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Penn



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WILLIAM PENN UNIVERSITY

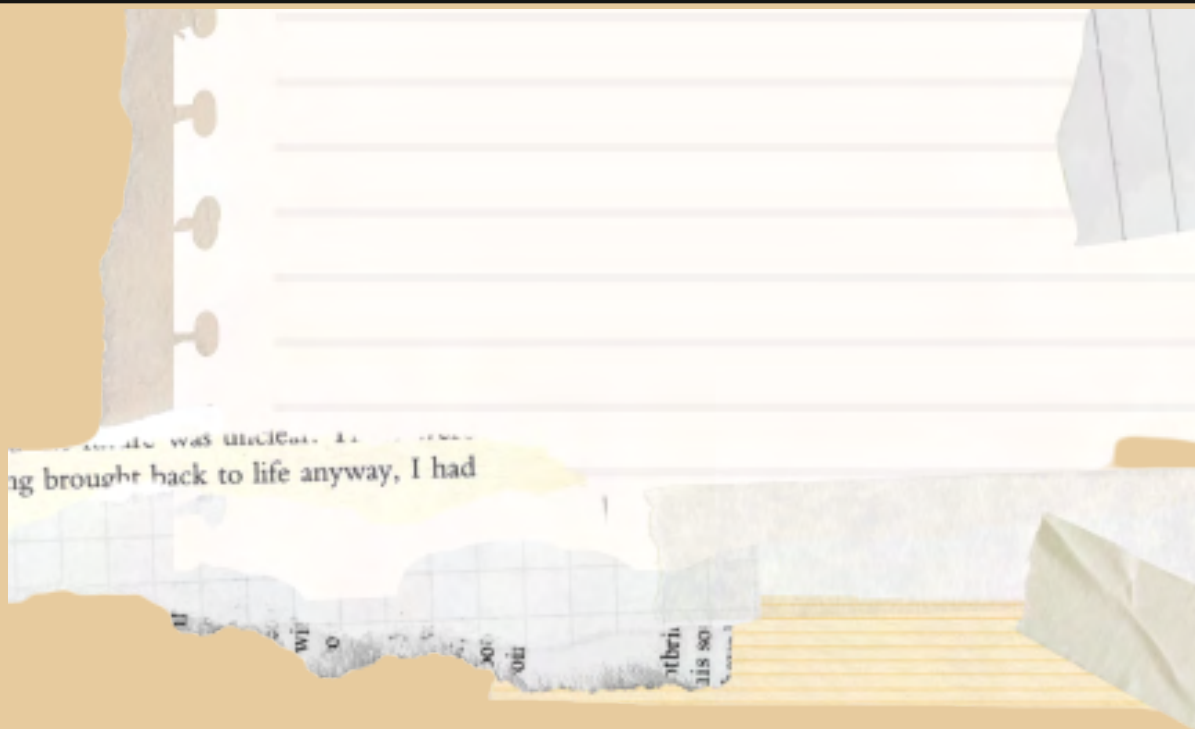
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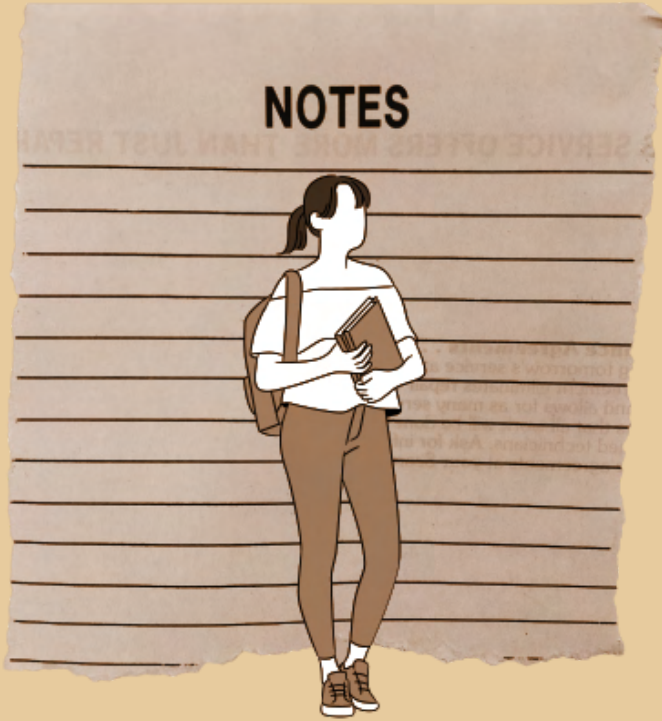
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WILLIAM PENN UNIVERSITY, PENN HALL

IS NOTE-TAKING IMPORTANT?

