

UNDERSTANDING OTHERS

What do Human Services, Psychology, Sociology, and History have in common? They are disciplines that help us all to become better citizens of our world, engaging us in the vital work of UNDERSTANDING OTHERS. CCSJ's Department of Behavioral and Social Sciences is pleased to present highlights of student work from

2021 - 2022. These writings reflect our students' progress toward meaningful careers in their chosen fields, as well as their growth into "citizen scholars." The latter growth is an ongoing process that they share with all of us. We congratulate them and welcome readers to our sixth issue.

As a Catholic college in the tradition of the Missionaries of the Precious Blood, Calumet College of St. Joseph affirms the right of students to privately and publicly dissent with ecclesiastical teaching, provided the student understands the rationale for these teachings, and acknowledges that one's opinion does not necessarily reflect that of Calumet College of St. Joseph.

"My name is Edwin Chris Verde. I am a Junior & an honors student here in Cal. College. I am also photographer and have loved photography all my life. My major is the digital and studio arts. My expected graduation will be 2024 and I plan on becoming a professional photographer with my degree. Just a dedicated person towards all and every goal."

Edwin Chris Verde

Professor Ebenger

SOCL 210A

5 Paragraph Theme

11/4/21

Colin Kaepernick: A Voice for The Voiceless

In the United States of America, there are cases of police brutality every other day towards African Americans. Innocent people have met an unnecessary fate from the firearms of our own government and

from the very people who are supposed to protect us-the police. Multiple protests and riots have occurred in recent years due to gun violence towards African Americans. Protests are the result of people being tired and they want to be heard everywhere by spreading an important message. For example, the Trayvon Martin case created the Black Lives Matter movement which still resonates throughout these recent years. The movement picked up steam once again just last year with the George Floyd and Breonna Taylor cases. Sadly, the trend of fatal police shootings in the United States only seems to be increasing, with a total 654 civilians having been shot as of September-111 of whom were Black. But the movement has also been a positive thing for the whole world because when a strong outcry from millions of people is being heard around the world, the more people will follow up with it and it can make a difference. In recent years, many athletes, actors, and artists have also shown great support for victims of police brutality through social media such as Lebron James, Billie Eilish, Chris Evans, Seth Rogen, John Boyega, and Sophie Turner just to name a few. One athlete supported the movement but in a manner that people did accept and others, not so much. On September 21st, 2016, the back-up quarterback for the San Francisco 49ers, Colin Kaepernick, kneeled during the national anthem and the backlash for his actions began all over social media. People have said it was an act of deviance which is behavior decided by most of society to be unacceptable. In my opinion, Kaepernick's act of kneeling is not an act of deviance because the reasoning is fair, which was to peacefully protest racial inequality in America. Furthermore, I will write about three reasons why it is not an act of deviance throughout this essay.

The first reason why the situation is not an act of deviance is because it was a wake-up call for the whole world. Some people found the act to be disrespectful to those who have died or been wounded in service of the United States, such as police officers or military veterans. I disagree with it being disrespectful because I think Kaepernick's goal was to be the voice of the voiceless towards police brutality in America. Clearly, Kaepernick is not against those who did serve and died under the flag, but African Americans who have been oppressed for so long under the flag, that is the issue that he made controversial by kneeling. Rosa Parks and Martin Luther King Jr. are great examples of being a voice for

the voiceless. Kaepernick's supporters on the other hand, including other athletes or artists such as LeBron James, Drake, Stephen Curry, and Tom Brady to name a few, wore his number 7 jersey titled "*I Stand with Kap.*" Even new artists still showed support of the act because in 2019, Cardi B turned down the opportunity of performing at the Super Bowl in support of Kaepernick. I believe he had an immense amount of support because he did the peaceful act in a popular setting where all eyes would be on him, and it would gain attention so it could be spoken about afterwards everywhere. It takes a lot of courage to do what he did, and many people looked up to him afterwards because of it. Racism is an ongoing issue in this country and at the time, a much-needed controversial conversation began because of him kneeling that day.

