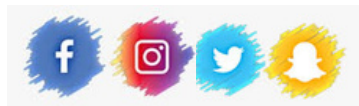




# SMOOTH TRANSITIONS

THE OFFICE OF DIVERSITY AND INCLUSION NEWSLETTER

MARCH 2021 | EDITION 4



@capitalodi  
Email us: odi@capital.edu

## SMOOTH TRANSITIONS

SPRING SEMESTER 2021

Smooth Transitions, an annual program sponsored by Office of Diversity and Inclusion, will once again be returning for this upcoming school year. Smooth Transitions is a three day preorientation program with the goal of helping underrepresented students transition to the academic, cultural, and social environment at Capital University. While the program starts off as three days, mentors will continue to support and stay connected with the mentees throughout the academic school year.

### Interested in becoming a mentor?

Peer mentors are current upperclassmen students who are interested in making a positive impact on incoming students' collegiate experience. Mentors go through a selection process and are trained to assist in campus adjustment through a variety of formats including but not limited to emailing, texting, use of social media communications, on campus programming, one on one meetings, and facilitating ST activities throughout the year.

Applications for the 2021-2022 academic year are already live and can be found on our website. Candidates will receive communication from the office regarding the interview process. Below is the link to apply:

[https://capital.az1.qualtrics.com/jfe/form/SV\\_2hQIP2kj kSvsZpz](https://capital.az1.qualtrics.com/jfe/form/SV_2hQIP2kj kSvsZpz)

#### UPCOMING NEWS:

##### March

- 1st-7th Spring Break
- 8th Classes Resume
- 31st Easter Break begins

- 5th & 19th Donuts and the Divine @2pm
- 12th & 26th Pizza and the Paper @2pm

Join these events on our Instagram Live!

##### Term of the Month

##### Gender fluid (adjective)

— A person who experiences their gender identity on a fluctuating spectrum, relating to a person who does not identify themselves as having a fixed gender. (also known as gender-queer). Oxford Dictionary



## WHAT'S GOING: AN INTERVIEW WITH AMODH THAPA

SPRING SEMESTER 2021

### Who is Amodh Thapa?

Amodh graduated from Capital University with a BA in Professional Studies in Music Technology in May 2020 during the early months of the Covid-19 pandemic. He has since been working as a self-employed freelancer in Audio/Video for his Optional Practical Training (OPT) program, which is a one-year post-graduation work experience for International students. Some of his hobbies include, playing the guitar, writing songs, and photography. His favorite foods are Tibetan Momos (dumplings) and Chipotle. An interesting fact about Amodh is that his MBTI personality type is an INTP, which he feels best explains his need to learn about all the things that intrigue him or that he does not understand. He loves to laugh and make other people laugh.



### What kind of sentiments or emotions do you feel when you are in the process of editing?

When editing videos, I like to understand the tone and message of the video early in the process of editing. This way I can appropriately tailor the mood, pacing and motion graphics of the video. With the MLK production piece, I wanted to set a tone of hope and inspiration with the background music which helps reflect the overall message in the video.

### What was the process like making the documentary video for our MLK Day of Learning?

Lesly Boateng, from the Student and Community Engagement Office at Capital, had reached out to me about putting together a production piece for the MLK Day of Learning back in November 2020, after having seen some of the videos I had produced in the past for the Global Student Organization while serving as the Vice-President in the organization. I was both grateful and excited to have been given the opportunity to work on the video for the event. In the early stages of the production, I had weekly Zoom meetings with the MLK Day of Learning committee. We discussed the criteria for the video and what pre-production elements would be required for me to be able to piece it together. Due to the pandemic, all communications were done through Zoom meetings and email. My video editing program of choice for the production piece was Adobe Premiere Pro and After Effects for the motion graphic elements. To briefly outline the editing process, I mapped out and edited all the videos on the project timeline, according to the convocation agenda provided by the committee. I then created animations for the lower thirds, transitions, title sequence and closing credits, followed by the creation of captions for the video. The final video was then sent to Capital to be premiered and live streamed on the day of the event. I would like to thank all the Capital and community collaborators for their contributions to the production piece!

### What made you interest in film making?

I enjoy watching and studying films and TV shows. I especially love films with great soundtracks that I can immerse myself in. From the cinematography and screenwriting in Inglorious Bastards, to the sound design/soundtracks in Inception and Interstellar, to the color grading in TV shows like Stranger Things and Money Heist; there is an art to filmmaking that truly fascinates me, and I am always wanting to learn more.

### Amodh's words of encouragement to current students:

"Time is one of the most valuable things a person can have. I have always felt that if you invest your time, effort, and resources into achieving your goals, you can overcome any obstacle to achieve them. But it will not happen overnight, and it may even take 10 years but, if you persevere and stay focused, I have no doubt you will achieve your goals! I am truly grateful for all the experiences Capital has given me and to all the people I have met here. Thank you for allowing me to be a part of the CapFam. I wish you all the very best in life!"

Amodh would love to be able to start a video/audio production company one day that works with clients to create music videos, short-films and commercials.

Make sure to support Amodh on Instagram: @\_amodh



## ALUMNI SPOTLIGHT:

### Elizabeth "Lizzy" Stanton-Finnegan

Class 2009

Elizabeth is a City of Columbus Firefighter. She enjoys hiking, riding bikes, and running. She also loves dogs and nature. During her time at Capital, Elizabeth was involved in SAAAC, track, and cheerleading. Her favorite Capital memory was being named the first female Track and Field All American. Elizabeth is an active member of the Columbus African American Firefighters Association (CAAFAs), National Action Network, and strong supporter of Black Lives Matter. Her words of encouragement to current students are "Don't be afraid to be a leader! Speak up for yourself and others. NEVER STOP LEARNING!"

If you are an alumni interested in being featured in our next Spotlight, email us at [odi@capital.edu](mailto:odi@capital.edu)

## STUDENT SPOTLIGHT:

### Keenan Russel

*Class of 2021*

*Columbus, OH*

Keenan Russell is a fourth year sociology and criminology major. He is also a Peer Career Advisor in the Office of Career Development. On campus he is involved in the Global Students Association and Ebony Brotherhood Association. Keenan enjoys biking, hiking, playing trombone, playing video games, watching cartoons, and sleeping. Keenan would like to encourage all students and future students to utilize all of the offices at Capital as early as possible, including the Office of Diversity and Inclusion. He says that not only are they here to help you but you will also meet cool people along the way.





This past Black History Month, the Office of Diversity and Inclusion, Student Government and the Schumacher Gallery collaborated in celebrating Black art and music. Memories of the Southern Civil Rights Movement is an exhibit hosted by the Schumacher Gallery that will continue to be on display until March 27, 2021. The gallery will also continue to host #ArtUnitesCbus photographers in conjunction with the Greater Columbus Arts Council. This exhibit highlights photos taken during this past summer during the Black Lives Matter projects downtown. The gallery is located on the fourth floor of Capital University's Blackmore Library. We would like to thank all of those who attended the past few weeks and we hope that you continue to support Black art in all forms.

