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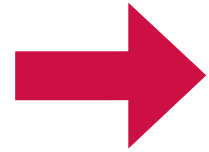
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President
Kylie Bell

VPs of Writing
Alicia Amsel & Amanda Srebnik

VPs of Design
Riha Huq & Asmita Kulkarni

VPs of Marketing
Tatem Carpenter & Lily Good

VP of Production
Cole Heidelberger

Treasurer
Laura Felderean

Writing Editors
Audrey Williams, Elizabeth Freytag,
Isabella McClintock

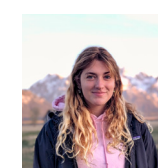
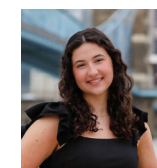
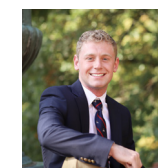
Writing Team
Alicia Amsel, Amanda Srebnik, Audrey
Williams, Christine DiSalvo, Elizabeth
Freytag, Isabella McClintock, Jack
Pomfret, Jane Overbey, Kylie Bell, Riha
Huq, Ritika Harish

Design Team
Allison Wolfe, Asmita Kulkarni, Halcyon
Russell, Junhao Liu, Kevin Li, Kylie Bell,
Nicole Kuan, Riha Huq

Marketing Team
Alisha Soni, Elle Daniel, Ethiopia Jegol,
Isabel Malley, Katie Sandberg, Kylie Bell,
Lily Good, Tatem Carpenter

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Letter

From the Editor(s)



“Take What You Need” is chock-full of advice for everyone, whether you’re a freshman trying to decorate your dorm or a senior trying to land a job post-graduation. Our team has highlighted the advice that has gotten us to where we are today and advice to help us continue to grow in just 28 pages.

After five issues, this one is our last as co-VPs of Writing. We wanted to share what we think are the two single-most important pieces of personal advice that we have carried with us in college. We hope you find them applicable to your own lives.

“You need to give yourself more credit. You can’t be 100% every day.”

My humanities teacher from high school told me this my senior year. I had turned in a semester-long project which had a self-evaluation portion. I gave myself a B-. She gave me an A. She pulled me aside outside of class and asked me why I graded myself so harshly. She then said, “You need to give yourself more credit. You can’t be 100% every day.” This has resonated with me to this day and has shaped the way I view my work and my interactions with others. You are your own harshest critic. No

one will judge you as hard as you are already judging yourself. Give yourself credit for everything you have done, even if it’s small. Focusing your attention on everything you’re doing well instead of all the negatives is a step in the direction of leading a happier and less stressful life. There’s no denying that it’s hard. It takes a lot of work to coach yourself into thinking differently, but I promise you that it’s worth it.

“Any day can turn into the best day of your life.”

Sure, I may have first come across this quote on a Dove chocolate wrapper, but it has proven to be one of my favorite pieces of advice that I always pass along to those around me. One of my favorite things to do is to seek out the small moments and underappreciated tokens that help us enjoy the little things in life. This advice emphasizes this idea—that if you keep an open mind and walk around looking for optimism, it will lead to only the best! Joy may not always come to you if you are not receptive to it. So often many of us tend to box ourselves in after one bad grade or one bad interaction or

one bad setback. And while it might feel right to wallow in your sorrows, it is just as important to keep your head up and keep going. If you continue to search for the small moments and bask in the joy of every one of your endeavors, especially in our four short years of college that go by in a blink, it will prove that the possibilities are endless, and that it truly can turn into the best thing that has ever happened to you. This quote even proved itself to be true, as finding it that day left me with a piece of memorable wisdom that satisfied my intellectual curiosity (and my sweet tooth as well!).

Try new things. Step outside your comfort zone. Enjoy the little moments. Challenge yourself. But give yourself grace when you don’t meet the marks you have set for yourself.

**Signing Off,
Alicia & Amanda**

EMPOWERING IDENTITY

Championing Inclusive Education in the Classroom

story Riha Huq design Riha Huq photo Dr. Parisa Ahmadi

Home to over 66,000 Buckeyes, The Ohio State University’s student body contains a diverse range of ethnicities, backgrounds and income levels. Consequently, it is vital that our University is able to provide the resources for students of every background to thrive, as diversity is a key foundation of the innovative thinking that Ohio State is known for. One instructor, Dr. Parisa Ahmadi, takes this as a personal responsibility, and leads by example both inside and outside the classroom.

Ahmadi’s interest in education started young, influenced by parents who both worked as professors and instilled values which continue to inform her inclusive teaching style today. “My dad has always been about challenging what you think you know,” said Ahmadi. “Just because someone in authority says something, you should always think about it, do your research and try to situate it in the big picture. I think that has had a big impact on me.”

Her mom taught her the value of taking time to understand other perspectives and creating fun, engaging environments for students. “Bringing play into the classroom just really changes the experience,” said Ahmadi. “I think it’s about not taking yourself so seriously, because that helps

you to be more vulnerable and willing to grow.”

Ahmadi is part of the Department of Comparative Studies, a field which she described as the study of how we as a society produce meaning and knowledge in the world, and how our specific worldviews inform the systems we see everyday. She has taught courses on science and technology, pop culture and world literature, all of which are designed to encourage students to think beyond their own perspective.

Sharing her personal identity as someone with both black American and Iranian heritage is a big part of Ahmadi’s teaching philosophy. “As a mixed-race woman of color, somebody who grew up between different nationalities, cultures, religions and spaces, thinking beyond my own perspective was something I intuitively felt growing up,” Ahmadi said. However, while she noted her intersectional experience has provided her an edge in her field, it has also posed challenges.

One of the biggest barriers she faces is the emotional baggage that comes with teaching topics connected to her identity. Leading with empathy and personal investment can be mentally taxing, as she considers bias while explaining marginalized experiences. However, she also acknowledges that her identity and experiences have sharpened her ability to recognize double meanings and microaggressions more easily. “I think we [marginalized communities] do often perceive more or observe a lot more,” Ahmadi said. She continued, “We’re all always bringing our perspectives

to everything we do, regardless of our position. “Being a minority who has moved between many spaces has been painful, but also kind of a superpower. I think it makes me see the world in more complex ways, but that’s why I take teaching these topics so seriously,” Ahmadi said. With this in mind, Ahmadi tries to make

the classroom a space where students can feel vulnerable, have hard discussions and even passionately disagree. This environment creates a sense of psychological safety that empowers her students to speak up. Her approach can catch students off-guard initially, as it forces students to confront their own identities and biases in a way that many of them haven’t before. However, her open and casual discussion style, alongside her own practiced vulnerability, lessens the uncertainty.

“I think it makes me see the world in more complex ways, but that’s why I take teaching these topics so seriously”



— Dr. Parisa Ahmadi

“I think when you invite that humility in yourself as an instructor, it makes it easier for your students to access that,” Ahmadi said. She continued, “I want to let students know it’s okay to have discomfort, that it’s actually healthy to have discomfort. To sit with it, figure out where it’s coming from and then reorient ourselves is a skill we have to practice every day.” She hopes these interactions build a sense of community that students can fall back on.

As she looks to the future, Ahmadi offers a key piece of advice for students in marginalized groups navigating academia: “Find your allies early,” she said. “Especially in higher education, the closer you are to finishing, the more raging your self-doubt can often be.”