Another reason his protest was not an act of deviance was the fact that his nonviolent act influenced similar protests. It influenced more people in recent years to act more and speak more on the ongoing issue. George Floyd and Breonna Taylor were the big cases of police brutality in 2020 and it made the Black Lives Matter the forefront of protester's outcries. People began revolting in the heat of the deaths and many believed murder was being committed due to the color of the victim's skin. News of the protests mentioned Kaepernick's act of kneeling and reminded audiences and protesters alike to take action in what you believe in. Many actors and celebrities would even be a part of the protests to show support for the Black Lives Matter movement such as Sebastian Stan, Pete Davidson, John Boyega, and Machine Gun Kelly etc. It just shows what Kaepernick's act started, and it brought many people together to support the same cause. When you look at photos of these protests, you notice all the different races in the crowd that are supporting the cause such as Hispanics, Whites, Blacks, and Asians. It is a good sign for the whole world because it shows that when it matters, people come together for what is right. Protests are not expected to work overnight. They take time and commitment to the cause people are fighting for. If Kaepernick had never kneeled during the Super Bowl, the movement would have never spread across America.

The final reason why it is not an act of deviance is because it made an impact for the youth in America. It is not just African American adults that have experienced police brutality but also kids, kids from other races as well. In 2020, reported by Pediatrics Publications, “*Black children were six times more likely to be shot to death by the police than their White peers over a 16-year period. More Hispanic children were three times more likely to be shot to death than White children, the study found.*” (<https://eji.org/news/black-children-are-six-times-more-likely-to-be-shot-to-death-by-police/>) It is tragic that kids have had to experience it and that many have lost their lives because of it but Kaepernick’s other goal was to impact American youth in a positive way. The act that Kaepernick did is a heroic one because it makes kids not feel alone or feel different because of the color of their skin after having witnessed someone who is African American step up towards the issue on a big stage like the Super Bowl. These kids must grow up in neighborhoods that are not the best at times, they hear about their own people being wrongfully killed in their own neighborhood by police, and then when they attend school they are viewed differently compared to a white kid. Kaepernick truly cared about the American youth feeling they were important because in 2018, he hosted roughly 200 youths in Chicago for the “*Know Your Rights*” event. Kaepernick gathered the kids at the Museum of African American History in Hyde Park. Kaepernick even made t-shirts for the kids titled “Know Your Rights” but in the back of the shirt, he put a strong message. The message said you have the right to be free, to be healthy, to be brilliant, to be safe, to be loved, to be courageous, to be alive, to be trusted, to be educated and to have the right to know your rights. Kaepernick is 100% right about the message because for so long, the existence of African Americans in this lifetime has not been normal and it is sad that most of them have experienced unfortunate fates but also have been in scary situations because of the police. They have felt unsafe and different for many years, even viewed down upon and it is not right. Kaepernick cares and wants to show the youth that they are important and have the power to make a difference. For this life, humans were created equally, and all Americans have an absolute right to life, freedom, and the pursuit of happiness.

In conclusion, I think Kaepernick is a hero for what he did. He paved the way for many protests that had happened a couple years back and even now in present time. Kaepernick brought many people together to work together towards the same cause and had support from many all over the world. As I said earlier, trying to make a difference in the world will not happen overnight and to this day, police brutality is still happening but at least Kaepernick has made many people want to speak up whenever another life is taken away by the police. People have courage now more than ever to go out into the streets and spread the message so that it can stop happening. It is also important to have a hero that kids can look up to and then they can follow the same path to make a difference as they become older. The kneeling act has done better for the world than bad. Lastly, it was a wake-up call that needed to happen in order to address the issue worldwide because if it was not for that act, the message would have never spread across America but thankfully Kaepernick decided to kneel that day.

