



BACK TO SCHOOL EDITION
the acronym

SEPTEMBER 2017

DEAR READER,

The summer days have passed, the nights are getting colder, and the work is starting to pile up – it finally feels like we're back to school. Amongst dearest friends and teachers, new and old faces, beginnings and endings.

The Acronym is proud to present our first ever Back to School Edition. You'll find some generally useful/funny content, along with a very special feature section dedicated to our newest friends, the Class of 2020 (and for those upperclassmen who still need help, every now & then). We hope you enjoy this edition as much as we have enjoyed creating and compiling it.

Last (but not least), we'd like extend special thank you's to Mrs. Townsend, our hardworking writers, new IMSA faculty, Allie Platon of IMSA Student Productions, and Sohun Gupta for his mad design skills. Our deepest gratitude for your dedication and contributions, and here's to our best year yet – beautiful print issues, late nights, and new inspiration, all from working together with you.

Stay golden,
Chandana Tetali & Lauralyn Lin
Editors-in-Chief, 2017-2018



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CHECK OUT OUR HUMANS OF IMSA FACEBOOK PAGE FOR MORE!

compiled by aurora harkleroad

"How do you think you changed over the summer?"



LEFT TO RIGHT: Isa Baldwin-Zurek ('18), Akhila Vuppalapati ('18), Julia Simmons ('18), Ellyonna Glenn ('18), and Peyton Schafer ('18)

"I learned that there's always a million things you could be doing. You could be studying all night. You could be going to a party. There's so many options of what you could do and what matters is that you are enjoying what you are doing. There's always going to be something else out there. There's always going to be something cooler. As long as you're happy where you are, that's all that matters."

~ PEYTON SCHAFER ('18)

"I think I changed definitely. I became a bit more responsible and understood more of my responsibilities at IMSA. Going home, having a whole bunch of people around with amplified chores. It's your actual responsibility. You understand how much you really have."

~ JOY ANA TAYLOR ('19)



LEFT TO RIGHT: Joy Ana Taylor ('19) and Elange Tande ('19)



LEFT TO RIGHT: Shruti Palani ('20), Ashley Homecgoy ('20), and Cait Castillo ('20)

"I was always excited to learn new things and explore math and science. But then knowing I could actually do that here changed things for me."

~ CAIT CASTILLO ('20)



WHERE DID IMSA TRAVEL THIS SUMMER?

states visited:

36 states

farthest from imsa:

8,149 miles in Lumang Lipa,
Philippines

*countries
visited:*

20 countries

*farthest
from any other
imsa student:*

2,901 miles from
Yaounde, Cameroon
to the closest
student in Ruse,
Bulgaria



compiled by gary yang

U.S. GOVERNMENT & POLITICS

JULY 26: "MEDICAL COSTS AND DISRUPTION"
President Trump tweeted that transgender service members will no longer serve in the military. Defense Secretary Jim Mattis has temporarily frozen the policy change, pending study results.

JULY 28: OBAMACARE STAYS
Efforts to repeal and replace Obamacare have been thwarted yet again by the Democrats and three Republican senators, most dramatically Senator John McCain (R-AZ).

JULY 29: "FIRE AND FURY"
The Trump administration stepped up warnings against North Korea, who tested their second intercontinental ballistic missile within a month of their first.

AUGUST 2: 30 POINTS
President Trump endorsed a bill to cut legal immigration and replace current employment-based visas with a point system, with 30 points being the minimum for visa application.

AUGUST 4: RUSSIA PROBE
Special Counsel Robert Mueller impaneled a grand jury for the Russia investigation, following summer events that include a FBI raid and new info on Trump associates meeting with a Russian lawyer.



AT HOME

JUNE 14: BASEBALL PRACTICE
A lone gunman opened fire on members of the Republican congressional baseball team during their practice, injuring House Majority Whip Steve Scalise (R-LA) and three others.

JULY 6: ILLINOIS BUDGET
The Illinois House of Representatives overrode Governor Bruce Rauner's veto, ending the longest state budget impasse in history; the FY18 budget will increase income and corporate taxes.

JULY 31: OPIOID EPIDEMIC
The White House panel tasked with investigating America's opioid epidemic urged President Trump to declare a national emergency on opioids; he made the announcement the next day.

AUGUST 7: DIVERSITY MEMO
Google fired IMSA alumnus James Damore ('07), who wrote an internal memo questioning the company's diversity policies and accusing Google of being an ideological echo chamber.

AUGUST 12: CHARLOTTESVILLE, VIRGINIA
White supremacist groups flocked to Charlottesville, VA, to protest the removal of the Confederate statues; riots ended tragically with the death of Heather Heyer.

compiled by abhay gupta

NEWS UPDATES

AROUND THE WORLD

JUNE 14: GRENFELL FIRE

80 people died after a huge fire engulfed the 24-storey Grenfell Tower. And just days before, Great Britain experienced its third terrorist attack in 10 weeks plus a failed early election gamble.

JUNE 29: U.S. FORCES SURROUND ISIS CAPITAL

U.S. forces surrounded the northern Syrian city of Raqqa, the Islamic State's so-called capital, dealing a symbolic blow to the extremist group as it continues to lose territory.

