

EXIT 17

FOR
STUDENTS
WHO MAY BE
HEADING
OUR WAY
SPRING 2010



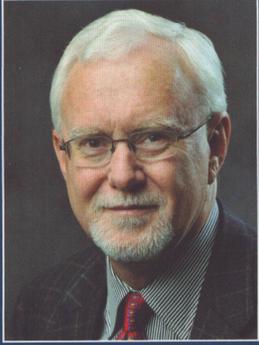
Diving to learn

Students in this spring's Marine Biology class learned to SCUBA dive so they could get an up-close and personal view of ocean life on an expedition to Hawaii.

PHOTO BY PROFESSOR ERIC STEINKAMP

Northwest
UNIVERSITY

A BOOK REPORT AND COMMENTARY FROM THE EDITOR



Merlin Quiggle
Editor

EXIT 17

PUBLISHED THREE TIMES EACH YEAR FOR HIGH SCHOOL STUDENTS.

THE SIGNIFICANCE OF THE NAME OF THIS MAGAZINE?

IT'S THE EXIT OFF I-405 THAT YOU TAKE TO GET TO OUR CAMPUS IN KIRKLAND, WASH.

If you have comments or questions or suggestions for this publication, please send an e-mail to exit17@northwestu.edu.

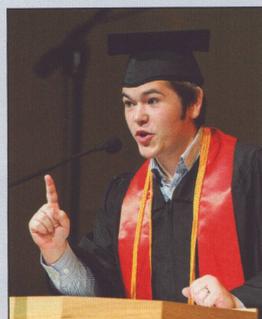
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On the cover

Morgan Chinn was part of a group of Northwest University students who learned to SCUBA dive so they could study Marine Biology on a trip to Hawaii (see pages 4-7).

Morgan was also the student speaker (below) at this year's Baccalaureate.



Are your friends making you fat?

This is the exact headline that was on the cover of *The New York Times Magazine* a few Sundays ago. ● It was hard to miss. Plump black type all squished together on an orange background, asking, "Are your friends making you fat?" ● Hey, if I can blame someone else for my weight gains, I'm all for it. ● I flipped the pages to get to the article, and read this headline: *Is Happiness Catching?* A subhead continued: *Nicholas Christakis and James Fowler say your friends – and even your friends' friends – can make you... eat too much or get happy. A look inside the emerging science of social contagion.*

The article was fascinating. It shared the discovery of these two social scientists who, for the first time, have found solid evidence for a "potentially powerful theory in epidemiology: that good behaviors—like staying slender or being happy—pass from friend to friend almost as if they were contagious viruses. Participants [in the study] influenced one another's health just by socializing. The same was true of bad behaviors—clusters of friends appeared to 'infect' each other with

obesity, unhappiness and smoking. Staying healthy isn't just a matter of your genes and your diet, it seems. Good health is also a product, in part, of your sheer proximity to other healthy people." ● The article was so interesting that I saved the magazine. And when the book came out – *Connected: The Surprising Power of Our Social Networks and How They Shape Our Lives* – I bought a copy. ● It points out one of the main advantages of a place like Northwest University. This is a college where students are shaped by professors—and by other students—whose main goal in life is to follow Jesus Christ and be conformed to His image. ● Northwest is about the transmittal of knowledge, of course. That's why the word "university" is in our name. But even more, Northwest University is focused on the formation of Christian character. ● Our newly updated mission statement phrases it this way: *We, the people of Northwest University, carry the call of God by continually building a learning community dedicated to spiritual vitality, academic excellence, and empowered engagement with human need.*

The emerging science of social contagion is proving the importance of those around us. Good behaviors—like staying slender or being happy—pass from friend to friend almost as if they were contagious viruses.

Northwest University is about the creation of lifelong friendships, about building and maintaining networks of friends.

Such relationships, *The Times* article points out, have tremendous power in shaping our lives.

I first read the original article in *The New York Times Magazine* on the day it was published: September 13th.