Bryce Seamans

I am Majoring in Human Services with a Counseling emphasis

Minoring in History

Graduate in December 2023

I want to become a high school counselor and coach soccer

“BECOMING AMERICAN” essay for The Immigrant Experience class

By Bryce Seamans

I think to be “American” can be looked at as someone “earning their stripes”, so to say. Often times, there seems to be some kind of rite of passage. Especially in the things we talked about in this class. For me, an example of earning American stripes is Leonard Covello, formerly named Leonardo Coviello. His life is an excellent demonstration of how earning the title of American comes in many different forms. The price that Coviello paid was his Italian name. When he became Leonard Covello, it almost gave him

a completely new identity. An American one, rather than an Italian one. I think this was a small price to pay for Covello. To stick with his new name was smart. This new Americanized name helped him to begin impacting the world of education by allowing him to fit in with the culture and expand his influence beyond just Italian-American circles.

Another rite of passage to become American or to help forward American progress comes through service in the military. This includes Michael Corcoran, the Civil War leader of the Irish Brigade, who fought for the Union. Many members of this Irish Brigade immigrated immediately after the Irish Potato Famine of the 1840s. With the Civil War breaking out in the 1860s, many Irishmen joined the Union. This cemented these Irishmen's place in American history, as they played a major role in keeping the nation together. These new Americans proved their loyalties to the Stars and Stripes far beyond any question. Other great American military leaders with foreign ancestry include both General Pershing and General, and later President, Dwight Eisenhower. Both faced scrutiny for their heritage as many feared that German-Americans might choose to fight for the Germans during both World Wars. With Pershing and Eisenhower both playing key roles in winning their respective wars, they publicly denounced any myths about where their loyalties lay. In other words, they didn't have to "become" American, but they had to convince the general public that they already were American.

Another American who faced scrutiny because of his heritage was none other than President John F. Kennedy. He was Irish-American and descended from immigrants who came to the United States during the Potato Famine. The American people did not question President Kennedy based on his nationality, but many did question him based on his religion. Like many Irish-Americans, John F. Kennedy was Roman Catholic. Americans did not know if his loyalties would be with the Catholic Church or with the American people. During the presidential campaign, he had to assure his fellow Americans that he was loyal primarily to them. After he was elected to the highest office in the land, he proved his patriotic allegiance by helping guide the United States through the Cold War and by helping the United States reach the moon.

In conclusion, many immigrants to America had to earn their stripes and their place here. Many did it through public service or military service. Often, Americans take an attitude that we must refuse changes infused by other cultures, and this is what caused so many immigrants to be rejected and turned away. But Americans also have a “don’t quit” mentality. This is the mentality that was put on display by so many immigrants. They worked hard to earn their place here for themselves and for the people of their family that would follow after them. This combination of mentalities is what makes up the United States. These attitudes define the American people and have rung true throughout this nation’s history. The reality is that every person in this country has ancestors who had to carve out a place one way or another. Some fled famine, like those of the Irish Brigade, others were settlers and still others were simple immigrants, like Leonard Covello, among countless other stories and ways that people arrived and helped to make the United States.

Hello, my name is Skylar Pittman, I am a first-year English & Media Communications major here at CCSJ. After I graduate in May of 2025, in hopes of becoming a Public Relations Specialist, I plan to work at a marketing agency with focuses in Public Relations, Social Media, Influencer Marketing, Media Management, and Event Marketing.

Skylar Pittman

9/22/2021

Five Paragraph Theme: Deviance

According to the National Football League, San Francisco 49ers quarterback, Colin Kaepernick refused to stand for the national anthem in protest of police brutality and oppression of people of color in the United States. However, there is controversy as to whether Kaepernick’s refusal to stand for the national anthem is deviant behavior. Some may argue that Kaepernick’s refusal to stand for the national anthem is

disrespectful to our country and military while others may argue that his refusal is a form of social change. Despite the controversy, Kaepernick's refusal to stand for the national anthem is not deviant behavior, but his right to protest as a citizen of the United States.