Now more than ever, finding a strong network of support is essential, especially in the face of doubt. By engaging with resources that encourage open dialogue, students can find both strength and a sense of belonging in their identities. Ahmadi’s approach to the classroom is proof of how powerful of a tool inclusive education can be — one that not only challenges students to think critically but also empowers them to embrace discomfort and growth. As Ohio State continues to evolve, it is educators like her who ensure that diversity remains a foundation of Ohio State’s identity, shaping a university culture where students of all backgrounds can flourish.



Dr. Parisa Ahmadi

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“Mind the Gap!”

Stepping Outside the Classroom to London in a Marketing Study Abroad

story and photo Alicia Amsel design and photo Asmita Kulkarni

A year’s worth of opportunity built into a one-week trip — that’s how we would describe the Fisher College of Business’s Global Marketing Global Lab. Over Spring Break, we had the chance to explore London with 18 other Buckeyes, immersing ourselves in the city’s deeply-rooted culture, business landscape and global marketing strategies. Before

departure, we prepared through a Global Marketing course, learning about international business dynamics, cultural differences and strategic marketing approaches that would shape our experience. Once in London, we saw these concepts come to life through company visits, hands-on projects and cultural excursions. Below are some of

the highlights from our truly unforgettable journey.

River Thames Cruise

On our first day, we took a boat ride down the River Thames, a perfect introduction to London’s unique blend of history and modernity. As we cruised along the water, we took in panoramic views of the city that would be our home for the week. The experience set the stage for our trip, offering a first look into how London balances its rich heritage with its dynamic, diverse population of nine million people within a compact urban landscape.

Anthropologie Europe

During our meeting with the brand marketing team at Anthropologie Europe, we explored how their strategy differs from that of their U.S. counterpart. Their approach places a strong emphasis on social media impressions and engagement, leveraging digital platforms to drive traffic and foster meaningful conversations with customers. These interactions are key to building brand loyalty.

The team highlighted that, compared to the U.S., the United Kingdom often adopts social media trends earlier, in part due to its smaller geographic size. Another core focus of Anthropologie Europe is multigenerational marketing through

strategic brand touchpoints. Since first impressions are crucial — customers can just as easily walk out of a store as they walk in — entry-level products, such as vases or handbags, serve as an accessible gateway to form lasting customer relationships.



Global Marketing students attend a presentation by Anthropologie Europe.

West Ham United F.C.

After touring London Stadium, home of West Ham United F.C., we had the opportunity to speak with a manager from the West Ham Foundation. This discussion provided valuable insight into how the Foundation fosters a strong sense of community among both fans and staff while also giving back through various initiatives.

We gained a firsthand look at the nuances of marketing in the UK and applied our knowledge by working in groups to develop marketing proposals for a real-world challenge the Foundation is currently facing. One key takeaway was how cultural considerations shape marketing strategies. While some approaches align between our two nations, others highlight the importance of tailoring content to local audiences. For example, the UK has a strong expectation for brands to acknowledge Ramadan, whereas this is less commonly emphasized in the U.S.

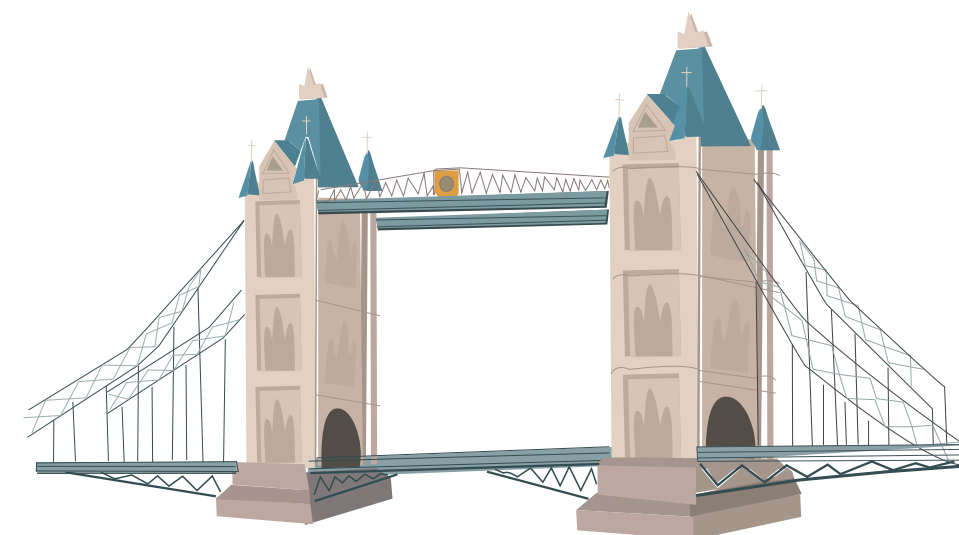


A group of students discuss a marketing proposal for the West Ham Foundation

London Eye

Our trip concluded with a breathtaking sunset ride on the London Eye, the iconic 443-foot-tall Ferris wheel on the River Thames that offers a stunning 360-degree view of the city. With our entire group of 22 comfortably fitting into a single capsule, we spent the ride reminiscing about our favorite moments, capturing photos and pointing out the landmarks we had explored throughout the week. As the sun set over London, it felt analogous to the sun setting on our time in the UK.

This is only a snapshot of our experience. In addition to these highlights, we had the opportunity to connect with alumni of The Ohio State University, including those working at the University of Oxford and the U.S. Embassy. We also explored iconic



landmarks such as Buckingham Palace, Big Ben, and the Tower of London, and engaged in insightful discussions with teams at Euromonitor and the Historic Royal Palaces.

“Our week in London... brought global marketing principles to life.”

There was also plenty of free time on our trip, allowing us to visit additional attractions in the UK. One night, a large group of us went to dinner before splitting up to see either *Wicked* or *Hamilton* in the West End. Another night, we revisited Big Ben to take photos and then went to Jellycat London where they had London-exclusive Jellycats (many of us purchased Charlie Chip). During our time at Oxford, some students visited Christ Church College, home to the Great Hall in the *Harry Potter* movies.

Our week in London was more than just a study abroad trip — it was an immersive learning experience that brought global marketing principles to life. By engaging directly with industry professionals, exploring cultural landmarks and working

on real-world marketing challenges, we gained a deeper understanding of how businesses adapt to different markets.

