

Echoes of Experience: New York Tech Senior Recollections

By Maryam Iqbal

As the end of Fall semester quickly approaches, New York Tech seniors and a first year medical student at New York Tech College of Osteopathic Medicine (NYITCOM) cherish the memories and close friendships formed. From fast-paced lectures to occasional challenges, New York Tech is a college with a truly remarkable and distinctive character. In turn, creating a home for many students and a place to learn life lessons alongside creative, humanistic individuals. At the Long Island (LI) New York Tech campus, Mohit Shah, Sanjeeda Rahman, and Zaen Asghar share insightful, perceptive advice in the hopes of inspiring current undergraduates and graduate students on ending this Fall semester on a strong note! :)



Mohit Shah

Mohit Shah - a first-year medical student at NYITCOM is a recent graduate from New York Tech. Being a New York Tech alum, his pride for New York Tech's rare lively and excitable atmosphere is unwavering. His advice for current New York Tech undergraduate students to work hard this semester includes a comparison between his studying as a first-year medical student to his undergraduate years. As an undergrad, he was "able to get good grades by studying a couple of days or a week before any big exam" he had. However, he cautions against doing that frequently because as a current graduate student - graduate coursework is quite tough! "Every lecture builds on top of the last" so he recommends reviewing lectures "multiple times over a longer period of time till you can say that you know it well." Hence, Mohit encourages undergraduates to begin building strong, consistent studying habits early so that it can help for future studies and work.

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Sanjeeda Rahman

A third-year Life Sciences, B.S./Osteopathic Medicine, D.O. (BS/DO student), Sanjeeda Rahman shares a similar enthusiasm in her reflections upon the many lessons learned at the New York Tech LI campus. One of the biggest pieces of advice she would like to share with current undergraduates is that "throughout this semester and college in general, the people who you choose to surround yourself with really make or break the experience." Accordingly, she encourages college students to find the right



friends who provide a "support system that you need in order to get through the tough times." This way, you can find a person to study with who will make classes a lot less stressful and help you have a positive college experience!

ECHOES cont. on 13

Fall Semester 2023 -

Words of Wisdom

"Make sure to 'not procrastinate and be prepared at all times' - it will help you build strong, consistent study habits lasting in your future studies and work."
- Mohit Shah, OMS-I, NYCOM

"Finding the right friends gives you the support system that you need to get through the tough times. Also, find someone who you can study with and it'll make classes much less stressful."
- Sanjeeda Rahman, 3rd Yr, NYIT BS/DO

"A lot of times, things don't go according to plan" so "one of the biggest lessons I've learned throughout college is the ability to adapt...makes college less difficult and a more enjoyable experience."
- Zaen Asghar, 3rd Yr, NYIT BS/DO





Hello everyone,

I'm excited to share that the Manhattan Globe is doing another collaboration edition with the Campus Slate for the second time! I'd like to thank the Slate advisor, Professor John Hanc, for allowing us to work with the Slate again. I'd also like to thank editorial coordinator Christopher Reid for his help with directing the vision of the joint issue from the Long Island perspective. I'd also like to thank the Globe's advisor, Professor Horton, for helping me so much with the Globe and incorporating his editorial experience during meetings and 1:1s with me. We have a great assortment of exciting stories that we're sure you'll enjoy reading.

I'm excited to share that I will also be graduating this December. As a result, this is my last semester as editor-in-chief of this fantastic school paper. When I was initiated as editor-in-chief in Fall 2022, I had no idea what to do or expect. There was no manual or set of duties and responsibilities to follow. I took my role seriously, as I love news and wanted to see the paper thrive. In just one year, once a ghost on campus, the paper has attracted people of various backgrounds, majors, cultures, and experiences. We've opened our collaboration efforts with other clubs and have featured events and new organizations in our paper to help with marketing efforts on campus.

The goal was first to get stories to print. We needed to

establish a known position on campus and to do that, I encouraged talking with students and faculty to get multiple perspectives on the articles we were writing. The next step was to engage in strategic partnerships with clubs and organizations on campus to help with marketing efforts and boost our profile. From there, it was increasing student involvement on social media and posting regularly to ensure we were setting ourselves up for success. What started as a small team of 6 has grown to almost 30 members. We are a collective of writers, editors, social media managers, media experts, subject matter experts, inquisitive thinkers, and curious people interested in hearing the voices of the community.

I encourage writers not to be afraid of engaging in challenging conversations because in journalism, let's be honest, it's often difficult to have hard conversations, but we can't ignore them. Every day, we face new challenges that seriously affect our lives and those around us. Over time, I've watched the creators grow into vital intellectuals who self-manage and are open to learning daily. We're a blend of voices, and I'm proud of every one of them and genuinely look forward to seeing where they take the Globe next. I'm proud of the efforts I put in. Taking that first step was tough; however, managing the newspaper helped me realize my potential as I've gotten a glimpse of what it means to be a leader, self-direct, delegate, and encourage and inspire others. I was always learning something new and incorporating new knowledge daily, even outside the newspaper.

Which brings me to my last and vital point. Being a leader

means knowing when it's time to pass the torch. As a senior entering my MBA program, I couldn't feel more ready to see the Globe grow under a new editor's wing. When I took on the role of editor-in-chief, I was as nervous as I was ecstatic to take the lead. This role has certainly made me grow in areas I didn't even know I needed growth in. During the spring semester of 2023, I became more focused on boosting my professional profile and searching for my next full time opportunity after graduation. During this time, it became evident that my growth in the Globe had seamlessly affected my growth in other areas of my life professionally, academically, and personally. As much as I loved our work - from our accomplishments to the new initiatives we instituted in the club - at that time, I knew it was time to start thinking about the next editor-in-chief.

All it took was one article she wrote in the Fall semester of 2022. The strength of her writing, the caliber of her projects, and her ability to seamlessly lead in my absence made me realize who I hoped would take the reins after I was gone. She's talented, skillfully multifaceted, and radiates positive energy wherever she goes. You all know her as the managing editor of the Manhattan Globe.

I'm pleased to announce that Managing Editor Natalia Chancafe is the new incoming editor-in-chief of the Manhattan Globe! I'll be around and can't wait to see where you take the Globe under your amazing leadership—I wish you amazing success with the newspaper and your future endeavors.

With love from
Ashanti Hannon
Editor-in-Chief

Staff

Editor In Chief
Ashanti Hannon

Managing Editor
Natalia Chancafe

Faculty Advisor
Kevin C. Horton

Copy Editors
Joseph Tapia
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If you have an event you'd like to see covered by the Globe, contact us at
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Do You Have Senioritis?



By Natalia Chancafe

Are you tired of doing homework? Have you stopped trying your best in certain classes? Are you running on autopilot for the last weeks of the semester? You may be suffering from senioritis!

Every student is bound to feel the effects of senioritis at some point in their last year in school.

As a high school or university senior, the finish line is so close to graduation that some students start to feel like going the extra mile is not worth it anymore.

With the fall semester ending, the energy at New York Tech is shifting. Several students have started to feel fatigued. I have noticed that some classrooms are empty this time of year, as students only show up for exams and finals, not lessons.

However, some students may feel it earlier than their

last year of college.

Christian Castillo, a 4th-year Communication Arts student at New York Tech, is definitely feeling senioritis this year. “I started to feel senioritis last year when I mapped out what my last semester was going to be like.”