William Penn University students are curious to know whether or not taking notes is important enough to affect their grades. The importance of note-taking is a topic of discussion among students, and many wonder if it truly makes a difference in their academic performance. While some students may prefer to rely solely on textbooks or digital resources, research and psychological experts, including one of our own, emphasize the benefits of actively engaging in note-taking during lectures and study sessions.

One significant advantage of taking notes is its impact on information retention. When we actively listen and write down key points, our brains are more engaged in the learning process. Note-taking helps us focus on important concepts and organize information in a meaningful way. By summarizing and

condensing ideas into our own words, we reinforce our understanding and aid in long-term memory formation. Students who actively take notes are more likely to remember and recall information during exams and assignments.

To learn more about taking notes, take a look at our main article, [How to Take Notes Efficiently](#)! For advice on how to study using your notes, read our Q&A, [How to Study Using Your Notes](#)! And to hear from one of our own Psychology professors on the best psychological methods for studying, head to our [Fountainhead Feature](#)!

“It is often the small steps, not the giant leaps, that bring about the most lasting change.”

Queen Elizabeth II

HOW TO TAKE NOTES EFFICIENTLY

Taking notes efficiently is a skill that can significantly impact a student's academic performance. Many students are unaware of common mistakes they make when it comes to notetaking and struggle to find effective studying methods. To shed light on these issues, we interviewed educational experts to provide insights and guidance on how to take notes efficiently.

One common mistake that students often make is simply reading the same information repeatedly. While this may make the material feel familiar, it doesn't guarantee a deep understanding or retention of the content. Professor Sarah Kienzler explains, "It's like memorizing the equation $E=mc^2$. We're all familiar with the equation itself, but many of us don't actually know how to put it to use." To overcome this, students should focus on understanding the information rather than merely repeating it. Asking themselves if they truly grasp the material and if they can apply it will help solidify their understanding.

When it comes to effective studying, Professor Kienzler suggests testing oneself. Creating flashcards and regularly reviewing them may seem simplistic, but it is a powerful method



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for reinforcing knowledge. Flashcards allow for active recall and self-quizzing, promoting deeper understanding and memory retention. Another effective strategy is teaching the material to someone else. If you can explain a concept in a way that makes sense to others, it demonstrates a deeper level of comprehension. Teaching not only reinforces your own understanding but also allows for dynamic engagement with the material.

Additionally, studying should not be confined to one marathon session. Studies show that short study sessions over several days yield better results. This spacing effect allows time for the brain to consolidate information, strengthening memory retention. By spreading out study sessions and reviewing material periodically, students can reinforce their understanding and increase their overall grasp of the material.

To enhance motivation during studying, Professor Kienzler recommends offering rewards for reaching specific milestones or goals. These rewards can be as simple as a short break to engage in activities that bring joy and relaxation. Setting a timer and dedicating focused study periods followed by enjoyable breaks helps maintain focus and motivation throughout the study session. By incorporating these breaks into the study routine, students can recharge their energy and approach each session with renewed enthusiasm.

Lastly, finding real-world examples of the material being studied can enhance understanding and make the content more relatable. Professor Kienzler suggests seeking out applications of the concepts in everyday life, as this creates connections and deepens comprehension. Additionally, a unique

technique involves associating a specific type of gum with the material being studied. Chewing the same gum during both study sessions and exams can trigger a memory recall effect. The brain forms associations between the flavor of the gum and the information studied, aiding in information retrieval during exams.

Mastering the skill of efficient note-taking is absolutely essential for students aiming to thrive academically. By steering clear of common pitfalls like mindless repetition and instead focusing on understanding and practical application, students can elevate their comprehension and retention of information. Embracing effective studying methods such as self-testing, spaced study sessions, and seeking real-world examples will further fortify their learning and foster a deeper level of understanding.