JUNE 30: SAME-SEX MARRIAGE

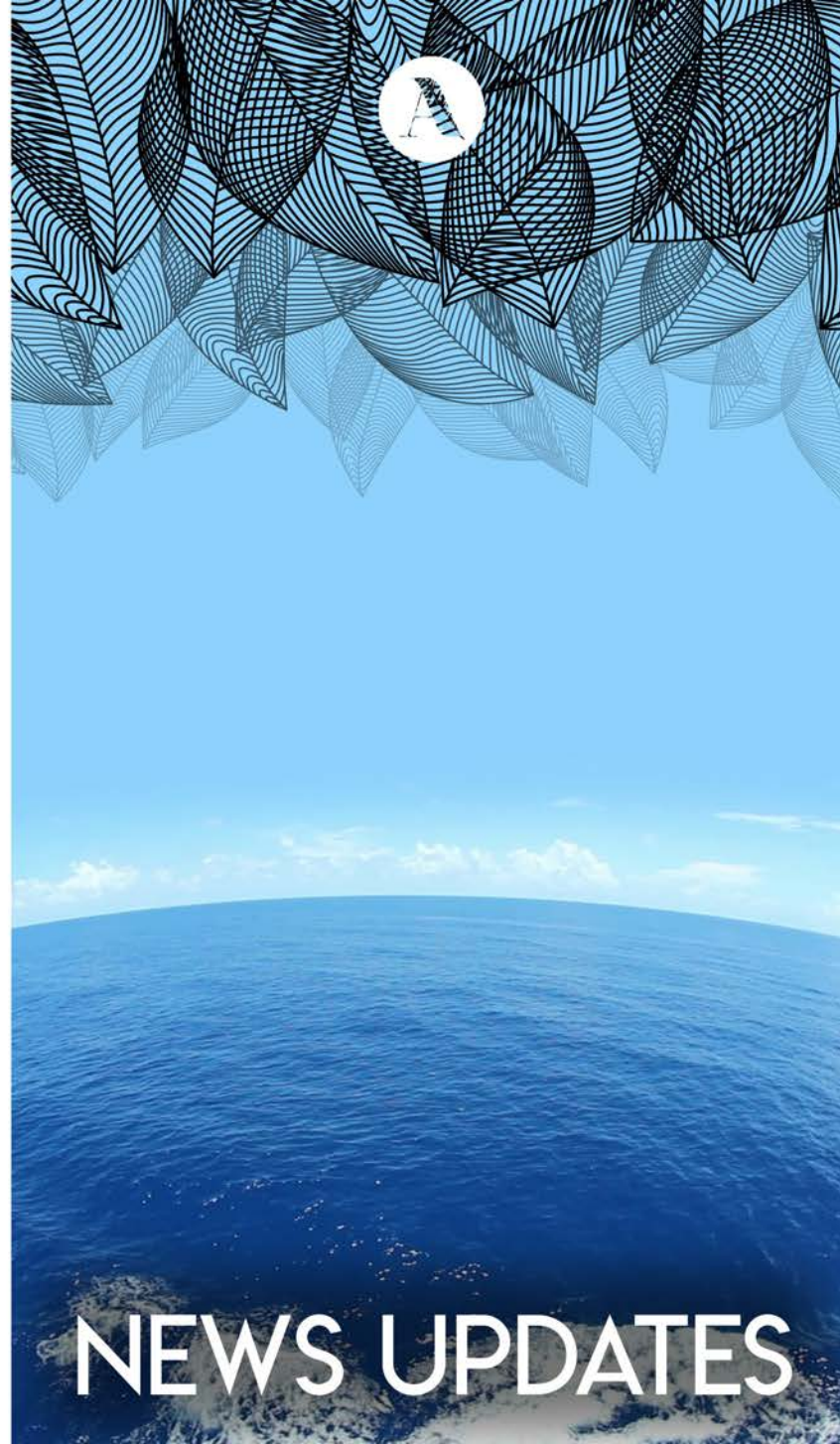
Despite opposition from German Chancellor Angela Merkel, she allowed the German parliament a free vote that ultimately legalized same-sex marriage.

JULY 7: 2017 G20

The annual meeting of the G20 was led by Germany. World leaders discussed global issues of climate change, free trade, and the refugee crisis.

AUGUST 2: VENEZUELAN ELECTIONS

A software company that set up voting systems for Venezuela's contentious election reported that the government tampered with at least one million votes.



NEWS UPDATES

NAMES IN THE NEWS

JUNE 13: QUEEN'S TWINS

Beyonce gave birth to twins Sir Carter and Rumi, siblings to their daughter Blue Ivy.

JUNE 14: HAPPY BIRTHDAY

President Donald Trump turned 71 on June 14, establishing himself as the oldest president to ever serve.

JUNE 14: POET LAUREATE

Tracy K. Smith was named the new United States Poet Laureate!

JUNE 19: OTTO WARMBIER

Otto Warmbier, an American student tried and sentenced to hard labor in North Korea for stealing propaganda, died after falling into a coma.

JULY 28: CHARLIE GARD

Charlie Gard, a 10-month-old patient with mitochondrial DNA depletion syndrome, died during a global legal battle over his treatment.

AUGUST 2: FUTURE THERAPEUTICS

Scientists successfully edited genes in human embryos to repair a common heart condition using the CRISPR-Cas9 method.

AUGUST 3: MICHELLE CARTER

Michelle Carter, sentenced to 15 months in jail for involuntary manslaughter, was charged over the 2014 death of her boyfriend.

DEPARTED ADMINISTRATION & FACULTY

DR. ALDAWUD - Computer Science
SEÑORA BARCELONA - Spanish
DR. DAHLEH - Principal
MR. KAMMRATH - Math
DR. LAM - History
DR. MARGOLIS - Vice President of
External Engagement
DR. PORZIO - Math
MS. SCARANO - Chemistry
MADAME SPENCE - French
MR. TRAINA - Biology
WANG LAO SHI - Chinese*

*to return in 2018

NEW TEACHERS

SEÑOR ARANDA-RODRUIGEZ -
Spanish
DR. GOLAB - Chemistry
MR. KEARNEY - History
DR. KOPFF - Chemistry
MONSIEUR MARSHALL - French
MR. MCCUTCHEON - Math
MR. MEYER - Computer Science
MRS. SORESCU - Math
DR. WILLE - History
ZHANG LAO SHI - Chinese



DR. WILLE

SPECIALITIES: History of Biology & Entomology, British Empire in the 20th Century
IMPRESSIONS OF IMSA:
"This is a very teaching intensive place with very bright students."
"I'd like to wage a war on acronyms...I have noticed that this institution has an infestation of acronyms that should probably be exterminated. Present company excluded, of course."



MR. MEYER

BACKGROUND: Worked at Fermilab, picked up teaching back-end programming and really liked it.
IMPRESSIONS OF IMSA:
"It's a friendly environment here. You don't always get that at some schools, but IMSA has been very friendly."



DR. KOPFF

BACKGROUND: Taught college for five years, coming to IMSA for passionate, driven students.
IMPRESSIONS OF IMSA:
"IMSA students are open to exploring different areas. College students aren't always flexible like that; they're often worried about their major. Here, students who want end up in chemistry won't mind having physics 'on their record,' too."

SODEXO RENOVATIONS

"The rationale behind the Sodexo renovations was to create a more comfortable space for students and give it the feeling of home. However, the renovations are not completely finished as new light fixtures still have to be installed, in addition to finishing touches. The Sodexo renovations were a part of a series of renovations which occurred this past summer which encompass the installation of two big fans in the gymnasium, new doors with glass panes in the building, and the renovation of the pool."

- CHRIS KORNSEY (MAINTENANCE)

MCB, MAD, ORGANIC CHEMISTRY ROOMS/LABS

"The rationale for this renovation is the age of these rooms...they are the same age as IMSA itself! The renovation will not feature dramatic architectural changes; however, the changes will improve student learning. Aspects of improvement include flooring, the ceilings, benches, cabinets. Furthermore, new equipment will be available for students to utilize: a new tissue culture room is being built with tissue hoods, and we will be getting new centrifuges and new microscopes."