The First Amendment in the U.S. Constitution gives people the right to peacefully protest and assemble. Colin Kaepernick exercised his right to peacefully protest by kneeling during the national anthem. However, Kaepernick's refusal to stand for the national anthem brought incredible backlash from a lot of conservatives including former president Donald Trump. President Trump was involved in the debate by taking to Twitter, where he has over 40 million followers, to voice his objections to NFL players kneeling during the national anthem—even calling on NFL owners to fire players who do not stand for the national anthem. Although, some people argued that the anthem was a wrong way to express their political opinion. I think Kaepernick and the NFL players were doing the right thing by protesting racial inequality with their anthem protests because it is their Constitutional right to peacefully protest and advocate for social justice.

The United States has a history of political protests that advocate for civil rights, such as the bus boycott and freedom riders. On December 1, 1955, in Montgomery, Alabama, Rosa Parks and three other Black passengers refused to give up their seats and move to the back of the bus for a White man and were arrested. Parks became part of the civil rights movement when word of her arrest ignited outrage and support. Parks' courage incited the "Montgomery Improvement Association" led by Martin Luther King Jr. to stage a boycott of the Montgomery bus system. The Montgomery Bus Boycott lasted 381 days. On November 14, 1956, the Supreme Court ruled segregated seating unconstitutional. On May 4, 1961, in Washington, D.C. thirteen "Freedom Riders"—seven Black and six White activists--embarked on a bus tour in the south to protest segregated bus terminals. Facing violence from both police officers and White protesters, the Freedom Riders drew international attention. On Mother's Day 1961, in Anniston, Alabama, a mob threw a bomb into the bus; however, the Freedom Riders escaped the burning bus but were severely beaten. U.S.

Attorney General Robert F. Kennedy negotiated with Alabama Governor John Patterson to resume their journey under police escort on May 20. But the officers left the group once they reached Montgomery, where a White mob brutally attacked the bus. On May 24, 1961, a group of freedom riders reached Jackson, Mississippi but were arrested for trespassing in a “Whites-only” facility and sentenced to 30 days in jail. The NAACP brought the matter to the U.S. Supreme Court, which reversed the convictions, and hundreds of new Freedom Rides continued. In the fall of 1961, under pressure from the Kennedy administration, the Interstate Commerce Commission issued regulations prohibiting segregation in interstate transit terminals. All in all, in the 1950s and 1960s Civil rights protests, were viewed by White people as deviant, but to Black people, discrimination, segregation, and prejudice were viewed as unacceptable thus resulting in peaceful protests to gain equal rights under the law in the United States.

In today’s National Football League, anthem protests are used to advocate for social change. Despite the controversy, Kaepernick’s purpose of kneeling during the national anthem is not to disrespect the military personnel, but rather to use his social platform to bring topics regarding police brutality and oppression of people of color to light. Kaepernick told NFL Media, “I am not going to stand up to show pride in a flag for a country that oppresses black people and people of color...to me, this is bigger than football, and it would be selfish on my part to look the other way. There are bodies in the street and people getting paid leave and getting away with murder.” (<https://www.nfl.com/news/colin-kaepernick-explains-why-he-sat-during-national-anthem-0ap3000000691077>) Although, others argue that Kaepernick’s anthem protest was deviant behavior. I think Kaepernick’s stand for civil rights was the right approach to bring awareness to social justice issues affecting minorities in the U.S. especially if people are uncomfortable with advocating for basic human rights.

In conclusion, there is a lot of controversy as to whether Kaepernick’s anthem protest was deviant and disrespectful to our country and military, but Kaepernick’s approach to express his political opinion is not

deviant but an exercise of his First Amendment right to advocate for social change as seen throughout U.S. history.

Brittanny Jurek

April 7, 2022

Hello, my name is Brittanny Jurek and I am a senior at Calumet College of Saint Joseph. I graduate May of 2022 with a Bachelor's Degree in Human Services; minor in English. My goals after college are to become a social worker to help those who have mental and behavioral issues, get my Master's Degree in counseling so I can become a professional counselor, and lastly do writing on the side.