Castillo is a Fall 2024 graduate but still has to wait until May 2024 before he can walk the stage at graduation. He’s itching to finish, and online classes are making it worse.

“One example is when I have to do discussion boards online. I sometimes don’t have the urge to do it but I eventually get around to it when I need it for my grades,” Castillo said.

The issue of senioritis isn’t just affecting classrooms at New York Tech. Outside of our campus, other students are struggling to stay motivated as well.

Madison Huntley, a double

major in criminal justice and social work at Seton Hall University is feeling the effects of senioritis through burnout.

“Senioritis to me is like seeing how close you are to the finish line but feeling so burnt out that the amount of effort and time I put into my work is not what it used to be because I just don’t physically have the energy to complete my work.”

Here’s some advice from 4th year students trying to get by...

“One advice to work around senioritis is to keep yourself busy, whether it’s activities or studying. It’s always good to not let yourself fall into a lazy habit while you’re next to the finish line of graduation.”

Christian Castillo, New York Tech Fall 2023

“Some advice is honestly self-care, focus on yourself and just try your best.”

Madison Huntley, Seton Hall Spring 2024

“My advice to work around senioritis is to look at what tasks and classes can be done with automation... As a former overachiever, I started recognizing that I don’t have to have high achievements in every aspect of my life. I may fail at some things, I might walk away from things that just don’t serve me the way they used to, and that’s alright.”

Ashanti Hannon, New York Tech Fall 2023

“Just choose what’s important to you. Focus on your long-term goals. Be rational even when you tend to rationalize irrational thoughts and behaviors.”

Anonymous



Top: Seniors in New York Tech 10th floor classroom.

Above: New York Tech empty hallways. Photo by Roy Rodriguez



AI: The Ouroboros Problem



It hurt itself in its confusion!

by Vic Valera

Pattern recognition- the core with which artificial intelligence functions. To recognize particular patterns and produce the desired product, AI must first be provided with a database. The sources of information from these databases are questionable, as they primarily rely on grossly underpaid and hyper-surveilled data-labellers to sort through the raw quantity of information, much of which is stolen writing or artistic works made through human labor. Many databases also exacerbate real-life inequities in representations of race, class, gender, disability, and other axes of marginalization. However, we have moved past the point where humans are the only ones generating databases for AI.

AI-generated material has now oversaturated online spaces with artificially written news pieces and images. An emerging trend occurs when AI consumes its product- consumes itself- and it then exacerbates any microscopic error or assumption that the previous generation caused. The following iterations continue to carry these flaws, ultimately ruining the final product. In its production and consumption, artificial intelligence is doing so mindlessly.

While AI cannot be faulted for its mindless consumption, the individuals and organizations that design it are not exempt

from this criticism. Much like the ouroboros, the growth and development of large-scale computing requires constant consumption of resources. As nebulous as the term AI is, there are still physical materials required to provide energy to, build the infrastructure for, and conduct research on these systems. Data acts as a commodity and means of control, and despite all the potential benefits of thorough AI implementation we more often see state investment in surveillance technologies using AI. We can argue that the consumption of these resources is for some greater good of innovation, but resources include the labor of people.

It is people, not AI, that see themselves displaced and exploited to mine the metals required to build our machines under the threat of violence. Such is made clear by what is happening in the Democratic Republic of the Congo as the U.S. acquires the cobalt for the

production of lithium-ion batteries, never mind that it is “cobalt dug by women and children with their bare hands.” (NPR). It is people who are surveilled by AI facial recognition technologies so that larger amounts of them are put into the prison system- so that they may then perform the labor that makes what these AI do possible without compensation. AI may be new, but the systems it empowers and the technologies it is based on are not. If the improvements to quality of life only come for a chosen few, then we cannot responsibly call that innovation.

There is substantial historical precedent for the justification of colonization and resource extraction due to the potential benefits of the technology built by those materials. If ethical considerations are considered an impeding factor to progress, then that illuminates the true nature of the progress we’ve devoted ourselves to. Why can’t our progress be defined by the evolution of our ethics and politics? We can have circular, redundant conversations on the ethical implementation of AI, but who is it being implemented for? When conversations around AI are oversaturated with its newest “groundbreaking” ability, we forget that we’ve been at these ethical crossroads before.

Sam Altman, the recently reinstated CEO of OpenAI, claims that its unorthodox power structure and establishment as a non-profit differentiates it from other organizations less concerned with ethical qualms. Altman was allegedly ousted from



his position as CEO due to, among other factors, a letter from researchers regarding the power of a project known as Q* in the pursuit of artificial general intelligence (AGI). Despite this, our culture of consumption does little to retort Altman. His claims facilitate our comfortable usage of ChatGPT without the guilt of being partially responsible for the exploitation. The pursuit of AI ethically is a priority for OpenAI, especially the potential to improve society as a whole. However, Altman's governing philosophy of "effective altruism", a belief in accumulating wealth and influence to achieve greater societal good, is still contingent on gaining money and power.

The faux-rad dogma that occupies spaces of technological innovation can survive because the way of thinking- one regarded as the only correct way of thinking- has remained the same. We repeat cycles of exploitation for the "greater good". While we currently have an ouroboros problem, the same symbolism can be applied to our solution. We need to recognize our own patterns. During this cycle of change, destruction, and re-creation, we can build more egalitarian worlds. If you haven't already, ask yourself: Who is AI made for? Who do we imagine making AI? Who's futures are we building and changing, and how are we building them?

ARTICLE WRITTEN BY ChatGPT 3.5 BELOW

Prompt: Write a college newspaper article on the ethical implementation of AI.

ChatGPT's response:

Title: "Navigating the Ethical Frontier: Implementing AI Responsibly in Higher Education"

Subtitle: Striking the Balance Between Progress and Ethical Considerations

In the rapidly evolving landscape of technology, Artificial Intelligence (AI) has emerged as a powerful tool with the potential to revolutionize various aspects of our lives, including education. As universities embrace the benefits of AI to enhance learning experiences, it becomes imperative to scrutinize the ethical considerations surrounding its implementation.

AI, when integrated into educational systems, has the capacity to personalize learning, streamline administrative tasks, and even con-

tribute to groundbreaking research. However, with great power comes great responsibility, and ethical concerns should be at the forefront of any AI implementation strategy.

One key ethical consideration is transparency. Students and faculty alike must be informed about the use of AI in educational settings, including how it will impact their learning experience and the data that will be collected. Clear communication ensures that individuals can make informed decisions about their participation in AI-driven initiatives and fosters a sense of trust in the institution.

Moreover, universities must prioritize data privacy. As AI systems collect and analyze vast amounts of student data, it is crucial to establish robust security measures to protect this sensitive information. Striking a balance between utilizing data for educational improvements and safeguarding privacy is essential in maintaining ethical standards.

Bias in AI algorithms is another ethical minefield. If not carefully designed and monitored, AI systems can inadvertently perpetuate and even exacerbate existing biases present in society. Institutions must actively work to eliminate biases from AI algorithms, ensuring that decisions made by these systems are fair and equitable for all students, regardless of their background.

To address these concerns, universities should establish ethical guidelines for AI implementation. These guidelines should be developed collaboratively, involving input from students, faculty, and other stakeholders. By incorporating diverse perspectives, institutions can create a framework that considers a wide range of ethical considerations and mitigates potential risks.



