

WDOM Quarterly Issues/Programs List Q4 2022

Subject/Issue Discussed	Program/Show Name	Date	Time	Duration	Type/Description
Football Charities	The other football	22-Oct	9:15 AM	30 min	Football Charities- took some time to appreciate some footballers who have gotten involved in charities and made their own around the world
College football death threats	Go Long!	16-Nov	9:00 PM	1 hr	Discussed the recent death threats directed at Alabama football players for their 2 loss season, and how college athletics, while entertaining, consist of extremely passionate but toxic fanbases, and how to deal with this issue.
1000 Voices/Suicide Resources & Hotline	Funquey	10-Oct	10:00 PM	30 min	Discussed for Mental Health Awareness month the resources on campus and how to receive help for those suffering from mental illness. We offered resources and hotlines that are available. We talked about some of the events on campus such as events hosted by BOP and 1000 Voices that happens annually.
Effects of Social Media on Mental Health	Banting With the Boys	12-Nov	2:00 PM	30 min	Discussed how social has effected the mental health of our guests on the show as well as others. We talked about the benefits of having a social media "fast" and the advantages of limiting ones social media use. Furthermore, we discussed the overuse of certain apps seem to have a more negative impact than other ones.
Jazz History and its influences on music of the modern age	Shakedown Friartown	29-Nov	10:00 AM	45 mins	Discussed the history and development of Jazz music and it's in progression and impact it had to music today. I explained some of the music theory and innovations that some specific artists(i.e. Jelly Roll Morton and Johnny Coltrane) explored through their musicianship that developed the genre of jazz as well as music in general. Additionally, I talked about specific jazz recordings and some of the influences that this recording or artist had on Jazz as well(i.e. Django Reinhardt and the guitar)
Importance of chill time	Get Hyped Friartown	6-Dec	6:00 AM	30 min	With finals coming up and all the work that is due within the next week to prepare, I shared some helpful tips towards eliminating stress and prioritizing leisure and chill time. Gave advice to allow time to exercise, hangout with friends, and watch your go to show to ensure your mind is sharp and efficient. Balancing chill time and work time is important to mental health and allows our work quality to increase.
Climate Change	Kachow	1-Dec	9:00 PM	45 min	We talked about the importance of recycling on campus and elsewhere so that we can try to reverse the warming of the globe. We spoke on this because it was unusually warm in december and we wanted to make people aware.
Weather and Climate Change	The Fellas	29-Nov	10:00 PM	30 min	As part of our weather segment with our brilliant meteorologist, we discussed the causes and effects of climate change and how it is affected us and others around the world
Mental Health	Gormusic	1-Nov	8:00 AM	30 min	Discussed the importance of seeking mental health resources on and off campus, and how social media has big effect on college students' well-being
Mental Health	Lost Media Treasures	October 31st	2:00 PM	10 min	I talked about how their are resources for people who suffer from depression or have suicidal thoughts or tendencies and how suicide is never the answer

Mental Health	The Test Dummies	29-Nov	2:00 PM	15 min	We discussed how mental health affects students in a college setting and how important it is to seek resources on and off campus.
Mental Health	The Coolest Beans	4-Dec	4:00 PM	1 hr	We discussed strategies to reach out to others in times of distress and the implications of self-isolation and how that affects those you love.
RA relations	L3BC	5-Nov	11:00 PM	30 mins	We talked about what it's like being an RA and some the issues the Office of Residence Life faces
Life at PC	Club 018	10-Dec	12:00 AM	2 hr	I mostly play music but in between songs I discuss life at PC and the adjustment to a new place, I also talk about mental health.
Offering kindness to those who have hurt you	2 Girls 1 Reditt Thread	9-Dec	10:00 AM	30 min	Discussed the importance of moving on and not seeking revenge on someone who has hurt you in the past. Moving on and chosing your own peace is what it is truly important.
Mental health around finals	ACuties	11-Dec	10:00 AM	30 min	discussed the stresses associated with finals, how we relax and also words of encouragment to those needing it this exam season
Mental health and issues in pc community	The Cooler	12-Dec	11:00 PM	2 hr	We discussed the finals coming and stresses that it brings, we talked about christmas, and we discussed issues within the providence college community .
Student, Family, Life Balance	Eclectic Entertainment	8-Dec	10:00 PM	10 min	We discussed how we try to balance our busy schedules and what has worked for us. This is especially relevant during finals because it is extremely hard to be a fcused, well-rounded student.
Importance of music during war-time	Great American Songbook	9-Dec	8:00 AM	20 min	I discussed the importance of music and Christmas music specifically duing the depression era and WWII. The lack of stability and harm done to the family structure during the 1930s and 40s necessitated an escape through dreamy and idealistic music. This time period gave birth to some of the most century defining songs.
Discussed the stress of finals season as well as accessibility of the library and its services	Acoustic Afternoons	11-Dec	10:00 AM	15 min	With finals season in the works, I discussed what it's like to be a college student during finals week experiencing both the chaos of exams as well as end of the semester events for different clubs. I then discussed the different services available at the library during this time that are available to all students (like the laptop rental system that just saved me after my laptop broke!)
Stress and Holidays	Our Spot	5-Dec	12:00 PM	30 min	Discussed the stress of going home for the holidays, adjusting to home environment again, leaving friends at school, and the loss of independence because of restrictive rules.
Dealing with Mental health during freshman year	The KendallVerse	5-Dec	6:00 AM	30 min	Talked in between songs how I've been dealing with loneliness/overwhelming school work and homesickness at school freshman year, and tips on how to deal with it in general some general some specific to providence and resources.
Live Music Inequalities	Jelly Jamz	4-Dec	8:00 AM	30 min	Talked about how there is inequality in live music, how concert tickets are so expensive, Taylor Swift and Ticketmaster controversy/lawsuit