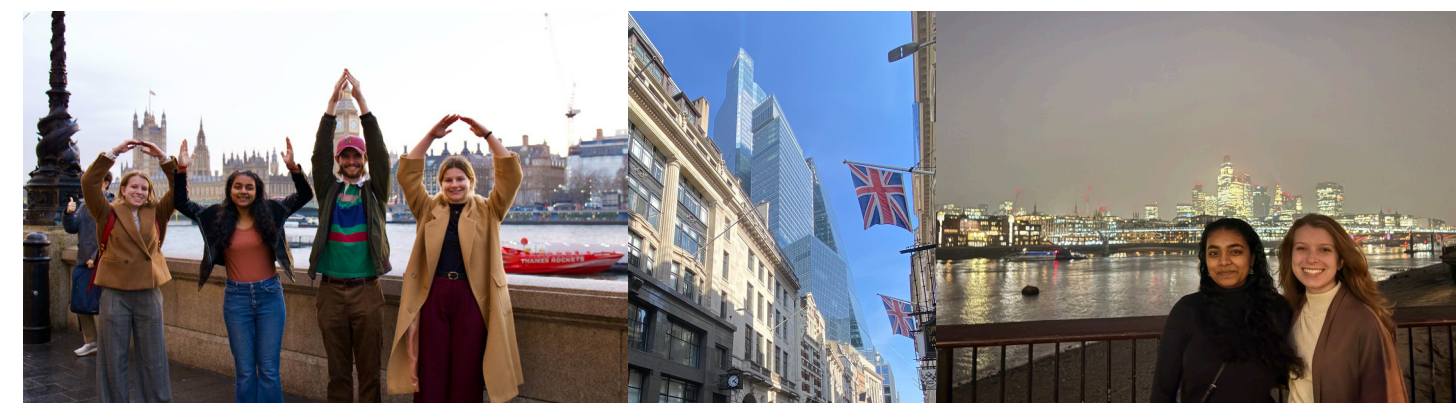
Beyond the classroom, we built connections, broadened our perspectives and saw firsthand the nuances of international marketing. As we return home, we carry with us not only valuable knowledge but also memories of an incredible city that served as our classroom for the week.



The Spring 2025 Global Marketing students conclude their trip on the London Eye



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FISHER INK MAGAZINE SPRING 2025

Athletics to Academics

The Robust Support Systems Behind Student Athletes

story Jack Pomfret design Nicole Kuan photo Alexa Webb, Mikey Chaykowski, and Makena Lynch

College is a major time of transition involving a new living environment, daily structure and newfound freedom for undergraduate students. For Division I athletes at The Ohio State University, the stakes can be much higher. Being a student athlete at Ohio State isn't just about excelling on the field. During their time at Ohio State, student athletes are working toward a well-versed education, rooted in the University's mission of developing comprehensive leaders and engaged citizens. From balancing early morning workouts to academics on the road, student athletes juggle an array of priorities that pull them in multiple directions. While spectators see the results of hard work at practice, many overlook the robust support systems behind collegiate athletes and the lasting legacy of Scarlet and Gray that follows them.

BIG

Being a leader in the Big Ten Conference and developing well-rounded Buckeyes are priorities for both the University and the Ohio State Department of Athletics alike. According to the Athletics Department, the Autumn 2024 semester reported a school record of 147 Ohio State student athletes being named Academic All-Big Ten — a title awarded to student athletes holding a 3.0 cumulative GPA or higher. Additionally, the Ohio State NCAA graduate success rate (GSR) has remained around the mid-90 percent range, reporting a 93 percent GSR for the 2023-24 academic year. Alexa Webb, associate director and academic advisor of the Student Athlete Support Services Office (SASSO), stated one of the primary catalysts behind this success is learning to “work with the different needs of students and their varied tendencies and learning styles,” often tailoring educational needs to each of her student athletes.

In a post-COVID world with ever-evolving learning methods and the rise of Name, Image, and Likeness (NIL), student athletes are faced with the challenge of balancing competing priorities, including



Alexa Webb

academic, personal finances and content creation. Advisors from SASSO have helped student athletes manage various aspects of their demanding lives. By optimizing a summer bridge program for incoming freshmen and transfer students alongside an open-door policy for student athletes, Webb said SASSO has played a crucial role in helping athletes prioritize their education and build essential life skills throughout the program.



Mikey with Coach Ray Sharp at the Rose Bowl

Learning to balance a demanding schedule is nothing new for many Division I athletes, but adding higher education can pose fresh challenges. Mikey Chaykowski, sophomore Spirit Program member, leans into this challenge and embraces the exciting opportunities ahead. For Chaykowski and other Ohio State student athletes, there is a higher expectation, both academically and physically, every single day. For members of the Spirit Program,

support from their coaches goes beyond athletic performance. “If Coach Ray [Sharp] notices a dip in academic performance, he’s quick to reach out and offer the support we need,” Chaykowski said. He further expressed that Coach Sharp also recognizes athletes who emphasize academic excellence. For Chaykowski, his academic success and hard work led to an unforgettable experience watching the Buckeyes dominate at the Rose Bowl in Pasadena, California.

Providing comprehensive academic support is not the only priority of the student athlete experience. In conjunction with providing a well-rounded education, student athletes are given the opportunity to work with the Eugene D. Smith Leadership Institute (EDSLI). Launched in the spring of 2019, the EDSLI works to provide leadership, character and career development, preparing these athletes for their future endeavors as Buckeye alumni. The EDSLI continues to bolster momentum, tracking a 96 percent success rate in securing a job, starting graduate school or signing a professional contract to play pro — a 10 percent increase since its establishment.

Makena Lynch, assistant athletic director at EDSLI and a former Buckeye swimmer,



Makena Lynch

stated, “You are not just a Buckeye for four years.” The EDSLI begins its involvement when an athlete is recruited and continues beyond graduation. As Lynch said, the EDSLI offers a wide variety of development programs, currently providing 13 to student athletes. Two of their most successful

programs, Bucks Go Pro 1.0 and 2.0, help students secure both internal and external internships, some of which have included shadowing within the Department of Athletics or working a paid summer internship at JP Morgan Chase. To prepare for prospective interviews, Buckeyes can utilize Dress to Impress, a program designed to help student athletes with resume reviews, mock interviews and outfitting for a corporate setting. If students do not find corporate work enticing, Buckeyes are offered a variety of alternative programs such as Athletes in Medicine, a program designed for students seeking careers in healthcare. The EDSLI offers a wealth of opportunities, giving student athletes the skills and connections they need to succeed both at Ohio State and as they become part of the alumni network.

Ohio State is a leader in elevating the student athlete experience, providing unique mentoring and advising to individual athletes. Whether entering the corporate world, continuing their education or going pro in their sport, Buckeyes continue to embody the people, tradition and excellence that are woven into the fabric of every

student athlete’s experience. Behind every athlete’s legacy lies those that make it possible: the coaches, faculty and advisors who work to shape and support each and every Buckeye.

“You are **not just a Buckeye** for four years.”

— Mikey Chaykowski



Landing Your Dream Job

Mastering the Art of Networking

story and photo Ritika Harish design Asmita Kulkarni

As a college student, it's natural to feel uncertain about your future career path. You may have secured an internship but still question whether it aligns with your post-graduation goals. Perhaps the location, company culture or specific responsibilities don't feel like the perfect fit. Even if you have landed your dream internship, securing that coveted return offer can still feel daunting. To help navigate these uncertainties and make the most of career opportunities, I spoke with a recent graduate, current senior and an Office of Career Management (OCM) advisor to gather insights on landing your dream job and fully leveraging every career development opportunity.

Utilizing Career Resources to Secure an Internship

One of the first steps in shaping your career path is searching for an internship that aligns with your goals. While the process can feel overwhelming, utilizing career resources can provide the support and guidance needed to navigate job searches, interviews and networking effectively.

Sarah Steenrod, senior director at the OCM, emphasizes the importance of leveraging available resources. "Make sure you are using all of your resources—such as the Office of Career Management—where professionals can sit down and talk through your specific situation, provide resume feedback, conduct mock interviews and offer networking strategies," Steenrod said. Seeking guidance from career professionals can significantly improve your job search process, ensuring you are well-prepared for interviews and maximizing networking opportunities.