- DR. DAVE DEVOL

NEW BUDGET

"I am beyond excited and absolutely thrilled that we finally have a budget. For the first time in three years, we start the school year with a budget, which means no worrying about funding the institution. We can also work with more vendors now as the aspect of money is not of concern. Everything is working the way it should; beyond ecstatic!"

- ROBERT HERNANDEZ, INTERIM PRINCIPAL



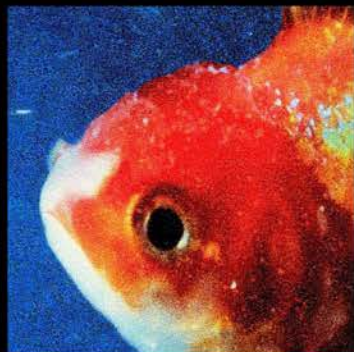
*compiled by Lauralyn Lin
and Abhay Gupta*



THE STATE OF HIP-HOP

SUMMER SEVENTEEN

sohum gupta



VINCE STAPLES - BIG FISH THEORY

Nobody could have guessed Big Fish Theory. At first, the production seems chaotic, the samples seem confusing, and the hooks seem out of place, and even after a few listens, it doesn't seem completely cohesive. It's an album that needs time to grow on you, but if any album deserves that time, it's Big Fish Theory. The album explores a lot of different topics, and Vince Staples cuts through it with sharp lyrics and organic production. To be perfectly honest, it's one of those records that makes me feel like I'm not qualified to listen to music.

+ EXPERIMENTAL AND FRESH

+ CHANGING PRODUCTION

+ CUTTING LYRICS

- INACCESSIBLE

BROCKHAMPTON - SATURATION

This was a big one for me. Saturation was one of the most varied albums I've ever heard. Not only were each of the tracks filled with thrilling verses and clear thematic elements, Brockhampton somehow managed to make a cohesive album from bangers like HEAT and super mellow tracks like FACE. Personally, my favorite part of the album was the ending of STAR, which really hit home for me for some reason. I also appreciated that the album and its music videos seemed to have a cohesive aesthetic, even with a mix of different genres and diverse production.



+ VARIOUS GENRES

+ COHESIVE THEMES/VISION

+ CRAZY LYRICISM

+ UNIQUE PRODUCTION

AMINE - GOOD FOR YOU

This is actually one of my favorite projects of the year to listen to, even if it wasn't the best. I can't get enough of "Sundays" and "Slide", and I've found that I can listen to the album whenever, wherever, and for however long. Amine seemed really genuine throughout the project, and his personality seemed to shine through perfectly. While he went in on "Blinds", my only problem with this album was that the lyricism was just not present in songs like STFU.



+ INFINITE REPLAYABILITY

+ HUMOROUS & LIGHT

+ LOWKEY PRODUCTION

- LACK OF COHESIVE THEME

TYLER, THE CREATOR - FLOWER BOY

This feels like one of Tyler's riskiest albums yet, which says a lot, considering that he literally ate a bug in the music video for "Yonkers" and "Cherry Bomb" was like 90% gain as a song. The production is novel, and the features are perfect, and we see Tyler adapt his harsh delivery to slower, more soulful songs, like "911/Mr. Lonely" (a song where, despite having barely any lines, Frank Ocean seems to shine through). Even through some songs, like "Pothole", seemed forgettable to me, I think he made up for it with songs like "Garden Shed" and "See You Again".



+ POWERFUL HOOKS/VERSES

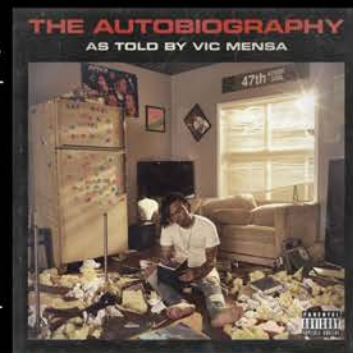
+ COMPLEMENTARY FEATURES

+ GENUINE/PERSONAL THEMES

+ EXPLORATORY AND HONEST

VIC MENSA - THE AUTOBIOGRAPHY

After hearing how well Vic Mensa can play with words, especially when freestyling, I had high hopes for his debut album, but I was a bit let down. The album seemed to start off strong - in fact, my favorite track from the album is the intro, "Say I Didn't" - but as the album progressed, I felt like Vic Mensa was settling for mediocre lyrics. The album seemed like a cookie cutter autobiographical album (See: Under Pressure), however I did find occasional respite in songs such as "Heaven on Earth" (including the reprise) and "Coffee and Cigarettes".



+ DETAILED STORYTELLING

- DISAPPOINTING VERSES

+ CRISP & NOSTALGIC BEATS

- OVERUSED THEMES

THE DANGERS OF FORGETTING

by madison hahamy

It may seem as though all of the talk about Charlottesville, Virginia is getting old. I get it. We've heard about it at Convocation, it has overtaken just about everything else in the news cycle, and it pertains to a topic that the state of Illinois has investment in - geographical and historical. The debate about what to do with Confederate statues is one that I also have had an admittedly detached interest in, and I think this stems from a lack of understanding regarding how these testaments to slavery affect others, along with a lack of personal involvement in the fate of such testaments.

That is, until recently. Being of Jewish descent, the anti-Semitic nature of the protest has hit me on a more personal note and allowed me to understand how vulnerable and unwelcome protests of that nature make people feel. It was deeply unsettling, and I wholly condemn what happened. White supremacists are repulsive, repugnant, and hate filled people that do not represent my race and do not represent the America that I want to live in. Many of the events that followed (such as the Boston free speech rally ending early and the Daily Stormer being pulled off the Internet) felt deeply satisfying, but are also worrying for the dangerous precedent that they are setting. Before you furiously shake your head at me and shut off the computer, hear me out. My beliefs are not in spite of my personal stake in this issue, but because of it.

For me, this story really begins in the fall of 1976 with Frank Collin, the leader of the National Socialist Party of America, David A. Goldberger, a Jewish attorney with the American Civil Liberties Union (ACLU), and Aryeh Neier, a Jewish refugee who was also the executive of the ACLU. Collin intended for his party to hold a march through Skokie, Illinois, a predominantly Jewish area with many of their residents being Holocaust survivors or direct descendants of one.



The Circuit Court of Cook County allowed the marchers to march with the contingency that they could not display swastikas or wear Nazi uniforms. The ACLU challenged this injunction on behalf of the Nazi party and eventually won.