“Balancing Act: Navigating Student Struggles, Mindful Practices, and Leadership Wisdom with Jay Shetty”

By Sharli Gelda, Globe guest writer

Juggling multiple group projects, hunting for that elusive summer internship, and the relentless pursuit of securing that coveted ‘A’ in the upcoming final exams – the struggles of a student are real.

The looming graduation and the ticking clock of the OPT cycle only add to the stress. And let’s not forget the frustration of unresponsive teammates during crucial project discussions. As the year-end approaches, so does the final scorecard for the hard work invested in the past months.

In this chaotic whirlwind, sleep becomes a luxury, and there’s little time for rejuvenation or physical activity. Prioritizing tasks and managing time becomes a daunting challenge, a struggle many of us are all too familiar with. In the relentless pursuit of academic and professional success, the importance of carving out a safe space for oneself becomes evident.

Amidst the chaos, is there room for the art of mindfulness – a practice that harmonizes the mind and body? Can we find solace in the technique of time management without sacrificing our mental well-being?

I had the privilege to attend a special session featuring the distinguished British-Indian author, podcaster, and motivational speaker, Jay Shetty. His insights on manifestation and creating safe spaces within our virtual and marketing networks were truly enlightening. Major takeaway (TIME)-Where we do have a set schedule, it is important to include a few habits to our day to day activities for an improved experience and better focus. ‘Mindfulness’ or as we say it- a balanced act between your body, mind and soul is a major key player here. Practicing this comes with constant belief and efforts (oh, and believe me it works.) Being present, cultivating self-awareness, and understanding

your emotions and the one’s around you will result in better relationship building. He advocates meditation and conscious breathing for stress management and self-connection.

I have been practicing these 4 Daily Habits for a month now and it has worked well in helping me with having an optimistic outlook towards everything and prioritizing myself over anything. The technique is known as **TIME** Technique-

- **Thankfulness:** Acknowledge positives in life, keep a gratitude journal personally, and express

- thanks to colleagues professionally and affirmation to build your personal relationships.

- **Inspiration:** Start and end the day positively; read an inspirational quote or listen to a motivational podcast in the morning, reflect on achievements in the evening. Listen to <https://www.youtube.com/@JayShettyPodcast>.

- **Meditation:** Prioritize mental well-being with practices like mindful breathing or guided meditation for 10 minutes each morning. <https://www.youtube.com/watch?v=eNS4BlSrYVc>

- **Exercise:** Boost overall well-being with regular exercise, whether a daily walk, gym sessions,

or yoga, dedicating 30 minutes a day. Go that extra mile!

These practices create a holistic approach, addressing mental, emotional, and physical aspects of life personally and professionally.

In terms of leadership and having a balancing act for work-life balance, Jay shared invaluable wisdom:

- **Clear Purpose:** Jay stressed the importance of preserving the authentic story behind what we build. The story can often lose its purpose through repetition, so it’s vital to rekindle that original essence. For instance- What was your reason to enroll in the course you are in and what is your return on investment?

- **Role in Achieving Purpose:** Inspired by Liz Baker Plosser, Editor in Chief of Women’s Health, Jay emphasized vocalizing the mission and maintaining transparency. For Example- You are opting to work as a Business Analyst Intern, you should start with having a clear goal, a strict timeline to follow, getting referrals and a tab where you can check the status.

- **Massive Transformation Purpose (MTP):** Jay’s MTP is about spreading wisdom through online platforms, transcending transactions to focus on transformation and purpose. Knowing one’s

- purpose would result in becoming more productive and focused with prioritizing tasks. You can use the ABC Technique-giving maximum importance to task in ‘A’ category and moving forward.

- **Galvanizing Leadership:** Jay highlighted the power of vulnerability and showing weaknesses.

These qualities open doors for genuine connections and empower us to lead by example, fostering curiosity and humanizing our interactions. While we all are on the same boat, there is a requirement to be vocal about our struggles while we are very open to positive feedback.

- **What’s Next:** Jay Shetty’s brand is evolving to engage, educate, and entertain both digitally and personally, with the Outgrow community at its core. This journey underscores the importance of reprioritizing life for a greater purpose.

As the year draws to a close, it’s not just about the final scorecard; it’s about acknowledging the toll our pursuits can take on our mental and physical health. Perhaps, in the quest for excellence, there’s a need to strike a balance and create a safe haven for self-care and mindfulness. Let’s embrace these insights and embark on our personal and professional growth journeys!



Celebrating Native American History Month: Wisdom, Heritage, and Influential Figures

By Ashanti Hannon

November was a time to honor and recognize the rich tapestry of Native American history, culture, and contributions. Native American History Month allows us to delve into the wisdom of proverbs and acknowledge the impactful figures who have shaped history. We're often told about the First Nations tribes and to have respect for them. Still, genuine respect for the diverse culture comes with educating ourselves, whether we have Indigenous heritage or not.

The Wisdom of Native American Proverbs

Native American proverbs encapsulate timeless wisdom, reflecting a deep connection to the land, spirituality, and communal values. Among these is the well-known Cherokee proverb: "Don't let yesterday use up too much of today." This adage encourages living in the present, emphasizing the importance of mindfulness and resilience.

Another profound proverb, often attributed to the Lakota Sioux, states, "We will be known forever by the tracks we leave." This underscores the significance of our actions and their enduring impact on the world—an inspiring reminder to tread lightly and leave a positive legacy.

Influential Figures in Native American History:



1. Sitting Bull (1831–1890): A Hunkpapa Lakota leader, Sitting Bull played a pivotal role in the resistance against the

encroachment of European settlers on Native American lands. He is best known for his leadership at the Battle of Little Bighorn, where Native American forces won significantly against General Custer's troops.



2. Chief Joseph (1840–1904): A Nez Perce leader, Chief Joseph is remembered for his principled stand during the Nez Perce War of 1877. His famous words, "I will fight no more forever," echo his commitment to peace in the face of adversity, highlighting the resilience and wisdom of Native American leaders.



3. Wilma Mankiller (1945–2010): The first female Principal Chief of the Cherokee Nation, Mankiller made significant strides in advocating for Native American rights and gender equality. Her leadership paved the way for positive change and more excellent representation of Native Americans.

Native American History Month invites us to celebrate the rich cultural heritage and profound contributions of Native Americans. Through their enduring proverbs and the remarkable lives of influential figures, we gain insight into a history shaped by resilience, wisdom, and a deep connection to the land. As we reflect on this month, let us commit to honoring and preserving the diverse legacies that have enriched the fabric of our nation.

NEW YORK TECH WRITING CENTER

POP UP TUTORING

Thursdays-
Long Island Campus
12:30PM-2:30PM

CHECK @NYITWRITING FOR LOCATION





Campus Life 101

**Written by Christopher Reid, guest writer
(and editor) from the Campus Slate,
Long Island's NYIT Student Newspaper**

Hey everyone! I know that as college students we tend to get trapped in the same old basic cycle of going to class and heading right back home. Of course I understand that we also can get sucked into the tons of work we get from our classes at times. What's important though, is finding a way to relax your mind. The best way to do so is by establishing a healthy work-life balance. Even if it doesn't seem like so, your campus is actually a treasure trove of new opportunities just waiting to be discovered. If you have no idea where to start, I have some helpful advice for you.