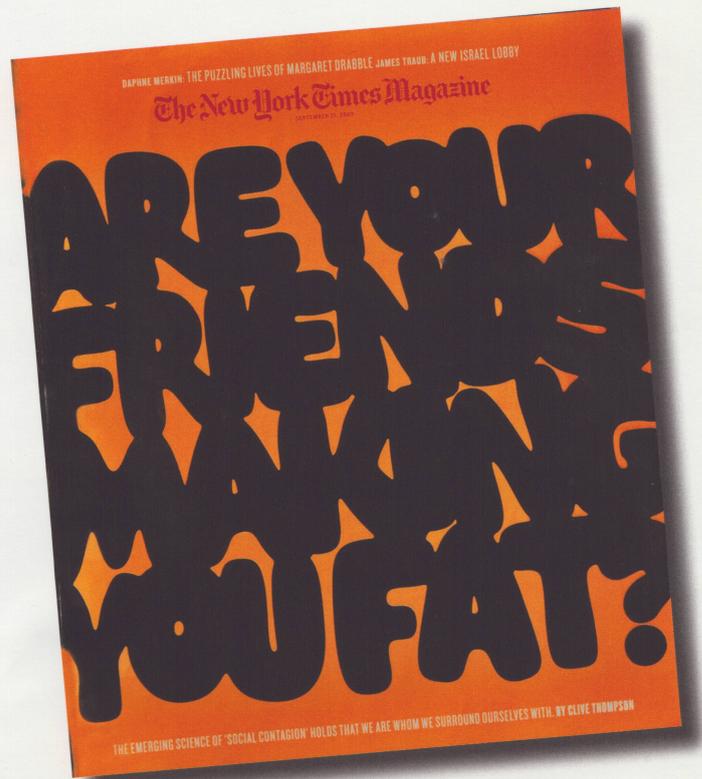
I have a habit (as do many others) of reading the Proverb that corresponds to each day of the month. So I had already read Proverbs 13 when I saw *The Times* article about the "emerging science" of social contagion, and I recalled verse 20 of that Proverb: "He who

walks with the wise grows wise, but a companion of fools suffers harm."

So, the concept—how those around us can influence us—was not really all that much of a surprise. Most of us already know the power of friends, of community, and of social networks.

Still, learning how these networks actually work confirms the vital role that Northwest University plays in the lives of our students.

As you decide what kind of university you will attend, and which specific university, you are really deciding what kind of network you will join. And this decision will influence the rest of your life.



Above:
The cover of *The New York Times Magazine*.

Below:
Students in a science lab at Northwest University. It's very possible they're helping each other to be happier, and even to get better grades.



Professor Eric Steinkamp swam with a green sea turtle during a Marine Biology class in Hawaii this spring.

Many of the students are majoring in Environmental Science. They learned to dive so they could dive to learn.

