

IWIL puts on a sustainable living color run

Zoe Hughes
Managing Editor

The sophomore IWIL class put on a color run 5K with booths about sustainable living, outside of Myers Dining Hall on Wednesday afternoon.

The returning IWIL students spent their semester setting up this event—they were assigned groups and had complete control over the tasks assigned. Teamwork and communication were

needed heavily for planning, and it was a great way for IWIL students to practice their learned leadership skills.

The event had two sections: the race and the booths. The race was a 5K color run that consisted of three laps around campus with people throwing colored powder on racers at various checkpoints. The first four finishers received a gift card as a prize.

The booths were set up on the lawn outside

of Myer's Dining Hall, with each one having a different sustainability focus. There were booths for sustainability in crafts, camping, shopping, and mental health.

After the race, people milled around the booths. They played lawn games and ate some of the snacks provided by the cafeteria while music played in the background. Attendees got the chance to have fun and get messy in a 5K color run, and learn how to live sustainably afterwards.



Participants at the start of the race—colors flying!



Freshman Brevard women's soccer and IWIL member Mikayla Rubin falls victim to colors being poured on her as she completes a lap.



The winners of the 5K from left to right: Emerson Peck, second place, Julian Martin, third place, Sam Snider, fourth place, and Adin DeJesus, first place.

WLEE Immersion returns



THE CLARION

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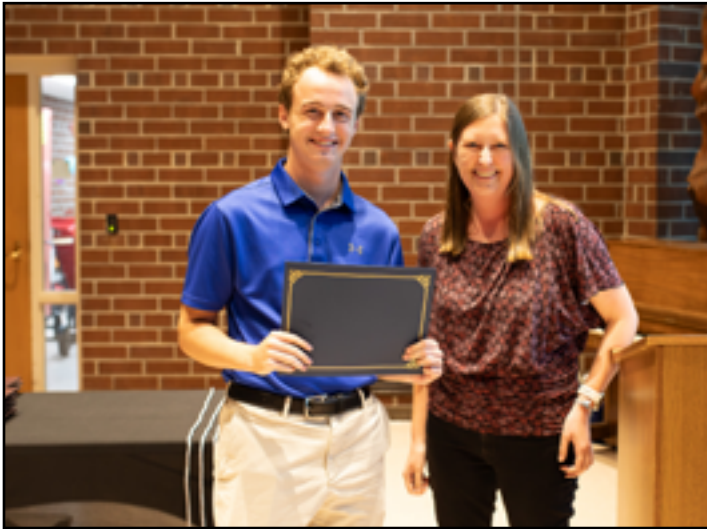
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All photos by Alecia Janerio via Flickr.

Science and Math Awards in photos



All photos by Alecia Janerio via Flickr.

2025 edition of Chiaroscuro celebrated with launch party

Madeleine Pollock
Staff Writer

In anticipation of the release of the 2025 edition of Chiaroscuro, there was a launch party on April 11 to celebrate contributors, editors, and supporters of the journal at the Spiers Art Gallery.

Nearly 50 students, faculty, and community members gathered to hear some contributors

read their pieces and view some of the art featured in the magazine. Three students read their pieces: Junior Rowyn Roberts, Freshman Jacqueline Gillespie, and Freshman Olivia Tiner.

Roberts' read first, and their poem "Drowning" reflected on the struggles of mental illness and feeling alone. Next, Gillespie shared a nonfiction piece, "We are ONE," which was written to memorialize the two Rosman High School boys who lost their lives in an ATV accident. Finally, Tiner read a poem she wrote about her

own love story.

Chiaroscuro is a unique literary journal as all formatting and editing is done by students who are part of the Literary Magazine Staff. The 2025 edition features seven fiction pieces, 18 works of art, 26 poetry submissions, and three creative nonfiction pieces.

Copies can be picked up in the lobby of MG or by contacting the Chiaroscuro faculty adviser, Dr. Alyse Bensel.



