

NEWSVISION CAPSTONE  
PKG #3 PITCH

**Topic: (be specific)**

Howard student drum major Ian Claville is balancing leading the band and being involved in multiple organizations while dealing with the pressure of doing it all.

**PKG Slug (title): (this should be a catchy title that is significant to the topic)**

Running on Empty: Leading While Carrying It All

**Background Info: (This should be at least 250 words - this can be the broad angle)**

At Howard University, students are constantly pushing themselves to stand out, take on leadership roles and leave their mark. Ian is not just a drum major; this role comes with leadership and responsibility. As drum major, he is leading one of the most recognized parts of campus culture, the Howard University “Showtime” Marching Band.

On top of that, Claville is involved in multiple organizations, adding even more to an already packed schedule. From early mornings to late nights, his day rarely slows down. He is a member of Kappa, Kappa Psi Band Fraternity and a member of Omega Psi Phi Fraternity, Inc., Alpha Chapter.

From the outside, it looks like he has everything under control. It looks like leadership, discipline, and success. But what people don’t see is the constant pressure to keep up in every role. Being a leader in multiple spaces means people are always watching, always expecting you to show up at your best.

For many Black students, there's also an added layer of pressure to excel and represent well. Slowing down doesn't always feel like an option. So instead, they keep pushing—even when they're tired.

This story focuses on Ian's reality, showing what it really looks like to lead, perform, and succeed, all at the same time. And when you're constantly pouring into everything and everyone else, there's not always time to check in with yourself.

**Why is this story relevant: (This should be at least 250 words and must have the LOCAL ANGLE)**

This story matters because it's happening right here at Howard University, where students are constantly striving to stand out and make their mark. Ian Claville isn't just leading the famous Howard University "Showtime" Marching Band member of Kappa Kappa Psi and Omega Psi Phi Fraternity, Inc.. To the outside world, it looks like Ian has it all together—leadership, talent, discipline, and success. But what people don't see is the pressure, the constant movement, and the mental and physical toll of balancing so much at once.

In Washington, D.C., Howard students are surrounded by opportunity—internships, leadership programs, networking events—but that access comes with a culture of nonstop achievement. Students feel like they have to be "on" all the time: on the field, in the band, at meetings, or in classrooms. That pressure can lead to burnout, stress, and exhaustion, yet those struggles often go unnoticed.

Ian's story puts a face to that pressure. It shows that even the most accomplished and visible students are human, managing expectations from peers, organizations, and themselves. His experience reflects a larger reality on campus: the challenge of balancing ambition, leadership, and personal well-being.

By sharing Ian's journey, this story highlights the need for awareness and support within the Howard community and beyond. It's a reminder that behind every performance, game, and leadership role is a student navigating real stress and it encourages the campus to celebrate achievements while also checking in on one another's well-being.

**Motivators: (list the motivators)**

Human Factor: Who will you potentially focus this story on?

The story will focus on Ian Claville. By following him through his daily routine as a drum major, student-athlete, and member of multiple organizations, the audience will get a real, personal look at the pressures of balancing leadership, performance, and campus life. The focus will capture both his accomplishments and the challenges he faces behind the scenes, showing the human side of achievement and the mental and physical toll of doing it all.

Based on the above, where might you do your standup?

The standup will take place on the Howard University Yard. The Yard captures the heart of campus life students walking between classes, groups rehearsing, and events happening in the background. This lively setting emphasizes Ian's connection to the Howard community, while also contrasting with the quieter, behind-the-scenes moments of his busy schedule.

Filming here allows the story to visually show both his leadership and the environment he thrives in, making it clear that his responsibilities extend across the entire campus—from the band to Greek life to student organizations.

Potential Interviews:

**Ian Claville** – to talk about what it’s like balancing being drum major, a student-athlete, and his involvement in multiple organizations, and to share the challenges and pressures he faces.

**Band Director or Music Faculty** – to speak on Ian’s leadership role in the “Showtime” Marching Band and what it takes to lead such a high-profile group.

**Greek Life Advisor or Member** – to discuss his involvement in Kappa Kappa Psi and Omega Psi Phi Fraternity, Inc. and the responsibilities that come with Greek life leadership. **Supporting Elements:**

The story will include footage of Ian leading the band during rehearsal and performance, walking across campus between classes and meetings, attending Greek life events, and engaging in football practice. It will also show moments of quiet or behind-the-scenes reflection to highlight the balance between his public leadership and private pressures. Nat sound from the band, football, and campus activity will add energy, while close-ups and slow-motion shots can emphasize the intensity of his schedule.

#### **Research Sources:**

To provide context on student stress and mental health, sources include the American College Health Association, which reports that a majority of college students experience overwhelming stress; Active Minds, which focuses on the impact of student involvement on mental health; and the National Alliance on Mental Illness, which highlights the stigma around mental health in the Black community and the challenges students face when balancing multiple high-pressure roles.