My first tip would be to definitely check our schools website. There's a section that covers campus life across all of our campuses whether it be Long Island, Manhattan, or even Vancouver. By going into this section you'll be able to see all of the events NYIT has to offer all in one place in order by date. This doesn't have to be your go to, but it's definitely mine. You'll be able to see events such as job fairs and club meetings, so whether you're in need of an internship, trying to learn how to cook, or just looking to join a club you'll be quite alright. We also now have access to Campus Groups. This is a new way for clubs and other on campus organizations to post about any gathering they have going on. You just have to create an account using your student email and from there you'll be able to register for any event you're interested in. The best part about this new software is that if there are any changes to your event they are sent right to you via email.

I highly suggest taking advantage of these options because doing so will allow you to find out when your campus is holding an activity fair. You don't want to miss out on the fairs we have to offer because they provide a face-to-face experience with all of the organizations we have on display if you prefer a more direct approach. I don't think I have missed a single one myself. It's such a great opportunity to meet like-minded people and even discover new interests you never thought you'd have. The best part about it is even if you're more of an introvert, each group usually puts up a stellar display showing what each of them are about, so feel free to walk around and take it all in.

If those options aren't your cup of tea, NYIT also has social media accounts that post about potential activities, weather updates, or changes to your campus. Not only is it a good way to find out what's going on, but it's also a good way to see another side of your campus. I think my favorite part of the mynyit instagram page is definitely the reels. They always try to post along with what's trending.

Another thing you can do is explore your campus. It's simple, but sometimes that's all it takes. In each building on both doors and bulletin boards you'll find plenty of posters for events, art, movies, and other social gatherings. You'd be surprised by what you can find. I know it can be

anxiety-inducing trying something new that you found on campus but that's how we all start. All it takes is a first step.

In conclusion, your campus is a thriving hub of activity, and with a bit of effort and curiosity, you can find a plethora of things to do. Remember that college is not just about studying; it's about personal growth, building connections, and making unforgettable memories. So, get out there, explore, and make the most of your college experience. Who knows, you might just stumble upon the perfect activity that becomes your lifelong passion!

“Humanmark” Those Words!

By Efsun Seferoglu

The emergence of artificial intelligence may be a glimmer of hope for overbusy and sleep-deprived college students; but it resembles a catastrophe for writers, professors, and various occupational groups. Especially when it comes to ChatGPT specifically, lots of arguments have ignited over the past year. Even though both pro-AI and anti-AI communities have their admissible reasons, the war council for ‘To ChatGPT or Not to ChatGPT’ does not seem to dissolve anytime soon. In the meantime, how can we avoid the backlash of this otherwise very useful tool? What if a piece of writing you have poured your heart and soul into or your blood, sweat, and tears if the piece in question is a final project— is accused of being AI written? It happens. The use of simple grammar and commonly used words and phrases may lead to your piece winning an overly-annoying “Created By AI” badge. What if an article or short story you wrote gets stolen and the person responsible does not face any consequences because there is no AI detected? Again, it happens. It is no secret that ChatGPT is not fully detectable, and the AI detectors are not exactly trustworthy either. After all, the US Constitution was marked to be AI-generated by one of the detector tools.

Fortunately, another AI program comes to rescue us from falling victim to ChatGPT's wrath. GPTZero, which is first and foremost an AI detector, has a new feature called “Human Writing Report”. This new addition which is accessible through their website allows users to certify their writing and protect their current and future works from being accused of AI generation. According to the sample articles, research papers, stories, etc. that the user uploads, GPTZero analyzes the writing pattern and creates a watermark for the individual. This would be useful for college students who want to avoid possible suspicions that their professors may have about their work, as well as writers and creators who want to have solid proof to protect their work. All in all, we have a source to ‘humanmark’ our words at last.



opinion

Bridging the Empowerment Gap: A Call for Gender-Neutral Work Policies

By Ayushi Lakhani

During Advertising Week, a forum buzzing with industry insights and innovative ideas, a notable trend emerged as women speakers took the stage. Proudly voicing their appreciation for the strides made in women's empowerment, they also shed light on a less-discussed aspect - the unequal distribution of benefits related to working from home and maternity leave.

While women have increasingly reaped the advantages of flexible work arrangements and extended maternity leave, the same cannot be said for their male counterparts. The speakers

emphasized that, despite company policies ostensibly supporting work-life balance, men often face challenges when seeking similar accommodations. It's not that the opportunities aren't available; rather, societal norms and expectations seem to cast a shadow over men who seek the same benefits.

In discussions surrounding this disparity, one speaker drew attention to the fact that when men inquire about flexible work arrangements or parental leave, they are sometimes met with raised eyebrows or even subtle skepticism. The prevailing mindset often questions a man's commitment to his career when he prioritizes family, perpetuating stereotypes that hinder progress towards true gender equality.

In an industry that thrives on creativity and diversity, it is imperative to address these disparities. Marketing, at its core, is about understanding and connecting with people. For brands to resonate authentically with their audience, they must first embrace diversity and equality within their own workforce.

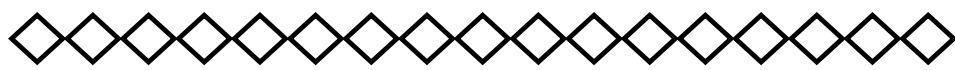
According to a recent survey conducted during Advertising Week, 65% of female professionals acknowledged the positive impact of work-from-home policies on their productivity and job satisfaction. In contrast, only 40% of men reported experiencing similar benefits. This discrepancy suggests a need for a more inclusive approach to work policies.

One speaker proposed a compelling solution to this issue – top-level executives, particularly male leaders, should proactively set an example. By championing and utilizing the family-friendly policies offered by their organizations, they can shift the narrative and destigmatize these practices.

When CEOs, high-ranking managers, and influential figures champion gender-neutral work policies, it sends a powerful message throughout the organization. This not only helps break down gender stereotypes but also fosters a workplace culture where employees feel supported in both their professional and personal lives.

Companies should conduct regular audits of their policies to ensure they are gender-neutral and actively promote work-life balance. Communication and training programs can also be implemented to eliminate biases and misconceptions surrounding men seeking family-friendly benefits.

As the advertising industry strives for inclusivity and authenticity in its campaigns, it must also reflect these values in its internal policies. The speakers at Advertising Week have ignited a crucial conversation about the need for gender-neutral work policies. It's time for companies to recognize that true empowerment knows no gender boundaries. By embracing change at the leadership level and fostering a culture of equality, the advertising industry can set an example for other sectors to follow, ensuring that the benefits of empowerment are truly accessible to all.



New York City is #litty: A Satire

By Russell Goychayev

Thanks to the latest and most significant advances in AI technology, orphans in New York City can now be legally adopted by self-aware AI robots, known as Daddy and Mommy AI. Finally! Those stupid orphans. Shame on them for having no parents. We can eliminate all of our problems with technology, can't we?

Don't have any friends? Well, I have a solution for you! Download Instagram and make hundreds of meaningless connections through friends and followers. Watch Instagram stories all day about people with whom you haven't had an in-person conversation within weeks. Fill your mind with delusions and misinformation about how Donald Trump is about to drop a diss track on Joe Biden. Lower your personal standards day after day as you consume information in a vacuum, like a dog eating turds on the sidewalk.