That's right. The ACLU, led by a Jewish man who fled Germany with his parents, decided to represent the very people who wanted him dead. And, not only that but one of the lawyers who represented them in court, David A. Goldberger, was a Jewish attorney. When asked why, their answers were remarkably similar and boiled down to this idea: the only way to protect one's own free speech and to prevent the events of the past from recurring is to protect the free speech of everyone.

I recognize that there is a difference between a peaceful march of repulsive ideas and a violent march of repulsive ideas, and I wholly support the idea of free speech until it threatens the safety of others. However, it worries me that we are canceling events where white supremacists are speaking and pulling websites from the Internet that promote controversial views. Yes, I know that it is more complicated than that, but I am worried about where this will lead. I am worried that, slowly, websites with views that do not fit the mainstream are going to disappear under the auspices of "free speech that is inciting hate," and rallies, where people want to peacefully express little-acknowledged perspectives, are going to be overrun with protesters who consider it a victory that they quashed the voices of others. We are not there yet, but we will be soon. To some, no diversity of opinion and zero uncomfortable perspectives would create an utopia; to me, it is my worst nightmare.

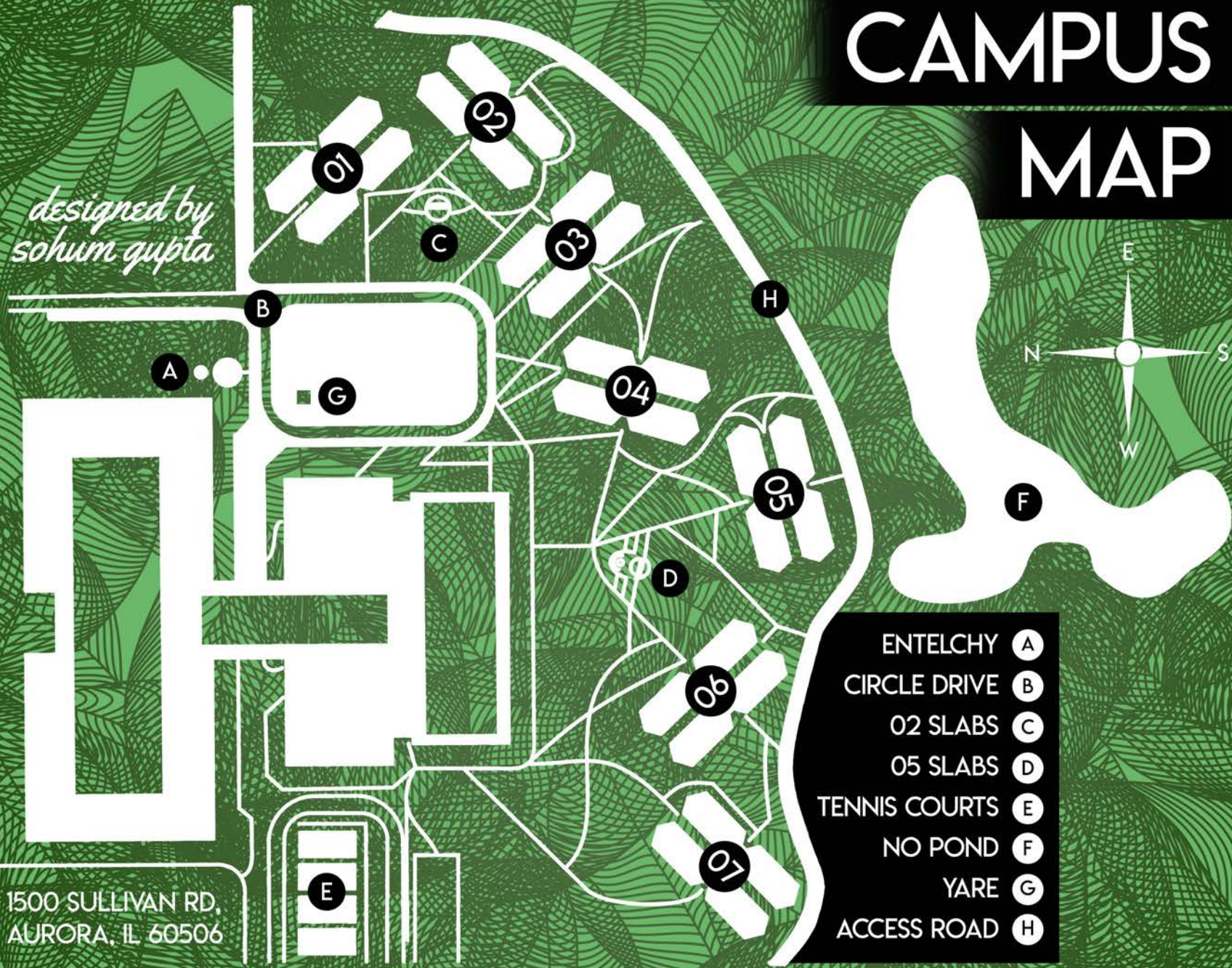
These opinions must be allowed to speak because we must be reminded that they are out there. We must defend the right of others to say what they believe. We must encourage debate. We must keep an open mind. We must remember that the Holocaust, that slavery, that genocide can happen again. But, most importantly, we must listen to these opinions because we can never, ever, forget. And I guarantee that if we put contingencies on free speech like we have begun to do in the past few weeks, we will forget and history will repeat itself. I fear that it is already beginning to. ❖



SOPHOMORE SECTION

CAMPUS MAP

*designed by
sohum gupta*



1500 SULLIVAN RD,
AURORA, IL 60506

- ENTELCHY (A)
- CIRCLE DRIVE (B)
- 02 SLABS (C)
- 05 SLABS (D)
- TENNIS COURTS (E)
- NO POND (F)
- YARE (G)
- ACCESS ROAD (H)

- 01 | POKEMON**
 A WING - Electric Type
 B WING - Fire Type
 C WING - Water Type
 D WING - Grass Type

- 02 | ANIMATION STUDIOS**
 A WING - Studio Ghibli
 B WING - Cartoon Network
 C WING - Disney
 D WING - Nickelodeon

- 03 | DISNEY WORLD**
 A WING - Magic Kingdom
 B WING - Animal Kingdom
 C WING - Hollywood Studios
 D WING - Epcot

- 04 | SPY**
 A WING - BND
 B WING - CIA
 C WING - KGB/GRU
 D WING - MI6

- 05 | COSMOS**
 A WING - Star Wars
 B WING - Star Trek
 C WING - Guardians of the Galaxy
 D WING - Avatar