Let's not forget the importance of motivation! Students can keep their drive alive by rewarding themselves and taking well-deserved breaks that rejuvenate their focus and enthusiasm. By embracing these friendly strategies and techniques, students can amplify their note-taking abilities and unlock their genuine academic potential. Remember, effective note-taking is about more than just capturing information—it's about actively engaging with it and harnessing it to excel in your studies.

"Not everyone absorbs information the same way, so not all of these methods are going to work for the same people. Honestly, it's just about finding whatever works for you!"

- Professor Sarah Kienzler (PhD)



PENN TIPS & ADVICE

How to Study Using Your Notes

Taking diligent notes during classes or while reading textbooks is a valuable habit that many students adopt. However, the true power of note-taking lies not in the act of capturing information, but in how you use those notes to study effectively. With the right strategies and techniques, your notes can become powerful tools to enhance your understanding, retention, and application of knowledge. In this article, we will explore some tips and approaches to help you maximize the potential of your notes and optimize your studying experience.

Review and Organize: Start by reviewing your notes soon after the class or reading session. This helps reinforce your memory of the material and identify any gaps or areas of confusion. Organize your notes in a way that makes sense to you, whether it's creating outlines, using bullet points, or color-coding different topics. This organization will make it easier to locate specific

information when you need it.

Summarize and Condense: As you review your notes, practice the art of summarization. Take the main ideas and key concepts from your notes and condense them into concise summaries. This process helps you distill the information, understand it on a deeper level, and retain it more effectively. Aim to create clear and succinct summaries that capture the essence of the material.

Highlight and Annotate: Use highlighting and annotation techniques to draw attention to important points or ideas in your notes. This visual reinforcement can help you quickly identify key information when reviewing later. Engage with the material by making connections, asking questions, and adding your own thoughts and insights in the margins. These annotations serve as cues during your studying and help you actively engage with the content.

➤Keep an eye on the upcoming Greek Week! Fraternity & Sorority Rush Week is coming!⚡

Collaborate and Teach: Get together with classmates or study groups to exchange and discuss your notes. Teaching others about the subject matter not only enhances your own understanding but also allows you to gain insights from different perspectives. Explaining concepts to others forces you to articulate your knowledge, reinforcing your grasp of the material.

Create a Study Plan: Use your notes as a guide to create a study plan that breaks down the material into manageable chunks. Assign specific topics or sections to each study session and spread them out over time. Research shows that spacing out study sessions improves retention compared to cramming. By strategically planning your study sessions, you give yourself ample time to review and reinforce the material.

—FOUNTAINHEAD FEATURES—

Dr. Sarah Kienzler, Psychology Professor

William Penn University is proud to have Assistant Professor Sarah Kienzler, PhD, as a valuable member of their faculty. With a deep passion for psychology and education, Professor Kienzler brings her expertise and dedication to the university, enriching the student experience while fostering a supportive learning environment.

Originally from Central Illinois, Professor Kienzler's educational journey led her to obtain a PhD in Experimental Psychology from the University of Wisconsin. Prior to joining the WPU community, she worked as an instructor at a larger institution. However, upon completing her degree, Professor Kienzler found herself drawn to William Penn University's welcoming atmosphere and the opportunity to make a meaningful impact on students' lives.

When asked about her opinion of the WPU community, Professor Kienzler expressed her appreciation for the strong sense of camaraderie among the staff. She highlighted the shared values of education and kindness that unite her fellow instructors,

creating a supportive network for both professional and personal growth. Additionally, she holds a deep affection for the student community at WPU, finding immense joy in guiding and inspiring her students.

The inspiration to pursue a career in higher education came from following her older sister's interests, which sparked an unexpected passion within Professor Kienzler. She admits that she initially envisioned herself as a therapist, but the educational journey led her to discover her true calling in academia. Her motivation to work in this field stems from her genuine love for teaching and witnessing the transformative impact it can have on students.

To stay up-to-date with trends and best practices in psychology, Professor Kienzler relies on a variety of resources. She regularly consults peer-reviewed articles, enlists the support of professional organizations such as the American Psychological Association, and keeps



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—Fountainhead Features: Sarah Kienzler—



Professor Sarah Kienzler, PhD.
William Penn University

an eye on relevant news in her field. This continuous learning and engagement allow her to provide students with the latest knowledge and insights.