Navigating an Internship When Not All Components Align

Sometimes, aspects of your internship may not perfectly match your goals. Whether it's the role, location or company culture, there are ways to navigate these disparities while gaining valuable experience.

Daniel Rose, a recent graduate of The



Daniel Rose, Fisher Ink alum and recent Ohio State graduate

Ohio State University ('24) and an associate consultant at Bain & Co., has experience with career searching and networking. He shared insights from his internship in brand management at Procter & Gamble (P&G) before transitioning into consulting. "I would work a couple of days a week and network with people in those industries. By the time I was in my junior year, I had a clearer idea of my career path," Rose said.

Though he enjoyed his summer as a brand intern at P&G, he stayed open to

possibilities and valued the experience as a stepping stone. Connecting with industry professionals helped him clarify his career direction. Rose recommends networking with Ohio State seniors who have transitioned from internships to full-time roles and directly reaching out to individuals in the industry.

Additionally, utilizing University resources like the OCM can help students explore recruitment events and potential opportunities. Attending company visits and networking events allows students to remain open to different career paths while making the most of their current internship. Steenrod highlighted the value of strong performance and adaptability in any internship.

According to Steenrod, "If someone has an internship, first and foremost, they should strive to perform really well. Even if they decide it is not a good fit or they don't love the work, securing a return offer or gaining great experience is incredibly helpful." She also emphasized

"A great intern... balance(s) being a student with acting like a professional."
— Daniel Rose

the importance of informal conversations. "Talking to people, even in informal settings, helps students learn about a company inside and outside of their department," said Steenrod. "Perhaps another role or department within the company is a better fit, keeping doors open for future opportunities."

Securing the Return Offer: Tips and Strategies

If you've landed your dream internship but are anxiously awaiting a full-time return offer, being proactive is key. Darshita Bajoria, an Ohio State senior, interned with Capital One for two summers and secured a return offer as an incoming business analyst. She highlighted the importance of seeking feedback early and often. "Work hard, absorb as much knowledge as possible and complete all your projects within the 10-week timeframe," said Bajoria. "Great interns stand out by being transparent with their managers and teams, acknowledging when they don't know something and showing a willingness to learn." She recalled being transparent about not knowing certain software and databases like SQL when she started, but through proactive learning and feedback, she adapted quickly.

Building on this advice, Rose said, "A great intern actively seeks feedback, asks plenty of questions—especially in the first two weeks when adjusting to company culture—and brings enthusiasm to every task. They balance being a student with acting like a professional."



Darshita Bajoria, current Ohio State senior

Finishing Up the Internship and Recruiting for Post-Grad Opportunities

Even as your internship concludes, continuing to network and build relationships remains crucial. Rose highlighted the importance of "reading the

room" and maintaining strong relationships while navigating discussions about post-grad opportunities and timelines.

Moreover, Steenrod advised that interns use lunch hours and meetings to build connections with colleagues and mentors. "Many companies offer flexibility, so take advantage of opportunities to engage with professionals and expand your network," said Steenrod. "Employers value proactive communication and professionalism."

Steenrod emphasized that each student's situation is unique and that career professionals can provide personalized guidance. She also recommended understanding return offer timelines early on. For instance, if offers are typically extended in early October, students can inquire about potential deadlines to ensure they have enough time to make an informed decision.

What If You Receive an Offer But Aren't Excited About It?

If you receive an offer that doesn't align with your long-term goals, it's essential to evaluate your options carefully. Steenrod suggested using the OCM's decision matrix to prioritize factors such as company culture, role responsibilities, location and long-term career growth. This tool allows you to weigh the pros and cons of the offer more objectively. For example, if you value career development and mentorship, assess whether the company offers clear paths for growth. Similarly, think about the location. Does it align with your lifestyle and personal preferences?

It's also important to recognize that sometimes external pressures, such as family or peer expectations, can make these decisions more complicated. While these voices likely come from a place of care, it's ultimately your career and you must make a decision that aligns with your future goals.



Sarah Steenrod, senior director at the Fisher Office of Career Management

Remember, what works for someone else may not be the right choice for you. Taking time to reflect on your values and long-term vision can help you navigate these pressures and make a choice that feels true to your career path.

If you decide the offer isn't the right fit, maintaining professionalism is key. Steenrod advised against backing out of an offer unless absolutely necessary. Backing out can harm your reputation within the industry and leave a negative impression on employers. If you do choose to decline an offer, be respectful and thank the company for their consideration. Explain your decision courteously and professionally, as this helps preserve relationships for potential opportunities in the future.

Your career is a marathon, not a sprint. Declining an offer that doesn't align with your goals might feel challenging, but in the long run, it will likely set you up for more fulfilling opportunities that are a better match for your skills and passions.

Final Thoughts

Landing your dream job requires a combination of leveraging resources, networking, excelling in internships and work experience while remaining open to different opportunities. Whether you are searching for an internship, navigating an experience that isn't a perfect fit or securing a return offer, being proactive and seeking mentorship will set you up for long-term success.



An Inside Look

Fisher Ink's Personal Experience with Internships

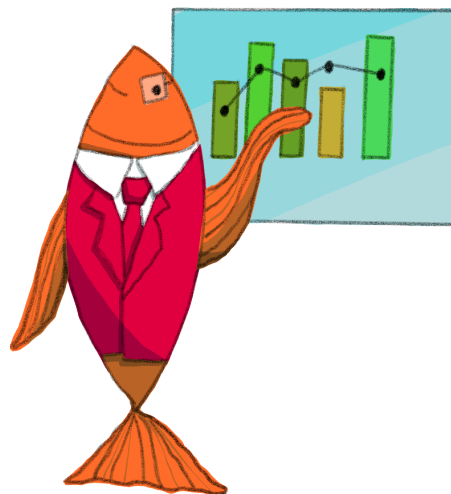
story Christine DiSalvo design Junhao Liu photo Kylie Bell

You have your internship secured and you are wondering what to expect. Who better to hear from than Fisher Ink's own? People often give advice on how to obtain an internship, but I wanted to shed light on the experiences within the internship. I interviewed Kylie Bell, a Strategic Marketing Intern with Hexion; Amanda Srebnik, a Financial Institution Intern at the Federal Deposit Insurance Corporation (FDIC); and Aadi Patel, a Transaction Advisory Services Intern with Protiviti. They have each gained great insights into the corporate world through their own personal experiences.



How to determine the appropriate office attire?

It can feel stressful to know how to dress appropriately – 'business casual' is the buzzword always thrown around – but what is really meant by that? The idea of appropriate office attire can be interpreted in many different ways. "I know some offices have business casual that includes jeans and a sweater maybe," said Srebnik. "Ours unfortunately had no denim. I feel like most times I wore slacks or trousers." Conversely, Patel recalls wearing a full suit the first day. He would take notice of what other men in the office were wearing to gauge how he should continue to dress. Sometimes companies can have special days that are unofficially known as 'casual Fridays.' "Fridays, specifically, it was wear whatever you want," Patel said.



How did the initial expectations compare to the experience?

Having an internship is often your first exposure to what a '9 to 5' job is like. "With my experience I definitely was put into different positions that [weren't] necessarily just what's in the job description," said Bell. "Being prepared for immersing yourself in different aspects of the company is something I learned over time."

