

Durant graduate studies abroad in Japan

By Katelynn Toft

The college experience at Iowa State University offered many opportunities for Tim Junis, a 2021 Durant graduate. Studying abroad was just one of them.

Junis, a senior, just finished the fall semester studying abroad in Japan. He is achieving a degree in Management Information Systems this May.

“I wanted to study abroad to expand my horizons and gain a much more well-rounded worldview,” said Junis.

The University of Iowa informed the *Chronicles* that the students who show curiosity about traveling and wanting to explore the world find ways to get overseas.

Russell Ganim, associate provost and dean of International Programs at the University of Iowa, said students in “traditional” majors, such as world languages, literatures, and cultures, were the most common to travel abroad.

However, studying abroad is not limited to those majors..

“There are opportunities for almost any major,” said Mr. Ganim. “We encourage students in engineering, computer science, the physical sciences, and the health sciences to look at all the opportunities we have to offer.”

The key to studying abroad is having a plan. There are many different ways students can study abroad. The University of Iowa offers programs that are semester long, yearlong, or as short as summer or winter

breaks. Internships overseas are also a popular way for students to get professional experience.

There are many resources available for students who want to study abroad such as financial aid and scholarship opportunities.

“My program was an exchange program, so I was able to pay my normal in-state tuition and fees for the study abroad program,” said Junis, who noted it also fit nicely into his graduation plan.

“I could have either graduated a semester early or study abroad, and that was a big driving factor too,” said Junis.

Studying abroad is a transforming experience, according to Mr. Ganim. He mentioned that when he sees the students return after their travels, they have learned more, not just about the world but about themselves.

“We see that students come home with a greater sense of responsibility and purpose,” said Mr. Ganim. “They return much more adaptable and self-reliant than before their time abroad.”

He said the experience also “makes students more aware of how interconnected the world is.”

For Junis, growing up in Durant, he wasn’t exposed to as many different cultures. Attending ISU and studying in Japan, he discovered that there was more out there.

“It truly is hard to fully put into words how much I was able to learn and take

away from this experience,” said Junis. “You learn so much more about other cultures and how to interact with people from different walks of life.”

In interviews with Junis and Mr. Ganim, both mentioned that the out-of-classroom experiences were some of the best parts of study abroad programs.

During his time in Japan, Junis said he enjoyed interacting with the local students and attempting to communicate with the difference in languages, them speaking English and him attempting Japanese.

“Traveling around Japan while not speaking the language well was difficult, but I gained valuable problem-solving skills and some funny memories of getting lost while navigating the public transportation systems,” said Junis.

Junis said that the scariest part of the study abroad program for him was living in a country where he didn’t know the language, even though he was taking a level one Japanese language course, which covered very basic words.

“There were many times that I used a translator app to help communicate with people,” said Junis. “However, don’t let the language barrier scare you because people are generally happy to help even if you must use a translate application.”

The idea of picking up your life and traveling to live in an unknown culture away from your family and friends for a semester can be scary.



Photo contributed by Tim Junis
Durant graduate Tim Junis is pictured in Nara Park in Nara, Japan.

However, according to Mr. Ganim, students who go abroad have higher graduation rates and often incorporate the experience into their future careers.

“International learning experiences are not only crucial to personal and professional success, they are a lot of fun as well,” said Mr. Ganim.

There are not very many chances in life where people decide that they want to experience other cultures and are able to move to different countries.

“If you have the ability to study abroad while in college, I say it’s worth it,” said Junis. “You will create lifelong memories, and even more, lifelong friends.”

He said that studying abroad “will 100% be the best semester of school I’ll ever have.”

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have been without an athletic trainer for both seasons, so I was aware of most of the team’s injuries,” Mrs. Waack said.

“I don’t have an exact count, but Wilton ended up with one or two guys per season that needed concussion testing while Durant had closer to four to five per season. Durant also had a significantly higher number of athletes out both seasons from other

injuries including hand/wrist, back, and knee issues.”

At the start of the year or season, athletes are required to get baseline concussion testing.