Ignore homeless people! Those goddamn smelly, irate bastards. Plug each of your AirPods Pros into your left and right nostrils and tune out all the bad vibes. Don't make eye contact with them on the subway. Treat them like the subhumans they are.

Social skills? We don't need 'em! Don your shiny AirPods Max and embark on war in New York. Purchase multiple \$7 Starbucks Lattes 365 days per year, multiple times a day, to fuel your profound lifestyle. Smoke nic in the bathroom. Hit your cart whenever you feel stressed. Put down your homework and put some Big Macs into your mouth. That'll show you.

Get a college degree for a lifestyle you don't want to live. Go to parties every weekend. Do drugs and don't stay in school. When you attend your classes (billed at \$1420 per credit), whip out your \$3,000 laptop and start playing Valorant. Mope about all your problems. Possess introspection skills and the emotional IQ of a caterpillar. Place labels on people that you don't know so that your hatred can fuel your awesome lifestyle.

We live in the greatest city in the world, don't we?



“Come Argue With Us!” – A Vibrant Model UN Club Event in Honor of United Nations Day



By Keerthi Kapavarapu,
guest writer to the Manhattan Globe

In honor of United Nations Day, which celebrates the founding of the United Nations on October 24th, the Model UN Club hosted a riveting event, inviting enthusiasts to engage in constructive debates and discussions. Aptly titled “Come Argue With Us!”, the event not only commemorated the essence of the United Nations but also promoted dialogue, critical thinking, and global awareness among participants.

Held between 11 AM to 3 PM, the club saw a bustling crowd of avid debaters, thinkers, and global affairs enthusiasts eager to make their voices heard.

Participants were presented with a platform to delve into a range of topics, reflecting the diverse and multifaceted challenges that the actual United Nations faces. Debates ranged from different levels and the delegates were allowed to pick their topics.

What made the event even more engaging were the prizes that awaited the most eloquent and impactful speakers of the day. It wasn’t just about winning an argument but about presenting ideas in a manner that resonated, influenced, and left an

indelible mark on the audience.

The “Come Argue With Us!” event serves as a reminder of the importance of dialogue in our increasingly interconnected world. Just as the United Nations strives to be a platform where nations come together to discuss and resolve pressing global challenges, events like these foster an environment where young minds can engage, challenge, and learn from each other.

As the event concluded, it was evident that the spirit of the United Nations was alive and well among the participants. Not only did they leave with a sense of accomplishment and perhaps a prize or two, but also with a renewed sense of purpose and a deeper understanding of the complexities of global affairs.

The Model UN Club extends its heartfelt gratitude to all participants, volunteers, and supporters who made the event a roaring success. As we reflect on the essence of United Nations Day, let us be inspired by the passion and commitment of these young ambassadors and strive to create a world where dialogue leads the way to understanding and collaboration.



Universality of Music



By Beste Tatlican

Take a break. (No, not the song from the hit Broadway musical, *Hamilton*, but look at you already knowing part of my music taste after reading my column all this time!)

No, but seriously, put your stress aside. Have one moment of stillness in your day. I am proud of you for pursuing this education. Chasing your dreams. I am proud of you for reading the newspaper in your free time. With that said, right now, randomly choose a song in your favorite playlist. Listen to it. And take a few minutes out of your day to meditate using this strategy. Give yourself the gift of music.

Here's the thing. We don't tend to conceptualize just how much we humans depend on music to lift our mood, make memories, focus...the list goes on. In actuality, most of us just spontaneously press that "play" button instinctively as a habit on any given day. While pondering for a second, when one doesn't have to focus on a serious task at hand and they are going on autopilot, like while driving or in the shower, it's possible to think deeper. The way people speak is music. The rhythm of the vocal cords moving. The different shapes our lips make to convey sound. All of it is music. The tap of our feet when we are nervous or energetic and excited. It's music. I am going on and on about this mainly because an image keeps popping up in my mind of my piano teacher's old car (as she describes the car, herself) with an old worn out sticker on it saying "When words fail, music speaks." This is such a common phrase that any art enthusiast has likely uttered around you at some point. If you are a music enthusiast and think about any classic rock composer at this moment, you'll see that the part of the song that you likely remember the most and sing along passionately is that "sick" guitar solo, for example. No words, just music.

When words fail to convey that feeling, those emotions,

those thoughts, at that speed and intensity, musical notes take over.

Some people call this frisson, others call it goosebumps, but there are many derivatives.

Another factor to consider about the universality of music, keeping the different definitions music can have for different people, we know that humans are mobile creatures. When you go to a foreign country and don't know the language, you can often do the bare minimum: nod or point to places with your eyes, or try to emphasize and enunciate what something sounds like in your language and the person directly in front of you can develop an idea as to what it is you are looking for or trying to communicate.

In previous times, human beings just wanted to be understood. Wanted to feel validated. Wanted to share a part of themselves to make them and their people immortal. To make their culture live forever. They expressed sorrow in their music, their faith, their love for their family, desires, the list goes on. Ask any historian and it is almost guaranteed that for whatever era you are trying to gain insight about, there was a specific type of song or instrument or characteristic of music they used. Music is THE universal language. It's hard to find any other entity quite as influential as music in any given culture in this world. Whether it be learning the order of the alphabet, the numbers, or putting the little ones to sleep, most people get introduced to music very early on— as babies and then continue to develop their sense of self, their interests, and maybe even pick up an instrument at some point in their lives. Even if they don't, just by being humans, speaking, walking, dancing, using their body language, synthesizing a rhythm, they will continue to make music and immortalize the language.

Now, reflect. Do you see music differently? Do you get the sudden urge to research about it? Or do you want to get to work and put in your earbuds to focus?

No matter what you answered, I can bet that music got you thinking. It forces your brain to work in a constructive, healthy way despite the stress of everyday life.

When words fail, music speaks.

*Manhattan
Globe
Leisure*





By Ola Abozid

Life is an amalgamation of suffering, or at least it can seem that way. It is the catalyst that begins, continues, and eventually ends our existence in our lovely and polluted world. When talking about suffering, we tend to think of it as an inconvenience, a nuisance. We think of suffering as this stepstool we overcome to get to the “good part.” An inevitable crack in the steps; it is something that just happens to us; inescapable. The ominous fate of our existence. However, what if suffering was not a concept of determinism but, instead, escapable and fully preventable? What if we were the architects of our own nightmare? The Buddha certainly saw it that way. The Buddha saw that while suffering is inevitable, it is rooted in our own carnal nature. It was rooted in our desires, our clinging. He found the concept of suffering, or *Dukkha*, particularly pertinent to our existence. In fact, he discussed the phenomenon extensively.