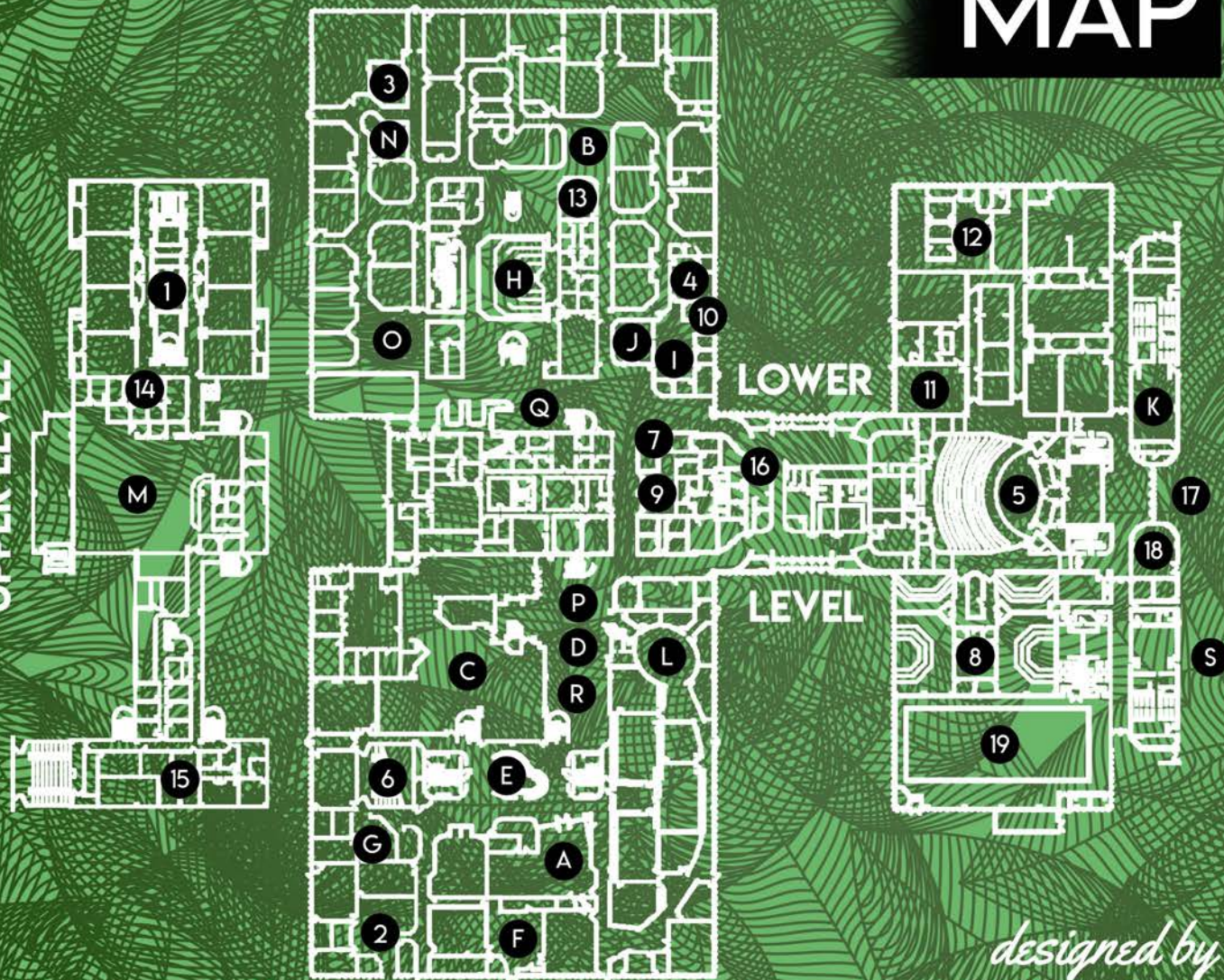
- 06 | DRIVE-IN MOVIES**
 A WING - Jurassic Park
 B WING - Breakfast at Tiffany's
 C WING - Star Wars
 D WING - Hairspray

- 07 | RESORTS**
 A WING - Alps
 B WING - Hawaii
 C WING - Rio
 D WING - Dubai



MAIN BUILDING MAP

UPPER LEVEL



- | | | | |
|---|-----------------|----|----------------------|
| A | GRAINGER LAB | 1 | THE LOFT |
| B | KALEIDOSCOPE | 2 | MCB ROOM + LAB |
| C | SODEXO | 3 | MATH OFFICE |
| D | OLD CAFE | 4 | WRITING CENTER |
| E | TV PIT | 5 | AUDITORIUM |
| F | ITMC | 6 | PEARSON LECTURE HALL |
| G | ORG CHEM ROOM | 7 | ATTENDANCE OFFICE |
| H | AC PIT | 8 | MUSIC WING |
| I | CAC OFFICE | 9 | STUDENT LIFE |
| J | 1508 | 10 | AMY KECK |
| K | STUDENT UNION | 11 | IN2 |
| L | SCIENCE ATRIUM | 12 | PFS |
| M | IRC + MAC LAB | 13 | PRINCIPAL'S OFFICE |
| N | FISHBOWL | 14 | PRESIDENT'S OFFICE |
| O | MATH STUDY AREA | 15 | ITS |
| P | SOPH U-BENCH | 16 | ADMISSIONS |
| Q | SENIOR U-BENCH | 17 | GYM & WEST GYM |
| R | JUNIOR COUCHES | 18 | MULTI-PURPOSE ROOM |
| S | FITNESS CENTER | 19 | SWIMMING POOL |

*designed by
sohum gupta*



ROOMMATE 101

by akhila vuppalapati

*So you know that human you live and share a room with? Yes, I promise you that no matter how hard you try, they're not disappearing. So, you might as well get close and comfy with them! Don't get me wrong: it can definitely be weird at first. However, they'll be the first face you see in the morning and the last one you see at night, and then you'll see them a bunch in between, so it's important to get to know each other a little. Not to brag (*hair flip*), but I like to think that I have a pretty great relationship with my roommate. That took some time, of course. Step by step, layer by layer, I had to peel the onion and now, I can't imagine rooming with anyone else! Without further ado, here are some tips to get that relationship going.*

DON'T LIVE IN A PIGSTY

While it's important to get comfortable with your roommate, make sure that you don't get too comfortable to the point you can't see the floor. Talk to your roommate beforehand and take the roommate contract seriously so that you both know what's expected cleanliness-wise. If one wants the room spotless and the other is just happy that they found a clear place to sleep in the room, problems are bound to arise.