Patel also experienced a similar situation. "A week before my internship started, my supervisor called me just to introduce herself and she was like, 'What do you know? What do you not know? What do you want to know?' So, she was going to tailor the internship around what I wanted to do and what I didn't want to do," Patel said. It seems in these experiences, internships can be molded to help you to find areas of interest along the way.



What level of commitment is expected of you?

Not only are your own expectations important, but also understanding the company's specific wants regarding the typical length of the day is key. "It wasn't clearly stated, but it was kind of an expectation that I would show up at 8:30 a.m., instead of 9 a.m., and I would stay until 6 p.m., instead of 5 p.m.," Patel said. With the longer week day, he shared it felt like a larger commitment than what would be expected of an intern.

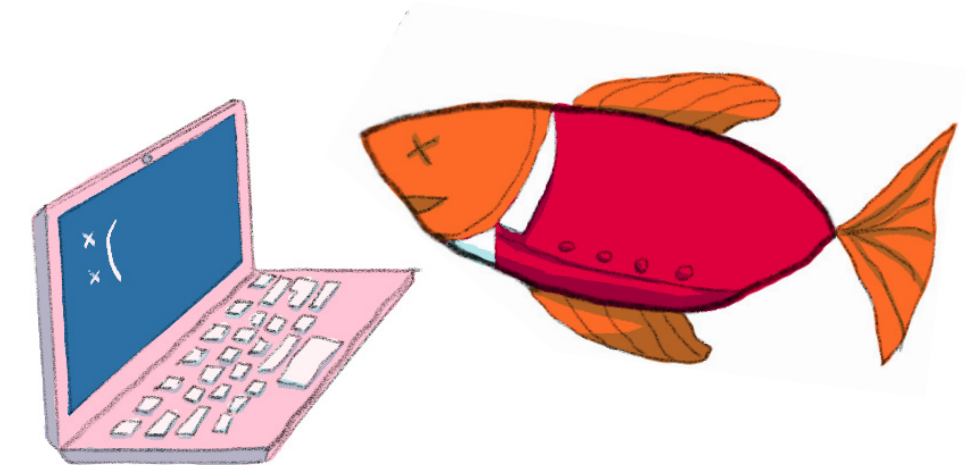
Srebnik, on the other hand, worked from 8 a.m. to 4 p.m., "and then the second it hits 4 p.m. you just shut your laptops and turn off your brain after a long day because they really encourage that work life balance." Depending on the company, the work day can have varying lengths and workloads. By getting to know the company and its tone better, you can gain a more complete sense of their expectations.

Have you felt the effect of burnout?

Don't be afraid of the potential burnout from all the new responsibilities, as it can vary through experiences. "I really liked what I was doing," said Srebnik. "I really didn't feel burnt out at all." If you find yourself in an internship you really enjoy, embrace that!

In the case you do feel stuck in a rut, Bell and Patel have shared their tactics for overcoming these feelings. "Being able to advocate for yourself is a really big one, and it can prevent that kind of burnout or feeling of being overwhelmed if you just communicate and express how you're feeling," Bell said. Respectfully expressing how you feel can have a positive impact on your work and attitude at the company.

Patel shared that he was hired along with a few other interns who supported each other through the experience. "I think they really helped me," said Patel. "There were a lot of times where my friend would come up to me and be like, 'Okay, I need a break, can we go down for a walk?'" It is important to realize the power of breaking up your workday – these little things have a huge impact on the perceived length of the day.



In a similar vein, Bell encouraged having activities outside of the internship to help create a balanced work and personal life. "Make sure you have that friend group so that after the work day you're not just thinking about work," said Bell. "Having that time to decompress was really important."

Despite the perceived pressure and desire to do well at your internship, remember that you are still in college and the company is aware of that. "My supervisor also [said], 'If it's ever getting to a point where you literally

cannot bear it, let me know.' So, everyone was super supportive," Patel said. As Bell, Srebnik and Patel all made clear, internships are learning experiences and most companies will not expect perfection. "The full-time employees were there to help you, versus feeling like you were just jumping right in," Bell said. Enjoy the experience of getting to explore the professional world and finding your place. Internships are all about setting yourself up for future success and discovering professional passions.

"Being able to **advocate for yourself** is a really big one, and it can prevent that kind of burnout or feeling of being overwhelmed if you just **communicate** and express how you're feeling,"

— Kylie Bell



Kylie Bell



Aadi Patel

College Budgeting 101

Stretching Your Dollars in Simple Ways

Writer Jane Overbey Designer Kevin Li Photo osu.edu

Being a college student can be demanding. From juggling classes, to living on your own while still balancing work and social life, there leaves little time for anything else. When life gets busy, it is easy to let your finances fall under the radar. But don't worry, there are many simple ways to save a little money with minimal effort that your bank account will thank you for later. Tammy Izzo, professor of finance at the Fisher College of Business, provided many insights regarding easy ways to make big purchases smaller, which are outlined below.



Tammy Izzo

1. Set Realistic Goals

Many students set unrealistic objectives when starting their budget. It is crucial to first understand your needs and wants and then set goals based on those financial priorities. Focus on your essential spendings before frivolous ones, as it is important to be "transparent on what you need to succeed," Izzo said.

2. Find Non-Traditional Jobs that Fit Your Schedule

There are many undemanding ways for students to earn money that isn't in a typical work environment or a huge time commitment. Izzo suggested finding small jobs here and there like dog sitting or babysitting, which can be basic ways to make a little money and possibly get some school work done in the process.

3. Start Utilizing Your Dining Plan

It can be easy to fall into the trap of eating from off-campus locations regularly, but if you have an on-campus dining plan or still have some leftover Dining Dollars, eating on campus more often can be highly beneficial when trying to save. Since it is unrealistic to eat on campus for every meal, when you do want to go out, look for deals at your favorite off-campus locations. Izzo advised looking for restaurants that have happy hours or lunch specials.

4. Use CarmenBooks or Purchase Used Books

College textbooks can be a hefty addition to already expensive tuition and materials. Finding ways to purchase discounted books from places like Barnes & Noble or utilizing The Ohio State University's discounted CarmenBooks program can be useful ways to save.

5. Wait to Make Big Purchases.

Even though it may be tempting to get a dog or buy a new car, waiting to make these purchases until after college can be a huge money saver while living on a restricted income.

It is important to not only focus on your finances while in college but also when planning ahead for the future. Taking some time to focus on setting yourself up for success after college can be impactful later on. Izzo provided the following tips to build a foundation for success as a Buckeye alumni.



1. Find Internships

While this may be easier said than done and may seem natural as a business student, internships not only give you post-graduation experience in your intended career, but can also help you financially later on. This experience, then, can help one stand out and land a high quality role in their desired field.

2. Apply for Scholarships

According to Ohio State's Student Wellness Center, a great way to save money is to apply for local and schoolwide scholarships. Ohio State's ScholarshipUniverse compiles local scholarships for students based on their eligibility and provides straightforward ways to apply.

3. Use a Variety of Financial Management Resources

Ohio State's Financial Wellness Center recommends the Mint app to help manage finances. Mint condenses its users' spending to one place, allowing them to track their monthly spending efficiently. The Student Financial Wellness Center also provides opportunities to meet with peer financial advisors to help structure a plan for college and beyond.

While managing money in college can feel tough, a few simple strategies can set you up for financial success. Remember to start with a strong financial goal and find small ways to save money throughout all areas of your life. Starting to be financially aware in college will not only help now, but also when looking towards the future.