The Four Noble Truths, foundational tenets of Buddhism, are a doctrine to the Buddhist’s view on suffering. The first noble truth, The Truth of Suffering, can be summed up to one of the Buddha’s most famous words: “Birth is suffering, aging is suffering, illness is suffering, death is suffering.” In essence, this statement is awfully morbid. If life, truly, is just an amalgamation of suffering, what’s

A Hermeneutical Analysis of The Buddha

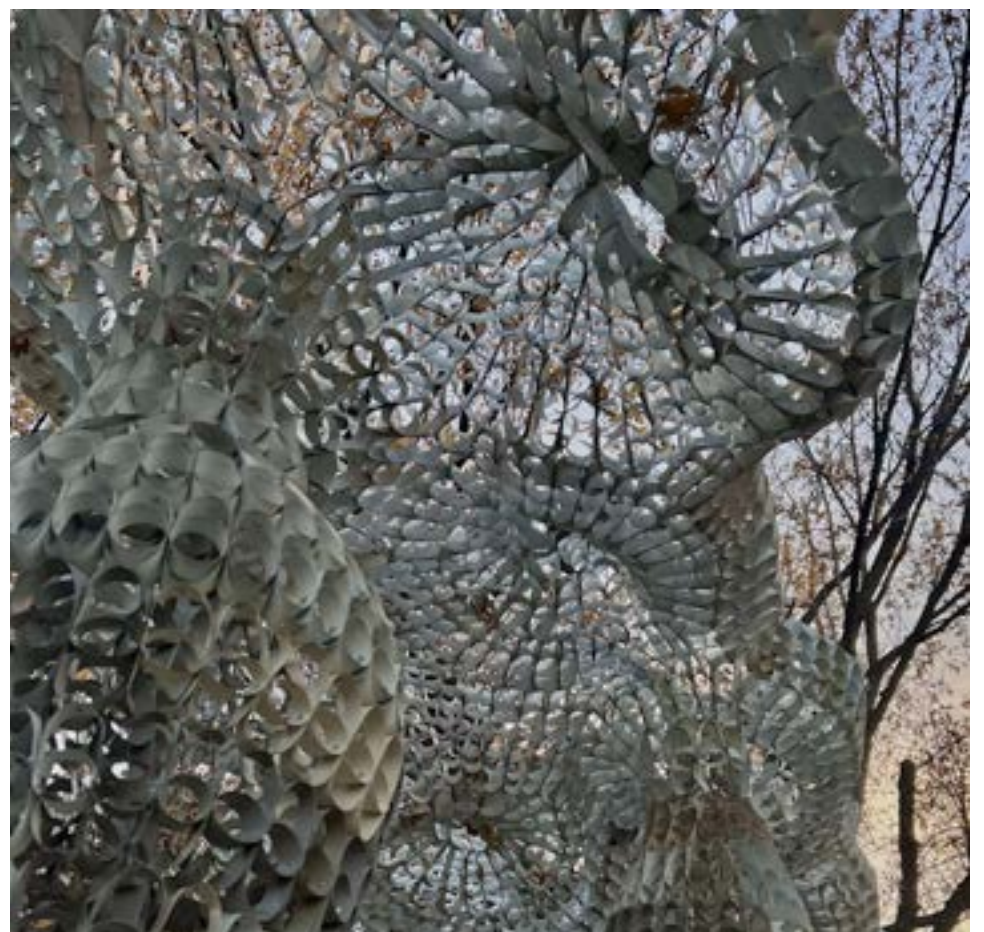
the point? The Buddhist explains, “If property comes to the clansman while he works and strives to make an effort, thus, he experiences pain and grief in protecting it.” Even the things that we desire, the things that bring us joy, bring suffering along. Every action, every thought, and every emotion is a double-edged sword. This first truth is intended to address the disease that afflicts us all: an ongoing state of dissatisfaction.

The Second noble truth, The Origin of Suffering, provides the first step to understanding the cure for our ever-present disease. It does so by analyzing the origin of the cause of this psychological oppression. The Buddha states, “It is this craving. . . accompanied by delight and lust.” It is the “craving for sensual pleasure, craving for existence, craving for extermination.” It is that carnal predisposition to crave that is the quintessence of our suffering. We suffer because we desire. Disappointment is rooted in expectations, loneliness emerges from the need for validation and comfort, and heartache stems from our innate need to be loved. The nourishments of life that we harvest are the same ones that often poison us. Does that mean we should become apathetic? Soulless? Are desire, emotions, and connections not what quenches our ever-thirsty souls? It is the dilemma that drives the continuous question: “Do I care too much? Too little, maybe?” We are constantly appraising our level of involvement in our own lives, living dubious of whether we

are being fair to ourselves and those around us. It is an incessant battle and as beautiful and enlightening as the literature and philosophical conceptualizing of humanity is, it can never truly assess what the answer would be.

The third noble truth, The Truth of Cessation, says that the cessation of suffering consists of giving up and relinquishing cravings. If we do not crave, we cannot suffer, because we want for nothing. In this Noble Truth, there are three main objects of craving: sensual pleasures, eternalism, and extermination. Sensual pleasures mean desire and appetite, i.e. sex and good food. Eternalism means self-preservation, the craving for existence, and even the belief in

reincarnation. As for extermination, we crave the annihilation of all that is bad in the world: poverty, depression, failure, etc. We seem partial to trying to change the world to accommodate our desires rather than changing our desires to accommodate the world. In a sense, this is due to our predisposition for solipsism. As humans, we naturally assume that our needs are of primal superiority. Infants, for example, do not develop empathy until about the age of two. They only do so once they conceptualize themselves as an entity separate from those around them. Ergo, we are not born compassionate and empathetic, it is a learned behavior. Similar to that, we as humans prioritize our pleasures, eternalism, and externalism. We desire it so much that our peripheral vision is blurred. We focus on the desire in itself, ignoring the possibility that that



Imagined Fungal Emergence by Kate Rusek
Reclaimed aluminum and aluminum fasteners

“Using reclaimed aluminum blinds, Rusek creates an immersive tapestry inspired by clusters of fungi. Referencing both natural and manmade architectural structures, the installation features archways and openings



A Hermeneutical Analysis of The Buddha

very desire could be what is bringing forth our suffering.

Lastly, The Truth of the Path: There is a path for us to follow that will bring us to nirvana. These three noble truths were preliminary schemas for the path by which suffering is overcome: The Eightfold Path. Nirvana is a transcendent state of enlightenment in which all pain and suffering are eradicated. The Buddha believed the Noble Eightfold Path to be the trackway for peace and

enlightenment. This path consisted of eight concepts: Right Understanding, Thought, Speech, Action, Livelihood, Effort, Mindfulness, and Concentration (right effort, mindfulness, and concentration). These concepts are variables compounded in order to create the path necessary to achieve true nirvana in life. In life, chaos is assumed while peace is sought out. Ergo, although concepts such as the Eightfold Path may be seen as mere self-help hippie agendas, they

do hold truth and substances in our lives. Of course, The Buddha was no stranger to the fact that humans are innately flawed. It is those flaws that create our depth. That being said, those flaws were also the burgeoning of philosophy and schools of thought such as this one. Humans are naturally unstructured. Hence structures such as this, and other ideologies, are necessary in order to reach true nirvana. For us to truly cease our suffering, we must recognize that suffering, in itself, is not punishment. Just as joy, suffering is water from which our roots are fed and sprout with whatever our experiences shape us to be-

come. It is not to suffer that is the issue. It is to suffer blindly. Suffering and misery are necessary. The bee sucks honey out of the bitterest flower. The good could never be were it not for the balancing existence of the bad. It is that synchrony that allows for serendipity in life.