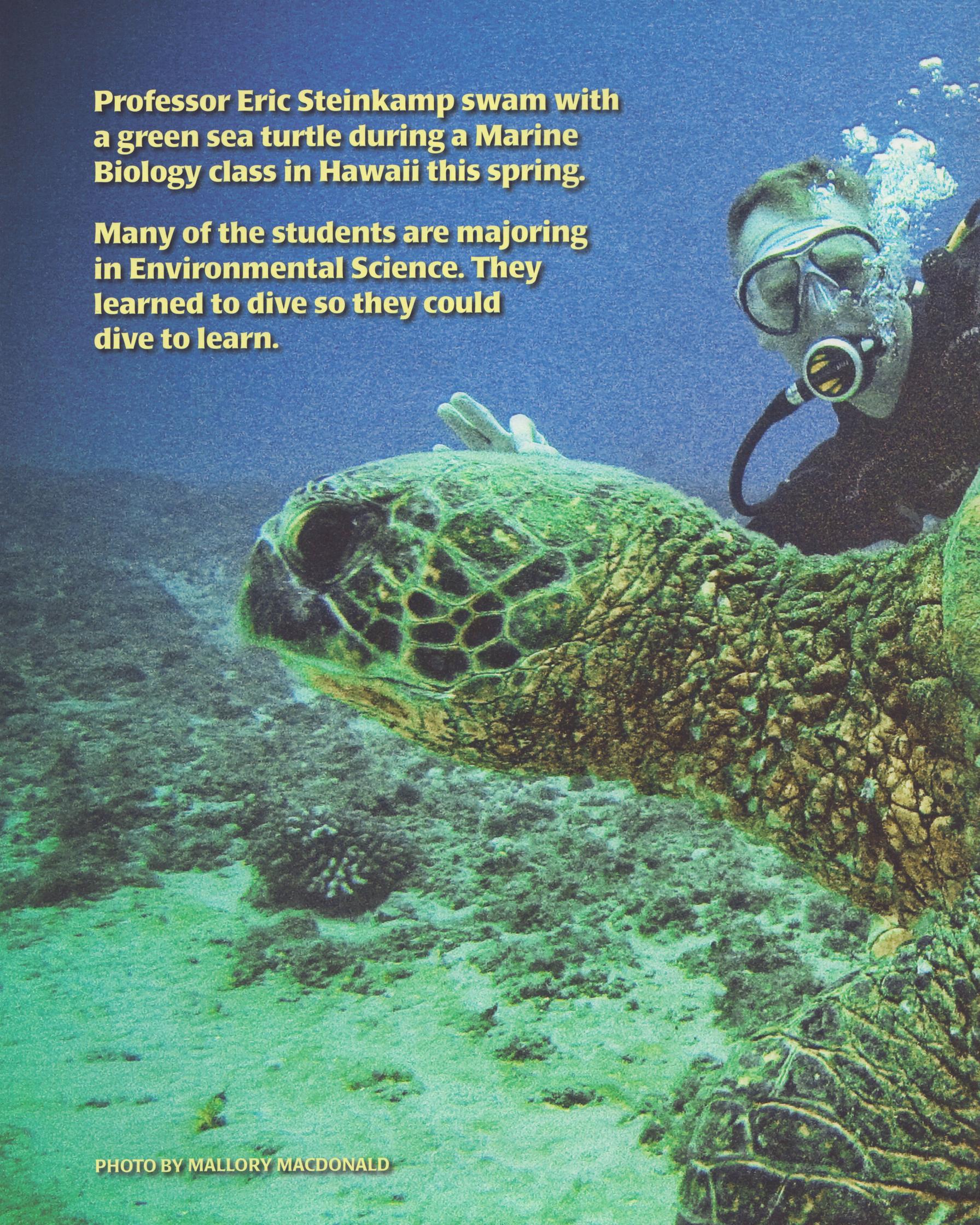
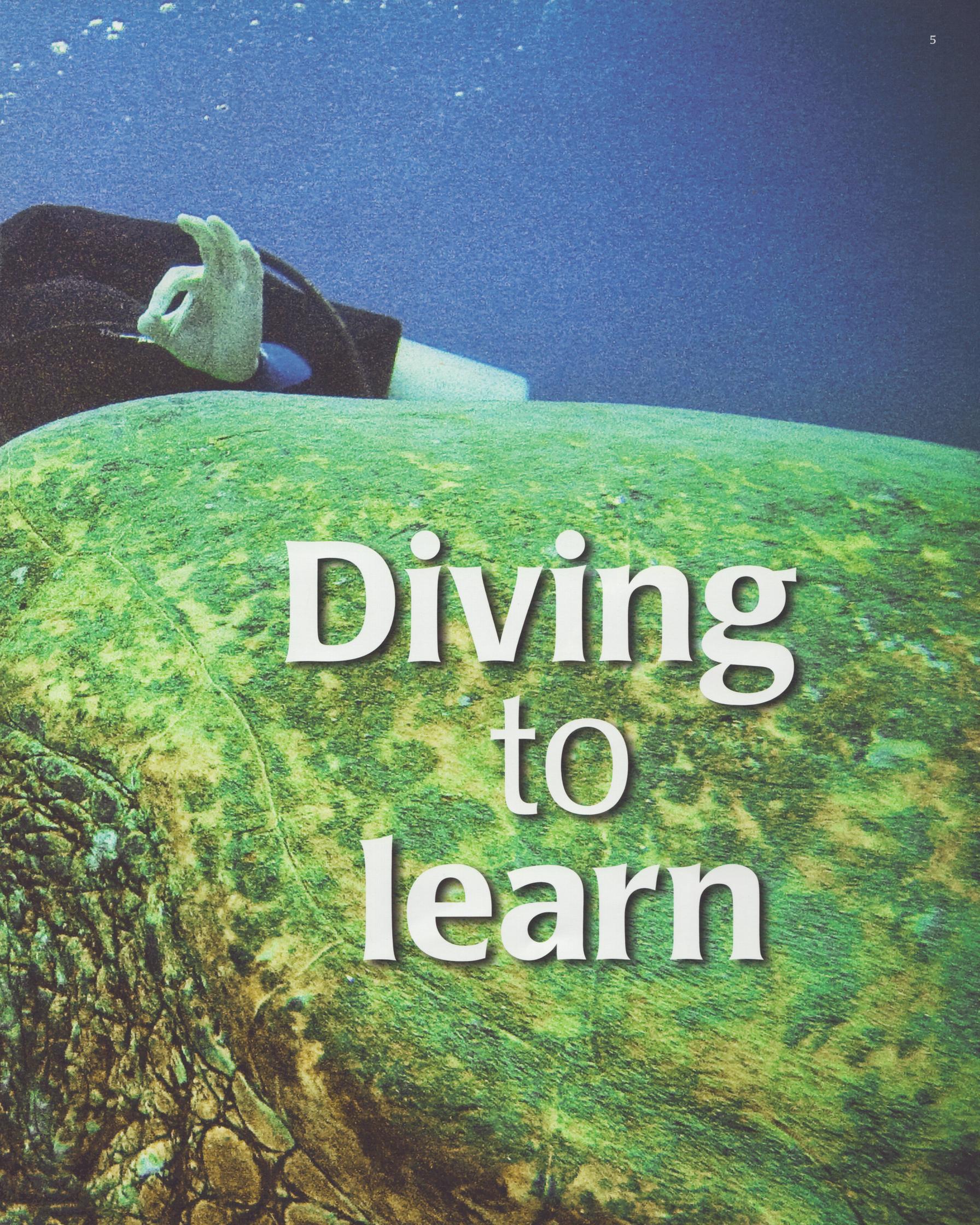


