iPod misuse can lead to hearing loss

Safety is often overlooked when considering the advances of technology. However, the problem isn’t the technology itself but how we use it, according to research by Wichita State University audiologist Ray Hull. Hull says some iPod users have the volume so loud that they could be permanently damaging their hearing.

Wichita State University audiologist Ray Hull, a nationally recognized expert on noise and hearing loss, says much of our hearing loss is self-inflicted. His research on iPod use shows that too many people have the volume too loud, which puts their hearing at risk. Hull states, “Most people have no idea the damage that is occurring to their auditory system or to their ears. For example, even though music we might be listening to that may be potentially damaging seems quieter after we’ve been listening to it for a while, the damage is still occurring.” Dangerous Decibels, an Oregon public health project, estimates that of the roughly 40 million Americans with hearing loss, 10 million cases can be attributed to noise-induced hearing loss.

Hull says safety is often overlooked when considering the advances of technology. “Well, as you know, technology is usually a little ahead of our safety. And the latest that we have to contend with are personal stereos including the later version of those, which are the iPods with insert-type earphones.” Hull says the problem with personal stereos and iPods is how they are used. “The technology of personal stereos including iPods are not designed to hurt us, but it’s how they’re used that makes the difference.”

Hull states his research has shown that some people are listening to iPods at dangerously high levels. “My research that studied the levels at which people listened to their personal stereos or iPods has shown, for example, that some are listening at a level of 115 decibels. At that level you can listen to your personal stereo for approximately seven-and-a-half minutes, at which time you are at risk for permanent damage to your hearing.”

Hull describes home movie theaters as potentially damaging to your hearing. “Many sources of sound we listen to can be potentially damaging to our hearing. For example, home movie theaters with surround-sound stereo can be potentially damaging. It would behoove those who have those types of systems to also invest in an inexpensive sound-level meter so that they can measure the intensity of the sound of their home movie theater.”

Hull explains how to protect your hearing. “The best thing to do is to protect our hearing. If you are wearing a personal stereo, including an iPod, and if it has a volume control that, for example, goes from zero to 10, don’t turn the volume control up any higher than a level of five or six, and don’t listen to it for longer than an hour.”

Adapted from an interview by Joe Kleinsasser.
TRIO DSS RESOURCES

TRIO DSS has many resources available to help our students succeed in all aspects of the Wichita State experience. Many of these resources have been updated over the summer.

**Desktop Computers.** TRIO DSS has desktop computers available for students to take home for the entire semester. These computers include the monitor, keyboard, mouse, and tower. Imagine typing your paper from the comfort of home!

**Laptop Computers.** TRIO DSS has Gateway laptops and Apple iBooks available for students to borrow on a week by week basis. The laptops include carrying cases and flashdrives to save your information on.

**Textbooks.** Our office has several textbooks for loan for the semester. There are many previous editions that can be used for reference as well. If the textbook is not in the inventory you may contact your advisor to see if it can be purchased.

**Website.** TRIO DSS has our very own website. There are links to our services and study skills workshops. Tutor and student resource links are available as well. You will also find links to resources off campus such as educational disability, psychiatric, and physical disability resources. All of this at the touch or your fingertips at www.webs.wichita.edu/dss

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Congratulations Outstanding Shockers!

The WSU Alumni Association hosts an annual gala banquet and ceremony to honor outstanding Shockers for their professional achievement, distinguished service, and humanitarian efforts. This year we are proud to announce our own Ms. Deltha Q. Colvin and Phil Bowers are two of the six recipients! The dynamic duo will be presented their awards on January 31, 2008. We are honored to work with such shining examples of extraordinary service to the students of Wichita State University. Help us congratulate them on their achievements.

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Five Things To Never Do In College

1. **NEVER lie to your professors.** Things like saying you lost your homework when you actually hadn’t done it. Blaming technology is a new favorite fib and the worst part is, it’s plausible. The points you’ll lose for turning in something late or of poor quality don’t compare to getting expelled or failing the class because you panicked and told a whopper.