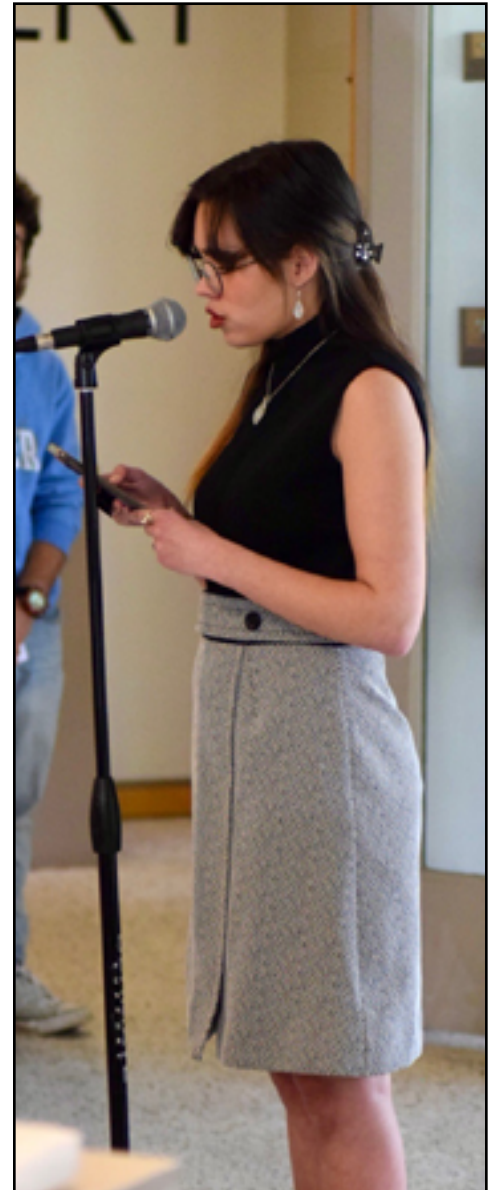
Community members seated in the Spiers art gallery.



Jacqueline Gillespie reading her nonfiction piece, "We are One."



Rowyn Roberts presenting their poem, "Drowning."



Olivia Tiner reading her poem, "True Love."





Project Presentations & Reception

Tuesday, April 22 | 5 p.m. | Jones Library

Humanities Awards Ceremony

Wednesday, April 23 | 3-5 p.m. | MG 125, McLarty-Goodson

Student Leader Awards Ceremony

Monday, April 28 | 6:30-8:30 p.m. | Francis Pavilion, Porter Center

BESPYs (Athletic Awards Event)

Tuesday, April 29 | 7-10 p.m. | Boshamer Main Gym

Alpha Chi & OΔK Induction Ceremony

Wednesday, April 30 | 4:30-5:30 p.m. | MG 125, McLarty-Goodson

(Note: This is a change to the original scheduled ceremony on April 23)

Teacher Education Celebration

Thursday, May 1 | 4-5:30 p.m. | Francis Pavilion, Porter Center

WLEE Celebration

Thursday, May 1 | 5-7 p.m. | WLEE Barn

Graduate Programs Celebration

Thursday, May 8 | 6-7:30 p.m. | Scott Commons, Porter Center

'Social media does not reflect reality'

The romanticism of overworking in college

Autumn Jones
Editor in Chief

Social media has completely changed the way we view college and productivity.

Most students—myself included—feel as though we need to be learning and grinding out achievements 24/7, despite it not being realistic or sustainable.

It happens all the time: you're lying in bed, doomscrolling, and your roommate announces they're heading to the library to work on assignments. You shrug, keep scrolling through TikTok. Then, one video shows up on your FYP: a "Day in My Life" from another college student.

They hit the gym at 6 a.m., grab a latte, attend all their classes, study for hours, go to work, squeeze in a run, eat a Pinterest-worthy dinner, and somehow still go to bed before 10.

Suddenly, your chill day makes you feel like a failure.

I didn't do anything productive today. I'm a bad student. I'm lazy.

One video can flip your mood. Social media does not reflect reality, but it manages to dictate and impact how we feel about ourselves. The pressure to maintain a perfect image impacts our mental health and creates the feeling of falling behind.

We are constantly bombarded with perfection:

the perfect outfits, the cute study sessions, the friend group photos, the color-coded planners. We compare all that to our own messy, very real lives.

But here's the truth:

Most people struggle with something, even if they don't talk about it.

Social media is curated; we are often shown highlights.

You are not behind. You are not slacking.

Give yourself some grace. Log off if you need to.

And remember: asking for help isn't weakness—it's strength.

Are AI mental health care apps effective?