PHOTO BY MALLORY MACDONALD



Diving
to
learn



No laptops in this class

BY ERIC STEINKAMP, Ph.D. Professor, Life Sciences

During this spring semester, eight Northwest University students, including four **Environmental Science** majors, participated in a Marine Biology course that culminated in a trip to Hawaii. The class is designed to provide experiences in marine ecosystems. The goal of the trip was to apply the marine biology concepts of species identification and interaction, tides and ocean circulation, intertidal life, coral reef ecology, and human impacts on the marine environment.

These experiences reinforced classroom learning through scuba diving eight times, a whale-watching trip, and a visit with researchers at the Hawaiian Institute of Marine Biology.

In addition, students engaged with Hawaiian culture through work at the Loko 'Ea Fishpond, where they dug a trench and attempted to catch indigenous fish species at the ponds. There was also plenty of time to interact with local native Hawaiians, and even more time to enjoy the wide variety of delicious and unique food and, of course, the beach.

Sunday morning we started with two dives on the west side of Oahu in Wai'anae. The first dive was to **Twin Caves**, two caves next to each other where we swam with giant Green Sea Turtles, White Tipped Reef Sharks, Hawaiian Day Octopus (hand sized octopus), a plethora of fish, moray eels, and coral.

Diving into the caves was scary and exhilarating!

Between dives we saw a Humpback Whale family frolicking about 50 yards from the boat. Then a pod of about 75 dolphins swam by only 20 yards or so away from the boat. Our second Sunday dive was to an airplane called **29 Down**. It was cool to see an upside down plane in disarray. We also saw a Moray Eel living underneath and much life growing on the plane. Students had to scientifically record/draw all marine organisms and interactions in a dive journal and all the facts about the dive such as depth, time, location, pressure, and water temperature in their dive logs. We were back to hit the beaches and do homework by 3:00 p.m.

Monday's first dive was widely agreed to be the best dive of the trip. The **Mahi Shipwreck**, where the USS Cimerron, used for troop transport and mine sweeping during WWII, is located. We saw Spotted Eagle Rays – amazing creatures that filter feed and yet are over six feet across. They were harmless but still intimidating. The ship was huge, yet overgrown with marine life.

Our second dive was to **Makaha Caverns**, where we saw a rare and dangerous scorpion fish and another Humpback Whale from the boat.

For dinner we went to the Akamine home for a traditional Hawaiian dinner including roast pork, fresh fish (ahi poke), lomi salmon (a salsa like salad), raw octopus, poi, sweet potatoes, and haupia, a coconut dessert.

Tuesday we visited the Hawaiian Institute of Marine Biology at Coconut Island, a private island where a research station is located and where some of Gilligan's Island was filmed. It was our day off of scuba diving, and we spent time with researchers who explained the marine biology studies they were doing.

We went whale watching in the afternoon. Surfing and beach time happened many days on the beach a block from the hotel.

Wednesday we went snorkeling at Hanauma Bay, and the green sea turtles filled the water like ice cubes in a cold coke. Incredibly fun exploration and we spent time enjoying the sun and the beach.

Thursday we made four dives which made for an extended day of diving. The remaining dives were to **Airplane Ledge**, **Blackrock**, **Land of Oz**, and **Turtles**, where we swam with many more turtles. We were all around exhausted after this day of diving and relished a little bit of free time.