Echoes of Experience: New York Tech Senior Recollections

ECHOES cont. from 1

Zaen Asghar

Quite fittingly, these bittersweet recollections end with advice from Sanjeeda's iconic study buddy, Zaen Asghar. Zaen is also a third-year BS/DO student who has in fact been in many of Sanjeeda's classes throughout undergrad! His advice builds on Sanjeeda's through his personal insights on the struggles of challenging coursework. Since "a lot of times, things don't go according to plan," he advocates for trying to take on a new perspective. After all, getting a bad grade or having a stressful personal situation shouldn't stop anyone from having a nice undergraduate experience! One ex-

ample he gave for changing up your perspective is "switching up studying methods or finding out what's wrong" can help in truly making a difference, thereby benefiting you in the long run. Through building reliable friendships, he has found college to be a "less difficult and a more enjoyable experience" that he will treasure as wonderful memories from New York Tech.

Thus, you heard it here - New York Tech is truly a college like no other with many fascinating stories, advice, and lessons to learn from fellow undergraduate and graduate students! Make sure to stay tuned and on the lookout as always to Manhattan Globe's videos, social media posts, and articles featuring these amazing students.



Balancing Bioengineering and Beyond



**Written By NkeAdwowa Opoku,
guest writer from the Campus Slate,
Old Westbury's NYIT Student Newspaper**

In the bustling world of academia, where the pursuit of knowledge often takes center stage, some individuals manage to juggle their studies with the responsibilities of employment, all while excelling at both. Meet Abdulhadi Badran, a remarkable student at New York Institute of Technology (New York Tech), who has masterfully balanced his bioengineering studies with a unique role as the Student Ambassador Coordinator.

Hailing from the picturesque town of Al Baha, nestled in the mountains of Saudi Arabia, Abdulhadi Badran's educational journey is a testament to both his unwavering dedication to his studies and his insatiable curiosity about the world. The path that led him to the Long Island campus of New York Tech is a tale of ambition, resilience, and a thirst for knowledge that transcends borders.

Abdulhadi is currently in his fifth and final year at New York Tech, majoring in Bioengineering at the College of Engineering and Computing Sciences, with a minor in Mathematics from the College of Arts and Sciences. With his anticipated graduation date set for May 2023, Abdulhadi has embarked on a rigorous academic journey that showcases his unwavering commitment to intellectual growth.

His academic itinerary is nothing short of demanding, featuring a constellation of challenging courses. From delving into the intricacies of Biomedical Instrumentation & Design to immersing himself in the practical world of Bioengineering Lab Principles, Abdulhadi's academic pursuits are formidable. His passion for numbers finds expression in Numerical Linear Algebra, while the mysteries of Biophysics captivate his scientific curiosity.

Yet, what truly sets Abdulhadi apart is not just his commitment to academics but also his profound engagement in research. He relishes the opportunity to participate in various research projects, revealing a keen interest in pushing the boundaries of knowledge in the field of bioengineering. This thirst for discovery extends beyond the laboratory, where Abdulhadi aspires to master the Chinese language and, one day, travel to China for immersive language studies—an ambitious endeavor that speaks volumes about his determination to embrace the world's diverse cultures and knowledge.

Abdulhadi's academic accomplishments are awe-inspiring, but they are only one facet of his multifaceted life at New York Tech. He is not only a student but also a leader and a source of inspiration for his peers. Currently serving as the Student Ambassador Coordinator, Abdulhadi's journey in this role is a testament to his dedication to fostering a vibrant campus community.

His tenure as Student Ambassador commenced in September 2021, when he embraced the role with enthusiasm. In September 2022, he took on the mantle of Student Ambassador Coordinator, a position that comes with a host of responsibilities. These responsibilities encompass conducting insightful campus tours for prospective students and visitors, meticulously organizing the Student Ambassadors team, and actively participating in a diverse range of events that enhance the campus experience for all.

What makes Abdulhadi's journey as a Student Ambassador even more remarkable is that it's his first foray into employment. The motivation behind seeking this unique employment opportunity was twofold: to gain practical experience that would complement his academic studies and to prepare himself for the challenges of the professional world that await him upon graduation.

Balancing a demanding academic schedule with the responsibilities of a Student Ambassador was initially a daunting task. However, Abdulhadi's meticulous approach and unwavering determination allowed him to adapt successfully. He devised a strict schedule that meticulously allocated time to



Balancing Bioengineering and Beyond

his on-campus job, his summer off-campus employment, his involvement in research projects, and his academic pursuits—a feat that showcases not only his time management skills but also his remarkable discipline.



My advice is On-campus jobs are very important for all students not only because of the money but also because of the experience that you will get as a student in school.



One of the most valuable lessons Abdulhadi has gained from his role as a Student Ambassador Coordinator is the art of interpersonal communication. He acknowledges the profound influence of his supervisor, Thomas Shea. “I consider Tom as my mentor because he taught me a lot and I feel that he is not just my supervisor and mentor but also my friend. He taught me a lot of things in life and how to deal with people and how to be very patient and professional. He taught me a lot of things in work and in life, and I am very grateful to him for all of those teachings I got from him throughout time”. Tom has imparted crucial life lessons on dealing with people, handling challenges, and maintaining professionalism—lessons that Abdulhadi holds dear and that have significantly enriched his personal and professional growth.

Abdulhadi’s journey as a Student Ambassador Coordinator hasn’t been without its share of challenges. His team has encountered obstacles, especially in the realm of event planning and interactions with diverse families and individuals. However, their collective experience and knowledge have allowed them to overcome every obstacle, emerging stronger and more resilient.

His on-campus job experience has provided Abdulhadi with invaluable professional insights, offering a sneak peek into the working world he will soon enter as a bioengineering graduate. It has made him acutely aware of the dynamics of workplace environments and has equipped him with the skills and knowledge necessary to navigate these environments effectively.

Looking ahead, Abdulhadi envisions a future where he secures a high-paying job in his field and becomes a shining star in the world of bioengineering. He credits the career services office at New York Tech for helping him refine his resume and cover letter and navigate the professional world through platforms like Handshake—a resource that has proved invaluable in his journey towards a successful career.

To students considering on-campus jobs, Abdulhadi had this

to “My advice is On-campus jobs are very important for all students not only because of the money but also because of the experience that you will get as a student in school. These jobs will prepare you for future jobs after graduation and they will make you professional. Also, patience is a very important skill that all students who get on campus jobs should have.” These jobs, he believes, serve as invaluable stepping stones to future careers, instilling professionalism, and patience—two qualities he considers vital for success in any field. As for his most interesting project to date, it’s his ongoing research in bioengineering—a field that continues to captivate his imagination and drive his quest for knowledge.

Finding on-campus employment opportunities at New York Institute of Technology (New York Tech) has been made remarkably convenient through the innovative Handshake app. This dynamic platform serves as a gateway to a multitude of exciting job prospects, connecting students with a wide array of on-campus positions that align with their interests and career goals. Furthermore, the Office of Career Success and Experiential Education at New York Tech plays a pivotal role in guiding students towards these opportunities. With dedicated advisors and a wealth of resources, this office not only assists students in fine-tuning their resumes and cover letters but also provides invaluable insights into navigating the professional world. It’s a hub where students can seek personalized advice, attend workshops, and access a treasure trove of information that empowers them to make informed choices about their career paths. Together, Handshake and the Office of Career Success and Experiential Education create a dynamic synergy, ensuring that students at New York Tech are not only academically prepared but also equipped with the practical skills and experience they need to succeed in their chosen fields.

Abdulhadi’s academic excellence has earned him a place on both the President’s List and the Dean’s List multiple times. These accolades serve as a testament to his unwavering dedication and commitment to his studies—a dedication that has undoubtedly played a pivotal role in his academic success.