BE A DECENT HUMAN

This should go without saying, but just be a good person! Say hi to them in the hallway, invite them to dinner, introduce your friends, etc. This is just proper etiquette for anyone really, but try to be more conscientious about doing this with your roommate. It goes a long way, I promise.

It can be nerve-wracking to have a roommate, but if all goes well (and more often than not, it does) you'll have a close friend who you can count on. IMSA is not a cake walk and you're bound to run into a couple obstacles here and there, so during those lower points, it's important to know that you have a supportive roommate to help you out. I wouldn't give up my roommate for anything, and I'm grateful I put in the effort to actually make it work with her. We've known each other for five years and roomed together for two, yet we still talk for hours on end about the most random things. Some of my fondest IMSA memories are the spontaneous talks at 2 a.m., and I know that most people on campus can agree with that. So get to know that roommate of yours! It'll be worth it.

GET TO KNOW THEM

It's going to be super awkward if you don't know the first thing about that person living 5 feet away from you. What do they like? What do they do in their free time? What are their hobbies? Who are their friends? You generally want to make conversation (and even become good friends!!!) with your roommate, and it's not a bad idea to start by just talking and seeing where the conversation goes. Chat about their passions, why they came to IMSA in the first place, what shows they watch on Netflix, etc. and you're bound to find out some great things about them that you didn't know before! You might also end up with a Netflix buddy.

COMMUNICATE

They're your roommate, not a mind reader. Like I said, take the roommate contract seriously and communicate expectations. For example, my roommate expects quiet for 20 minutes after she gets into bed because that's usually how long it takes her to fall asleep. Because she communicated that with me, I make sure to keep it quiet and not have too many friends over for those 20 minutes. Even if it seems like common sense, just let your roommate know what you expect - because why not? No issues will ever arise from stating your expectations!

WILL YOU SOPHOMORE RUSH?

by joanna lee

START HERE

ARE YOU AN
OUTGOING
PERSON?

NO

YES

WHERE DO
YOU USUALLY
MAKE FRIENDS?
(CLASS/CLUBS vs.
THROUGH OTHER
PEOPLE)

WOULD YOU
TALK TO SOME-
ONE YOU ARE
ATTRACTED
TO?

WOULD YOU
MEET WITH THEM
OUTSIDE OF
THESE PLACES?

ARE YOU EASILY
ATTRACTED TO
SOMEONE?

ARE YOU
WILLING TO IF
THEY APPROACH
YOU FIRST?

YOU
WILL
NOT!

IF YOU ARE,
WILL YOU WANT
TO BE IN A
RELATIONSHIP?

YOU
WILL
NOT!

DO YOU WANT
TO GO TO
HOMECOMING?

YOU
WILL!

WOULD YOU
BE IN A RELA-
TIONSHIP WITH
AN ATTRACTIVE
PERSON?



A DOWNSTATE KID'S GUIDE TO IMSA

by shubha verma

So you live too far away to go home to your family every weekend and you don't know what to do...

All of us downstate kids go through this. Throughout your time at IMSA, you'll become accustomed to life in suburban Aurora; you'll learn more about the local schools, the population, the politics, and the people, but one thing that won't change is the fact that you're stuck there. Here are the top 3 things you can do to make your time at IMSA as positive as possible.

1.) Make weekends productive.

I hate to break it to you, but after the few weeks where all sophomores are required to stay on campus, weekends are going to become quiet. When your friends start going home, you might feel a bit lonely and discouraged, but quiet weekends breed sanity and productivity. Imagine the time you would lose during a car ride to your home and back - time you could be using to chug through that daunting problem set instead! On-campus weekends are the perfect time to find some peace and quiet, meet up with some other downstate study buddies, hog the study room, and really catch up on homework. There's nothing worse than racing to finish all of your homework on Sunday night because you spent Friday and Saturday doing nothing!



2.) Make weekends fun!

Don't be fooled by the quaintness of the IMSA campus on weekends, especially during colder months. There are plenty of people who choose to stay weekends! Befriend those fellow weekend warriors because pretty soon, you'll be looking forward to hanging out with them for hours at the end of the week. Take advantage of sleepover options and 11:30 in hall on Friday and Saturday, and go on trips to Oberweis, Portillo's, Fox Valley Mall, and other great places! And if none of these appeal to you, you can always take a walking trip to Orchard. No worries if you don't get on a trip; some of the best memories are made on campus, in the halls or hanging out at the 02/05 slabs.

3.) Tackle homesickness.

It's bound to happen to you eventually, even if you feel fine for a few weeks. Whether it takes a really stressful week to burn you out or a painful reminder of your family, homesickness frequently troubles IMSA students and it's something you can get help with. The most obvious thing you can do is go home, so try to find a carpool as soon as possible. Students who live in your town (or nearby) are often open to a carpool system. Video calling your family can also give you the interaction you crave without them needing to be there. Talking to your RC may help settle your mind, and if they're okay with it, often RCs will allow you to hang out in their apartment with them for a while where you can cook, watch a movie, or just talk. Sometimes, they'll even be free for a quick Chipotle or Starbucks run with you! IMSA counselors can also assist with your struggles so when you feel down. You always have the option to talk to Kevin or Karen. Lastly, and perhaps most importantly...talk to your upperclassmen! We're here to support you, and plenty of us stay weekends. We were also sophomores once, trying to find our way around. If you find one upperclassman weekend dweller (which shouldn't be too difficult), you'll begin to find more through them.

In short, being from downstate can have its perks! If you make the most of your time at IMSA and learn to feel okay away from home, you might begin to enjoy your IMSA experience despite the distance.

STAYING HEALTHY AT IMSA: 5 TIPS ON EATING & EXERCISING

by alana dawson

“New school year new me!”

Every year, some variation of this tweet pops up on my feed as school starts again. Everyone has their brand new school supplies, eating habits, outfits, etc. that they got over the summer, and now they're ready to make this the best school year of their lives. But we all know how long this facade lasts. After that first paper is assigned and everyone realizes how much they really miss summer, all those goals go flying out the window. Even important ones, like going to the fitness center every other day or eating a salad three times a week, are long forgotten once homework starts piling up.

Amid homework, extracurriculars, and a social life, health tends to be thrown under the bus. It's not that IMSA students don't care enough; we all come into the new school year with one health-related goal or another. Often, we just feel like we don't have time, and we also seem to forget that neglecting our health makes doing other activities harder. To help you start off this school year right, I have compiled a list five simple diet and exercise tips that anyone can use.