Navigating Multi-Faceted Relationships in College

story Alicia Amsel design Riha Huq photo Riha Huq, Delaney Miller, Kylie Bell

Few stories are told about three people who spend college as roommates, friends and team members. Setting boundaries within work-life balance is difficult for individuals to achieve, but for trios? Virtually unattainable. For three Fisher Ink Executive Board members, that challenging balance was approached with dedication and love.

Kylie Bell, Riha Huq and Delaney Miller lived together their freshman year in Morrill Tower (room 610 as they will proudly tell you). Miller, Fisher Ink's former Vice President of Design and Fall 2024 graduate, stumbled upon the Fisher Ink booth at the Involvement Fair her freshman year and was intrigued by the design team.

"I didn't really know that much about it, but I was interested in the Adobe platforms, so I thought [Fisher Ink] would be a good experience," said Miller.

According to Bell, current senior and President of Fisher Ink, she joined partially to better get to know her new roommate and partially to push herself outside her comfort zone.

Their sophomore year, Bell and Huq (current senior and Fisher Ink's Vice President of Design) lived in a double together. According to Bell, she dragged Huq into the club (lovingly, of course). Huq shared that knowing her friends would be there to support her made trying new things like Fisher Ink less scary.

By junior year, the three lived off-campus together, took classes for their marketing specialization together and worked as Fisher Ink Executive Board members together.

"It had challenges," said Bell. "It's true that working, living and being friends with the same people can be challenging."

According to Huq, their key to

navigating their sometimes complicated dynamic was open and honest communication.

"You learn more about the people that you live with," said Huq. "You learn that there are certain ways that people like things to be done. And having to learn those things was a challenge at first."

Miller said, "I loved that we all lived and did all of this together, because I'm a shy person, and having my friends doing this whole experience with me has made me grow more, but also [made me] put myself more out there."

The consensus the trio landed on? "Find friends that push you to grow."

"Do things with friends so it's less scary," said Miller.

Bell continued, "Challenge what is comfortable."

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Dorm Sweet

Creating a Dorm Room that Feels Uniquely Yours

story Isabella McClintock **design** Halcyon Russell **photo** Halcyon Russell, Audrey Williams, Becca Jenny

It's the middle of summer, and you've been making the most of every moment by traveling, catching up with friends and even picking up a few shifts at your old high school job. Just when you've fully settled into this routine, an unexpected email arrives: it's time to schedule your move-in date. Reality sets in— school is right around the corner. The thought of classes starting brings mixed emotions, but there's something to look forward to: designing your dorm. However, where do you begin?



Halcyon Russell's dorm window decorations featuring photos and memorabilia

A blank canvas can feel daunting, especially if you're unsure where to start. Fortunately, inspiration is everywhere— you just need to know where to find it. Social media is one of the best resources, offering endless ideas right at your fingertips. Platforms like TikTok and Instagram feature countless videos with people sharing their dorm transformations. This makes it easy to find a style that resonates with you. Additionally, there are many brands that specialize in dorm decor that help you visualize how their products might fit in your space. One brand to turn to is Dormify. Their Instagram shares videos of



Becca Jenny's dorm decorated with hand painted posters and a homemade quilt from her family

students from different schools showing off their decorated dorms. On their website, you can even search for decor based on your favorite aesthetic and plan out what it would look like in your space by using their visualizer tool.

Another excellent platform to gather inspiration from is Pinterest. Filled with endless ideas, Pinterest makes it easy to search for dorm room styles and decor tailored to your personal taste, without needing to be overly specific. Even better, when clicking on a picture, hundreds of similar images appear. Beyond just aesthetics, Pinterest can provide links to the website where you can purchase any individual items that may catch your eye such as bedding, lamps and other decor items. It is also a great source for DIY decoration, offering creative projects that add a personal touch to your space. Plus, making your own decorations can be a fun, budget-friendly way to make your dorm feel like home.

However, buying everything brand new can add up quickly. If you are looking to decorate on a budget, there are plenty of creative and inexpensive ways to spice up

any room. If you are an artistic person, you can try your own hand at making some decorations. Popular DIY options right now include pennants, garlands and pin boards. Pennants, made from either felt or fabric, are a fun way to add personality to your space. Hanging one on your door can even help your floormates learn your name and even something fun about you! Garlands can be crafted from almost anything, but if you enjoy crocheting, this might be the option for you. Flowers, hearts, stars and bows are just a few designs you can create and drape over your window, doorframe or bed. Pin boards are a great way to display cherished memories and aspirations. You can fill them with photos of friends and family, old movie tickets or images of dream destinations — whether they are places you've already explored or hope to one day.

Planning how you want your dorm to look can be used as an opportunity to explore different styles and discover what truly resonates with you. After all, college is a time for self-discovery, and your dorm can be the first step in expressing who you are.



Audrey William's and Hanna Andersson's dorm polaroid wall, each photo is of visitors to their dorm

The Fisher 2025 Almanac

Planting Seeds of Success with Fisher Ink Seniors!

story Lizzie Freytag **design** Riha Huq

“This is the best place to **make the most of all of the opportunities** around you, even if you fail miserably”

— Riha Huq

Fisher Ink seniors reflect on some of their favorite Buckeye memories, suggesting how to take advantage of your time at The Ohio State University. With tips and tricks and a recipe for Buckeye snacks, you'll get exposed to the scarlet (and gray) fever!

Capitalize on Columbus

Columbus, Ohio is among the biggest cities in the United States. As such, senior Amanda Srebnik advises Buckeyes to take advantage of it and explore. “Columbus truly has so much to offer,” said Srebnik. “Whether it's restaurants, coffee shops, boutiques, ice cream parlors, concert halls or activity spaces, Columbus has more than enough to last you all four years and then some!”

As many have suggested, college is a time for branching out and trying new things. In order to make the most of her time at Ohio State, Srebnik and her friends have made a goal to only try new restaurants and coffee shops this year.

Srebnik also advised students to not get bogged down by habit and familiarity. “Step out of your comfort zone and explore German Village, Grandview, downtown Columbus and even parts of Ohio State that you are not familiar with,” said Srebnik. “I wish that I had been branching out and exploring more all throughout these past four years, but better late than never!”

Buckeyes Abroad

The world is your oyster! And while no one really knows what that means, Srebnik strongly urges Buckeyes to take advantage of opportunities to travel internationally.

“Studying abroad offers students the opportunity to fully get immersed in a new culture, gain new perspectives, meet amazing new people and learn so many new outlooks on life,” Srebnik said.

There are various programs offered

to students to travel abroad, for various durations. As Srebnik advises, “Speak with your advisors or research the Office of International Affairs or Fisher's Office of Global Business to find these amazing opportunities waiting for you!”

Recipe: Buckeye Bars

1. First, get out the pan.
2. Mix 2 1/4 cups of flour, 1/4 cup of cocoa powder, 1 cup of softened butter and 1/2 cup of sugar in a large mixing bowl with your hands until combined. It will be crumbly.
3. Press dough into an oven safe container – any shape will do.
4. Bake in a 300 degree oven for 20 to 30 minutes, or until golden/darkened on the edges. (Pre-cutting the squares while still warm will make your life easier in the long run.)
5. Mix one cup creamy peanut butter, and one half cup sugar in a bowl.
6. Spread peanut butter on top of your fully-cooled chocolate shortbread. (Softening the spread in the microwave can help with smoothing.)
7. Stick the bars in the fridge for 1 hour or until fully set.