What prompted me to write this poem was that I am scared to graduate. Everyone talks about life after eighth grade and high school, but no one mentions life after college. I wanted my poem to have a bit of reality but also fiction. The reality behind the poem was that I overcame my past self and I know that when I receive my diploma I can finally say "I did it" and "I made it." Having depression and anxiety is a tug of war with the mind and coming this far with graduating college, I know that it will be an emotional day. The fiction goes towards the pink fairy. The fairy is a spirit that is confident in herself and we have to be confident at graduation because college is challenging. It's more than partying and making new friends. It is about showing up to class on time, reading the material, trusting our professors, taking the test, and getting passing grades. Some courses are so hard that students cry and stress out. The pink fairy takes all that away for just one afternoon because she is the spirit of the college graduate. The graduate succeeded all on her own; she may have gotten help from her family, friends, and professors, but they didn't take the courses, read the material, or do the projects for her; she did the work all on her own. So, as a soon to be college graduate, I would take my diploma and stare at it for hours because I did the course work all on my own and I believed in myself which was something that was hard for me to do which is why the fairy said, "I fly alone with the strongest wings." We graduate college to finally go out into the real world and become more than students.

Thank you

College Graduate; Class of 2022

I walk across the stage.

The people cheer, the crowd applauds, and the tears come down my face.

I can hold myself, but I cry anyway.

The years it took; the lives I've lost all because I was reading books.

I don't want to be someone I don't know.

I'm proud I made it this far.

The attempts are over; the cutting stopped; I am finally in control.

I am crying because I survived.

I am thriving because I succeeded.

Six years have gone by; the road is finally ending.

I made it to a new life; I didn't think I would ever become the lady I am today.

She's confident but still makes mistakes.

She says sorry, but is aware that there is nothing to be sorry for.

She takes the diploma, looks at it, and reads her name in the **BOLD** letters.

The crowd cheers, the people applaud.

I take my diploma and leave the stage.

After the ceremony, I go home to my cottage that is deep into the forest.

I hear a voice crying in the wilderness.

I go to see where it is coming home.

I hear the noise getting louder.

It's a fairy wearing all pink with sparkles in her long blonde hair.

She is crying and thriving; the same way I felt earlier.

She is twirling in the blue clouded sky.

She looks at me and smiles, "I fly alone with the strongest wings. I am you and you are me. You made it this far and so did I. All the troubles are finally behind."

She takes her fairy dust and sprinkles it around me and soon enough I am flying because I flew with the strongest wings.

I did it all on my own, with some help from my friends and family.

I flew all day and night until I went back to my cottage in the woods.

As I go to bed, I sleep with my college diploma because I believed in my dreams and they came true; no help from the pink fairy; only that one afternoon.

Charity Gilkey

Master of Arts in Psychology.

Graduation: in 30 days

I recently accepted a position at Lansing Police Department.

In the future, I hope to work with a large government agency similar to the FBI, CIA, DEA, etc.

**HOW CAN PSYCHOLOGY HELP US UNDERSTAND CRIME, ITS CAUSES,
CONSEQUENCES, AND PREVENTION? HOW CAN PSYCHOLOGY HELP THE
CRIMINAL JUSTICE SYSTEM AND OTHER AGENCIES?**

