent graduates remain optimistic and motivated.

There is so much to look forward to, from finding a rewarding job that makes you happy to becoming more independent and spending time with your loves ones. You will find a fulfilling career and you will adapt to your new environments. You just have to give yourself time to adjust to the changes in your life following graduation.

Do not compare yourself to others, even if you see your friends getting married and landing their dream jobs before you do. Each student has a unique story to tell; they merely play out in different timelines. Have a safe summer break, Panthers, and remember that you never have to suffer from depression alone.

Julieta Rodrigo is a staff writer for Panther Press. Her column, Weekly Why, is a commentary on the latest issues in sports.