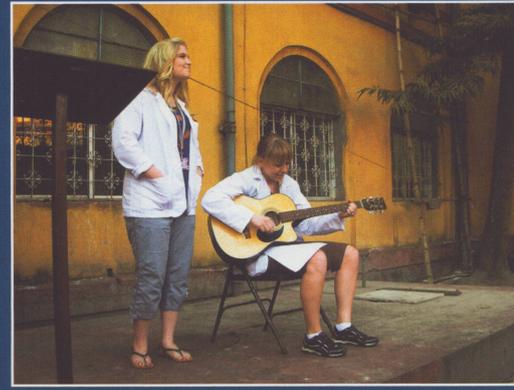
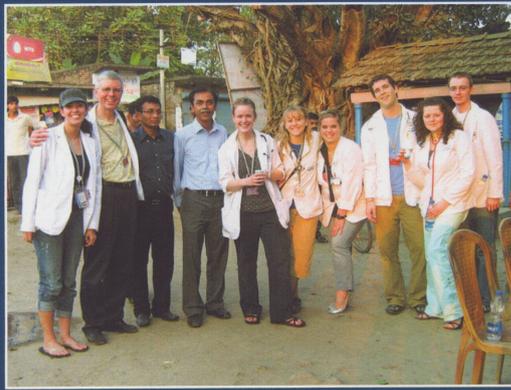
Friday we went to the Loko Ea Fishpond in Hale'iwa. We got our hands and feet wet and dirty working in the fishpond, netting and moving fish from the small pond to the larger pond, as well as learning about this tradition and practical science from a Hawaiian cultural perspective.

Afterwards, we grabbed lunch at the "Giovanni's Shrimp Truck" where we all came away smelling rosy. We experienced a Hawaiian treat: shaved ice with ice cream at the bottom, and sweetened condensed milk poured over the top. It was heavenly in Hale'iwa. Finally we visited the North Shore.

We had our last supper together at the Hawai'i Prince Hotel.

The students who went on the trip were: Emily Robinson, Martha Sensland, Carlie Lassle, Mallory MacDonald, Jonathan Smith, Thomas Orwiler, Brandon Duffy, and Morgan Chinn. For more photos, visit www.northwestu.edu/galleries.





A NURSING STUDENT'S PERSPECTIVE

Inside India

By **Rheayn Wade**, Class of 2010

I took my first trip to India in 2009 and fell in love with the Indian people. I was excited to have the opportunity to visit India again, but in a different capacity—as a nursing student in the School of Nursing.

I chose the nursing program at Northwest not only because of its reputation to train quality nurses, but because of the cross-cultural experience the program provides.

I got to experience that firsthand in India, in February 2010.

During our month in India, my fellow nursing students and I worked alongside Mercy Hospital in Calcutta.

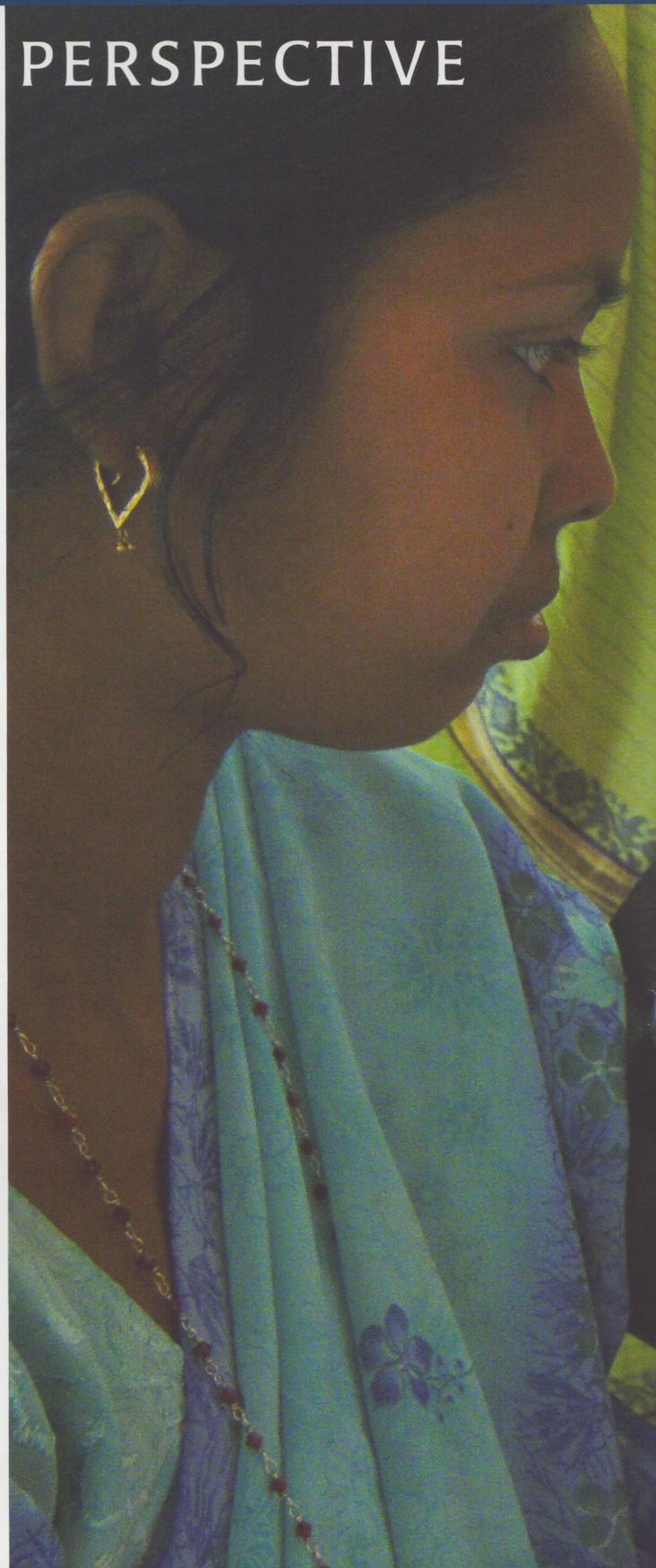
We aided in providing healthcare to the Indian people both inside the hospital and outside in nearby clinics.