BY

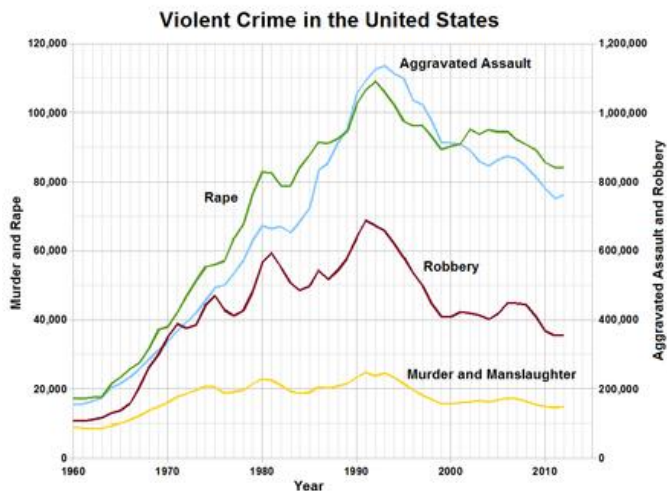
CHARITY GILKEY

List of Illustrative Material

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One Murder every	32.1 minutes
One Rape every	3.8 minutes
One Robbery every	2.0 minutes
One Aggravated Assault every	38.5 seconds
One Burglary every	28.3 seconds
One Larceny-theft every	6.2 seconds
One Motor Vehicle theft every	43.8 seconds

2. *Uniform crime reporting statistics: Their proper use - FBI*. Uniform Crime Reporting Statistics: Their Proper Use. (n.d.). Retrieved February 21, 2022, from <https://ucr.fbi.gov/ucr-statistics-their-proper-use>



List of abbreviations

- Federal Bureau of Investigation (FBI)
- Monoamine oxidase A (MAOA)
- Department of Justice (DOJ)
- Uniform Crime Report (UCR)
- National Crime Victimization Survey (NCVS)
- Intelligence quotients (IQ)
- Prison Entrepreneurship Program (PEP)

- Community Bridges, Inc. (CBI)

When looking into ways to prevent crime, we know there is no clear explanation to determine how to deter certain individuals from committing crime; instead, we must determine the underlying reasons to why a person feels, thinks, and acts the way that they do. There is no way to safely assume that criminals have a particular type of profile. It is accomplished through combining a person's personality traits with scientific data from experimental methods.ⁱ Criminologists have tested deterrence theory by addressing the issue, making observations, creating hypotheses, conducting experiments, and drawing the conclusion found from the research. Their data and experiences included informing people that create the policies and unraveling how to reduce crime rates. Psychology has played a significant role in moving forward and advancing issues related to social justice that assists in our improvement of life and the well-being of the environment. Psychology is based on the underlying explanation and understanding of human behavior while the law controls human behavior. Psychologists work very closely with the justice system; they study the desires and needs of people, why they obey laws, and how they interpret fairness and justice.

In 1844, the first police department established in the United States was in New York City. Criminology is an academic discipline that uses the scientific method to study the nature, extent, cause, and control of criminals, their behavior, and the criminal justice system. Although it may not seem like it, crime is necessary for a properly functional society. It is impossible to have a country with no crime. Criminal psychology involves the use of psychology as a science to help our understanding of crime. The early upbringing and childhood experience need to be reviewed when deterring the causes of crime. Parents, peers, teachers, coaches, family, or friends can significantly influence behavior.ⁱⁱ Many years ago, researchers realized a common result in criminals was based on their upbringing, physical abuse and other things that could result in their criminal actions.

Quantitative studies are based on crime data collected by the United States Federal Bureau of Investigation (FBI). The conditions are measured by using data such as statistics on income, education, employment,

housing, business, family, race and ethnicity, and other qualifying factors. There are five categories that in which criminologists categorizes each major crime. The different types of crime include violent crime, property crime, white-collar crime, organized crime, and consensual or victimless crime.ⁱⁱⁱ Psychological findings have an important effect on the legal system since 1880-1990's to the early 20th centuries. Psychology has played a significant role in moving forward and advancing issues related to social justice that assists in our improvement of life and the well-being of psychology.^{iv}

Since psychology focuses on the mind and behavior and criminology is the crime and deviance, together they provide knowledge and skills needed to successfully answer the unknown. When you understand why a certain crime is committed, it gives a clear view on how to prevent a certain thing from happening. Trying to prevent a crime 100 percent is far-fetched but having a high possibility of preventing a crime is viable.

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Tina Ebenger, Editor

Behavioral and Social Sciences Department