WORK OUT AT LEAST 4 TIMES A WEEK

Joining a sport is a fun way to get in your 60 minutes a day! It's great for you both physically and socially, but it's a big commitment and it is not for everyone. Luckily, the Fitness Center is open most days after school and on the weekends. Even if you only have time for a 30 minute run on the treadmill, that's okay. Exercising at least four times a week will have a positive impact on your physical and mental health, but also leaves a couple of free days where you don't have to feel bad about going straight back to your room after school to start homework (or nap, no one's judging).

HOLD YOUR-SELF ACCOUNTABLE

Many people start off the year going to the fitness center every day, but then stop going once homework starts rolling in. To make sure this doesn't happen, hold yourself accountable for your workout schedule. Did you say you were going to work out Monday, Wednesday, Saturday, and Sunday? Then you should be in the fitness center or on the track, getting your exercise in. Even ab and arm workouts in your room count, especially when half the machines in the Fitness Center seem to be broken. Find a buddy to work out with you so that both of you can push each other - whatever you need to do to stay on task and achieve those goals.

FIGURE OUT AN EATING SCHEDULE FOR YOU

Some people can't eat a lot all at once, which means that eating three times a day isn't enough. Others could go up for thirds and fourths each meal because they're always hungry. Everyone is different, and it's important to find a schedule that works best for your eating habits. Although Sodexo's open times might not sync with your free mods, keeping snacks in your backpack is a good way to make sure you can eat when your body needs it. And make sure those snacks are healthy - it's a lot harder to say no when you're hungry after skipping lunch, versus when shopping at Woodman's.

DON'T SKIP MEALS

Again, this may seem like an obvious one, but when faced with studying an extra 20 minutes for the fifth mod exam or eating during midday, many people will choose to skip lunch. Usually, skipping any meal will have more negative impacts than you think. Without food, your body becomes tired, and it's much harder to concentrate. Always eat something - a quick dash into Sodexo for toast with jelly is still better than completely skipping the meal.

KEEP A WATER BOTTLE ON YOU, ALWAYS

This may seem obvious to some, but many students go throughout the entire day only drinking during meals. This can lead to dehydration, which induces a lack of concentration during class. You're also at risk of becoming overheated when it's warmer outside. A good rule of thumb is to fill your water bottle up twice before lunch and twice afterwards; after school, drink another one or two. This all depends on the size of your water bottle, but filling it up every two to three mods is a good way to make sure you are drinking enough water.

ACADEMIC & EMOTIONAL SUPPORT AT IMSA

It's 2 a.m. and your heart feels like it's going to explode and you're feeling overwhelmed by everything and ahhhh—we get that. IMSA is fast-paced and will always be throwing something at you (or maybe a bunch of things at once), whether that be back-to-back tests tomorrow, problems at home, a frozen laptop, or just about anything that could possibly go wrong. What do you do?

Well, your upperclassmen have all been there before, and they made it through despite all the odds! If it is 2 a.m. and you are curled up in a ball on the floor, remember that there will always be someone to help you up. The resources here are endless, and they exist just for you.

friends

These people are willing to stay up until god-knows-when with you. They will always have your back and will be with you every step of the way, so definitely lean on them. What else are friends for?

residential counselors

RCs are a definite go-to when you want a Target chauffeur, when something's happening in the middle of the night, find them! If you're unsure about approaching your own RC, there are 3 more ;)

school counselors

Kevin Kusy & Karen Schwartz can be found in Student Life, and they're always available during the school day for stress mods/days, referrals to outside specialists, or maybe just a quick chat/rant.

peer tutors

These are your friends and classmates! They all tutor different classes, and a group can be found in the IRC and Math Office during school hours, plus in your hall Peer Tutor Room during study hours.

writing center tutors

You will write a lot of essays at IMSA, so feel free to hit up the Writing Center at any stage in the writing process! Tutors will be in the Writing Center (A109) during the school day or in the res halls.

amy keck

Our Learning Strategies Coordinator, Amy Keck, is now in A109 for academic support of any kind—studying, getting better grades, talking to scary teachers, time management, etc.

ms. loos

Ms. Loos sits in the Math Office all school day long, just so she can help you with Geometry, all your MIs, and a bit of AB Calculus!

by chandana tetali & lauralyn lin



IMSA SLANG GUIDE

CARRY (V. OR N.) — to do all of the work for someone else, especially in a group project.

EXAMPLE: *Each of us is expected to write 5 pages of script for the Russian group project, but that's okay - Terry's our carry.*

CLUTCH (V.) — to barely succeed in something. Relevant to most situations at IMSA.

EXAMPLE: *I just barely clutched that C- in MAD this semester!*

DANK (ADJ.) — used to describe something of high quality.

EXAMPLE: *I still haven't found the candy Tyler stashed under the hill, but I'm sure it was dank.*

JANK (ADJ.) — used to describe something of very low quality, i.e. the current ice cream machine at Sodexo.

EXAMPLE: *Gary's writing for the Acronym is hella jank.*

TANK (V.) — to diminish rapidly, or to crash and fail.

EXAMPLE: *My sleep schedule tanked last semester, but it's okay because my Moving and Learning teacher thinks I get 9 hours a day.*

HUMOR SECTION



by gary yang

IMSA STUDENTS EXERCISE COGNITIVE MUSCLES

NAPERVILLE, IL — At a recent gathering with friends from their hometown, several IMSA students couldn't help but brag about the "real world curriculum" and "naturally inquisitive environment" that had convinced them to attend the elite Aurora boarding school. "It's nice to go to a school where people genuinely care about learning, not just building up an impressive college resume," remarked Barley Hultquist, who is also the captain of 10 extracurricular clubs and first visited Harvard when his umbilical cord was still attached to a placenta. "Here, teachers challenge you to apply the things you learn in the classroom to real-life situations. In fact, just last week I learned how to take a triple integral!" he continued, noting that he could now figure out the perfect volume for a prison for his estranged brother in the fourth dimension.

Barley's friends have a flurry of accomplishments under their belts, as well, since many of them attended prestigious science and math programs in Boston and Michigan over the summer. At the same time, members of the group are still unable to perform basic tasks like tie shoelaces, microwave ramen, or use faucets that don't have "on" and "off" buttons. When we attempted to reach them for further comment, Barley and his friends were flattered, but all claimed to be "very, very busy."