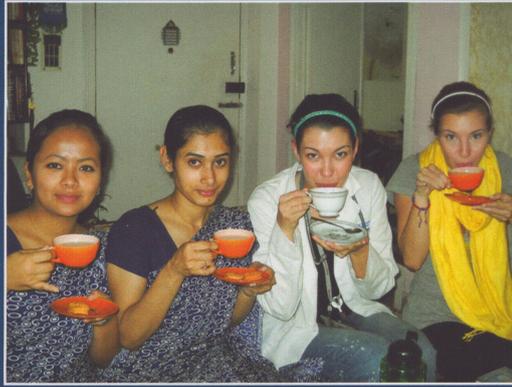
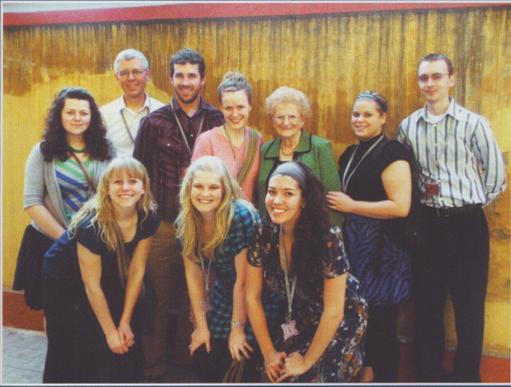
We also taught nursing students that worked at Mercy Hospital, traveled to the slums, volunteered

at one of Mother Teresa's homes, and visited schools.

The highlight of my trip came during one of the days visiting the slums. I had stepped in mud. One of the women living in the area saw my dirty foot, took me to her home near the river, and proceeded to not only wash my dirty foot, but both of my feet. Her kindness was humbling and displayed a true example of what we, as Christians, can do to represent Jesus and love others no matter how many possessions we may have.

My trip to India was the highlight of my time in the School of Nursing. I gained an experience that changed my heart and mind for a lifetime. Nursing school is more than sitting in a classroom and soaking up a lecture; nursing is a work of the heart. It is a career that requires diligence and commitment both inside and outside of the classroom.







Quiz “clicker” [also] tests teacher

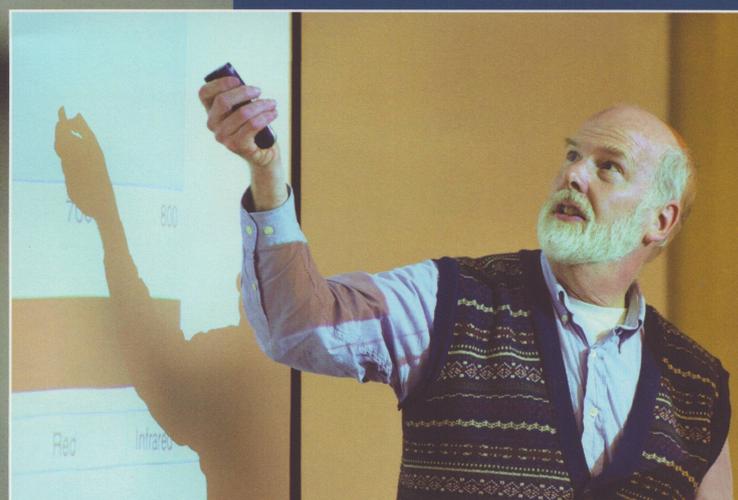
This is new technology in the classrooms at Northwest University. To make sure students understand course material, the professor presents a question, perhaps in a “pop” quiz. Students use a remote “clicker” to select their answers. The answers are tallied immediately, and the professor can see right away what percentage got the question right, and what percentage got it wrong.