For students embarking on their higher education journey, Professor Kienzler offers valuable advice. She encourages them to be open-minded and not limit themselves to a single field of study. Highlighting the versatility of psychology, she emphasizes that it can be applied to various disciplines. By exploring diverse interests and combining psychology with other areas of study, students can pave the way for exciting and fulfilling future careers.

Undoubtedly, pursuing a degree in Psychology presents its own challenges. Professor Kienzler acknowledges the potential difficulties students may face, including personal experiences with trauma and the critical need to distinguish between assumptions and research. However, she believes that with dedicated support and guidance, students can navigate these challenges and grow both academically and personally.

≥Attention Students!≤

We want to hear from you. Submit your ideas for topics, interview subjects, or your own work. Recommend athletes, artists, or other students who deserve to be recognized. We are here to celebrate the diverse voices and talents of our student body, and we can't do it without your input.

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STUDENT SUBMISSIONS

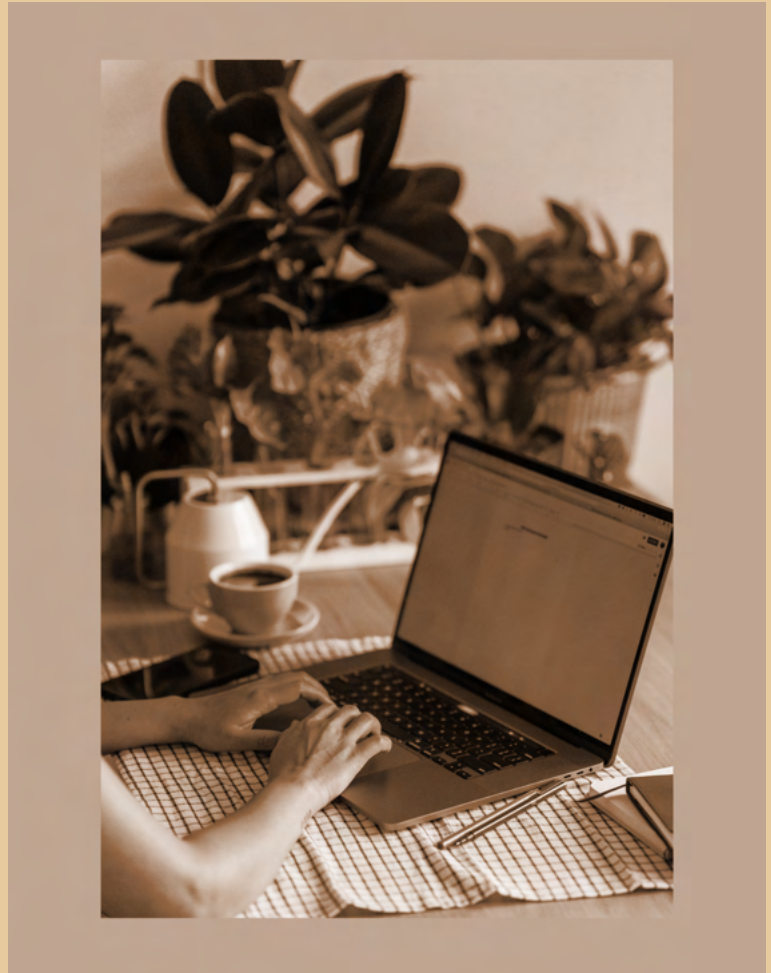
Q&A: Taking Notes

What is the best method for taking notes?

The most effective note-taking method varies from person to person, as it depends on individual learning styles, preferences, and the nature of the subject. However, some widely practiced methods include the Cornell Method, outlining, mind maps, and the sentence-summary technique. Experiment with different methods and find the one that works best for you.

How can I organize my notes for better review and retention?

Organizing notes is crucial for future reference and quick review. Consider using headings, subheadings, bullet points, and numbering to create a clear hierarchy. Utilize different colors of highlighters to emphasize important points or categorize information. Transferring handwritten notes into a digital format or using note-taking apps can provide additional organization and search capabilities.



Should I take notes by hand or use a laptop/tablet?

Handwritten Notes or Digital Tools: Deciding between handwritten and digital notes depends on personal preference and circumstances. Handwritten notes often enhance engagement, retention, and comprehension due to the physical act of writing. On the other hand, digital tools offer convenience, searchability, and the ability to incorporate multimedia elements. Experiment with both approaches to find which best suits your learning style.