Enjoy!

Campus Connections

The Buckeyes are fortunate enough to have a beautiful campus with over 1,400 clubs and organizations to join and plenty of lovely people. Embracing these defining

attributes can be incredibly rewarding – at least that's what senior Riha Huq believes.

“Being on campus with others who are just as new to adult life as you can be daunting, but getting involved in campus life, whether that be joining a club or going out for a donut run with your roommates, is going to be far more valuable and memorable than sitting in your dorm buried in work all day,” Huq said.

In most cases, it is not about success or failure, but rather the insight you gain from your experiences. As Huq promises, “Everyone is trying to figure out their identities in the exact same way, and sometimes those trials and tribulations will be the exact thing you need to grow so you can become a better person, friend and classmate.”

For this reason, it is no doubt that Huq encourages exploration. “Even if something doesn't seem like your thing, take a shot at it,” said Huq. “This is the best place to make the most of all of the opportunities around you, even if you fail miserably.”

OUAB for Free

According to their website, the Ohio Union Activities Board (OUAB) hosts over 300 free events throughout the school year for Buckeyes to attend. In her years here, Huq has taken advantage of her fair share.

Reflecting on her experiences, Huq said, “It was a great way for me to make friends and get out of my comfort zone.”

Huq further noted the deals students get from OUAB. “It's also rare later in life to get the opportunity to do so many interesting things for free,” Huq said.

If you are looking for something to do, somewhere to meet new people or simply a good time, OUAB events are a great place to start.

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Thrifting Through Columbus

A Budget Shopping Guide for Ohio State Students

story and photo Audrey Williams design Ally Wolfe

The broke college student; an archetype we are all familiar with. As students at The Ohio State University, managing a budget and saving money while balancing classes and responsibilities can seem nearly impossible. Thankfully, Columbus is home to a variety of secondhand stores that cater to students' needs, offering quality items at a fraction of the cost. Whether it be sporting school spirit, furnishing an apartment or preparing for that important job interview, this selection of thrift and discount stores is a great way to not only be sustainable, but also save money.

1. OHIO STATE MERCHANDISE: CLOTHING UNDERGROUND

Located on High Street right by south campus, Clothing Underground is a name most Ohio State students are familiar with. With lines often stretching out the door on game days, Clothing Underground has become a school staple, specializing in vintage Ohio State merchandise. Upon stepping inside, shoppers are immediately greeted with walls and aisles filled to the brim with scarlet and gray. Here, you can pick up a stylish addition to your game day look for a cheaper price tag than at most retail locations.

Some of the most popular items include baby tees, cropped T-shirts, windbreakers and sweatshirts. With many articles of clothing being hand-cropped and featuring throwback designs, shoppers truly can find one-of-a-kind pieces to add to their wardrobe. Additionally, if students are looking for cheaper accessories, Clothing Underground also sells Ohio State-themed beanies, sunglasses, stickers and more. Clothing Underground also accepts BuckID



Cash, making it particularly budget friendly for students trying to avoid draining their bank accounts.



Entrance to the Columbus Restore

2. THE HOUSEHOLD: HABITAT FOR HUMANITY ReSTORE

As students become upperclassmen and begin to move off campus, they are faced with a daunting task: furnishing their new living space. Finding enough furniture to fill a space is not only overwhelming, but also difficult financially. Rather than spending a fortune on new furniture, students can head on over to one of Habitat for Humanity's two MidOhio ReStore Columbus locations, specifically focused on gently used furniture, home accessories, building materials and appliances.

Upon first entering either the Bethel Road or Westerville Road location, students will be greeted by an open space filled with tables, countertops and even refrigerators. One of the most notable aspects of this store is its couch and chair collection. Here, students can choose from a selection of well-maintained, budget-friendly upholstery to serve as a comfy center piece to their living room. There are typically matching sets within their selection, allowing students to create a cohesive living environment with thrifted furniture.

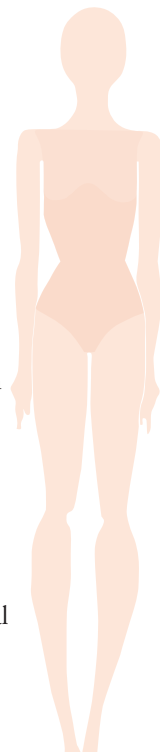
While furniture is one of the store's main features, the MidOhio ReStores have even more products to offer. For the handy and creative, the store offers affordable

paint and an impressive selection of home improvement supplies, such as concrete. From drills to weed whackers, this can also be a great place to get tools for much cheaper than if bought new. One unique feature of the MidOhio ReStore on Bethel Road is its extensive selection of knobs and handles. Whether it be furnishing an entire room or fixing up a dresser, Habitat for Humanity's ReStore is a great place to start.

3. BUSINESS CASUAL: DISCOUNT FASHION WAREHOUSE

Students progressing through their college experience may need to purchase business wear, whether it be for interviews, internships or class presentations. One quick trip to the mall, however, and students will find that full-price retail clothing can be incredibly expensive, especially if students need to purchase multiple outfits. Luckily, stores such as Discount Fashion Warehouses (or DFWh for short) exist. Here, students can buy name brand clothing for up to 90 percent off the retail price.

DFWh sells an array of clothing and accessories, but their wide range of business casual is the clear stand out. Containing several aisles of dress pants with the original tag still attached, students can get unworn clothing for as little as \$10. DFWh can also be a great place to find basic dress shoes, blouses, suit jackets and blazers. Beyond affordability, DFWh offers convenience with multiple locations across the city and an ever-changing inventory. Providing a budget-friendly alternative to traditional retail stores, DFWh is a great option for students needing professional attire.



Clothing Underground on High Street



Someone looking through clothes rack



Last, but never least...

YEARBOOK 2025

This is the Fisher Ink yearbook. Whether you are looking for a place to bond with like-minded peers in Fisher, or an opportunity to take steps towards your dream career, this is the spot to look. In this glimpse of the many student organizations that Fisher hosts, you can spot friends, peers, and more!

Asian Business Students Association



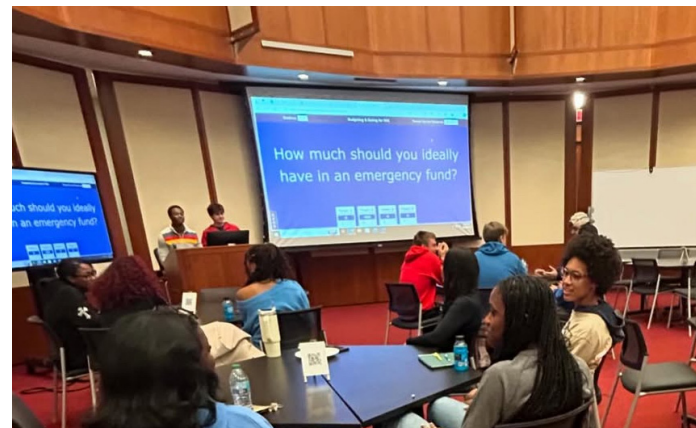
The Asian Business Student Association (ABSA) connects students with opportunities for professional development, leadership training, and social networking events. We focus on Asian and Pacific American businesses, offering a platform for networking, collaboration, and growth. Join ABSA to enhance your professional and social skills, broaden your business perspective, and engage with like-minded peers and professionals.