“When a concussion is suspected, that athlete has to re-test to determine their symptoms and where they fall compared to their baseline,” Mrs. Waack said.

“Once they are symptom free for 24 hours, they have a five-day return-to-sport protocol that they have to follow before getting back to full participation in games.”

To return to games and practice, they will have to pass their concussion testing “at or close to baseline before returning.”

When an athlete is injured, the recovery process can be taxing mentally and physically, especially on high school students.

“I think it is common for any high school athlete to try to rush back to their sport, as they want to miss as little as possible,” Mrs. Waack said.

“It’s very important for athletes to give themselves proper time to rest after an injury to decrease pain/swelling, and the re-

hab is important for rebuilding strength, stability, and flexibility in order to prepare their bodies to safely return to their sport, and decrease their chance for re-injury.”

As part of a typical rehab session at Rock Valley, Mrs. Waack said a recovering athlete may do a variety of exercises.

“In general most sessions involve some sort of manual therapy, stretching or mobility exercises, strengthening exercises, and possibly balance or agility activities depending on the type of injury,” she said.

Mrs. Waack said Durant’s track teams also had an increase in muscle injuries last season.

“After talking to some of these athletes, it seemed like the cause was often overuse, as many of them were going right from one sport season to the next, and some were still doing offseason activities for their other sports while also doing track,” Mrs. Waack said.

One of those track athletes was star sprinter Gast. Boys’ track Coach Daniel Knipfel wasn’t too worried about Gast’s hamstring injury last spring at first.

“Since it was earlier in the season, I

wasn’t too concerned initially, given that we had three to four weeks to rest and heal,” he said.

“When rest wasn’t healing as quickly as we had hoped, it started to dawn on me how it was going to potentially impact our relays and his individual events. We still had some options, but I knew getting our best product on the track with Colby injured wasn’t going to happen.”

Coach Knipfel thinks that his track athletes should be exempt from certain off-season practices leading up to the state meet.

“In the postseason, after we have qualified for state events, yes, I think it is a high risk, low reward to compete in practices and baseball events just before a state meet,” he said.

Gast is always worried about the overlap between the track and baseball season.

“The issue of the sports overlapping also affects me because in a normal year, if I go to state track, I will be missing a week of baseball games, which is usually three to four, including a conference game,” Gast said.

Hair~Makeup~Tanning
Kiley Van Sloten (DHS 2007)
Owner/Stylist
Alicia Cooling and Danielle Halferty,
Stylists
210 5th Street, Durant, IA
(563) 785-6227

Arty's Ice Cream and Grill's boys' basketball player of the month

DIET CAN START TOMORROW
609 W. 5th St.
Wilton, IA 52778
563-732-2222

Junior Reid Hollenback has been playing basketball for seven years. He got into the sport because his brother recommended that he join when he was in the fifth grade. What he enjoys most about the sport is “being around my teammates and connecting with them, staying busy, and making new friends.”

Hollenback

Apex Ink and Apparel's junior high athlete of the month

708 5th St., Durant, IA 52747
563-785-6223

Eighth grader Tegan Buesing is playing for the Durant Wildcats girls’ basketball team. She has been playing since the third grade. Buesing got into the sport because she enjoyed playing with her friends. Her goal this season is to work hard especially in the offseason.

Buesing

Raynor Door's wrestler of the month

2370 West Lake Blvd.
Davenport, IA 52804
563.391.9566 – phone
www.raynorqc.com

Freshman Owen Collier has been wrestling for 11 years. He got into the sport because his dad wrestled and signed him up. What Collier enjoys most about the sport is working towards his goals. His goal this season is to qualify for state. One of Collier’s favorite memories from last season was getting food on the way back from meets.

Collier

Peel's Inc. girls' basketball player of the month

755 W. Iowa 80 Road
Walcott, IA 52773
(563) 468-5460

Sophomore Isla Petersen has been playing basketball since the second grade and got into the sport watching college basketball with her dad. What she enjoys about the sport is the excitement and competition when playing. Petersen’s goal this season is to average four assists per game.

Petersen