How do I find a balance between writing everything down and capturing the most important information?

Striving for a balance between capturing everything and focusing on key information is crucial. Active listening is essential during lectures or presentations to identify and jot down the main ideas, supporting examples, and relevant details. Develop the skill of discerning essential information by considering the context, the speaker's emphasis, and your own understanding of the subject.

What are some strategies for taking notes during a lecture or presentation?

Listen attentively: Stay engaged and focused on the speaker, paying attention to verbal cues, emphasis, and repetition.

Use abbreviations and symbols: Develop a set of personal abbreviations and symbols to increase writing speed and efficiency.

Prioritize clarity and organization: Write legibly, use headings and subheadings, and leave space for additional information or clarification.

Capture key ideas and keywords: Focus on capturing main concepts, supporting arguments, and keywords that convey the essence of the discussion.

Utilize active note-taking techniques: Engage with the material through summarizing, paraphrasing, and posing questions to refine your understanding.

Remember, there is no one-size-fits-all approach to note-taking. Find the method that suits your learning style and preferences by trying a little bit of everything—eventually, you'll fall into the rhythm that is best for you. Experiment with various organizational strategies, such as headings, colors, and digital tools, to enhance the clarity and accessibility of your notes.



To learn more, take a look at the main article, [How to Take Notes Efficiently](#), where we interviewed one of our own psychology professors, [Dr. Sarah Kienzler](#), to get advice on the best psychologically proven methods for taking notes and studying with them.

—THE ARTS—

STUDENT-DIRECTED ONE ACT PLAYS TAKE CENTER STAGE



GEORGE DAILY AUDITORIUM, OSKALOOSA IA
GEORGEDAILY.ORG

Calling all aspiring actors, backstage crew, and production enthusiasts! William Penn University is buzzing with excitement as the current arts activity revolves around the development of student-directed one act plays. This thrilling opportunity allows students to unleash their creativity, showcase their talents, and contribute to the vibrant performing arts scene on campus.

Mark your calendars for Friday, September 29th, as auditions for these captivating one act plays will take place at McGrew Auditorium. This is your chance to step into the spotlight and bring characters to life under the guidance of talented student directors. Whether you're an

experienced actor or someone eager to explore their theatrical potential, everyone is encouraged to audition and be part of this incredible experience.

The event promises a diverse range of productions, with five talented students stepping into the director's chair to bring their vision to life. Each short play offers a unique storyline, genre, and tone, ensuring an engaging and entertaining experience for both the cast and the audience.

But the opportunity doesn't end with actors alone! The production team is also on the lookout for dedicated individuals interested in backstage crew roles. If you have a passion for lights, sounds, set design, painting, costumes, hair, makeup, or any other aspect of production, this is your chance to contribute your skills and make the magic happen behind the scenes.

Mark your calendars once more for the main event: Friday, December 1st. On this date, the George Daily Auditorium will play host to an unforgettable evening of student-directed one act plays. Prepare to be captivated by the talent and creativity showcased on stage as these productions come to life.

All WPU students are welcome to explore [FACE of Mahaska County](#), Oskaloosa's Art Center!

FACE has orchestrated many art-driven events, including "Art on the Square" in July.

For New Media students, participating in the one act plays brings more than just the thrill of the theater. It also counts toward practicum hours, providing an excellent opportunity to gain practical experience and apply classroom learning in a real-world setting. This is an invaluable chance to learn, grow, and refine your skills while actively contributing to the success of these productions.

For additional information or any inquiries, don't hesitate to reach out to Maura Wright, Andy McGuire, or Brant Bollman. They will be more than happy to provide you with further details and answer any questions you may have.

Don't miss out on this extraordinary opportunity to be part of the vibrant arts community at William Penn University. Auditions, backstage crew roles, and the chance to witness the magic of student-directed one act plays await you. Step into the spotlight, ignite your passion for the arts, and let your talent shine!

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THE INKWELL INSIDER

—Grace Richardson—

Born and raised in Oskaloosa, IA, Grace is a local twenty-one year old artist currently attending WPU to earn her Bachelors in Creative Arts, as well as a minor in Small Business/ Entrepreneurship. She has a passion for pixel art and photography, and has built a career using online platforms to share her artwork with the world.