If too many students missed the question, the professor can review the material and explain it again in greater depth. The technology tests teachers as well as students!

(And no, the students can’t use their clickers to “mute” the professor or put him on “fast forward” to get out of class earlier.)

The students pictured here, Britni Ray Lewis and Linda Banda, were in Dr. Dan Tomandl’s astronomy class.

STORY AND PHOTOS BY MERLIN QUIGGLE



Earn a B.A. Degree that prepares you for a career in the music industry.



Creatio

In the beginning, God created...

These are the first words written about God in His Book, Genesis 1:1.*

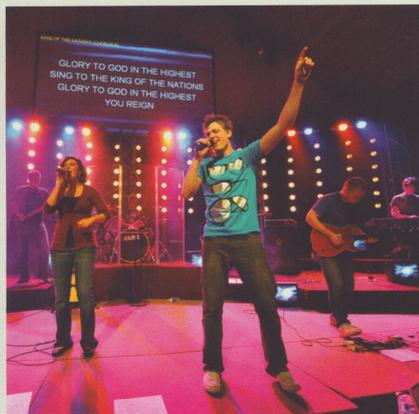


Whatever we know about God, whatever we've discovered in our study and experience, we can begin there. God is the creator.

Then the Book goes on to say: So God created human beings in His own image, in the image of God He created them.



Entire libraries of books have been written trying to help us mere mortals answer the question, "What does it mean that we are created in the image of God?"



Whatever it means, it certainly must include the idea that we are created to be creators, too. The first thing said about God is that He is the creator in chief, so those made in His image must be creators, too.

Hence *Creatio* focuses on unearthing, enabling, and promoting creativity.

Creating Music

While creativity is expressed in all sorts of ways, music is among the most pervasive and expressive forms of human creativity.

Northwest University established *Creatio* as an initiative, built on a long history of musical excellence, to enable innovative, explosive growth in creating music.

Creatio Institute – Academic programs to prepare students as creators in careers that include performers, producers, writers, and engineers.

Creatio Studios – High quality recording facilities that will not only serve for recording, editing, and production, but will also serve as laboratories for students.

URock – Outreach program to teens connecting the University's students and personnel with the youth in our surrounding geographic area.

Creatio Records, Publications, and Promotions – The label that will support and promote the work created by those associated with *Creatio*.

Academic Majors

There are two majors in place for university students: *Contemporary Music/Recording Arts Technology* and *Music Industry Business*.

Contemporary Music Industry/Recording Arts Technology

There are lots of different types of recording programs around the country, so why consider Northwest University?



*The Holy Bible: Today's New International Version. (Grand Rapids, Michigan: Zondervan, 2005.)

We offer an effective curriculum that combines three primary areas of study: general education, music, and recording technology. Why is this so important? Because in spite of your interest in becoming a recording engineer, you really don't know what you'll end up doing in 5, 10, even 20 years down the road.

An investment in a broad-based education that is grounded in real-life will do more for you than other technically-oriented programs. In addition to a significant general education experience, you will primarily study traditional music courses which include theory, history, conducting, private lessons, and performance.

On top of all this is a comprehensive range of courses in various aspects of recording and music technology. You will learn the fundamentals of analog and digital audio recording systems with extensive hands-on experiences in our three major studios.

Internships in Seattle or Los Angeles, focusing on music technology and business, and hands-on experience, provide additional opportunities to study and participate in the industry.

Management/Music Industry Business

The music business program is in our School of Business and Management, with an emphasis in all aspects of the music industry business.

Music Industry Business majors study not only the components of the music industry, but also study to understand and perform music in an exciting and hands-on learning environment.

The entertainment industry is one of the largest industries worldwide. Next to the film industry, the music industry is the largest component of the entertainment industry.

Publishing, marketing, musical instrument sales, record companies, copyrights, management, music production, evolving internet opportunities, and other components of the music industry are explored in the new program. Wherever music is created or heard, there exists employment opportunities.

