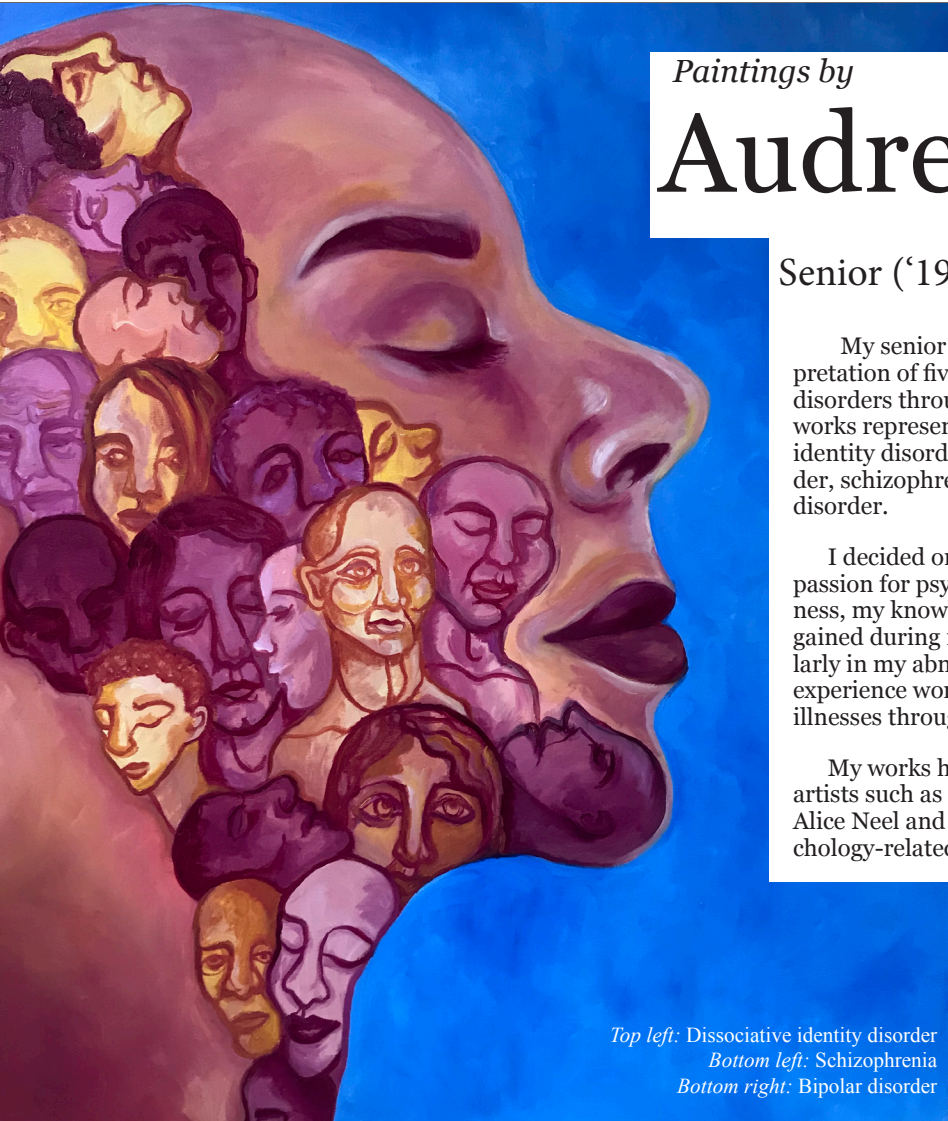


Campus Submissions



Paintings by
Audrey Mast

Senior ('19) and artist

My senior inquiry visually depicts my interpretation of five mental illnesses/psychological disorders through oil paintings. It consists of works representing bipolar disorder, dissociative identity disorder, generalized anxiety disorder, schizophrenia, and borderline personality disorder.

I decided on this subject because of my passion for psychology and mental health awareness, my knowledge of the subject that I have gained during my time at Augustana, particularly in my abnormal psychology class, and my experience working with individuals with mental illnesses through multiple internships.

My works have been primarily influenced by artists such as Edvard Munch, Kathe Kollwitz, Alice Neel and Stephanie Ryan in their psychology-related themes, emotional depictions

Mast completed this series of oil paintings for her art senior inquiry. They are currently on display at the Augustana Teaching Museum of Art (ATMA) until May 11.

Top left: Dissociative identity disorder
Bottom left: Schizophrenia
Bottom right: Bipolar disorder



of the human figure and their use of color and/or value contrasts to evoke specific feelings or ideas in the viewer. I attempt to embody these qualities in my pieces as well and chose to do so in oil painting as it allows me to create detailed human figures with vibrant, expressive colors.

Through the illustration of these disorders, I, in no way intend on trivializing or misrepresenting them; these paintings are only my interpretations based on what I have learned in my classes, through reading the fifth edition of the Diagnostic and Statistical Manual of Mental Disorders, and through my internships.

I hope these works will bring to light the struggle that many people who have these disorders go through, as this struggle is unfortunately often unrecognized. In our society, mental illnesses are often stigmatized as well as brushed off as not life altering, painful, or real and too uncomfortable to talk about.

Because of this, I want to highlight the importance of understanding mental health and having empathy for individuals dealing with disorders like these in order to help change systematic issues involving the stigma around and the treatment of mental illnesses.

Letters to the Editor

Hold Greek life accountable through increased transparency

By *Daniel Williams* ('19)
Guest contributor

I am incredibly proud of our student body and the number of protests and student reactions being planned in response to the horrific viral video that recently surfaced and showed that rape culture is alive and well on Augustana's campus. However, I also want to put in my own input for specific structural change.