"Before I started posting my art online I struggled frequently with art block, but the opposite is true now.



I have so many ideas piled up in the back of my mind and am always being met with suggestions from comments on the internet. Sometimes that feels really overwhelming (like a never ending to-do list), but it's also really inspiring."

SENIOR
•
CREATIVE ARTS

Read more about Grace in her [Artist Profile!](#)

==ATHLETICS==

SEP 18 | W Golf | TBA | Invitational

SEP 18 | M Golf | TBA | Invitational

SEP 19 | W Volley | 5pm | Graceland JV

SEP 19 | W Soccer | 5:30pm | Clarke, IA

SEP 19 | W Volley | 7pm | Graceland

SEP 20 | W Golf | TBA | Invitational

Recent Game Highlights

September 18th, 2023

Team of the Week:

Men's Cross Country

The men's team won its first meet since 2004(!) and was led by Brandon Williams (Jr.) and D'Artagon Beaver (Jr.) who tied for 1st in the individual standings with a time of 26:22 on the very hilly challenging course in Bettendorf. These individual wins are the first for both as well as also the first time Willy-P has an individual winner since 2016. 14 seconds behind this pair was another pair of golden Statesmen as Jonah Heckenberg (Sr.) and Max Finley (So.) got the bronze medals at 26:36. To finish up team scoring, Andrew Miller (Fr.) got 15th in 27:52, with Ethan Varvelo (Jr.) getting the potential

A PEAK PERFORMANCE



SENIOR
●
BIOLOGY

WPU's own senior, Harlan Plumber, has been making impressive strides in his field, both on and off the football field. From Central Texas, Plumber displays exceptional leadership qualities and athleticism, earning him the well-deserved title of "Peak Player."

Pursuing a degree in Biology, Harlan has already left his mark in the

Heart of America Athletic Conference Big Game Football Defensive Player of the Week, awarded to him at the start of the season. With ten tackles to his name, nine of which were solo, Harlan has proven to be a force to be reckoned with, boasting of one quarterback sack, which resulted in a 13-yard loss, and one pass breakup.

"If it was easy everyone would do it." - Tom Hanks.

Read more about Harlan in his [Athlete Profile](#), which showcases his stats, achievements, and Q&As!

tie breaking spot at 19th in 28:21.

Male Athlete:

Emre Baris - Soccer - FR

Emre Baris has made his presence felt this season with a team leading 7 points. He has helped the team to a 5-1-1 record and a 14th place ranking in the NAIA national polls. In this last week he got 2 points helping the Statesmen stomp the Briar Cliff Chargers.

Female Athlete:

Briana Admire - Cross Country - FR

Briana Admire won Heart Runner of the Week in only her 2nd collegiate 5K as she secured a top 10 finish at the St. Ambrose meet in Bettendorf. A speedy time of 20:48 is amazing as she led her team to a runner-up team finish at the meet.



School vs. Sport

== ==

Maintaining a Careful Balance

At WPU most students face a daily struggle. That struggle is the balancing of their schoolwork with their sport or activity. It can be a majorly stressful time for many of these student athletes as assignments and tests may begin to pile up, along with the often grueling grind of practices and games, with games being often the bright spots.

To see how student-athletes handle these stresses, I sought out some student-athletes and did some research to see what they do to manage this struggle. One person I talked with told me her biggest strategy is using a planner and filling it out right before she goes to bed. She does this every day and it helps her "know what I got to do the next day." For stress relief she does yoga.

Another person I spoke to said that his top strategy is getting things done in advance. He gets things done ahead of time so that he doesn't worry about classwork during his games, while utilizing his free time to enjoy hobbies such as video games.

In terms of balancing the two important things, the

consensus I received from WPU student-athletes and some research is as follows:

1. Plan Out The Week

Planning your week so you know what to expect comes in many forms. From getting a paper planner and writing down when assignments are due, tests are coming, games, etc. You can also use apps on your cell phone. It also helps you have peace of mind and will prevent you from getting surprised.