The Northwest University music business program is a true interdisciplinary venture designed to create motivated individuals who understand the creation and marketing components of the music industry.

Classes in music, business, and economics, combined with internship experience, and the natural synergy with the music recording program result in a unique and effective educational experience focusing on the music industry.

Academic Minors

There are also two minors: Church Media Production and Audio-Video Production.

Media Ministry

The ministry communication language of the 21st century is technology. Today's church leaders face an ever-increasing demand to utilize the latest communications technologies. The minor in Church Media Production is designed to equip leaders to use these technologies in ministry contexts. It is designed to complement any academic major at Northwest University.

Audio Production Technology

Careers today require effective presentation skills and utilization of modern communication technologies. Classes that introduce the basics of sound characteristics, single- and multi-track recording techniques, video technologies, basic lighting and storytelling, as well as teamwork on audio and post-production editing techniques all add up to a successful understanding of essential tools for media communication that can be applied in a variety of contexts.

Find Out More

For information about academic programs in the *Creatio* project or any other academic offering, please call **800.669.3781** or visit www.northwestu.edu.

Far left: Travis Lindseth at a live recording session of the *Relentless* CD.

Middle left: Steve Smith, noted recording engineer and Creative Director of the *Creatio* Project.

Below: Jeff Lockhart, drummer and founder of *Creme Tangerine* and Executive Director of the *Creatio* Project.



Academic Programs

This is a list of the current academic programs at Northwest University.

Audio Production Technology	● ▲
Biblical Languages	●
Biblical Literature	■
Biblical Studies	●
Biology (pre-med)	■ ● ▲
Business Administration	■ ●
Business Management	■
Chemistry	●
Children's Ministries	■ ●
Christian Leadership	■
Communication	■ ●
Communication & Preaching	●
Contemporary Music Industry	■
Counseling Psychology	▲
Cultural Psychology	● ▲
Drama/Theatre Arts Education	● ▲
Elementary Education	■ ▲
English	■ ▲
English as a Second Language/TESL	● ▲
Environmental Science	■ ●
Film Studies	▲
Finance/Accounting	■ ●
General Ministries	■
General Studies	■
Health & Fitness	▲
Health Science	■
History	■ ●
Humanities	▲
Intercultural Studies	■
Interdisciplinary Studies	■
Legal Studies	▲
Linguistics	▲
Literature	● ▲
Management	■ ●
Marketing	■ ●
Marriage & Family Studies	▲
Mathematics	■ ● ▲
Media Ministry	●
Media Studies	▲
Ministry Leadership	■
Music	■ ●
Music Education	■
Music Industry Business	▲
Music Ministry	■
New Testament Greek	●
Nursing	■
Organizational Behavior	▲
Organizational Communication	▲
Pastoral Care	●
Pastoral Ministries	■ ●
Political Science	● ▲
Political Science & History	■
Psychology	■ ●
Public Affairs	▲
Religion & Philosophy	■
Secondary Education	■
Science	▲
Social Studies Education	▲
University Ministries	●
Writing	● ▲
Youth Ministries	■ ●

■ Majors ● Minors ▲ Concentrations/Endorsements





**A great way to
select your college
is to visit the campus.**

**And a great day
to visit us is on a
*Northwest Friday!***

For high school juniors, seniors, and graduates, this is a great chance to experience university life up close and personal in a Christian environment.

You will be able to visit actual classes, tour our campus, worship in chapel, dine in the cafeteria, meet current students, and chat with professors.

It's also a great opportunity for your parents. They can also visit classes, attend a special Q&A just for parents, attend a Financial Aid Session, and enjoy a Faculty Dessert and meet our professors.

Choose the Friday that works for you:

2010

Sept. 24 Oct. 22 Nov. 19 Dec. 3

2011

Jan. 21 Feb. 11 March 18 April 15

Register online:

To register for a Northwest Friday, please visit
www.northwestu.edu/nwfriday/

For more information:

To find out more about Northwest University or about our Northwest Friday event, please e-mail admissions@northwestu.edu or call 800.669.3781.

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PHOTO BY MERLIN QUIGGLE



Flower Girl

**after the
2010
Commencement**

Irma Saroyo was so overwhelmed with flowers after Northwest University's 2010 Commencement that she needed help from her boyfriend, Charles Jauhary, to carry them all. Irma earned her B.A. in Psychology.

For more photos of our Commencement—this could be you in four or five years—visit www.northwestu.edu.