Beyond academic achievements, Abdulhadi’s job experience has endowed him with a wealth of invaluable life skills, including patience and organizational acumen. These skills have not only enhanced his effectiveness as a Student Ambassador Coordinator but have also enriched his personal life, empowering him to approach challenges with composure and resilience.

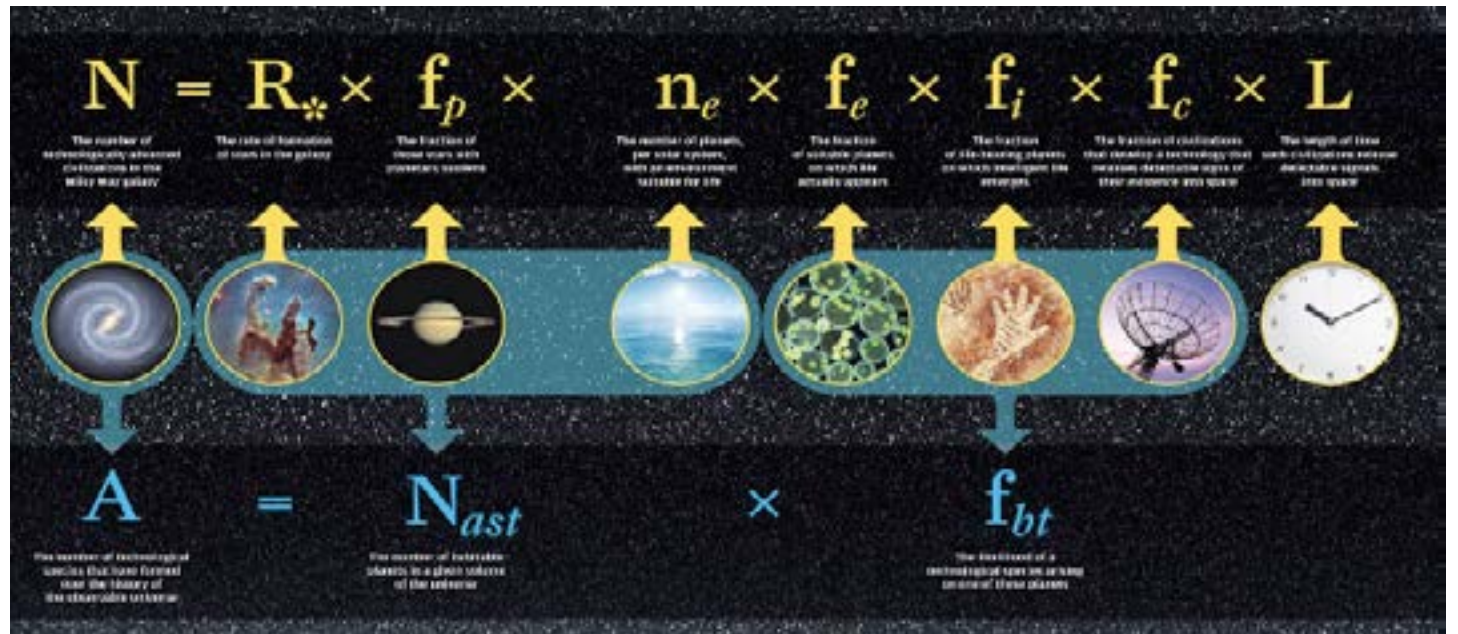
As Abdulhadi Badran approaches the culmination of his academic journey at New York Tech, the future holds boundless opportunities for this exceptional individual. His journey—from the mountaintops of Saudi Arabia to the bustling campus of New York Tech—serves as an inspiring narrative of ambition, resilience, and the relentless pursuit of knowledge. We eagerly await the chapters he’ll write next, confident that they will be marked by the same dedication and excellence that define Abdulhadi’s remarkable story.



The Habitable Worlds Observatory: *Homes Beyond our Own*

Written By
Brianna J. Hobert
guest writer from the
Campus Slate,
Long Island's NYIT
Student Newspaper

Are we alone? The age-old question has hurled us into paradoxes and dilemmas throughout history. The Ancient Greeks discovered that the Earth wasn't flat and mostly covered in water, begging the question if there's only a



The Habitable Worlds Observatory: Homes Beyond our Own

single piece of land on Earth. Christopher Columbus's expeditions proved that there lies civilization in other parts of the world, promptly debunking our qualms of loneliness. With the birth of Newton's Laws of Universal Gravitation and the Copernican Revolution, we soon found ourselves asking the same question once more. This time around, we wonder about the universe.

Though it's no easy question to answer, we are learning how to answer it. Our answer lies within the Drake Equation, a probabilistic argument that, if solved, tells us how many communicative extraterrestrial civilizations are within the Milky Way Galaxy. In order to solve the equation, we must build the instruments to find each factor - space telescopes. Not long after its establishment in 1958, NASA has sparked a large-scale effort to search for life beyond Earth. The Hubble sparked some of the first exoplanet observations. Soon after, the Kepler and Transiting Exoplanets Survey Satellite (TESS) followed. The recently launched James Webb Space Telescope refined NASA's focus to exoplanets even more. The Habitable Worlds Observatory is NASA's next significant push to achieve this goal since the current telescopes are not designed to study exoplanets in full. The 2020 Astrophysics Decadal Survey (Astro2020) lays out a long-term vision to create a fleet of multiple-wavelength Future Great Observatories (FGOs), one of them being the Habitable Worlds Observatory. Its purpose is to directly image exoplanet atmospheres and characterize at least 25 to be Earth-like with the use of spectroscopy.

Building a super sophisticated exoplanet-finding space telescope won't be an easy task, however. In order to fulfill the decadal's recommendations, HWO will be technologically demanding. The mission will require a telescope the same size, if not larger, than the James Webb. There is also a need for the-

sophisticated coronagraph technology being implemented into NASA's Nancy Grace Roman Space Telescope, slated to launch in 2027.

The HWO would look for primary astro-biological signatures, such as Oxygen and Methane present in exoplanet atmospheres. The HWO will also rule out "false positives," such as non-biological chemistry and host-star analyses. Lastly, the HWO will look for secondary biosignatures, algae, and foliage on exoplanet surfaces. In addition to addressing exoplanet science goals, HWO's technology will allow for the analysis of general astrophysics cases. NASA recently took the initiative to launch the technical and scientific groundwork needed to develop the observatory and meet the needs of the astrophysics community. This started with NASA's Great Observatories Maturation Program (GOMAP), which enables the Agency to build off of investments and knowledge gained from past flagship missions. This November, NASA kicked off the first meetings between the START (Science, Technology, Architecture Review Team) and TAG (Technical Assessment Group). These groups are composed of members from the science community who will investigate and conduct trade-offs for the mission.

Despite the excitement circulating around the HWO concept, there will be a long wait. Once the necessary technologies mature, NASA will enter the "Pre-Phase A" stage to develop the HWO. This involves the creation of a proposal team that will further analyze cost, technical, and mission requirements. After the initial design has been developed, NASA will have to seek formal funding while ensuring that the Nancy Grace Roman Telescope is delivered on schedule first. While we await a conclusive answer to our long-contemplated question, "Are we alone in the universe?" we have ample time to revel at the boundless possibilities that it holds.