2. Stay Ahead of School Work As Much As Possible

Staying ahead of school will allow you to be prepared if things don't go as planned or unexpected events come up, such as what's happening on campus with our Wi-Fi. It'll also allow you to be more relaxed and give you more free time. Perhaps you can spend this extra time with your friends and teammates, or maybe you can catch up on the show you're into. For me personally, when I get free time, I often spend it watching my sports teams or playing some Wii.

3. Take Breaks

It's better to take time off then to try to do things at half-strength. Even if you're busy and free time is scarce, it's good to give yourself at least an hour of your day to do something that you enjoy. Burnout is a real thing for so many student athletes and doing this studies show can really help prevent it.

4. Communicate With Your Professors and Coaches if You're Overwhelmed.

Lastly, communication with your coaches and professors will allow both them and you to know where you're at mentally. While it can be intimidating to talk to these people, their jobs require them to be open to your communication and to help you in any way they can.

Are you interested in psychology, social sciences, crime, or justice? Look no further! The Social & Behavioral Sciences Club at William Penn University is there to provide you with exciting educational opportunities, engaging experiences, and, of course, plenty of fun!

At the core of the club, commonly called the Psych club, its mission is to give students further educational opportunities and experiences related to the field of psychology. The club seeks to foster a sense of camaraderie among students who share a passion for these topics. Whether you are majoring in psychology or simply have a keen interest in understanding human behavior, the Psych club welcomes everyone with open arms.

One of the best aspects of the organization is that anyone can join! There are no specific criteria or qualifications to meet—all students need is curiosity and a thirst for knowledge. The inclusive community embraces diversity and encourages members to explore their interests freely.

Academic achievement is highly valued within the club, and the club

SHINING A SPOTLIGHT: Social & Behavioral Sciences Club



recognizes and supports members' accomplishments. With a dedicated government structure, outstanding achievements are duly acknowledged. From direct recognition to administration to celebrating individual milestones, academic success is acknowledged and celebrated throughout the year.

The club offers a wide range of programs, activities, and events designed to enrich students' academic journeys and provide unforgettable experiences. From fascinating field trips to historic museums focusing on psychiatry and health in St. Joseph, MO, to engaging election night parties, psych-themed movie nights, and even an ornament fundraiser with a Penn twist, there's always

something exciting to look forward to.

Supporting members in their academic pursuits and future goals is at the heart of what the club does. Resources and guidance are offered to help excel academically, such as graduate school talks, career discussions, resume-building workshops, and information on applying to various graduate programs. Additionally, experienced members provide invaluable insights and networking opportunities, allowing newer students to learn from their experiences and broaden their knowledge.

Students who are eager to get involved or want to learn more about the club's activities can reach out to anyone in the psychology division. They'll be more than happy to answer questions, share details about upcoming events, and welcome students into the vibrant community.

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WHAT'S NEXT?

Penn & Ink is always looking for eager and interested students to create an amazing student-run publication. As a contributor, you'll have the chance to gain valuable writing and journalism experience, make an impact on your campus community, and build a portfolio of writing samples that you can showcase to future employers!

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or

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MONDAY	SEP 18	<ul style="list-style-type: none"> ➤ Women's Golf TBA Invitational ➤ Men's Golf TBA Invitational
TUESDAY	SEP 19	<ul style="list-style-type: none"> ➤ Women's Volleyball 5pm Graceland JV ➤ Women's Soccer 5:30pm Clarke, IA
WEDNESDAY	SEP 20	<ul style="list-style-type: none"> ➤ Women's Golf TBA Invitational ➤ Alumni Dinner 5:30 Jethro's BBQ n' Lakehouse ➤ Men's Soccer 8:00 Clarke JV
THURSDAY	SEP 21	<ul style="list-style-type: none"> ➤ Men's Soccer 5:00 Central JV
FRIDAY	SEP 22	<ul style="list-style-type: none"> ➤ Women's Volleyball 7:00pm Baker (KS)
SATURDAY	SEP 23	<ul style="list-style-type: none"> ➤ Sports Shooting - Midland Invitational ➤ Cross Country 10:30am GV Invitational
SUNDAY	SEP 24	

Don't hesitate to come and join the fun!



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Isaac Knockel
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School vs. Sport

Tabitha Rogers
Harlan Plumber

The Scribblers

Maleea Straube
Grace Richardson
One Act Plays

Samantha Schwent
Is Note-Taking Important?
How to Take Notes Efficiently
How to Study from Your Notes
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