Buckeye Capital Investors



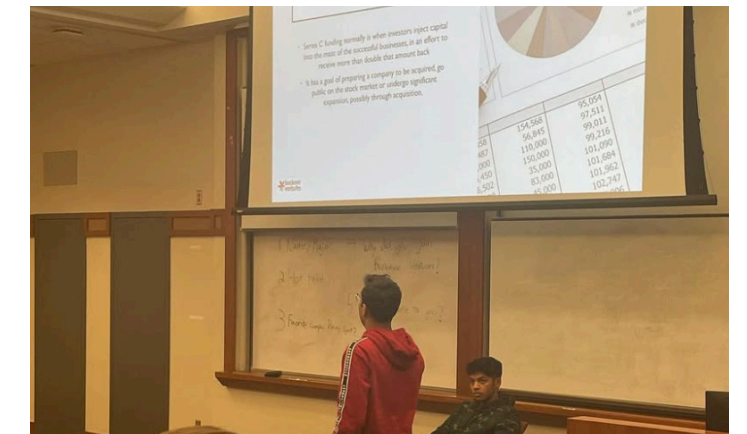
Buckeye Capital Investors is the preeminent student investment club at The Ohio State University, established with the goal of providing members with education on financial markets and the economy, along with a discussion platform to improve their investing acumen.

Buckeye Personal Finance



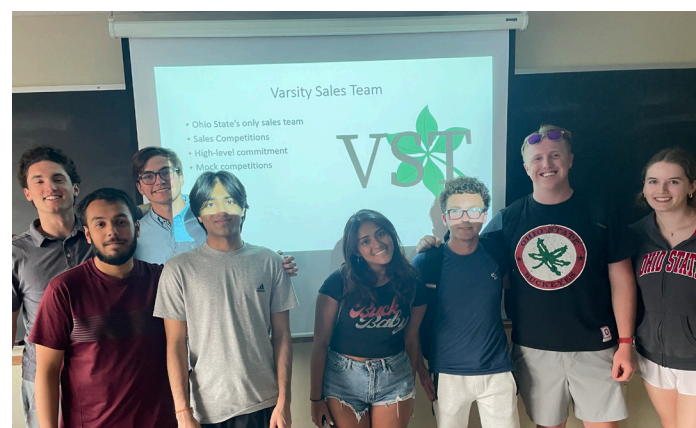
At Buckeye Personal Finance, we aim to create a space where everyone can learn about personal finance, no matter their career. Through engaging events, we focus on teaching helpful and interesting topics that empower individuals to manage their finances confidently and effectively, no matter where they are on their financial journey. We offer open membership, and anyone can attend our regular meetings, held every Monday at 7 PM, which can be found on our Instagram or GroupMe.

Buckeye Ventures



Buckeye Ventures is a multidisciplinary project-based club where members are educated about venture capital and private equity. Students gain the skills and experience needed to compete for roles in these fields. Buckeye Ventures recruits a new cohort at the beginning of each semester, and each class typically consist of 14-18 new members. If you are interested in joining, we highly encourage you to check out our website (<https://www.bvosu.com>) and follow our Instagram (@buckeyeventures).

Buckeye Student Sales Network



Buckeye Student Sales Network (BSSN) is dedicated to empowering Ohio State students to refine their sales acumen through engaging sales workshops, 101 trainings, practice role-plays, and networking opportunities. BSSN provides members with a platform to enhance and cultivate their sales techniques while establishing meaningful connections within the business community. We have open enrollment for any and all majors. Follow us @osubssn to learn more about what we do and how to join.

Buckeye Undergraduate Consulting Club



Buckeye Undergraduate Consulting Club is a club focused on providing members exposure to the field of consulting through client project work, case interview prep, and networking with professionals. If you're interested, come find us at next semesters involvement fair - we can't wait to meet you!

Business Builders



Business Builders is the premier entrepreneurship club at Ohio State. Business Builders brings together Ohio State students interested in entrepreneurship/startups and provides them with extraordinary value through entrepreneurial focused initiatives. Business Builders' flagship program is our semester-long, student-led startup incubator. Additionally, we host campus-wide events open to all Ohio State students in all degree fields who wish to one day build their own business/are interested in startups. Our alumni network is amongst the strongest in Fisher with many going on to build/work at the world's greatest companies.

Business of Retail Association



The Business of Retail Association aims to bridge the gap between Ohio State students and Retail Companies through developing a group of students with a passion for the retail industry, culminated through meaningful experiences such as speakers, immersive opportunities, and other events. BORA aims to be the liaison for companies to invest in Fisher students, providing a qualified and passionate student base that shares interests with the companies' values and operations.

FisherCares



FisherCares aims to unite undergraduate students through service and involvement both on and off campus. By giving back to the community, we seek to provide our members with relevant leadership and non-profit experience that they can build upon for the span of their careers and lives.

Gamma Iota Sigma



Gamma Iota Sigma is a professional business fraternity open to all majors, dedicated to professional development, brotherhood, and service. We provide members with opportunities to grow their careers through networking, workshops, and mentorship while building lasting friendships in a supportive community. Our organization also values giving back, engaging in service initiatives that make a meaningful impact. Whether you're looking to expand your skills, connect with driven peers, or make a difference, Gamma Iota Sigma offers the resources and support to help you succeed. Join us to develop professionally, form lifelong connections, and contribute to something bigger than yourself!

Human Resources Association



Human Resources Association (HRA) is dedicated to promoting and exploring Human Resources (HR) through guest speakers, networking opportunities, and other events! We're a tight-knit community of both HR and non-HR majors,

Phi Chi Theta Zeta Nu



The Phi Chi Theta Zeta Nu chapter is a co-ed business fraternity dedicated to developing future leaders through professional, social, and philanthropic opportunities. We provide career development, networking, and leadership experiences for students in and outside of Fisher. Our recruitment process is open at the beginning of every semester for freshmen and sophomores to gain lifelong connections, professional growth, and a supportive community committed to success. Follow us @pctosu on Instagram!

Students Consulting for Nonprofit Organizations



Students Consulting for Nonprofit Organizations focuses on bringing professional, entirely pro-bono consulting to companies that focus on bettering the world around them. By employing the diverse backgrounds, skills, and knowledge of our members, we can significantly contribute to the missions of our clients. We are an organization built on the pillars of empowering the community around us, developing leaders through real-world experience, and delivering professional

Women in Business

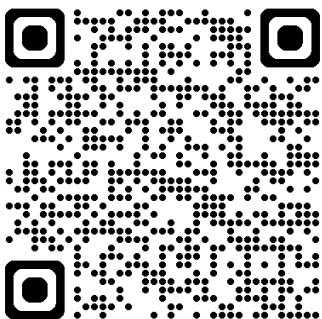


Women in Business is a student organization at Ohio State University that was founded in 2001. Our mission is to empower women through professional development, philanthropy, and social events. We value meaningful relationships, discussions, leadership, and philanthropy. All who are interested in the mission of empowering women are encouraged to join!

Look how far you've come. Envision how far you'll go.

At EY, we believe in setting high standards, reaching new heights and empowering high performers. We wish all of the students of Fisher College of Business a great rest of the semester and look forward to seeing what the future holds.

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