Ace Evett
Staff Writer

Apps for artificial intelligence in mental health are already appearing. They are effective in delivering first aid to those who need it immediately, but can artificial intelligence replace a therapist?

What's the appeal of AI in Mental Health Care?

Mental health treatment has an associated stigma that makes it difficult for people to get help. Long wait times for therapists, the cost of treatment, and the vulnerability of talking about one's mental health problems in person are some of the reasons why people do not seek help.

AI-powered mental health apps are driving a revolution in the mental health sector. They offer a simple, secret, and rapid source of backing.

Woebot, Wysa, and Replika are AI-powered applications that replicate therapy experiences, track mood, and provide cognitive tools for man-

aging mental problems like depression, anxiety, and stress. They use algorithms that delve into the user's responses and develop suggestions to provide support as a therapist would.

Promises vs. Reality

The effectiveness of AI in mental health apps is still unclear, despite their popularity. Fans of using AI in mental health applications claim that they simplify mental health support and make it feel less scary. In a world where less than 50 percent of people with mental health problems receive what they need, these apps can be an important bridge.

Limited small-scale studies suggest potential for this technology. For example, the University of California conducted research and found that people felt less anxiety and depression after using the AI mental health app for a few weeks. Many studies focus more on short-term results, and the long-term effects are not known.

The Role of Human Oversight

Lack of control is a significant fear involving AI-supported mental health tools. Even

though these apps might mimic the therapeutic dialogues, it is unclear if their algorithms effectively manage mental health issues. Critics are arguing that in the absence of regulation and human control, these tools might lead to reinforcing negative thought patterns or improperly diagnosing users.

Some companies, thus, add features such as emergency contacts, real-time connections to therapists, resources for users in crisis, and others. While this increases the safety of the apps, many professionals in the area of mental health believe that AI is only a substitute for traditional therapy.

The Future of AI in Mental Health

AI mental health apps have an optimistic future ahead, but there is still much progress to be made. The new technology that comes out is likely to improve these apps so that they are even better as tools to help with mental illness. However, experts think that it is very important to continue combining AI with human care for a more full approach to mental health.

Brevard College Tennis' Senior Day

Abigail Callahan

Staff Writer

On Saturday, Apr. 12, the Brevard tennis team celebrated Senior Day at the McCoy Tennis Court. To recognize the seniors, the coaches presented pictures of the players in action on the court. Family and friends were in attendance to cheer them on.

The celebrated seniors from the men's team were Brian Seon, Bryce Bernitt, Hayden LeBlanc, Noah Lewis, and Ethan McGee. The senior women were Madison Bowen, Hannah Hersh, and Jada Ore.

With the season ending soon, the team will head into the USA South Conference tournament on Monday, Apr 21.



Photo by Lex MacLauchlin.

McIlroy takes home first Masters

Sammy Vargas

Staff Writer

The Master's Tournament was won by Rory McIlroy from April 10-13, 2025, in the state of Georgia, at the world's most astonishing golf course, Augusta National. Achieving this victory helped accomplish what not many have done: being a Grand Slam winner. McIlroy has struggled for the title for 17 years, attempting to get the admiration of six other legends, Sarazen, Hogan, Player, Nicklaus, and Woods, who faced the same four grand golf majors.

The tournament was filled with drama as Rory had a mediocre first round, but since then, Rory

stepped on the gas and didn't let off. Scoring great scores and coming back to the top within a day. As the top players like Rose and DeChambeau were having great success and were going back and forth as leaders, Rory came behind and took the lead and didn't lose it. Near the end of the final round, Rory began losing strokes and missed a putt on the final hole and dropping his score to tie Rose.

Rory McIlroy claimed his victory and the Green Jacket after clinching it with the final putt of the playoff, and playing a flawless playoff hole against Justin Rose. After Rose missed his putt, Rory knew he had to capitalize, and he did, to win his first major in over a decade, and ac-

complish the grand slam, which only the greats have accomplished.

The victory was also a great benefit to his fortune. McIlroy took home a staggering \$4.2 million after clinching the prize, marking a new record. This certainly helped boost the already high figure he has accumulated over the years. He also has lifetime endorsement contracts with Nike, Rolex, TaylorMade, and many more.

Many believe now, with the weight off his shoulders, he will be able to win the Master's again and take home another victory and join what only a few players have accomplished with winning multiple Master's.