I believe we need to shift the Ovington Window of this discussion and call for tangible changes we can see on our campus. With that said, I have this proposal to make:

In order to battle the overwhelming social capital of Greek Life, I believe we need to make funding for Greek Life more transparent and should increase funding for student organizations on campus.

Greek Life is often defended on the basis that it creates a strong community on our campus. It does create this community, but on the basis of absolutely nothing. It builds a community based off of people arbitrarily choosing other people because they either like them or dislike them. To give it credit, this can bring people together who otherwise may never meet. But on the other hand, it's a community based as much on exclusion as it is inclusion.

There's no such thing as a Poobah or a Zeta or Don or Phi Rho, yet these names can somehow become many people's identifying quality on Augustana's campus. Making it through pledging might be a basis of personal pride, but to place any more emphasis than that on it creates a dangerous discourse.

After arbitrarily being placed in a group, you are then told you're the best that Augustana has to offer. This is indisputable. We try to act as though you don't have to be in Greek Life on this campus to fully enjoy it, which you don't necessarily have to be, but being in Greek Life gives privileges on campus that making enjoying life much easier.

For a small example, as someone who isn't in Greek Life, homecoming has had absolutely no purpose for me. There are literally shirts created with the slogan "Greeks do it better." Greek Life doesn't make you a first-class citizen on our campus, but it does make it harder for independents to become those first-class citizens.

When you place someone on a pedestal based off of no merit, it's easier to become entitled.

Now this isn't to say that students in Greek Life automatically become entitled. But, as an example, let's look specifically at the Poobahs. In the tiers of Greek Life, they're placed on top of this fake pedestal, both by themselves and others. If you're told you're amazing, you're great, you're the best, you begin to think you deserve things.

Things like sex. Then if someone doesn't want to give that to you, you get angry. You lash out. You take it. Then get angry when people accuse you of rape or sexual assault, because you think sex is something you're owed, something you deserve, something that college is all about. Maybe you threaten to take legal action. Sound familiar?

The first answer that people have is to disband the Poobahs. Get rid of them, hold them accountable. Ok, fine. We do that. But then who fills the void and becomes the next Phi Omega Phi? Which fraternity becomes entitled to sex after that? We got rid of the Pugs however many years ago, and clearly the toxic culture of masculinity in Greek Life didn't leave with them.

Getting rid of the Poobahs won't get rid of the toxic culture that they have helped build on our campus. However, it does get rid of some of the good they do on our campus. Getting rid of them is a temporary solution.

So, I propose we invest in things that create a real and healthy community, not a caste system. Things like our student led organizations. Augustana takes an incredible amount of pride in having 200-ish student groups and students always talk about how involved they are. And there are some amazing groups on this campus.

Service based groups, like Best Buddies or +IMPACT. Broadcasting groups, like The Observer or WAUG. Religious groups, performing arts groups, interest groups, social awareness groups, political groups. What groups a person is involved with say so much more about who they are as a person than whatever Greek group they are in, especially with the stereotypes attached to Greek groups. Student groups aren't placed on pedestals. They exist in harmony on their own merit and in a much healthier way than Greek groups do.

If we truly want to build a community of individuals, of people with passion, of people who care and of

groups that promote healthy values, we need to invest in student groups. Funding should increase from both the administration and Student Government Association.

Changes should be made to the SGA constitution, such as allowing contingencies to be more flexible and to allow for things such as funding for hotel/lodging. Travelling with a student organization builds an incredibly strong sense of community, but for smaller groups on campus or more socioeconomically disadvantaged students, they may not be able to afford these trips.

I think a good and achievable first step is to have an auditing process for Greek groups. Have an independent auditor print their expenses at the end of the year or have them make a specific budget that they have to stick to. In order to get funding, student groups must put together a presentation, follow the SGA constitution, and often provide receipts on how they spend money.

Since Greek Life often relies heavily on dues, it is seen as an independent funding process, meaning that not as much scrutiny is put on them. Make them prioritize their goals publicly. If there's anything they spend money on now that they wouldn't feel comfortable sharing publicly, I think that once again points towards a clear issue. If you claim that Greek Life is as much about service as it is about social aspects, publish how much money you spend on parties versus service activities.

If this is embarrassing for groups to do, that's a clear sign that priorities aren't in the correct place. Or if you want to focus on social life, that's fine too! Just make it clear that those are your priorities and don't hide behind false pretenses. A whole lot needs to be done to address the issues of rape culture that exists on this campus, and I think a good first step lies in promoting what is good about Augustana's student body while making them prioritize some of the more questionable parts. Augustana is full of absolutely unique and incredible individuals that do a number of amazing things with their time. This is best exemplified with our plethora of student groups.

I'm not calling for the disbanding of Greek Life. I'm just calling for social capital to be restored for student groups and for more transparency on what exactly Greek groups prioritize.



Paintings by Audrey Mast
Top: Generalized Anxiety Disorder
Bottom: Borderline Personality Disorder

Augie needs better mental health services

By *Anonymous Male* ('22)
Guest contributor

The state of Augustana's mental health programs is abysmal and nothing short of that.

It is a common theme of students who need mental health help to seek out this help in counseling with the designated Augustana counselors. Simply put, they are not equipped to handle anything other than school-related stressors. This is not to say they aren't trying their best, but I personally as well as others, have been turned away and asked to visit other off campus mental health places by counselors here, when I simply needed help with my mental health here and I couldn't receive it. Turning students away and telling them that their problems are too big to be discussed right now, is a huge problem and oftentimes will make someone who needs the help refuse to seek it out again for fear of rejection. Augustana needs to re-prioritize their outlook on mental health, and put everyone at the forefront, not just those that are stressed by a paper.