HELPFUL TIPS*

- ❖ ITS monitors your computer's browsing history. Be careful when entering certain search terms such as “How reputable is the Acronym?” or “Where did Dahleh go?”
- ❖ IMSA budgets \$500 a year towards the SIR program, which entirely explains the lack of interesting projects this year.
- ❖ “Sophomore rush” refers to the excitement with which the incoming sophomore class rushes into the main building on Mondays, eager to learn.
- ❖ You'll receive a chocolate at the end of the semester for every check you showed up to -it's a tried and proven method of discouraging truancy.
- ❖ Sophomore year transcripts don't actually go to colleges. Consider it a trial period.
- ❖ Not all classes are mandatory to attend. Notable exceptions include CSI and AmStud.
- ❖ Still got a 50% on your SI Physics test after three tries? No worries, the fourth retake is complimentary.
- ❖ If you have a pet on campus, you can file a request for maintenance to install a doggy door.
- ❖ You can get a 10% discount at Woodman's by flashing your IMSA ID.
- ❖ RCs are required to be awake until 2 am. If you ever feel the need to see them in the middle of the night, you're free to knock. Loudly.
- ❖ Students are encouraged to go on walking trips alone; more people means more potential harrassment.
- ❖ Remember, the Old Caf is a quiet zone. You can't talk.

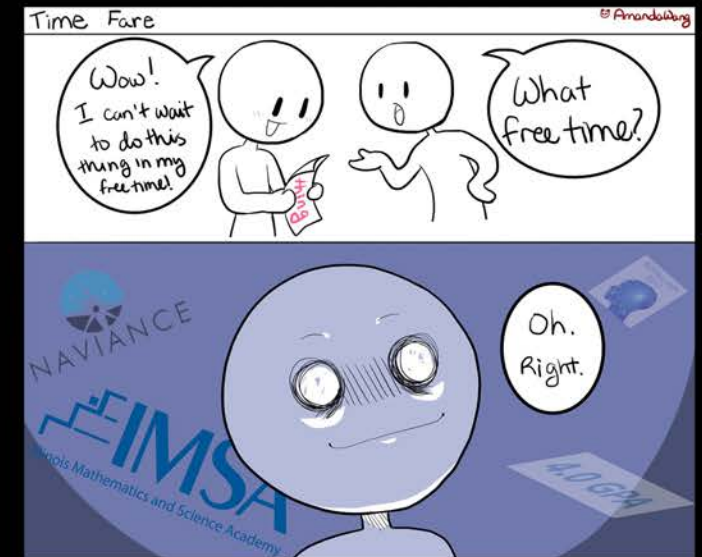
HUMOR SECTION



by gary yang

- ❖ There are only two LEAD electives, IMPACT and SocEnt. (EnAct was started as a prank.) Choose wisely.
- ❖ The chemistry labs have used socks in case you forget proper footwear on a lab day.
- ❖ The bunsen burners shut off automatically after five minutes — you don't have to turn them off yourself.
- ❖ The windows in your wing common are impossible to shatter - just try it.
- ❖ IMSA TALENT organizes a talent show every year. Go down to IN2 to participate!
- ❖ The Math Department doesn't like the title “Dr.” — refer to them as Mrs./Ms./Mr. instead.
- ❖ Clash is IMSA's most anticipated event — but you have to have a GPA of 3.8 or higher to participate.
- ❖ Club Terra is a sham.

*CAUTION: THE AUTHOR IS NOT RESPONSIBLE FOR ANY MISUNDERSTANDINGS, CASUALTIES, AND/OR EXPULSIONS THE READER MAY EXPERIENCE.



TO: THE CLASS OF 2018
FROM: THE CLASS OF 2017
SUBJECT: COMFORTING, HEARTWARMING ADVICE

compiled by akhila vuppalapati



“Make sure you love a place that loves you back.” - Ram Koganti

“I always say to not compare yourself to others. Because people will talk about themselves, their grades/scores, and colleges they're applying to and even though it may seem like they have more than you/are doing better that may not be the case. College is holistically looked at and everyone has different luck. So rather than stressing about what you need for college, honestly be your best self and you'll end up where you need to be/will be happiest.” - Shriya Chennuru

“The first and most important point is to be proactive. In terms of college, this means going out of your way to ensure you're on track to meet deadlines and requirements. If you're confused at any time in the application process, don't hesitate to reach out to the admissions office to ask questions. And don't forget to visit and research the colleges to which you're applying. Being proactive is probably the best way to ensure you'll get into a college you'll like.” - George Moe

“Flirt. No, you are not a slut or a man-whore if you incorporate some flirtatiousness into your daily routine. In fact, flirting is one the most benevolent gestures you can do for another person though you should establish intentions immediately. It makes others feel good and gives you satisfaction in return. Flirting livens the mood, humanizes purportedly soulless characters, and, to their pleasure, catches people off guard. It plants seed of deep empathy, connection, and comfort with others in you and with you in others.” - Krishi Korrapati

“Outside of the college application process - don't lose sight of your passions. Don't get intimidated by the stress of senior year; live in the moment and pursue what you think is interesting.” - Nine Denne

“Stick together. This school stands out nationally for its bright individuals, but it remains unscathed in quality because of its strong community. The community is attributed to the students; take credit for that. Continue to treat each other as uniquely competent and intelligent. Really, you go to one of the few schools in the nation where each case, without fail, has something wonderful to offer. Don't forget that in the heat of competition.” - Heena Srivastava

“Even as you're going through the college app process whilst still trying to maintain your GPA and excel in your extracurriculars, anxiously waiting for the day you graduate, take some moments to stop and slow down, to remember the good moments you've already had and how they've made you who you are. Go lay on the slabs with friends and look at the stars and take Orchard trips and order food and watch movies and go hang out in teachers' offices and have deep talks at 3 am with your roommate because those are the times that will build your character. And constantly remember why you wanted to come to IMSA in the first place, why you knew you belonged here, because that drive and that confidence and remembering your oldest goals will force you to accomplish your new ones now.” - Shivali Shukla

“You know how senioritis is a thing, and that it can be bad? My advice to the rising seniors is to do good with your senioritis. As in, spend your second semester senior year doing as much of the things you love and trying new things. Do something with your life and do something you enjoy.” - Andrew Ye

“I'd leave the quote "Success is not final, failure is not fatal: it is the courage to continue that counts." Senior year, you'll face some incredible victory and some crushing defeat - just remember to keep moving forward. It'll end up alright.” - Ayan Agrawal

“Never be afraid to reach out to the class of 2017. We want to help and hear about all the amazing things you're going to accomplish. You'll always be our baby sophomores and we want all our kids to thrive.” - Jazmine Simmons

“WHAT WOULD YOU HAVE WANTED AN ALUM TO HAVE TOLD YOU AS YOU WERE ENTERING YOUR SENIOR YEAR?”

“THAT THEY DID NOT KNOW WHAT IN THE WORLD THEY WERE DOING, AND IT'S OKAY FOR ME TO NOT KNOW EITHER.” - HEENA SRIVASTAVA

designed by sohum gupta



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