2. **NEVER pull an all-nighter.** Staying up all night severely affects your immune system, your ability to concentrate, your patience and your sense of perspective. It’s hard to get the prescribed 8 hours a night during college, but procrastinating leads to exhaustion. Coping with life is hard enough without a syncopated heartbeat and bloodshot eyes. Avoid this at all costs.

3. **NEVER go against your gut.** If the class feels too challenging in the beginning or you don’t get good vibes from the person in charge, check with your Advisor, and drop the class.

4. **NEVER miss a payment on your rent/insurance/credit card.** This is one of the hardest rules to follow because the effects of it won’t be felt for years to come. Restrain yourself and be accurate with your deadlines.

5. **NEVER take things too lightly or too seriously.** Be balanced in your decision making and remember that the rest of your life is stretching out ahead of you. Some things will stay with you and some things will go away. Use your wits to tell you which is which. It’s only college ... but college only happens once.

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Adapted from an article written by Molly Seltzer at Fastweb.com
10 TIPS FOR WINNING SCHOLARSHIP APPLICATIONS

Tip #1: Apply only if you are eligible. Read all the scholarship requirements and directions carefully to make sure you’re eligible before you send in your application.

Tip #2: Complete the application in full. If a question doesn’t apply, note that on the application. Don’t just leave a blank. Supply all additional supporting material, such as transcripts, letters of recommendation and essays.

Tip #3: Follow directions. Provide everything that’s required, but don’t supply things that aren’t requested—you could be disqualified.

Tip #4: Neatness counts. Always type your application, or if you must print, do so neatly and legibly. Make a couple of photocopies of all the forms before you fill them out. Use the copies as working drafts as you develop your application packet.

Tip #5: Write an essay that makes a strong impression. The key to writing a strong essay is to be personal and specific. Include the who, what, where, and when of your topic to make your experience come alive. The simplest experience can be monumental if you present honestly how you were affected.

Tip #6: Watch all deadlines. To help keep yourself on track, impose your own deadline that is at least two weeks prior to the official deadline. Use the buffer time to make sure everything is ready on time.

Tip #7: Make sure your application gets where it needs to go. Put your name (and Social Security number, if applicable) on all pages of the application. Pieces of your application may get lost unless they are clearly identified.

Tip #8: Keep a back-up file in case anything goes wrong. Before sending the application, make a copy of the entire packet. If your application goes astray, you’ll be able to reproduce it quickly.

Tip #9: Give it a final “once-over.” Proofread the entire application carefully. Be on the lookout for misspelled words or grammatical errors. Ask a friend, teacher or parent to proofread it as well.

Tip #10: Ask for help if you need it. If you have problems with the application, don’t hesitate to call the funding organization.

Kay Peterson, Ph.D.

TRIO DSS SEMESTER CALENDAR

January
2 Campus Reopens
21 Dr. Martin Luther King Holiday
Campus Closed
22 First Day of Classes
28 Last Day to Drop with 100% Refund

February
4 Last Day to Drop with 80% Refund
11 Last Day to Drop with 60% Refund
14 Valentines Day
18 President's Day Campus Open
20 National TRIO Day
25 Last Day to Drop with 40% Refund

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CELEBRATE NATIONAL TRIO DAY!

Join us in celebration and fellowship February 20, 2007 at the Hughes Metroplex. We will be hearing from inspirational speakers and having lunch with all of the TRIO programs on campus together in one room! We will also announce the winner of the TRIO Day Writing Contest. Space is limited, and lunches must be reserved, so contact us right away if you plan to attend.

Kay Peterson, Ph.D.
The Beacon Will Be Wireless

Yes, this is officially the last printed version of The Beacon we will be sending out. To cut costs and save the environment, TRIO DSS has decided to take The Beacon to the internet! The most important step in this process is ensuring we have your most current email address. If you would like to continue to receive The Beacon, please contact our office with your email address and we will email you the Adobe PDF file. This gives you the opportunity to view or print The Beacon directly from the email we send to you. You can find several previous editions already online at www.wichita.edu/DSS. From our main page simply click on The Beacon and you can view or download and print your own copy from the comfort of home. You will need to have Adobe Reader installed but if you don’t, simply click on the button labeled Adobe Reader and it will be downloaded for free.

Thank you and we hope you enjoy our publication!